

June 2010

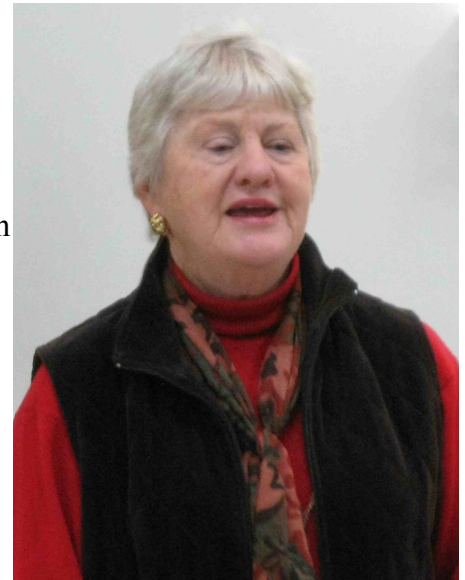
Volume 7 Issue 6



**June meeting** - Valda Street joined us to speak about Sir Edward 'Weary' Dunlop. She had been his secretary for many years and had developed a close working relationship with him; getting to know his many idiosyncracies, of which he seemed to have quite a few. She spoke in a very relaxed and gentle manner with some affection for Sir Edward, and had many stories to tell of her time with him. In fact, she could probably have told us much more if time had not been a limiting factor. She gave a very interesting, amusing and informative talk.

**July Meeting:-** Our speaker this month will be Keith Wehl from Alzheimers Australia speaking on 'Dealing with Alzheimers'

**NOTE - From July 1st the cost of Newsletter postal delivery will be \$15.00 per annum**



### Trading Table

Don't forget to support the trading table. Contributions of desirable bric-a-brac will be much appreciated. Have a browse before you leave.



Monies collected from this will form part of a donation to the National Seniors

Foundation plus the Instep programme

**SENIOR CITIZENS  
ARE THE NATION'S  
LEADING CARRIERS OF  
AIDS!**

**HEARING AIDS  
BAND AIDS  
WALKING AIDS  
MEDICAL AIDS  
GOVERNMENT AIDS  
MOST OF ALL,  
MONETARY AID TO THEIR KIDS!**

**HIV - HAIR IS VANISHING**

### DATES TO REMEMBER

- Thursday July 1st at 9.30am - Walk at Lilydale Lake
- Monday July 5th at 2.00pm - Club meeting at the RSL
- Wednesday 7th July at 7.00pm - Dinner at Nikos Tavern
- Thursday July 15th - NO WALK - Train trip to Bendigo
- Thursday July 22nd at 2.00pm - Coffee at Myer
- Thursday July 29th at 9.30am - Walk at Heathmont
- Saturday July 31st at 10am - Breakfast at George's Croydon

# June Eats

**Wednesday July 7th at 7.00pm**  
**Dinner at Nikos Tavern**  
**190 Mount Dandenong rd., Ringwood E.**  
**Bookings - Rita on 9876 1206 or at the July meeting**



Our coffee group will meet at Myer's Cafe at 2.00p.m. On Thursday July 22nd  
 If you are in the vicinity, just pop in for a chat and enjoy the company, coffee [and maybe cake].

No need to book



Our very best wishes go to Jim Allen who has been ill in hospital. We send our best wishes to Jim and all wish him a speedy recovery.



If any member knows of anyone who is at present unwell; please let our welfare officer -[Helen -98794058] know so that we can pass on our best wishes, or inform one of the committee.

## LUNCH AT THE MOVIES

Meet in the Foyer at 10am. Cost is \$12.50 for a basket lunch and the movie. No need to book. Just come along

### Wednesday July 21st Robin Hood

Russell Crowe, Cate Blanchett, Vanessa Redgrave, Scott Grimes, Mark Strong, Danny Huston

In 13th century England, Robin and his band of marauders confront corruption in a local village and lead an uprising against the crown that will forever alter the balance of world power. And whether thief or hero, one man from humble beginnings will become an eternal symbol of freedom for his people.



## Walking Group

**Our walking group meets on the first and third Thursday of the month at 9.30am ; with an extra walk when there are five Thursdays in the month.**

**A shorter version of the walks is being included for those who would like to join in, but wish to walk a shorter distance**

**Our first walk this month on Thursday July 1st is at Lilydale Lake.**

Meet in the main Lake carpark off Swansea rd. This is a medium length walk and is fairly flat.

After a circuit of the Lake we walk through to Hardy st. for morning tea / coffee and cake before returning to the Lake. Once more, a second circuit is on offer for the more energetic .

**Our normal walk on July 15th will not go ahead this month due to the trip to Bendigo**



**Our second walk on July 29th is at Heathmont.**

Meet at the carpark at the end of Marlborough rd. [Mel. 63H2] The walk takes us along the Dandenong Creek trail to the Heathmont shops where we enjoy a break for a chat and refreshments, before returning down the track to the carpark.

**Short Version :** - Meet at the Heathmont shops to join morning refreshments [ approx. 10.15am], before walking down the track to the Marlborough rd. carpark. One of the other walkers will drop you back at your car on the way home. Alternatively if more than one is doing the short version one car could be at each end.

