National Seniors
Australia

tADELAIDE EAST BRANCH

AE News – November, 2026

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*** MERRY CHRISTMAS ***

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"Who can be insensible to the outpourings of good feeling and the honest interchange of affection attachment, which abound at this season of the year? A Christmas family-party? We know nothing in nature more delightful! There seems a magic in the very name of Christmas. Petty jealousies and discords are forgotten: social feelings are awakened in bosoms to which they have long been strangers. Kindly hearts that have yearned towards each other, but have been withheld by false notions of pride and self-dignity, are again reunited, and all is kindness and benevolence! Would that Christmas would lasted [sic] the whole year through, and that prejudices and passions which deform our better nature were never called into action among those to whom they should ever be strangers!"

Charles Dickens - 'A Christmas Carol'

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A WORD FROM OUR PRESIDENT, Wendy Stewart

Since our last Newsletter we have continued to see dreadful things happening globally and nationally. At the same time, we have been experiencing unprecedented policy implementation and alterations, which affect seniors; Aged care, Health and Finance being the main areas. I hope you have been able to navigate through these changes. Hopefully, the Federal Government will modify some of the policies. You can help by supporting petitions and lobbying Parliamentarians.

Throughout these months our Branch has continued in solid form. We have again welcomed some new members and provided an interesting variety of speakers and events. Leading up to our AGM in September, I busily lobbied members to fill Committee positions and to help with other tasks. As a result, every position had someone willing to take on the task. Our Committee is basically the same with the new addition of Anne Bell as Welfare Officer and Past President Gary Byron taking on the additional role of Vice President. We hope to continue our good work by providing interesting meetings and events, but also keeping you informed of the important issues affecting seniors.

For our Branch to prosper and continue, we need your help in attracting new members and also, for members to be willing to take on Committee and other roles in the future. Modbury Branch has recently folded. Although it had a good membership there were not enough people to take on the required roles to keep it running. We do not want to end up in that position.

I look forward to seeing you at our November meeting and Christmas lunch. I wish you the very best for Christmas and the New Year.

Phone Wendy: 0407 974 864. Email: nsaadelaideeast@gmail.com



National Seniors
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A WORD FROM OUR EDITOR, Gary Byron

How quickly time flies when you are having fun! 2026 has flown and we are nearly into the Christmas Season again. As President Wendy has said, the Branch is doing well but we must not become complacent. Various functions and duties need to be carried out and people need to be available to help that effort.

Dr John Crowhurst is the lone contributor to INSIGHTS in this edition of AE News. John's background and achievements are quite impressive and yet again, we have a different and unique story to ponder. I am keen to keep this feature going but, as I have stated elsewhere in this edition, I need two members to come forward and submit contributions for the February 2027 edition.

Patrick Lee, the new President of the Bowls Section of the Club has welcomed the exposure of Club activities to our members that we try to provide. We will continue to nurture our relationship with the Club and support its activities where we can. We also wish Margaret Lambert (the outgoing Bowls President) well for the future and congratulate her on a job well done.

Finally, I offer all members and their families every good wish for Christmas and the New Year.



The following notification was issued by the Bowling Club just prior to publication of this newsletter:

"Dear Members,

It is with great sadness that we share the news that Sarah Lee passed away at 9.00 pm UK time, 1st November, 2026; 7.30 am SA time, 2nd November, 2026. Sarah was the devoted wife of our President, Pat and loving mother of Ella and Jack. Pat and family had travelled to London to be with Sarah, who had been hospitalized with pneumonia. Sarah had been travelling in Europe with her mother when she was taken ill.

Sarah passed away peacefully surrounded by her loving family.

Sarah had a long battle with breast cancer and continued to live her life to the fullest. She was an unwavering advocate for improvement in breast cancer treatment.

We extend our deepest condolences to Pat, Ella, Jack and family."

This is tragic news and we too, extend our deepest sympathies to Pat and his family on behalf of the members of our National Seniors Branch.

NSA ZONE 110 REPORT - Wendy Stewart, Branch President

As reported earlier, our Zone 110, which now consists of the four remaining South Australian branches, is the only NSA Zone left in Australia. Five of our Branch members attended the AGM on October 29th. Kathleen Dowling, the newly elected President of Adelaide West was welcomed.

