

September 2009

Volume 6 Issue9



Maroondah Message

September meeting. This month was our Annual General Meeting which saw the election of a new committee. All previous committee members stood again and were duly elected with the addition of one new member, Mr Kevin Sewarie. The names and contact details of all committee members appears at the end of this newsletter. After the Annual General Meeting, Arnold Bates, the Victorian Manager of National Seniors, explained that National Seniors Australia is a not-for-profit membership based community organisation which has as its major objectives:-



To provide economic and social benefits for people 50 years and over;

To represent its members views to Government at all levels;

To make donations and provide service and advice to charitable institutions assisting people 50 years and over. With a membership of 280,000 and growing National Seniors is Australia's largest organisation representing those aged 50 years and over

Our October meeting will be FREE and members are encouraged to bring along a friend as part of Seniors Week. Our guest speaker Anne-Marie Negri from Croydon Leisure and Aquatic Centre will give a presentation on the Living Longer Living Stronger Program

[Payment required at this meeting for the October wineries bus trip - Cost \\$58 per head -](#)

[Plenty of places left. This is a good trip. Do consider joining us. See details on back page](#)

DATES TO REMEMBER

Thursday October 1st at 9.30am - Walk at Taralla Creek Trail - Croydon

Monday October 5th at 2pm - Meeting at the RSL, Ringwood

Wednesday October 7th at 12.30pm. - Lunch at Redgum Gallery and Restaurant

Thursday October 15th at 9.30am - Walk to Beasley's

Sunday October 18th at 9.00am - Bus trip to wineries

Wednesday October 21st at 10am - Lunch at the movies

Thursday October 22nd at 2pm - Coffee at Myers

Thursday October 29th at 9.30 am - Mooroolbark walk

October Eats

Wednesday October 7th
Time 12.30 pm for lunch at
RED GUM GALLERY AND RESTAURANT
2, Victoria Rd. , Lilydale [Melways 38 B5]

Fully Licensed and Byo wine
Bookings - Phone Rita on 9876 1206 or at the October meeting

Our coffee group is on once again this month on Thursday October
22nd

If you are in the vicinity of Myers' Cafe

do pop in and see who is around. No
need to book - all welcome

Myers Cafe - 2nd floor

Myers Eastland

Time - 2.00pm



EXHIBITION

ART WORKS BY CONTEMPORARY
REALIST ARTIST:

JULIA JOHNSTONE

VARIETY OF TOPICS IN OILS, PASTELS AND WATERCOLOR.

OPEN 7 DAYS OCT -NOV - DEC 2009.

WHERE: SAMSON HILL WINERY AND RESTAURANT. PH: 03 9712 0715.
360 ELTHAM - YARRA GLEN RD. KANGAROO GROUND, VIC.
(MEL 271 F10)

CONTACT ARTIST: PH 03 9725 0299, MOB: 0419 137 898,
jmjohnstone@gmail.com

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 October 1st will be along the Taralla creek track at Croydon.

Park at the Pre- school carpark, which is situated in Eastfield rd., just a short way down from Bayswater rd. We walk along the trail through to



Croydon Main st. where we visit one of the many coffee shops for our morning break, before returning along the trail to our cars.

Short Version :- This is a flat easy walk, but if you wish a shorter walk, park at the end of Lusher rd. and join the walk as it comes past [approx 5-10 minutes after commencing]

Our second walk is on Thursday October 15th is the very popular 'Beasley's' walk, along the walking track from Reynolds Rd. through to Warrandyte, partaking of morning tea at Beasley's nursery, before heading back along the track.

This is a flat, pleasant, medium length walk.

Meet at the carpark behind the Hockey centre at the corner of Reynolds Rd and Springvale Rd. Melways Ref. 34 G7

Our third walk on October 29th is at Mooroolbark .This is an easy walk. It is relatively flat along a good track by the creek. The walk has been extended because it was considered too short and is now starting at the beginning of the track where we will meet. This is at the North side of the railway Crossing on Manchester Road beside Mooroolbark railway station. There is plenty of parking in the shopping centre car parks.

We walk along the track to Bellara Drive and then return to finish off the morning at the Neighbourhood Church on Manchester Road who run a coffee shop with excellent coffee and a selection of freshly baked cakes.

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.

The Importance of Walking

Walking can add minutes to your life.

This enables you at 85 years of age to spend an additional 5 months in a nursing home at a mere \$7000 per month.