**In 2010 the committee have resolved that the emphasis will be on gentle exercise, enjoyment and social interaction and we will be walking at a reduced pace.**

**For more information or to book in for a walk contact Judith on 97265494**

**Inclement weather : - If there is heavy constant rain or the temperature is over 25° at 9.00am [summer], then the walk will be cancelled.**

Two women had just arrived in heaven, and fell into conversation

1st woman: Hi! My name is Sherry.

2nd woman: Hi! I'm Sylvia. How'd you die?

1st woman: I froze to death.

2nd woman: How horrible!

1st woman: It wasn't so bad. After I quit shaking from the cold, I began to get warm & sleepy, & finally died a peaceful death. What about you?

2nd woman: I died of a massive heart attack. I suspected that my husband was cheating, so I came home early to catch him in the act. But instead, I found him all by himself in the den watching TV.

1st woman: So, what happened?

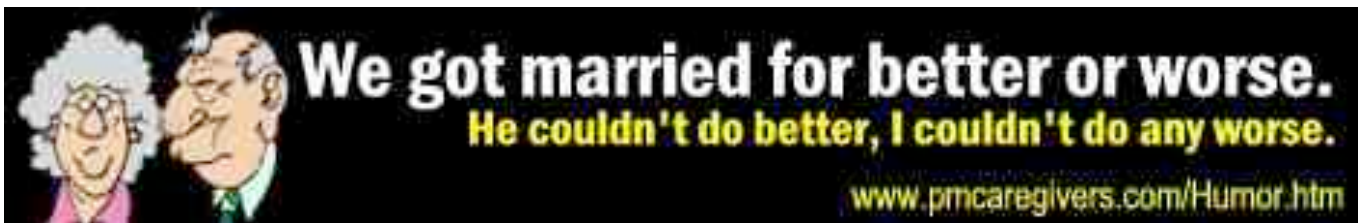
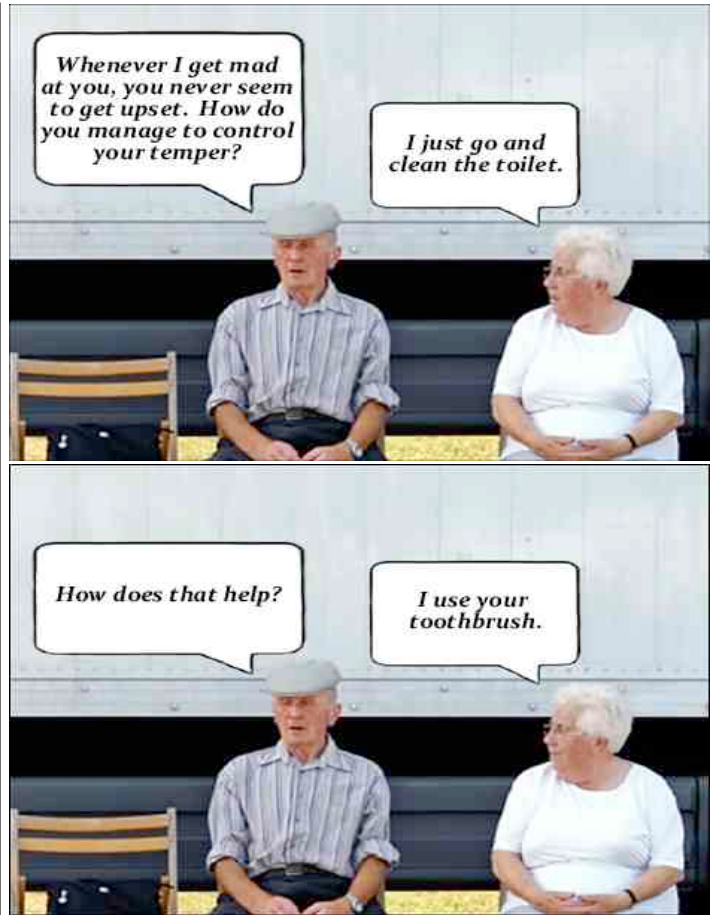
2nd woman: I was so sure there was another woman there somewhere that I started running all over the house looking. I ran up into the attic & searched, & down into the basement. Then I went through every closet & checked under all the beds. I kept this up until I had looked everywhere, & finally I became so exhausted that I just keeled over with a heart attack & died.

1st woman: Too bad you didn't look in the freezer---we'd both still be alive.

**Bendigo Train trip - Thursday July 15th**  
**IMPORTANT**

If you are attending the Bendigo trip please bring along your free ticket vouchers [either seniors or concession] filled in with the appropriate information and hand them in to Gino at the July meeting. Also make sure that you have your card with you on the trip in case the ticket inspectors come around.

The trip will be leaving Croydon on the 8.06am train and Ringwood at 8.09am . We will meet as usual in the second last carriage. The Bendigo train leaves Southern Cross at 9.15.am, arriving Bendigo at 11.12am.and will depart back to Melbourne at 2.28pm, arriving at Southern cross at 4.23pm. This will give us approx. 45 mins before lunch and an hour or more after lunch.



**MAROONDAH-RINGWOOD BRANCH**

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**WEB www.seniorsmaroondah.com**