The main business raised was the continuation of the Zone and its role. After a long of discussion our member, John Cheesman, proposed that the Zone continue in its present state so that it can utilize the benefits of belonging to National Seniors Australia, but that it also become more proactive in regard to South Australian issues. The motion was carried.

Susan Boyle, outgoing President of Modbury Branch, outlined the steps leading up to that Branch folding and the steps they are taking to finalise matters. I have been told of two of their members who will be joining our Branch in February.

Modbury and our Branch were the only branches to submit reports, as requested. It was decided that the report that I prepared would not be presented at the meeting, but that both reports would be circulated to Zone

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delegates. This was disappointing as I had prepared quite a comprehensive report.

Elections were held. Kathy Hancock from Adelaide North West was elected as Chairperson and Trevor Molde, also from Adelaide North West, was elected as Secretary. The next Zone 110 meeting will be held in January, 2027.

A suggestion was made that an event be planned for October, 2027 to promote National Seniors Australia, to coincide with the Week of Ageing Well.

Vice President Gary Byron and I are our Branch representatives. I have voting rights on behalf of the Branch. Should you have any issues that you feel should be raised at Zone level, please make contact with us.

A WORD FROM OUR WELFARE OFFICER, Anne Bell

Greetings! I am your new Branch Welfare Officer.

Please let me know of any member who is unwell, in hospital or has been struggling for any other reason, and who would appreciate some contact and/or support. A card can be sent or a telephone call from me can be made, depending on the circumstances. If a member or close relative has passed away, a sympathy card can be sent to the family.

It is important that no member should be forgotten during difficult times or if the family is grieving by reason of their passing.

I may be contacted either by phone or email (set out below). If phoning please leave either a voice or text message with your contact details, as I am unable to answer calls from unknown numbers.

Mobile: 0430 348 378. Email: nsaadelaideeast@gmail.com

AGED CARE QUALITY AND SAFETY COMMISSION

On 24 September, 2026, President Wendy drew our attention to the new publication 'Let's talk about Complaints', launched by the Aged Care Complaints Commissioner. This is to be a regular newsletter; issue number 1 is now available. It is designed to help seniors their families and supporters better understand their rights and the complaints process in aged care. It provides practical information about aged care rights, raising concerns and making complaints, to help older people feel more confident in speaking up. The

Commission may be contacted by phone 1800 951 822 or by email at info@agedcarequality.gov.au More information may be obtained by visiting their website.

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A TAPESTRY OF BRAVERY, LOVE AND FAITH: AUSTRALIAN JOSEPHITE SISTERS IN PERU – contributed by Dr Paul Fox.

"The oppressed have found solace and space in many and varied lands; it was ever and will be thus. Maria's parents escaped Hitler's terrors for Huancayo in the inter-Andean valleys of Peru. In 1987 Maria introduced us to an Australian nun, Sister Ursula Hoile, in Lima, the Peruvian capital in the coastal desert* that owes its extreme dryness to the Pacific Ocean's cold Humbolt Current. Maria's family home in Huancayo seemed familiar – like old Lutheran homes of South Australia where the organ was also pivotal to family life. (I fondly recall a Barossa matriarch "playing out" a mouse that had ill-advisedly scuttled into the organ!)

Sister Ursula, in street clothes with discrete crucifixes on the collar, ministered to the prisoners of Lurigancho, an over-crowded jail and violent hell-hole on the out skirts of Lima. Widely loved and admired, she regaled us with the black humour the inmates shared with her.

In Mexico in 1991, we heard an Australian nun had been executed by terrorists in Peru. Our relief, to learn that the victim was not Sister Ursula, was swept away with the horror of Sister Irene's death.

Irene McCormick grew up a formidable tennis player and golfer in the Western Australian wheatbelt. Despite the risks from the Maoist group Sendero Luminoso, Sister Irene had moved back to the village of Huasahuasi in the Andes from relatively safer parts of Peru. She and four men were captured by Senderistas in a raid and tried in a kangaroo court where she was mercilessly harangued about American food (aid from Caritas) and ideas. Distraught villagers, trying to intercede on her behalf, were dismissed with the retort that the captors had come to execute, not talk. Finally, with the five lying face down in the village plaza, the order was given and Sister Irene was shot first, in the back of the head, by a young female guerilla.

