



Living Longer Living Stronger

Inside this issue:

<i>Evening Meeting</i>	2
<i>Christmas Luncheon</i>	2
<i>Combined Branch Activity</i>	2
<i>Other Social Activities</i>	2
<i>Our Sponsors</i>	3
<i>Your Committee</i>	3



At our last meeting we learnt about the COTA Living Longer living Stronger program. We found out that no matter what a person's age, strength training will regain and maintain muscle strength. This program improves strength, balance, gait, flexibility and co-ordination which in

turn improves the ability to lift, walk, bend, climb stairs and improve life.

Strength training is also an effective means of preserving bone density.

We were also fortunate to have along Pam Brown from



the Croydon Leisure Centre who told us about the Living Longer Living Stronger programs available locally. To find out more ring 9294-5500 or visit

www.maroondahleisure.com.au

Don't forget our next meeting on Monday 8th November at 7:30pm at Federation Estate.

What is coming up:

- November 8th 7:30pm John Hutchinson of Eastern FM Radio
- December 14th 12:30pm Christmas Luncheon at the Bird and Bottle
- February 14th Sen. Const. Biljane Lucio Nunawading Police will talk about Personal safety

Our First Evening Meeting

Many of the National Seniors members who responded to the original survey are still employed or are otherwise unable to attend daytime meetings. To give these people a chance to participate we have decided to hold some of our meetings in the evening.

The first such meeting will be on November 8th at Federation Estate starting at 7:30pm. The speaker will be John Hutchinson of Eastern FM Radio. John is an excellent and very interesting speaker and this is a good opportunity to meet different members or

perhaps renew old acquaintances.

If you can't get to the meeting in the evening contact one of the committee and we will try to arrange transport for you. Please invite along anyone you know who can't make the daytime meetings.

Social Activities

CHRISTMAS LUNCH



Tuesday 14th December - 12.30 for 1pm start

URGENT! For those members for have booked but not paid, we **MUST** have your money by the November meeting (remember this is an evening meeting). We would also welcome some more participants for this luncheon, numbers aren't as buoyant as we would like.

"Why not join us for our Christmas lunch at the Bird and Bottle...Good Food...Good Company and a chance to get to know your fellow members"

COMBINED BRANCH ACTIVITY (COBA)

ADVANCE NOTICE – Thursday 17th Feb. 2005



Immigration Museum and Melbourne Aquarium.

Final costs including lunch will not be available until after 10th November and the number is limited to a total of 80 over all the branches. People travelling by car can park nearby at Secure Parking for a flat rate of \$8 for 5 hours (with parking ticket stamped by Information Desk at the Aquarium). Car pooling would reduce the cost per person. For bookings and payment

Please call me on 9725.0901 AFTER 12 November.

BALLARAT BEGONIAS

Depending on your response, this will be the March activity. Cost of approx \$35 includes 2 course lunch and a tour of the Begonias. In order for this trip to be feasible we would need a minimum of 35 people. Let me know of your interest at the Nov. meeting and we will finalise it at the Feb. meeting.

DINNER CLUB

To start in 2005. As a number of you have expressed an interest in dining out, it seemed like a good idea for a group to get together perhaps every two months and enjoy some good food and good company. There are a number of good local restaurants which I am sure would welcome our patronage and be prepared to offer a discount. For further information speak to either myself or Rae Feeny.

Many thanks and happy socialising

Carolyn Vagnkjaer – Social Activities Co-Ordinator

Sandra Price and Rae Feeny - Committee



National Seniors Association Maroondah-Ringwood Branch

John Longayroux
Secretary
National Seniors Association
333/67-81 Maroondah Highway
Croydon 3136

Letters to the Editor

Peter Feeney
11 O'Neill Way
Warranwood VIC 3134
E-mail: peter@innsys.com.au

Visit us on the web at
www.seniorsmaroondah.com



The independent voice of senior Australians

Our Committee

President:	Peter Feeney	9879-0622
Vice-President	Gino Barba	9876-3619
Secretary	John Longayroux	9725-7798
Treasurer	Harold Davidson	9876-3921
Policy Officer	Stephanie Mitchinson	9725-2181

Activities

Coordinator	Carolyn Vagnkjaer	9725-0901
Committee	Rae Feeney	9876-1577
Committee	Sandra Price	9720-9797
Speaker Organizer	Lenore Macdonald	9893-2032

General Committee

Jan Black	9870-8662
Rod Blundell	9879-1205
Tony Hampton	9876-1946
Thelma Licheri	9876-4014
Gary Tatnell	9725-0891

Trading Table

To help us build up funds, starting at our November meeting we will be featuring a trading table. This has apparently been very successful at some other branches.

Anyone who willing to donate something; is encouraged to bring it along and offer it for sale on our trading table. All proceeds will go to the branch to be spent at the discretion of the committee.

All we do ask is that you take back unsold items at the end of the meeting.



Our Sponsors

The following businesses have supported us—we encourage you to support them.

Maroondah Sports Club *Your Friendly Community Club* www.maroondahclub.com.au

Mayerling Cellars Burnt Bridge Shopping Centre Maroondah Hwy Ringwood 9870-4928

Sofia's *Family Italian Restaurant* 99 Maroondah hwy Croydon 9725-6044