

National Seniors AUSTRALIA

CHERMSIDE BRANCH: PO Box 2073, Chermside Qld. 4032
Venue: Geebung RSL, Newman Room, 323 Newman Rd, Geebung
Web Page: nationalseniors.com.au/get-involved/branches/Chermside



DIARY DATE CLAIMERS: All bookings/queries/payments please see John C.

- May 21 BRING & BUY:** Homemade craft items, baked goods & plants only.
May 28 AUTUMN BUS TRIP: Interesting sights around Brisbane.....Details TBC
July 23 CHRISTMAS IN JULY: Cunungra & Scenic Rim. Morn Tea & lunch incl...\$80
September 24 SPRING BUS TRIP: Summerland Camel Farm at Harrisville.....\$50

COMMITTEE MEMBERS: All correspondence please email: nsachermside@outlook.com

President: Barbara Coleman
M: 0413 494 693
Secretary: Vicki Beardmore
M: 0421 630 742
Treasurer: Sue Webster
Membership: Jeanette Daff
M: 0423 579 621
Guest Speakers: Vicki Beardmore
M: 0421 630 742
Activities: Karlotta Reeves
M: 0410 699 300
Tours: John Canterbury
M: 0411 046 179
 Email: jncgrange@optusnet.com.au
Welfare Officer: Jenny Tidey OAM
M: 0409 108 358
Newsletter: Alayne Brown
M: 0413 317 690

GENERAL REMINDERS:

Check your NSA Membership validity and renewal dates and renew if required. If unsure, please see Jeanette Daff (Membership).

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

To order and purchase a badge, please see Sue Webster (Treasurer).

For payment of an **event**, please do **ONE** of the following ASAP:

- CASH:** Correct money placed in an envelope with:
Your Name – Event & Date – Amount enclosed
 Please give the envelope to John C (Tours) who will issue a receipt.
OR.....

- BANK TRANSFER:** Please record your name in the "details section" of the transfer.

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

 For lunch reservations, please put your name in the exercise book at the Social meeting or contact **Karlotta**, our **Activities Co-ordinator**, before the date of the lunch.

If you're aware of a member who is unwell, please let **Jenny Tidey OAM** know immediately, so that she can contact them.

For apologies, if you're unable to attend a meeting and if your contact or address details have changed, please let **Jeanette Daff** our **Membership Officer** know ASAP.

If you have info for the Newsletter, feedback and/or need to organise a lift to the meeting or to any of the social outings, please let **Alayne Brown** our **Public Relations Officer** know, to help with any arrangements.

NSA Our Generation Magazine: <https://nationalseniors.com.au/news/>

VENUE REMINDERS:

- * If the main doors are closed, enter via the Newman Rd entrance of The Cove Kitchen & Bar.
- * **MEETING PARKING:** Car park entry off Newman Rd.
- * **BUS TRIP PARKING:** Carpark in Collings St adjacent to the trainline.
- * **BUS PICK UPS:** Wait at the BCC bus shelter on Newman Rd opposite the club carpark entry.

Please bring a container if you'd like to take home any leftover morning tea scones or slices.

LORD MAYOR'S CITY HALL CONCERTS: FREE From 12 – 1pm Every Tuesday

Full Details: of performances: <https://tinyurl.com/LMConcerts> OR www.brisbane.qld.gov.au

- APR 21 Last Night of the Proms
- APR 28 I Left my Heart in Highgate Hill
- MAY 5 Que Sera
- May 12 Jarrod Murphy Collective
- MAY 19 Riverside Guitar Ensemble
- May 26 Beethoven Sonatas



I was gonna tell a joke about retired people but none of them work.

Answers to the Rebus puzzles

1. Time to go
2. Long time, no see
3. Polite
4. 4 wheel drive
5. Apple pie
6. Up to you
7. Design
8. Vegetables
9. Afternoon tea
10. Camping overnight
11. Engineer

Printing & paper kindly supplied by the staff of Jimmy Sullivan's office – much appreciated. Thank you

NEWSLETTER April 16, 2026

Good Morning Members & Guests

Let us take a moment to remember Jimmy Sullivan, the Independent Member for Stafford, who sadly died last Friday morning. He was always generous to our club over many years – providing a Christmas Hamper for our annual Christmas lunch and printing our monthly Newsletter. His presence will be deeply missed.

Throughout our lives, we've witnessed many incredible happenings. I'm sure we all watched the moon landing back 'last century' in 1969. It was amazing to also witness the most recent space journey of the *Artemis II* around to the 'dark side of the moon'. A successful mission, which ended with a flawless splashdown on Saturday.

NSA will now send *The Connect Newsletter* more frequently to those members who have requested this. You can call: 1300 765 050 or email: general@nationalseniors.com.au to request this. The newsletter features plenty of interesting information including recipes, so please make sure to check it out online.

Our AGM is scheduled for August as usual, and we encourage more members to consider getting involved with the Club's management. You're always welcome to come along to a Committee meeting. We meet here at Geebung RSL on the first Thursday of each month at a new time of 10am.

Take care & please remember next month's Bring & Buy event.

Barbara Coleman
 President

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

Our Guest Speaker today is **Lindsay McCulloch from Geebung RSL**. The "Pink Pig" will be passed around to raise funds for **Mates4Mates**, who support current and ex-servicemen and their families.

Please, Donate to the Pink Pig

NOTE: Karlotta has made a lunch booking **upstairs at Element Restaurant** after today's meeting. If you'd like to stay on for a meal, chat or just a coffee, you're most welcome to join.

TIP OF THE MONTH: BALANCE & INTERMITTENT EXERCISE

Did you know that 3 in every 10 seniors will have a fall at least once a year, so take precautions whilst you're at home and when you're out'n'about. You can challenge your balance and build your flexibility and strength by practising these easy movements intermittently each day.

1. Whilst you're waiting for the microwave/the kettle to boil/the sink to fill up etc., hold onto the bench and do some heel raisers, toe raisers or gentle squats.
2. Whilst watching TV or sitting at the traffic lights, rotate your hands/wrists/elbows and shoulders.

APRIL BIRTHDAYS:

Barbara Rattenbury 3rd, Yvonne Stephens 3rd,
 Christine Lewis 4th, Keith Tidey 13th,
 Ruth Reilly 15th, Helen Moran 18th



APRIL ANNIVERSARIES:

Jenny & Keith Tidey (1963) 63 years
 Vicki & Barry Beardmore (1975) 51 years

CONGRATULATIONS TO ALL!