Requiescat in pace

What a joy to find Sister Ursula again on last August's visit to the Mary McKillop Centre in Kensington. The same bright eyes sparkling, linked to the sharpest of minds and an amazing memory. We reminisced of days in Peru as well as about

meeting my mother again in Adelaide subsequent to returning from South America, with Sister Ursula commenting that, while not enjoying her chemotherapy, she was looking forward to catching up again. Alas, it was not to be. Sister Ursula passed away on October 23.

Requiescat in pace

*Lima in the Atacama Desert and lush Darwin have similar latitudes."

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INSIGHTS

Dr. John Crowhurst, a long-standing and respected member of our Branch has submitted an article from an edition of *'British Pensions in Australia Association'* newsletter, for inclusion in this edition of AE News.

"John was born in Adelaide and educated at Sacred Heart College. He graduated in Pharmacy at the University of Adelaide in 1965.

1968 marked two new starts in his life. He married Mary Baldwinson and commenced at the Medical School at the University of Adelaide.

He graduated in Medicine & Surgery in 1974 and became a Junior Medical Officer at the Royal Adelaide Hospital.

In 1976 he was appointed a Medical Officer at the Queen Victoria & Adelaide Children's Hospitals. From 1977 to 1980 he was the Anaesthesia Registrar at Adelaide Teaching Hospitals.

In 1981 he became a Research Fellow & Senior Registrar at the University Hospital of Wales in Cardiff before returning to work at the Royal Women's Hospital in Melbourne the following year.

From 1983 to 1996 he was Director of Anaesthesia at the Queen Victoria & Women's Hospital, Adelaide and Lecturer in Anaesthesia & Obstetrics at the University of Adelaide.

From 1996 to 2004 he was Reader in Anaesthesia at the Imperial College, University of London. He also worked as Director of Anaesthesia at Queen Charlotte & Chelsea Hospital, London and Honorary Consultant Anaesthetist at Hammersmith Hospital, London. He was elected an Honorary Fellow of the Royal College of Anaesthetists, London in 2000.

Be heard

John returned to Australia in 2004 and was appointed as Senior Consultant Anaesthetist at Mercy Women's Hospital, Melbourne. He retired from clinical practice at the Mercy Hospital at the end of 2010 and returned to live in Adelaide from where he continues to teach on anaesthesia related matters.

John's research and teaching interests have included obstetric analgesia and anaesthesia , critical pre-natal care and neuraxial & perinatal pharmacology. He has taught and lectured on anaesthesia in 39 countries. He has eight international visiting professorships and has published 48 original papers and 22 book chapters."

A remarkable and productive career, John.

We would like to hear from other members who are prepared to write about their life experiences, also. Apart from being of general interest it is a good way of getting to know each other better and being able to appreciate the contributions made and experiences undergone throughout each life time. I am looking for 2 contributors for the February, 2027 edition of the newsletter. Please let me know if you are willing to be involved.

KENSINGTON GARDENS BOWLING & TENNIS CLUB CHRISTMAS RAFFLE

Well, it is that time of year again! Christmas is coming and so the Club's Christmas raffle is upon us once more. Our Branch members patronized the raffle generously last year. Let's do it again this year.

First prize is $1000 cash. Second prize is $500 cash. Third prize is a three-night stay at Aldinga Beach valued at $600. Fourth prize is a 4 pack of Penfolds and Wolf Blass wines valued at $400. Fifth prize is a Paradise Mazda service voucher valued at $350. Sixth prize is a collection of Woodleigh Hills natural healing products valued at $300.

But that's not all! There are many more prizes to be won, including 2 six packs of classic wines and a variety of other appealing items.

The raffle will be drawn at the Bowling Club's Christmas dinner on 4 December, 2026.

We have sold some tickets already so be sure you don't miss out. Tickets are $5 each or a book of 10 tickets for $50. Bring your money along to the Branch meeting on Monday 16 November, 2026.