Mooroolbark theatre group

Seniors Citizens centre, Brice Ave, Mooroolbark

Presents:- WILD GOOSE CHASE - Friday November 13th

Cost \$13 per head.

There a still a handfull of tickets left for this production so be quick.

: Ethel was a bit of a demon in her wheelchair, and loved to charge around the nursing home, taking corners on one wheel and getting up to maximum speed on the long corridors.

Because the poor woman was one sandwich short of a picnic the other residents tolerated her and some of them actually joined in.

One day Ethel was speeding up one corridor when a door opened and Kooky Clarence stepped out with his arm outstretched. 'STOP!', he shouted in a firm voice. 'Have you got a license for that thing?' Ethel fished around in her handbag and pulled out a Kit Kat wrapper and held it up to him. 'OK' he said, and away Ethel sped down the hall.

As she took the corner near the TV lounge on one wheel, weird Harold popped out in front of her and shouted 'STOP! Have you got proof of insurance?' Ethel dug into her handbag, pulled out a drink coaster and held it up to him. Harold nodded and said 'On your way, Ma'am.'

As Ethel neared the final corridor, Crazy Craig stepped out in front of her, Butt-Naked, and holding his 'You-Know- What' in his hand. 'Oh, good grief,' yelled Ethel, 'Not that Breathalyzer Test again!!!'

LUNCH AT THE MOVIES

Wednesday October 21st at 10am. \$12 per head for movie and basket lunch

Mao's Last Dancer is a drama based on the autobiography by Li Cunxin. In 1961, China was suffering terribly from disease and deprivation. Li Cunxin, his parents' and their six sons, lived in a small house and for years were on the verge of starvation. But when he was eleven years old, Madame Mao decided to revive the Peking Dance Academy, and sent her

men into the countryside searching for children to attend. Chosen on the basis of his physique alone, Li Cunxin was taken from his family and sent to the city for rigorous training. In 1979, during a cultural exchange to Texas, he fell in love with an American woman. Two years later, he defected from China and went on to perform as a principal dancer for the Houston Ballet and as a principal artist with the Australian Ballet.

It is the story of how a small, terrified, lonely boy became one of the greatest ballet dancers in the world.

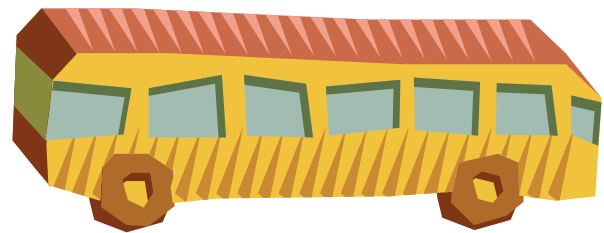


Any queries?...Problems? regarding our activities.

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

We are still updating our membership details, so if you have changed your address, phone number or email, it would be appreciated if you could let us know. Or if you didn't have your membership number with you when you first attended .

Bodies still wanted to fill seats.



We are having a bus trip on Sunday October 18th - Cost \$58 including morning tea and lunch.

We will be visiting the Chateau Tablik; one of Victoria's oldest wineries; a National trust property and still family owned. A self guided tour and wine tasting will take us through to our next activity.

We then board the Goulburn River Cruise Vessel where we will enjoy a liesurely cruise and BBQ lunch on our way to the Mitchelton Winery.

After seeing what this winery has to offer ,we can then stagger back to the bus with our purchases [if any] and make our way home. [more details on our web site].

This trip was undertaken a few years ago and had great reviews from the participants.

MAROONDAH-RINGWOOD BRANCH

Correspondence to:- Stephanie Mitchinson - Secretary

National Seniors Association/Maroondah-Ringwood Branch PO Box 1181, Croydon, Vic 3136

Our Committee

General Committee

President

Peter Feeney.....9879 0622
email;- peter@innsys.com.au

Gino Barba.....9876 3619

Judith Griffith.....9726 5494

Vice-President

Helen Fox.....9879 4058

Tricia Kristensen.....9723 9389

Thelma Licheri.....98763770

Lyn Paten.....9729 8717

Secretary

Stephanie Mitchinson...9725 2181

Sandra Price.....9720 9797

Rita Thomas.....9876 1206

Kevin Sedawe9727 3352

Treasurer

Eileen McGregor.....9876 3941

Newsletter contributions to :- Tricia Kristensen

Either at the meeting or by emailing to :-

tricialk@virginbroadband.com.au

Policy Officer

Helen Fox9879 4058

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WEB www.seniorsmaroondah.com