



Maroondah Message

Dates to Remember

- **October 28** Seniors Wellbeing Expo at Eastland
- **October 30** Lunch at the Movies
- **October 31** Historical Walk North Fitzroy
- **November 4** Branch Meeting at Ringwood RSL
- **November 6** Lunch at the Movies
- **November 12** Morning Melodies, Vic. Police Show Band
- **November 20** Lunch at the Movies
- **December 2** Christmas Lunch at Yarra Valley Lodge

OCTOBER MEETING

Our October meeting featured *The Dunny Man*, John Gardner, who spoke about his experiences in an occupation of yesteryear. His talk brought back memories for many members—both humorous and unpleasant. John's presentation elicited quite a lot of laughter from the audience, although some members found parts of his account quite confronting.



It was great to see so many attendees at this meeting—a total of 62—including some members of others branches, as well as a couple of visitors.

NEXT MEETING

Our speaker for November will be **Dr. Ikram Nizam**.

Dr. Nizam is a Melbourne Orthopaedic Surgeon specialising in hip and knee surgery, sports related injuries, adult and paediatric fractures. He will speak about The Enhanced Recovery Program after joint replacements and several other orthopaedic procedures, which allows mobilisation as early as four hours after joint replacements with less pain, higher quality and more rapid recovery, less drug side-effects and less muscle weakness with discharge home as early as a day after surgery.



Don't forget our regular fourth Thursday coffee event at Café Zukka, in Eastland, near the stage at the rear of Myer. No need to book, just come along for a friendly coffee, chat and perhaps a cake. Come one—come all.

Date: Thursday, November 28.

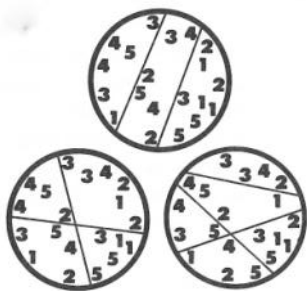
We hope to see you there.

GUIDE DOGS VICTORIA VISIT



A visit to Guide Dogs Victoria, 2-6 Chandler Highway, Kew, has been arranged for **Friday, November 22**, commencing at 11.00 a.m. The visit includes a guided tour of their facilities and a light lunch of hot finger food, sandwiches, cakes etc. The cost for this outing is \$20 which should be paid in advance at the November meeting. It is anticipated that car pooling will be available on the day. More information regarding transport will be announced at the November meeting.

Solution to last month's puzzle



This month's puzzle

The Mule and the Donkey

A mule and a donkey were carrying a load of sacks. The donkey groaned, so the mule said to him: "Why are you complaining? If you gave me one sack, I would have twice as many as you; and if I gave you one of my sacks, then we would have equal loads."

How many sacks was each carrying?



WALKING GROUP

Thursday November 7, 9:30 a.m. Mullum Mullum Creek Walk

This is one of our longer walks—approximately 45 minutes each way— but is fairly flat. Meet in the car park at the rear of Sofia's restaurant. We walk along the creek to Café Torrente for morning tea before returning to Sofia's.
Short version:- Meet the rest of the group as they cross Oban Road—approximately 20 minutes later than the walk starting time.

Thursday November 21, 9:30 a.m. Ringwood Lake Walk

Meet at the Lake car park. Access to this is from Mount Dandenong Road, down a driveway just before the Caltex petrol station, when heading towards Ringwood. This is a pleasant walk around the lake and up to Dublin Road into Railway Parade, East Ringwood, where we partake of morning refreshments at one of the local coffee shops.
We then retrace our steps back to the lake. A second circuit of the lake can be completed by the more energetic.

If there is heavy rain or the temperature at 9:00 am is over 25°C (in summer) the walk will be cancelled and we will meet at Myer Cafeteria for coffee at 9:30 am.

Please contact Mel 9870 1597 for more details about any of the walks, including the special North Fitzroy Historical Walk.

TRADING TABLE



We are always on the lookout for new stock for the trading table. Books are particularly popular, especially novels, so bring along any that you no longer want. Also popular is your excess garden produce, such as lemons, rhubarb, silver beet, parsley etc.