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RESHAPING THE FUTURE OF AGEING – Julie Lewis

Branch member, Julie Lewis attended the conference, 'Reshaping the Future of Ageing', presented by the Australia Day Council of South Australia, on 22 July, 2026. The first part of her comprehensive report was published in the August, 2026 edition of AE News. The final speaker on the conference program was Professor Henry Brodaty AO, a globally recognized brain health and dementia researcher. He observed that ageing is becoming more popular these days! He presented the following, supporting facts:

- Birth rates are declining and the ability to support older generations will decline;
- Australians gained 25 years of life span in the 20th century;
- Currently there are 20-25% of 70-75 year-olds and 5% of over 75 year-olds in paid employment; and this will increase;
- 1:6 people are aged over 65 – 2/3 of them are on a pension or part pension. This will increase to 1:4 people.
- Alzheimer's pathology builds up over 20 years or so before it becomes symptomatic.

A ticking time-bomb!

In any event, his message is that it is never too late (or too early) to do something about delaying dementia. He states, amongst other things, that brain health is influenced by our choices in life, so "Be physically active! Be mentally active! Be socially active! Get blood pressure checked and treated!"

How long can we live?

The oldest recorded person with cognition was 122 years in France. The Professor spoke of the "blue zones", which are areas in which live the greatest number of centenarians. These regions, Okinawa, Sardinia, Ikara, Loma, Linda and Martinique all have the same thing in common: plant-based diets, regular moderate physical activity, social engagement, purpose in life, low levels of air pollution and low exposure to ultra-processed foods.

Julie goes on to report:

"The impediments to long health span are loss of cognition, loss of mobility and loss of independence. Dementia is defined as cognitive decline interfering with daily functioning. There are over 100 types of dementia, but Alzheimers makes up 50%. Two in five people will develop dementia (aged 55+). In over 80-year-olds, all have some pathology but this does not necessarily mean dementia –

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some people have cognitive resilience. There are currently about 430,000 people with dementia in Australia and it is expected that by 2050 this number will have at least doubled.

To keep up with demand, there will need to be a new nursing home built every three days (I have not verified this statement).

In July this year a global Alzheimers conference was held in London, attended by more than 13,000 delegates. There were 2,000 research papers presented. New testing methods, blood tests and scans, new drug therapies to remove toxic proteins are all being developed and trialed. The Professor says that these drugs are not a cure and are costly ($100,000) and can produce unwanted side effects such as brain haemorrhage. He added that he would not have dementia testing done if there was no safe treatment available.

The question remains – how can we delay the onset of dementia? 'Maintain your Brain' research trials were conducted in NSW over three years, recruiting 6,000 participants aged 55-77, who did not have dementia. The intervention group received an on-line lifestyle intervention program and personalized coaching on improving diet, exercise and other modifiable risk factors while the control group received publicly available information without the coaching.

Both groups showed cognitive improvement over 3 years, while the group that received the coaching improved more. It was estimated that the cognitive improvement, if translated to a population level, was equivalent to delaying the onset of dementia by one year.

There have been 14 modifiable risk factors identified (visit www.dementia.org.au). Professor Brodaty sees it as a "yes-brainer" that a National Brain Health Program (along the lines of the 'slip-slop-slap' skin cancer prevention program) should be implemented to help the prevention of and delay the onset of dementia. (Mind. Munch. Move was suggested!) The benefits would translate to economic benefits over time. His message is that it is never too late and never too early to do something about delaying dementia.

Professor Brodaty's final points related to public health efforts in the post diagnostic care for dementia. So many families relate that, after a dementia diagnosis, no one told them what to do. They flounder with how to continue the journey because dementia is such a lengthy condition. Important elements include guidance to information, websites, working with GP's, re-ablement and getting affairs in order. Professor Brodaty believes there is a place for a National Dementia Navigator Program (along the lines of the Breast Cancer Nurses) to help families through the journey.

Carers of dementia patients are more likely to get dementia, not because it is infectious, but most likely because they share the same risk factors as the person with the dementia.

