DIARY DATE CLAIMERS

October 24th BUS TRIP St Bernard's Mt Tamborine (Lunch at own expense).......\$55 December 5th CHRISTMAS LUNCH KW Sky Lounge - Buffet Style Lunch......\$45 If you would like to be seated at the same table with friends, please mention this when booking.

COMMITTEE MEMBERS:

President: Barbara Coleman P: 3881 2216 M: 0413 494 693 Email: gazzabarb@bigpond.com

Secretary: Vicki Beardmore

M: 0421 630 742

Email: vickib2755@gmail.com

Treasurer: Sue Webster M: 0417 721 955

Email: webster559@gmail.com

Membership: Jeanette Daff

M: 0423 579 621 Email: jeanettedaff37@gmail.com

Guest Speakers: Vicki Beardmore M: 0421 630 742

Email: vickib2755@gmail.com

Activities: Karlotta Reeves M: 0410 699 300

Email: kareeves62@yahoo.com

Tours: John Canterbury P: 3356 7405 M: 0411 046 179 Email: incgrange@optusnet.com.au

Welfare Officer: June Kerrigan

M: 0411 056 440

Public Relations: Alavne Brown

M: 0413 317 690

Email: nbr44767@bigpond.net.au

REMINDERS

Please check your NSA Membership renewal dates and renew. If unsure, please see Jeanette Daff (Membership).

For group verification and to claim any NSA Discount when ordering lunch, drinks etc, you MUST wear your NSA name badge on all outings including lunches.

To purchase a badge, please see Sue Webster (Treasurer) at the social meetings. For payment of an event, please do ONE of the following ASAP:

- 1. CASH: Correct money placed in an envelope with: Your Name - Event & Date - Amount enclosed Please give the envelope to John Canterbury (Tours) who willOR..... issue a receipt.
- 2. BANK TRANSFER: Please remember to put your name in the details section of the transfer.

Acct Name: National Seniors Chermside BSB No: 084150 Acct Number: 047984369

Please remember to put your name in the exercise book at the Social meeting or contact Karlotta, our Activities Co-ordinator, before the date of the lunch.

As soon as you are aware of any club member who is unwell, please let June Kerrigan our Welfare Officer know immediately, so that she can contact them.

If you change your contact or address details, please let Jeanette Daff our Membership Officer know, as soon as possible.

If you have information for the Newsletter and/or need a lift to the meeting or to any of the social outings, including the bus trips, please let Alayne Brown our Public Relations Officer know, to help with anv arrangements.

THE FUNNY SIDE

- + Life is short, eat dessert first.
- + I used to be indecisive... but now I'm not too sure.
- + Sometimes life feels like a test I didn't study for.
- + Singing in the shower is all fun and games until you get soap in your mouth – then it becomes a soap opera.

Did you know?

A stopped clock is right twice a day. You can't walk backwards on a set of stairs. Dragonflies have 6 legs, but can't walk. No pressure, no diamonds! Blunt pencils are really pointless.

VENUE REMINDERS:

There's a lift and an escalator from the entry fover up to the 1st floor. If you're early and the main doors are closed, enter via the Newman Rd entrance of The Cove Kitchen & Bar, which is open from 8am. PARKING FOR MEETINGS: will be in the car park off Newman Road. PARKING FOR BUS TRIPS: will be in the carpark adjacent to the trainline, in Collings St.

NSA Our Generation Magazine

Online articles can be accessed via the link: https://nationalseniors.com.au/news/

QUIZ ANSWERS; Forehead, Good looking, Waterfall, For Once in my Life (4 1's in my life), Forget it, Wake Up, Tuna fish (2 nafish). Foreign Language (4 in Language), Travel overseas, Breakfast, Seahorse, Middle-aged, Broken heart, Eye shadow, Stepfather, Seesaw, Missing you, Teabag, Potatoes (Pot 8 O's), 3D movie

Paper & Printing courtesy of Jimmy Sullivan MP, Member for Stafford

National Seniors AUSTRALIA

CHERMSIDE BRANCH: PO Box 2073 Chermside Old 4032 Web Page: nationalseniors.com.au/get-involved/branches/Chermside.

Meeting Venue: Geebung RSL, Newman Room, 323 Newman Rd, Geebung.



NEWSLETTER – 17th October 2024

Good Morning Members & Visitors,

Hope you're all keeping well with this weather - one day hot and the next day cold. I'd packed the jumpers away and am now having to pull them out again!

Thank you to all who bought items in for our Bring & Buy stall today and also to the Grange ladies for setting up and looking after the stall. All monies will go to our Christmas Luncheon on December 5th at the Kedron Wavell RSL. We will be in a different room this year - more information to come next month.

Hope you enjoy listening to Ms Betty Van who is our guest speaker today. She will be talking about body language - which should be interesting for all of us.

