

June, 2014

Volume 11, Issue 6



# Maroondah Message

## Dates to Remember

- **July 3**—Walk at Lilydale Lake
- **July 7**—Branch Meeting at Maroondah Sports Club
- **July 11**—Dinner at Sweet Chilli Thai Restaurant, Heathmont
- **July 15**—Christmas in July at Karralyka
- **July 17**—Walk at Warandyte
- **July 21**—Tour of Her Majesty's Theatre
- **July 24**—Coffee at Café Zukka
- **July 31** - Walk at Croydon—Taralla Creek Trail
- **August 7**—Walk at Beasley's

## JUNE MEETING



Steve Zanon, from Proactive Ageing Pty. Ltd. gave an interesting and informative presentation on the subject of keeping our bodies and minds active throughout our lives. It was encouraging to learn that it is never too late to improve our brain function through a range of activities. Steve emphasised the importance of including variety in the types of activities that we pursue, and also in the benefits of

challenging ourselves to try new pursuits. He said that whilst crosswords and Sudoku puzzles are helpful, it is the breadth of our mental challenges that are most important. Some of his suggestions to be included in our everyday lives were:

A diverse range of mental challenges

Social interaction

Physical activity suited to our particular circumstances

A varied and healthy diet

So—come on everyone! Try something new, even if you think that you are not going to succeed. You may surprise yourself.

## Coffee Shop

Don't forget our regular fourth Thursday coffee event at Café Zukka, at 2.00p.m. 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. Members and friends welcome.

Thursday, July 24

We hope to see you there.

## NEXT MEETING



At our July meeting the speakers, Bruce Wickham and William Johnson, will talk to us about their work with the Croydon SES. The Victoria State Emergency Service (SES) is a volunteer-based organisation that provides emergency assistance to

the community 24 hours a day, seven days a week. SES is the control agency during emergency responses to flood, storm, tsunami and earthquake in Victoria, and is the largest provider of road crash rescue in the state.

**MAROONDAH SPORTS CLUB**



As part of our deal with the **Maroondah Sports Club** we expect our members to join this fine local club. The cost is \$16.50 per year single or \$22 a couple. This brings significant benefits, including 10% discount on all bar purchases and special offers on Thursday nights. You can find out more and download a membership application from their web site: [www.maroondahclub.com.au](http://www.maroondahclub.com.au)

**WALKING GROUP**

**Thursday, July 3— Lilydale Lake Walk** Meet at the Lake car park off Swansea Road, Melways Ref. 38G7.



**Thursday, July 17— Warrandyte.** Meet at the car park at the bottom of Stiggant Road, Melways Ref. 23 D12. We head along the river trail as far as the *Stonehouse* café before returning to the car park, stopping along the way for a break at a choice of coffee shops.

**Thursday, July 31 — Croydon - along the Taralla Creek Track at Croydon.** Park at Eastfield Shopping Centre, Cr. Bayswater and Eastfield Roads (Melways 50G7). We walk along the Taralla Creek Track through to Croydon Main Street, for a coffee break at one of the many cafes, before returning along the trail to our cars.

**Short version**—park at the end of Lusher Road and join the walk as it comes past (approx. 10-15 minutes later).

**Thursday, August 7—Beasley’s** starting out from the carpark at the rear of the Hockey Centre on Reynold’s Road, near the intersection of Springvale Road, Melways Map 34 G7. We walk along the scenic Mullum Creek Linear Park to this popular nursery to partake of a refreshing tea or coffee, before returning along the park.

**If there is heavy rain the walk will be cancelled and we will meet at Myer Cafeteria for coffee at 9:30 am. Current regular walks begin at 9:30 a.m.**

**Please contact Mel 9870 1597 for more details about any of the walks.**

**LUNCH AT THE MOVIES IN JULY**

Join us for the Seniors Lunch at the Movies at Hoyts Eastland. It costs \$14.50 for the cinema entry and a basket lunch. The movie starts at **10:30** followed by the lunch including tea and coffee. **Meet at the theatre at 10:00 am.**



**Wednesday, July 16—Jersey Boys**

The story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960s rock group The Four Seasons.

**Wednesday, July 23—Blended**

After a bad blind date, a man and woman find themselves stuck together at a resort for families, where their attraction grows as their respective kids benefit from the burgeoning relationship.

**Wednesday, July 30—Mrs Brown’s Boys D’Movie**

When Moore Street market-trader Agnes Brown finds her livelihood under threat from a ruthless developer, she and her family embark on a campaign to save her stall.





### *Dine-Outs Coming Up*

**Dinner:** Friday, July 11, 7:00 p.m.  
**Sweet Chilli Thai Restaurant,**  
 111 Canterbury Road, Heathmont.

Phone Trish Nixon to book, or book online.