Interestingly, in Wales, a natural experiment occurred in 2013 when free shingles vaccination was implemented for 80-year-olds. Using public health information, it was possible after a number of years to compare 2 large, nearly identical groups using only their vaccination status. It was found that those who received the vaccination were 20% less likely to be diagnosed with dementia over a 7-year period; more notably among women.

Dementia is a social problem. Not an individual problem. Volunteering is a great way to socially connect. As Scottish writer Alexander Chalmers (1759-1834) wrote, "The three grand essentials to happiness are: something to do, someone to love and something to hope for (look forward to)."

Jan Chorley, CEO of the Australia Day Council of SA provided the closing remarks to a very interesting afternoon. The event was sponsored by PHN Adelaide, the Lutheran Homes Group and COTA SA."

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DID YOU KNOW?

Years of being wronged by the now infamous robo-debt arrangement, is drawing to an end with a payout of $475m in which 125,000 Centrelink recipients will share - both tax free and exempt from the Centrelink income test – 'Your Life Choices', 4 September, 2026.

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Research commissioned by B & D Garage Doors has uncovered a blind spot in relation to break-ins – an entry-point other than doors and windows – that most of us completely overlook. Around 43% of Australians think that their garage doors are locked when in fact, they are merely closed – 'Your Life Choices', 3 September, 2026.

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There have been reports of tampering with Apple gift cards that are sold in supermarkets and in some cases, difficulties in retrieving your money once you realise that it has occurred. Just another scam for us to be aware of. Close inspection of the package prior to purchase is obviously required and if that does not work, bring it to the attention of the staff at the store where the purchase was made. Some months ago, one of our Branch members was caught in this scam, but in that instance, Woolworths, to their credit, provided a valid substitute without any hesitation. The whole story about this type of scam was published in 'NSA Connect newsletter' on Friday 11 September, 2026. <u>If you purchase gift cards from supermarkets or indeed, from other outlets , whether infrequently or routinely, this article is a 'must-read'</u>. In any event, it is probably

a good idea to ask a store assistant to inspect the gift card even before you go to the check-out.

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While we are on the subject of scams: The Australian Competition and Consumer Commission (ACCC) received 138 scam reports relating to Linkedin in July and August, 2026. Reported losses reached a total of $254,449. Another Linkedin survey revealed that 61% of Australian respondents had seen a job advertisement that they suspected was fraudulent. Some 27% said that they had come close to falling for one. A simple step that is possibly the best check is to make contact directly with the prospective employer rather than relying on the link provided by the apparent recruiter.

Another one! Scammers are now tending to send emails or texts about fake invoices, failed subscriptions or urgent charges. We are now pretty savvy in terms of not clicking on links and not answering unknown phone calls. The latest scam is to provide a phone number to ring to deal with a "serious" or "urgent" matter. Callback scams have jumped from around 29% of reported email scams in 2025 to 45% so far this year. The advice is that if you are not sure about the matter, call the organisation direct and do not make the call by using the number provided in the callback request.

[The information in the preceding two paragraphs appeared in 'YourLifeChoices' on 8 October, 2026].

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What is the principal cause of misunderstandings? *"The single biggest problem in communication is the illusion that it has taken place"* – George Bernard Shaw. The question is, did the receiver hear and understand precisely what the communicator said and meant to say?

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AI is all over the media these days with a range of opinions about the positive and negative aspects of it. AI and the future of work is perhaps one of the major aspects of concern to many. We are told that humans are prone to 'automation blindness'. For example, we can all remember back in the day when the implementation of computing was in its infancy and its potential impact on the future of work was back then, also a matter of concern. Douglas Adams (*The Hitchhiker's Guide to the Galaxy)* had an interesting take on our relationship with technology:

1. Anything around when you were born: Feels ordinary – simply how the world works.
2. Invented when you are 15-35: Feels thrilling and full of possibilities – career worthy.
3. Invented after you are 35: Against the natural order – violates how we work.

Be heard
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Some-one else once observed that the only constant in life is change. Clearly, for better or worse, AI is not going away regardless of what we think. Humans were and are **intelligent** enough to have invented and developed AI for the use and benefit of humankind. But, are we **wise** enough to responsibly and ethically use, regulate, manage and control it, and importantly, to adjust to it where necessary and appropriate, both personally and collectively? Therein lies the challenge.