I know we have had people come in and talk to us regarding Scammers, but we still need to be vigilant with the emails and phone calls we receive. Please remember never click a link in a message. Only contact businesses or government departments using contact information that you find yourself from their official website or application. If someone calls and you are not sure who they are and/or what they want, say 'no,' and hang up or delete if it's an email. Block these numbers on your phone and block as spam if it's an email. Contact your bank if you notice any unusual activity or if a scammer gets your money or information. Monitor your bank accounts regularly, and stay informed and seek assistance if you are unsure about the communication or transaction.

Don't forget, we have our bus trip to St Bernard's Mt Tamborine next week.

Take care, stay safe and keep well.

Barbara Coleman President

TODAY'S SOCIAL MEETING & MORNING TEA (Mobile phones off/on silent please).

We'll be joined by a popular return guest speaker: Ms Betty Vann. Her topic for discussion will be "Body Language", which promises to be enlightening, entertaining and interesting.

TIP OF THE MONTH: PUBLIC TRANSPORT

If you're travelling on public transport (especially with the current 50c fare deal), ensure you sit where you can see and be seen, by the driver, a guard or other travellers and always check the timetables beforehand, to avoid long waits.

NOTES FROM THE LAST MEETING

- ❖ 45 members attended including our Itinerant S.A. member, Heather Williams.
- Sharon McNeil and Elizabeth Taylor were welcome visitors.
- Our guest speakers, Nina Mullins and Margaret Hammer from the University of Qld gave us an overview of what's available and happening within the campus.

Special thanks to Judy Catalano for donating 10 postage stamps for the Committee to use.

OCTOBER BIRTHDAYS:

Barry Beardmore, Patricia Felsch. Margaret Munro, Marjorie Wilkes, Lloyd Young, Leslie Single



ANNIVERSARIES:

CONGRATULATIONS TO ALL!!

SOCIAL MEETINGS, MORNING TEAS & LUNCHES

October 24th 8.30am for 9am Departure - BUS TRIP - St Bernard's Mt Tamborine.\$55 Morning Tea is included, but lunch is at your own expense. Please park in the Collings St Carpark and meet at the covered BCC Bus Stop on Newman Rd, opposite Geebung RSL.

October 31st 10am - LUNCH - Bracken Ridge Tavern, 154 Barrett Street, Bracken Ridge

November 7th **1pm - COMMITTEE MEETING -** The Geebung RSL (12pm Lunch prior)

November 14th 10am - LUNCH - The Nudgee Beach Hotel, Nudgee & Approach Rds, Nudgee

November 21st 9am for 10am Start - SOCIAL MEETING & Morning Tea.....\$10 We'll be joined by a return guest: Entertainer & Singer Terry Scott, who will perform popular and well-known hits and songs with a Christmas Theme.

Why not stay for lunch or coffee afterwards? Let Karlotta know if interested.

November 28th 10am - LUNCH - The Brook Hotel, 167 Osborne Rd, Mitchelton

SENIOR'S CITY HALL 'OCTOBER & NOVEMBER' CONCERTS Tues 12 - 1pm

22nd October – The Barley Shakes

This 6-piece group showcases new & traditional Irish music.

5th November - Jay Hoad

NB. Ithaca Auditorium (limited seating) Jay has performed at most of the world's Fringe Festivals.

19th November – The Inadequates

Energetic performances & acoustic sounds. This trio are Folk Festival Favourites.

26th November – Tribute to Buddy

Kris Knight and his 4-piece band. This is real old time Rock'n'roll!

Whatever you do always try to give 100%... unless you're giving blood.



MEMBER PHOTOS: 25+ year NSA Membership







Fav Frazer 32 years (1991)



Mary Hargreaves 31 years (1992)

Queensland Seniors Month

This month-long celebration (October 1 - 31), is all about promoting positive community attitudes towards older Queenslanders and ageing and increasing the social connectedness between them, their communities and the important people in their lives. They should be acknowledged for their contribution to our State - whether as volunteers or in the workforce, community leaders, carers, grandparents or advocates. Additionally, they should be cared for and supported if and when needed and celebrated as valued community members.

HEAD

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HEAD

The Modern Grandma

In the dim and distant past. When life's tempo wasn't fast Grandma used to knit. crochet, tat and baby-sit. When her kids were in a jam They could always count on Gram. In an age of gracious living, Grandma was the gal for giving.

Grandma is now in the gym, Exercising to keep slim, She's off touring with the bunch. Taking clients out to lunch. Driving south to ski or curl. All her days are in a whirl. Nothing seems to stop her, Now that... Grandma's off her rocker!

GOOD





















Atlantic Pacific SAW Arctic





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QUIZ: Can you guess the words & expressions?