



Dates to Remember

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Pearl of Wisdom:

I am a marvellous housekeeper... Every time I leave a man, I keep his house.



Arthritis and Dinosaurs

At our October meeting Nicole Everad spoke on the importance of continuing activity for those who suffer from any one of the 150 types of arthritis.

Nicole is a sufferer herself and what she does with her time is certainly an inspiration. Arthritis Victoria can provide further information on (03) 8531 8000 or 1800 011 041.

Prior to Nicole speaking we heard from officers of The Electoral Commission regarding voting.

Our next meeting is on Monday 6 November, 2006 at 2 pm at Ringwood RSL. Helen Harris will speak on "Cemetaries and Genealogy".



Werribee Zoo Trip Thursday, 2 November

The bus leaves Sofia's Restaurant, Croydon at 8.30 am for Werribee Open Range Zoo. A two-course lunch, tea and coffee will be enjoyed at Werribee Golf Club overlooking the cliffs and ocean.

The bus is now fully booked.

Suggestions

Book Club for 2007

If you are interested in joining a book club with our branch, please ring **Jan Black** on 9870 8662 as soon as possible.

Great idea! Thank you Jan.

Notices

Walking Club Changes

The dates of walks in **November only** have been changed to the second Thursday (9th) and fifth Thursday (30th) of the month.

Note new starting time as well. *Refer news this page.*

Lunch Group

No further luncheons are planned for 2006. Marion advises that the lunch group will be eating again in 2007. We are very happy that some sustenance is planned as it should be a very hungry little group by then.

January 2007 Meeting

As our meeting date would fall on New Year's Day, we are considering having a barbecue on Monday 8 January at Lilydale Lake. More details later.

Pearl of Wisdom:

After all is said and done, more is said than done.

Walking Group

9 November and 30 November

The walking group **usually** walks on the 1st and 3rd Thursday of each month but for **November** things have changed due to our busy calendar.



On 9 November we will walk along the Mullum Mullum Trail, meeting behind Sofia's on Maroondah Highway, Croydon. Our walks will now start at **9 am** as the weather warms up.

On 30 November we will walk at Ringwood Lake, again meeting at 9 am. We meet in the car park off Mt. Dandenong Road - the entrance is just before the Ampol Service Station not Daisey's carpark.

Dinner Group

Wednesday, 8 November

The dinner group meets every second month, alternating between the 2nd Wednesday and the 2nd Thursday.

Our next dinner is at:

Venue: Thai Chaiyo,
Address: 16 Hewish Road, Croydon
Date: Wednesday 8 November.
Time: 7 pm
Bookings: Phone Tricia on 9723 9389 or book at the November meeting.

Directions: Enter from Hewish Road into car park area on the other side of Hewish Road to the Croydon Theatre. The restaurant is next to the Opportunity Shop and overlooks the park.

Our evening at de Fazio's in September was most enjoyable. Great company and good food.

Coffee Club

Thursday, 23 November

The Coffee Club meets on the 4th Thursday of each month at 2 pm. We are meeting at the coffee shop inside Myer, Eastland.

No need to book, just come for a cuppa and a chat. All are welcome.

Help...

Request from Maroondah Hospital

Kimberley Wilson who is the fund raising co-ordinator for the Maroondah Hospital (a cause) has approached Peter Feeney of Maroondah-Ringwood Seniors to ask if a couple of volunteers could spend a few hours this Tuesday or next Tuesday performing some tasks (stuffing envelopes etc).

If you can help on either of these days (24 October and 31st October) please ring 9879 0622 and Peter will put you in touch with her.

Pearl of Wisdom

I never married because there was no need. I have three pets at home, which answer the same purpose as a husband.

I have a dog that growls every morning; a parrot that swears all afternoon; and a cat that comes home late at night.

Christmas Lunch

Monday 4 December (No meeting at RSL this month)

Christmas lunch details are as follows:

Venue: Casalinga,
Address: 11 Maroondah Highway, Croydon
Date: Monday, 4 December
Time: 12.30 pm
Cost: \$25.00 (the meal is being subsidized by our Branch).
Payment: November meeting
Bookings: Contact Eileen as soon as possible on 9876 3941

Lunch Group

The lunch group alternates with the dinner group, meeting every other second month, and alternating between 2nd Wednesday and 2nd Thursday.

Eighteen of us enjoyed lunch at All Smiles on the Course, on a very hot October day.

The group will eat again in 2007. If you have a suggestion on a lunch venue for next year, please let Marion know so we can plan ahead. See Marion or ring 9879 7235.

Theatre Night

Friday, 10 November

A number of members have booked to go to "Murdered to Death". The cost, \$15, will need to be paid to Eileen or Tricia by our November meeting.

Help on Research Project

The University of Adelaide, School of Psychology is conducting research on:

**What it means to age well
Expectations of older adults, and
Responsibilities towards older adults**

WHO IS INVITED TO TAKE PART?

Any *Chinese-Australians* or *Anglo-Australians* over the age of 55 are invited to take part. (cont'd overpage)

MAROONDAH-RINGWOOD BRANCH

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Chinese-Australians are those who consider themselves to be Chinese. Their country of origin, for example, can include China, Malaysia, Singapore, and Hong Kong etc. This will include people born in Asia to one or both Chinese parents, who migrated to Australia and those born in Australia to at least one Chinese parent.

OR

Anglo-Australians are those who consider themselves to be Caucasians. Their country of origin, for example, can include England, Ireland, America, Canada, and Scotland etc. This will include people either born overseas to one or both Western parents, who migrated to Australia and those born in Australia to at least one Western parent, or have lived in Australia most of their lives.

All you have to do is...

1. Express your interest - have the questionnaires sent out to you;
2. Complete a set of questionnaires about your thoughts and opinions on ageing well;
3. Using the enclosed reply paid envelope, please mail the completed questionnaires and demographics back to the researcher.

For more information & to express your interest...

If you would like to have the questionnaires sent out to you or if you have any queries regarding the study, please feel free to contact:

Ms Joanne Tan (PhD candidate)
 Mob: 0403 836 873 (at any time)
 Tel: (08) 8303 5693 (Office hours)
 Email: joanne.tan@adelaide.edu.au

Participation in this study is completely voluntary and you have the right to withdraw at any time. The questionnaires are **anonymous** and **confidential**. We do not identify individual participants by name as a number will be assigned instead.

This study has been approved by the School of Psychology Ethics Subcommittee, University of Adelaide.