"Like it or not, we live in interesting times. They are times of danger and uncertainty; but they are also the most creative of any time in the history of mankind." – President John F. Kennedy, 1966. What did we learn from what was happening way back then?

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ALWAYS TIRED? PERHAPS IT IS WHAT'S ON YOUR MIND.

The core business of National Seniors Australia is to support older Australians and to advocate on their behalf. However, there are some other things that we can do ourselves, to enhance the quality of our lives. Often, it is simply a matter of just knowing what we can do ourselves. An interesting article appeared in 'Your Life Choices' of 15 September, 2026: 'Always tired but haven't done much? This brain quirk could explain it.'

"Ever crawled into bed feeling completely wrung out, despite not having done anything particularly strenuous? You're not lazy. Your brain has simply been running too many programs at once. Psychologists call them 'open-loops'. They're the unfinished tasks, unmade decisions and unanswered messages quietly humming away in the back ground of your mind. Think of each one as a browser tap you forgot to close. On its own, it's harmless. But stack enough of them together, and your mental computer starts to slow right down."

Most of us have, at one time or another, gone to bed with something on our mind and find that we cannot get to sleep. Often, we pay for it the next day. Oh, for a good night's sleep! How do we switch off and stop these unfinished issues from popping into our heads? The article goes on to tell us how we can achieve this, if we try.

"The concept has proper scientific roots. Back in 1927, psychologist Bluma Zeigarnik ran experiments showing people remembered interrupted tasks far better that completed ones. She called it the Zeigarnik effect; unfinished tasks stay active in the mind, keeping a quiet tension running until they're resolved.

According to Dr Nikki-Anne Wilson from the University of New South Wales School of Psychology, some people feel this more than others. It depends on personality and how much emotion is attached to the task. Worrying about an unfinished project is very different from forgetting the milk!

The real trouble starts when too many loops pile up. Our working memory housed in the brain's frontal lobes, can only juggle so much.

Kelly Gough, President of the Australian Psychological Society explains that tracking many unresolved goals simultaneously, overloads a system designed for only a handful of active threads. That overwhelm doesn't just make you foggy during the day, it can wreck your sleep too. The good news? You don't need a psychology degree to lighten the load.

Write it down. Getting those swirling tasks out of your head and on to paper (or your phone} genuinely helps. Dr Gough suggests setting a specific time, like 'Tuesday at 2 pm' seems to be enough to quiet the loop.

Your brain may cling to unfinished tasks more strongly, when emotions are involved, according to a psychology expert. Credit: 'The Ridge, Ohio/Unsplash'.

Break big tasks into smaller steps. Dr Wilson notes that completing each small step gives our brain a little dopamine reward, building momentum toward the bigger goal. This is especially handy if procrastination is your nemesis.

Build habits. Tasks controlled by habit use a different part of the brain than those that require working memory. Just as you brush your teeth without thinking, you can turn other routine tasks into automatic behaviours.

Set routines. A regular 'reset day', perhaps Sundays for changing sheets and tidying up, means those chores never become open loops at all.

Dr. Wilson also offers a reassuring reminder: we will always have more loops than we can close. The goal isn't perfection. It's learning to prioritise, focus attention where it matters most, and let the rest go."

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MORE ICONIC AUSTRALIAN INVENTIONS – the last list.

Over the past year or so we have identified a number of very impressive iconic Australian inventions. Here is the final list in this series.

Spray-on skin (1992).

This product was developed by Dr Fiona Wood as a mean of treating burns victims. The technique shortened the time to produce skin cells to cover a burn from ten days to five.

Be heard

Scramjet (2002).

The University of Queensland's HyShot team sent a scramjet into the atmosphere on a test flight, which was a world first. A scramjet operates at speeds five times the speed of sound.

Cervical cancer vaccine (2006).

Developed by Professor Ian Frazer, the cervical cancer vaccine was developed to prevent strains of HPV, which causes a significant number of cervical cancers. Professor Frazer's research led to the vaccine being distributed widely in 2006 and thereafter.

