

October 2009

Volume 6 Issue 10



## Maroondah Message

**October meeting.** This month we had two instructors visit us from the Croydon Leisure and Aquatic centre speaking about their 'Living longer, Living stronger' programme. They gave us an overview of the programme, which is designed especially for the over fifties; stressing the individual programme planning and instruction, as well as outlining the costs. They also told us of the range of facilities that the centre has to offer; encouraging us to come along. If that was not possible, they stressed the need for some type of regular exercise in staying fit and healthy as we grow older.



**November meeting.** At our November meeting

Joan Sweet; One of our own members, will speak to us of her experiences while teaching in indigenous communities.

### **GUEST SPEAKERS**

If anyone has any information on possible guest speakers or would like to hear one that visited some time ago or that may have missed, please contact Sandra Price

### **Payments due:-**

At our November meeting there are a few payments due. If you have listed yourself for any of the following this is the final date for payment.

**Mooroolbark Theatre night on Friday November 13th - \$13 per head**

**Coba xmas lunch on Thursday November 26th - \$35 per head**

**Xmas lunch at Tokar Estate on Monday December 7th - \$34 per head**



### **DATES TO REMEMBER**

Monday November 2nd at 2.00pm - Monthly branch meeting at the RSL

Thursday November 5th at 9.30 am - Walk at Warrandyte

Friday November 13th at 7.30pm - Mooroolbark Theatre night

Wednesday November 18th at 10am - Lunch at the movies

Thursday November 19th at 9.30am - Walk along Mullum Mullum Creek

Thursday November 19th at 7.00pm - Dine out at Aroy- D Thai Restaurant

Thursday November 26th at 12 noon - COBA Xmas lunch

# November Eats

Thursday November 19th  
Time 7.00pm for dinner at

## Aroy - D

Thai Restaurant

178 Warrandyte rd. Ringwood North

Byo wine only

For bookings - Rita on 9876 1206  
or at the November meeting



### No Coffee group this month

### COBA Xmas Lunch on Thursday November 26th

Place 'Batman Hill on Collins' at 12 noon  
We will be travelling by train.

Meet in the second last carriage leaving Ringwood at 10.55am

This train leaves Croydon at 10 48am. It arrives at Southern Cross at 11.40 am



Remember;-

The older you get, the harder it is to loose weight, because by then your body and your fat have become really good friends.

You know that you are getting old when everything either dries up or leaks.

The older you get, the fewer things seem worth waiting in line for.

If any member knows of anyone who is at present unwell ;please let our welfare officer know so that we can pass on our best wish



Phone Helen on 9879 4058

## 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 November 5th is the Warrantdyte walk.**

This is a pleasant fairly easy walk along the river.

Meet at the carpark at the bottom of Stiggant road.

Mel. Ref. 23 D12

We head along the river trail as far as the 'Stonehouse' before returning to the carpark, stopping along the way for morning tea at a choice of coffee shop. As this is a fairly short, easy walk, no shorter version is offered.



**Our second walk for the month on Thursday November 19th will be along the Mullum Mullum Creek**

This is one of our longer walks [ approx. 45 mins each way], but is fairly flat.

We meet in the carpark at the rear of Sofia's restaurant.

We walk along the creek to the Orchid Thai [the old Mullum walk cafe] for morning tea before returning to Sofia's.

**Shorter version:-** This walk can be joined at The Oban Rd. entry to Mullum Mullum Creek. If you wish to take this option, just let Judith know and she will give you a time to be there.

**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.**

## LUNCH AT THE MOVIES

Meet in the foyer at Hoyts Eastland at 10 am. The cost is \$12 for the movie and a basket lunch. No need to book, just turn up and join the group.

### Wednesday 18th November ALL ABOUT STEVE

Bradley Cooper, Ken Jeong, Sandra Bullock, Thomas Haden Church  
Synopsis

All About Steve centers on a brilliant crossword constructor (Bullock) who, after one short date, decides that a CNN cameraman (Cooper) is her true love. Because the cameraman's job takes him hither and yon, she crisscrosses the country, turning up at media events as she tries to convince him they are perfect for each other.



**Any Queries....Problems... regarding our activities?**

Most activities come with a relevant phone number.

If not choose an appropriate number from the yellow box at the bottom of this page. Any of our committee will be happy to help

**JUST FOR THE LADIES**

Whilst on a country drive, a couple had an argument and decided not to speak to each other.

However, as they past a farm yard with pigs, goats and mules, the husband couldn't resist saying sarcastically "relatives of yours"?

'Yes" replies this wife..... "in-laws"!

A husband read an article to his wife about how many words women use in a day ... 30,000 compared to a man's 15,000.

The wife replied "the reason has to be that we have to repeat everything to men". The husband then turned to his wife and asked "what"?



**Thought for the month;-  
Did you ever notice that the Roman  
Numerals for 40 are 'XL'**

**MAROONDAH-RINGWOOD BRANCH**

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**Our Committee**

**General Committee**

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**WEB [www.seniorsmaroondah.com](http://www.seniorsmaroondah.com)**