



President's Report August 2025.

When is Old too Old?

At a recent inquiry after an elderly lady reversed out of a parking bay into a pedestrian and child injuring them both; one of the Government Officials proposed all people over 75 years old be banned from driving. This really got me going, ie What does this "nappy wetter" think he/she is proposing!

Already as an older driver we have to have a medical test to ensure we are fit to drive when we are over 75 years old. As we age we need to recognise that our reactions are not as good as when we were 20 years old, but then wisdom has taught us that it is probably better to drive to the road rules and not "hoon" around, (maybe not all of us have learnt that.) The loss of independence to go where we want and when we want is very hard to give up.

Let us be responsible citizens and when we notice difficulties like driving at night or in heavy traffic or just manoeuvring the car, even with all the modern aids, we restrict our travels and or seek alternatives. Unfortunately, self-driving cars are not available yet!

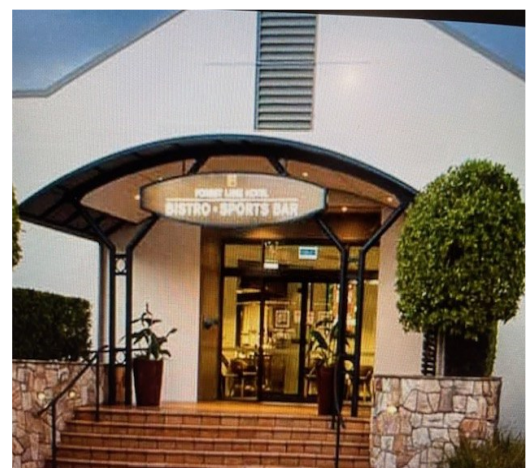
Brian



AUGUST BIRTHDAYS

Barbara	Allen Hashim-	Judith Poole
Barlow	Jones	Brian Waldeck
Steve Bentley	Pam Healy	Barry Weston
Norah	Lesley Ingram	
Blunden	Steve Jonsson	
Wendy		
Donaldson		

National Seniors Branch please use the access to the Forest Lake Hotel on the side of the hotel opposite the Red Rooster.



ACTIVITY REPORT FOR GENERAL MEETING THURSDAY 14TH AUGUST 2025

MEETING IN JULY - Natalie's Chair Yoga – Great attendance with Natalie putting us through her paces.

CHRISTMAS IN JULY: Birches Restaurant at Mt Mee – we had a fantastic day, great company, 2 course meal with tea/coffee bar. We enjoyed the music and atmosphere and a beautiful fire

AUGUST 14th General meeting – 14th Birthday Celebration with cake – entertainment by "Mates Rates" Quartet. Very exciting morning – ENTERTAINMENT WILL BE IN 2 SECTIONS.

Thursday 21st - **WELLINGTON POINT FARMHOUSE RESTAURANT – HIGH TEA MORNING TEA /SHOPPING/GOLDEN CIRCLE DFO AT CAPALABA.** Our day will start meeting in the usual spot in the car park area beside Aldi at Forest Lake at 7.45am, and the bus will leave at 8.00am -arrival for 9.30am. The Farmhouse has a shop – bring a cooler bag (NAME ON IT) PLUS for use at Golden Circle. 35 ONLY – full bus – WAITING LIST AVAILABLE IN CASE OF LAST MINUTE CANCELLATION. **PLEASE REMEMBER THAT PAYMENT IS DUE BEFORE AUGUST MEETING**

SEPTEMBER 11th General meeting 9.30am – QFES will be doing a presentation for us (depending on availability on the day). AGM has been postponed until October meeting now.

Tuesday 16th - "ESK BUSH BASHERS" Such a fun day being entertained by an elderly group of musical "buffs" with singing, dancing, with our group joining in to play some of these fun musical instruments ie bottle top sticks and the list goes on. Lunch/cake/tea/coffee included in price – **POSTPONED TILL TUESDAY 27TH OCTOBER 2026**

Thursday 25TH Lunch at Khao Thai Restaurant – Forest Lake – maybe a late change.