If anyone has other items of interest relevant to this series of iconic Australian inventions, please let me know.

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EVENTS

The Branch events scheduled from October for the rest of the year, including a couple that took place prior to publication of this edition of our newsletter, is set out hereunder. Chris Campbell certainly has an eye for quality activities!

Movies: 'Talkies and Teas' at the Regal Cinema. 'Sense and Sensibility' will be featured on 25 November. The cost is $9.50 per ticket, which includes coffee/tea and biscuits. The doors open at 9.45 am so that guests can mingle.

[Concert: Elder Hall Conservatorium of Music, Friday 23 October, 2026. The whole of the Conservatorium Symphony Orchestra took to the stage under the baton of Lien Boon Hua from the National University of Singapore. Music was from Jonathan Shin, *The Night Bazaar;* Claude Debussy, *Premiere Rhapsody;* Benjamin Britten, *Four Sea Interlude from Peter Grimes.* The concert began at 1 pm and concluded at 2.10 pm. Cost was $20 payable at the door.]

[Arts Theatre, 53 Angas Street, Adelaide: 'A Comedy of Tenors' presented by the Therry Theatre Company, on 1 November, 2026 at 2 pm until 4.15 pm. Cost was $25 per person in a group of 10 people. Payment was to be made by 16 October, 2026 and the Treasurer was required to pay the amount in full to the Theatre on 19 October, 2026. If you did not go you missed a great show!]

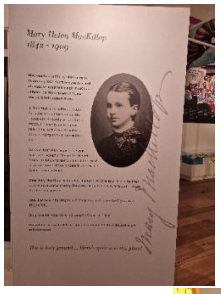
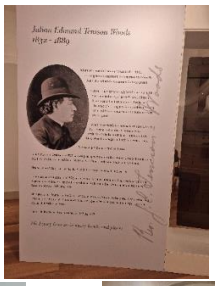
The Branch Christmas luncheon: bookings have been made for three tables at the Marryatville Hotel for Monday, 14 December, 2026 at midday. A Seniors meal for $28 is available or a full Christmas lunch with a choice of mains, for $45.

For further information please speak with our Events Officer, Chris Campbell.

National Seniors Australia

SOME RECENT EVENTS

Mary McKillop Museum





Stangate House






Be heard

Mystery Bus Trip to Goolwa















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A SPECIAL MENTION – Gary Byron, Editor

Kay and I visited the new Homebase Café located at 541 Glynburn Road, Hazelwood Park (next door to Terry White Chemist) a few weeks ago. It occurred to me then that our members are often on the lookout for somewhere new to socialize now and then. Put this one on your list! It certainly passes the pub test…correction…the café test!

The premises are new, ultra clean and spacious. The coffee is great. The menu is excellent, being one of those rare menus that exclude ho hum offerings that simply fill up the page. This one is right to the point in terms of food and drink. And, importantly, the staff are courteous and welcoming.

Homebase Café is open 7 days each week from 6 .30 am until 4 pm. Breakfast, brunch and lunch are available or simply morning or afternoon tea (a great excuse for trying some of the mouth-watering cakes on offer).

We don't usually give plugs for businesses but many of us live a fair distance from the Kensington Gardens Bowling and Tennis Club where our meetings are held; it is good to know that we have what promises to be a good experience, close to home.

THE LAST WORD

An elderly man lay sprawled across three seats in the stalls at the movie theatre. An usher came by, saw the man and whispered, "Sorry sir, you may only occupy one seat. Would you kindly sit up, please." The man did not budge. "Sir", said the usher, "Please sit up otherwise I will call the manager." The man muttered something incoherently but did not move.

The usher fetched the manager and the two of them tried to move the gentleman into a sitting position, but without success. Finally, they called the Police. The Officer eventually turned up and said to the man, "Listen my friend, you have been asked to sit up. Please do so or I may have to take this further."

No response apart from more incoherent groaning and muttering.

"Right!" said the Officer, "What's your name?" The old man moaned, "Fred".

"And where are you from Fred?" asked the Officer sternly.

Pointing upwards with great difficulty, Fred moaned, "The balcony!"

Be heard