### IMPORTANT REMINDERS

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

***Please remember that it is most important, if you have booked for an event and are unable to attend, that you cancel your reservation as soon as possible. It can cause embarrassment to the organizer if people who have booked do not attend and the venue has prepared for a larger group.***

**Also, don't forget to bring along enough cash to pay for your share of the bill as credit card payments are not acceptable, due to many establishments not accepting bill-splitting.**

### POSTAGE STAMPS



Thanks to those who have passed on their used postage

stamps to Helen Fox, whose friend donates them to charity. Please keep them coming, as this is an ongoing collection.

### TRADING TABLE

We are always on the lookout for items to sell, so bring along your pre-loved books, jewellery and bric-a-brac, as well as your excess garden produce such as parsley, lemons and rhubarb.



### THE SWING SPECTABULAR

We will be adding this event to our social calendar, so write the date in your diary. There will be a follow-up post-show dinner at a venue to be decided. More details later.

**TWILIGHT DANCE**  
 MELBOURNE TOWN HALL  
**TUESDAY October 7<sup>th</sup> 2014**  
 4:30 - 6:30pm, DOORS OPEN 4pm - PRICE \$10.00

**ONE SHOW ONLY**

*Hosted by Life Activities Clubs Victoria and National Seniors Australia*

**THE SWING Spectacular**

FEATURING

- the **GROOVIN EASY ORCHESTRA**
- The **WHITEHORSE LAC Line dancers**
- IGNITE BOLLYWOOD Dancers**

*Bookings*  
[www.trybooking.com/ESDU](http://www.trybooking.com/ESDU) or call 9650 6144

*More Information*  
 Life Activities Clubs Victoria on 9662 2930 or  
 National Seniors Australia on 9650 6144 or visit  
[www.life.org.au](http://www.life.org.au) or email [events@life.org.au](mailto:events@life.org.au)

*Presented by*  
**National Seniors**  
Active

*Supported by*  
 VICTORIAN SENIORS **ACTIVELY**  
**CITY OF MELBOURNE**  
**benetas** **The Senior** **evergreen**

**MAROONDAH-RINGWOOD BRANCH**

Correspondence to:  
 Secretary  
 National Seniors Australia  
 PO Box 582  
 Croydon, Vic 3136

Contributions to the Newsletter

Carol O'Brien  
 at the meeting or emailing to:  
 carol.obrien6@gmail.com

Visit us on the web at:

www.seniorsmaroondah.com

**Our Committee**

**President:**

Helen Fox .....9879 4058  
 email: helenfox70@gmail.com

**Vice-President:**

Trish Nixon 9725 5883

**Secretary:**

Carol O'Brien 9722.9870

**Treasurer:**

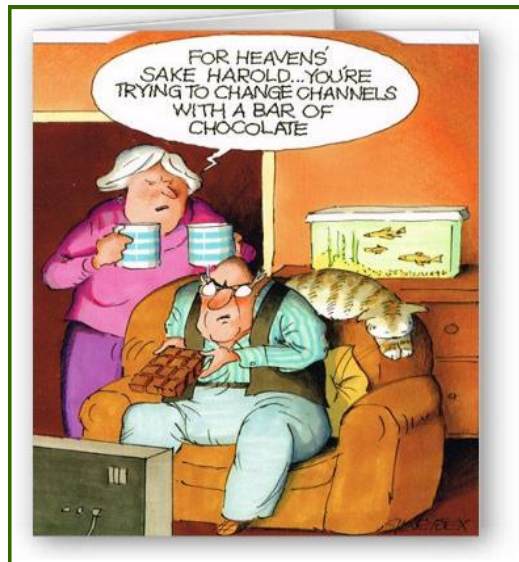
Peter Feeny .....9879 0622

**Policy Officer**

Helen Fox .....9879 4058

**General Committee:**

- Anne Hamilton .....9723 0649
- Judith Griffith .....9726 5494
- Anne Keegel .....9879 0323
- Mel Lawrence .....9870 1597
- Thelma Licheri .....9876 3770
- Kathleen Jackson 9723 4919
- Gilda Lawrenson 9870 0819



**DATES FOR YOUR DIARY**

**Monday, July 21—Tour of Her Majesty’s Theatre followed by lunch.** Cost is \$25 for tour and lunch. Book on line or by telephone.

**Thursday, December 4—COBA Christmas Lunch at Sky High, Mt. Dandenong**

**Tuesday, October 7 —The Swing Spectacular,** Melbourne Town Hall, followed by dinner. More details to follow.

**MY POST CONCESSION CARDS**

Some of our members may not be aware that, although the cost of posting a letter has risen to 70 cents, concession cards are available (subject to eligibility) which entitle the bearer to purchase 'concession stamps' for 60c. When you receive your card, you will also receive five free concession stamps. These **My Post cards** are available to holders of Pensioner Concession Cards, Commonwealth Seniors Health Card, Veterans’ Affairs cards and some others. Check out the Australia Post website for further details, or ask at your local post office which will provide you with an application form.

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 me at carol.obrien6@gmail.com or hand them to me at the next meeting.