OCTOBER 8th – at Riverlife 6 Jennifer Street Seventeen Mile Rocks - FREE Over 50's Expo – possibly the final Expo. FREE morning tea and Sausage Sizzle lunch, with 4 exciting speakers in the Auditorium, many information stalls, from 9.00am till 1.00 pm. **MUST RSVP ASAP WITH NAMES - PLUS DIETARY REQUIREMENTS:**
CentenaryBeat@police.qld.gov.au

OCTOBER Thursday 9TH - General meeting - AGM

Monday – Wednesday 13-15TH **MARY VALLEY EXPLORER**

Wednesday 29TH - Portofino at Forest Lake Community House 2 Alpine Place Forest Lake 9.30am – 12.30pm morning tea - TBA at September meeting – Expressions of interest please.

Lynne Ball & Activity Group

Committee Members

Branch email - nsaforestlakepres@gmail.com

President - Brian - 0407113126

Vice President –

Secretary - Janelle - 0402097564

Treasurer - Colin - 0426 863 506

Membership – Norah - 0421282052

Activities - Lynne . - 0412 122 161

Publicity - Lorraine . – 0409275016



Forest Lake Branch
For all your banking
needs see the friendly
branch team or contact
us on 3412 2360

Forest Lake Hotel

245 Forest Lake Blvd
Forest Lake, QLD, 4078
(07) 3278 7444

Newsletter, Agendas & Minutes of previous meetings

Email Members will be sent these in the pre-meeting email, **please print them out & bring with you if you wish to have a copy at the branch meetings**

Non-Email Members will have a copy of the newsletter reserved for them for pick up at the entry desk.

The Newsletter is also available online at **(nationalseniors.com.au/getinvolved/branches/forest-lake)** & on our Facebook group page **"Forest Lake Branch National Seniors Australia Group"**

If you are on Facebook go to the Branch Facebook Page **(Forest Lake National Seniors Australia)** and click on "Join Group"

Members Welfare

Do you know of any Members who are unwell, had a bereavement in the family or feeling down? Often, we are not aware so if you know of any Members, please let our Welfare Officer know. Vicki has kindly taken on this important role again for our club this year. Phone 0403663293

The Committee would like to thank all the supporters of the NSA Forest Lake Branch for photocopying or printing of newsletters, financial reports and other support material.

Thank you for the printing of our monthly newsletter goes to Margie Nightingale and her team at her Office . Margie is our local state member

A special thank you goes to our volunteers without whom our meetings would not run so smoothly.

Hi Members: Could you please try to have small change with you to pay when entering our meetings. This is to pay for morning tea and as our lovely Volunteers manning the desk do not have access to a lot of change and big notes make it very difficult for them.

We strongly encourage Members to pay for excursions via Internet banking or depositing payment over the counter at Heritage Bank

Trips Payment

Bank Transfer & Direct Deposit

Account Name: National Seniors Australia Forest Lake Branch Inc

Bank account details: BSB-
Acc

Please include your name & event name on the transfer and receipt for identification.

Example – Smithx1Xmas party
Surname (Smith)
Number going (1)
Event (Branch Christmas Party)

EFTPOS

The Branch has a "Square card" hand-held EFTPOS machine to take payments. Members wishing to pay by card using this method can do so at Branch Meetings. Receipts will be emailed. Please note payment via this method will incur a surcharge of 1.9%.

Cash or Cheques

To assist the trips desk please write on an envelope:

Your name

Trip details

Payment amount

Dietary requirements

Joe Smith
Branch Christmas Party
\$?
Gluten Free

Seal your payment inside the envelope and hand it to the trips desk.

Unless it is in an envelope as stated above the trips table will not accept any payment.

Full Payment will be due at the monthly meeting prior to the trip.

Branch Refund Policy

Cancellation of an outing

The branch policy for late cancellations. Notify the Secretary or Treasurer 48 hours beforehand. A Medical Certificate will be required to receive a refund if notification is 24 hours or less. In the case of a sudden medical emergency on the day which cannot be prevented, the Management Committee will consider the matter with respect to a refund.

When we have to book seats on a bus or give numbers for a booked luncheon and are still required to pay even in the case of a cancellation by a member a refund will not be provided. In the event of an activity/outing being cancelled due to some unforeseen circumstance beyond our control, eg: storm, transport breakdown, etc, and cannot be rescheduled, members will be refunded any monies paid.

AWAY TRIPS

Hello Travelling Enthusiasts,

To those members who booked their seat and previously paid their deposit for the Away Trip, "MARY VALLEY EXPLORER" your final payment is due before our **AUGUST** meeting.