NORTH FITZROY HISTORICAL WALK

Don't forget the special North Fitzroy Historical Walk on October 31. You still have time to book on line or, if you're not sure, just come along on the day. We will be catching the 9.09 a.m. train from Ringwood, travelling in the second last carriage. Lunch will be at an eatery in Brunswick Street, Fitzroy, called **Grilled**. It specialises in meat, chicken and vegie burgers priced between \$9.50 and \$13.50 and is licensed.

Dine-Outs Coming Up

Friday, November 29, Dinner, 7.00 p.m. Maroondah Sports Club, Mount Dandenong Road, Ringwood East. Musical group, **Mustang**, follows dinner for those wishing to stay on.

Sunday, November 17, Afternoon Tea 2:30, Warrandyte Café, 61 Yarra Street, Warrandyte

Saturday, November 30 Breakfast 9:30, Cheeky Grin Restaurant, Fletcher Road, Chirnside Park.



IMPORTANT REMINDERS

Payment for our Christmas Lunch on December 2 at Yarra Valley Lodge must be finalised at the November meeting.

If you need to cancel a booking that you have made for a dine-out, please contact Trish Nixon on **9725-5883**.

For **breakfast, afternoon tea and bowling** cancellations please call Judith Griffith on **9726 5494**.

Please bring cash to pay at dine-outs as credit card payments are not acceptable.

Also, remember that it is your responsibility to pay for events by the due date. Where possible, please bring the correct money to the meeting.

LUNCH AT THE MOVIES—NOVEMBER Join us for the Seniors Lunch at the Movies at Hoyts Eastland on Wednesday November 6 and/or Wednesday November 20. It costs \$14.50 for the cinema entry and a basket lunch. The movie starts at 10:30 followed by the lunch and bottomless tea and coffee. Meet at the theatre at 10:00 am.

Wednesday, November 6—The Butler starring Forest Whitaker, Oprah Winfrey, John Cusack, Robin Williams and Mariah Carey. As Cecil Gaines serves eight presidents during his tenure as a butler at the White House, the civil rights movement, Vietnam War and other major events affect this man’s life, family and American society.



Wednesday, November 20—Captain Phillips Richard Phillips (Tom Hanks) is the captain of the American container ship MV *Maersk Alabama*, when in April 2009, it is hijacked off the coast of Somalia by a crew of Somali pirates led by Muse (Barkhad Abdi). Phillips endures a gruelling ordeal, first on the ship, working to protect his crew, and then having been taken hostage, on a lifeboat.

TENPIN BOWLING

Come along for some fun, bowling and coffee with cake. The next scheduled session is at 1:00 p.m. on Wednesday, December 4. Book online or phone Judith on **9726 5494**

**MAROONDAH-RINGWOOD
BRANCH**

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Contributions to the Newsletter

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Our Committee

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NEW VIEW

My face in the mirror
Isn't wrinkled or drawn.
My house isn't dirty
The cobwebs are gone.
My garden looks lovely
And so does my lawn.
I think I might never
Put my glasses back on.



Dates for Your Diary

Monday October 28 9:00am to 5:00pm there will be a Seniors Wellbeing Expo at Eastland. This will be well worth looking in on and we will be manning a stand promoting National Seniors.

Wednesday November 6 and 20 —Lunch at the movies, 10.00 a.m.

Friday November 22—Guide Dogs Victoria visit.


Friday November 29—Dinner at Maroondah Sports Club

Monday December 2—Christmas Lunch at Yarra Valley Lodge

Wednesday, December 4 1:00 p.m. - Tenpin Bowling at Chirnside Park.

Don't forget, if you need transport to a meeting or social outing, just call a committee member.

If you know of a member who is unwell, please let us know so that we can send our best wishes. Call the President, Helen Fox on 9879 4058 or Secretary, Carol O'Brien, on 9722 9870.



Newsletter

We are always on the lookout for contributions. You can send articles, jokes, news, and especially pictures. Just e-mail them to Carol at carol.obrien6@gmail.com or hand them to me at the next meeting.