Costings are as follows:

Double/Twin p.p. \$825.00 less deposit \$100.00 = \$725.00

Single per member \$985.00 less deposit \$100.00 = \$885.00

CRUISE FOR 2026. Our six day cruise on the "Carnival Encounter" departing on the **30th May 2026** with a coastal Queensland Itinerary stopping at Airlie Beach and Cairns has proved popular with 35 members making a booking to date. Be aware that prices for this cruise may vary over the coming months so it is best to get in early. Please speak to me prior to your booking to ensure inclusion in our group booking.

As always "KEEP ON KEEPING ON" and enjoy your travels.

Kind Regards

Ian H.

Away Trip Co-Ordinator



MARY VALLEY EXPLORER

Departing 13th -15th October 2025

ITINERARY

Day 1 - 8.00am Depart Brisbane to the Caboolture Pioneer Village for Morning Tea and Self Guided tour then to Gympie Gold Mining Museum for Lunch and Tour then to Gympie Timber Museum then book into Motel at around 4.30pm (Great Eastern Motel Gympie) 6.30pm Dinner at Motel

Day 2 - 7am Breakfast at Motel Restaurant 8.15am Depart to Habitat Noosa Everglades Eco Camp for a 9am/9.15am Depart for Cruise Noosa Everglades including morning tea at Harrys Hut then cruise back to the Noosa Everglades Eco Camp for lunch then to Rainbow Beach and Carlo Sand Blow then return back to Gympie 6.30pm Dinner at Motel Restaurant

Day 3 - 7.30am Breakfast at Motel then Depart to the Old Gympie Railway Station to Board the Gympie Rattler for the Journey down to Amamoor Station short break then Return back to Gympie Station for Lunch then to Ken-ilworth Cheeses for Cheese tastings then return back to Brisbane via Maleny with stop in Maleny time permitting



NATIONAL SENIORS AUSTRALIA
FOREST LAKE BRANCH
EVENT CALENDAR AUGUST TO DECEMBER 2025

<u>AUGUST</u>		
Thursday 14th	General meeting held at the Forest Lake Hotel 09.30am – 14th BIRTHDAY CELEBRATION with Cake Entertainment – David Mason - quartet “Mates Rates” \$350	\$8
Thursday 21st	8.00 bus departs for Wellington Point Farmhouse Restaurant – morning tea HIGH TEA including a drink + drive around Wellington Point- Golden Circle Outlet to buy goodies.	\$75
<u>SEPTEMBER</u>		
Thursday 11th	General meeting held at Forest Lake Hotel	\$8
Thursday 25th	Lunch at KhaoThai Restaurant, Forest Lake Shopping Centre – 235 Forest Lake Boulevard.	Own Expense
<u>OCTOBER</u>		
Monday 6th	Public Holiday – Kings Birthday	FREE
Wed 8th	FREE Over 50s Expo – Riverlife Church Seventeen Mile Rocks	FREE
Thursday 9th	AGM Meeting held at Forest Lake Hotel 09.30am for 10 am - Ask member for suggestions for 2026 trips/activities	\$8
Mon 13 – Wed 15th	Mary Valley Explorer, (PP) Double/twin \$825.00 pp and Single \$985.00	Own Expense
Wed 29th	Fashion Event - Portofino at Forest Lake Community House 3 Alpine Place, Forest Lake	\$15
<u>NOVEMBER</u>		
Thursday 13th	General meeting held at Forest Lake Hotel 09.30am - Speaker – Remembrance Day tba Retired Lt Col George Hulse – “ Dogs in War”	\$8
Thursday 20th	7.45am Late Spring breakfast at Café 63 Richlands	Own expense
<u>DECEMBER</u>		
Thursday 4th	CHRISTMAS PARTY – Blue Fin 11.30 – 2.00pm Entertainer - Alice Anderson + Mark	\$55.00



Here are some photos from our Christmas in July at Birches Restaurant, Mt Mee.

Great day with a very yummy Christmas Pudding for dessert.

Unfortunately we could not find any sixpences in the pudding.



LAUGHTER IS THE BEST MEDICINE

Question: What starts with P and ends with E and has a milion letters in between

Answer at the August meeting.



The Lord Mayor's Seniors Christmas Parties' will be held in Brisbane City Hall from

Monday 1st December to Saturday 6th December 2025

Each event will commence at 9am, 1pm or 5pm. Experience the joy of Christmas and celebrate amongst friends.

Enjoy an exciting variety concert by the finest local artists performing traditional sing-along Christmas carols and performances