



MORNINGTON PENINSULA BRANCH NEWSLETTER PRESIDENT AND SOCIAL SECRETARY REPORT

Hello everyone,



The shortest day and the longest night have just ticked over.  While the days are getting longer we can

look forward to getting up in daylight hours but due to the season lag it will be a few more weeks before warmer days.

We have surely had our fair share of rain. 

Our dine out at Gourmand Café




last Friday proved to be a good choice for a rainy winter day with everyone finding a meal to their liking. Our next dine outing in July will be early brunch at THE


CINEMA MOVIE GROUP



Last month we saw the Elton John movie **ROCKETMAN**. Taron Egerton was brilliant in his

performance as Elton.  We really enjoyed the movie and recommend you see it.

You may want to lower your gaze to a couple of explicit sex scenes. Without those moments, for us, it was an incredible movie with amazing and memorable musical treats.

Friday 5th July is our next meet. Maybe this time it will be the Beatles as a film. **YESTERDAY** is getting some excellent reviews. 


I'll let you know when and where as soon as available.

Cheers, Lechée

HUNGRY PEACOCK in Tyabb.  It would be

great to see lots of you there!

Have a great overseas holiday, Doug, and hopefully those of you travelling closer to home are enjoying some sunny

warm days. 

We all enjoyed listening to our last minute change of guest speaker, DAYTRIPPER Keli, at our June branch meeting with many now considering where they might go. Ballarat, Bendigo and theatres in the city being popular options. Hopefully, all going well, I have Lynda Coaker from the

Mornington Police  Seniors Community Register

to be our August speaker. This is a great service.

Hope you can all be at our Branch meeting on Monday July 15th.

Keep cosy.

Cheerio, Jill

UPCOMING EVENTS JULY

FRIDAY 5th July


Cinema outing. Please contact Lechée on 5979 1923.

MONDAY 15th July

Committee meeting 12:30/12:45pm in Room 2 Bentons Sq Comm Cntr.

MONDAY 15th July

BRANCH MEETING 2 for 2:30pm in Room 2, Bentons

Square Community Centre.  Our **guest speaker** is NIKI ARGROS, dietitian from PPN (Peninsula Physical Health and Nutrition) Mornington. Do you have any questions for Niki about nutrition and food? Please email any questions to ireneanderson2013@gmail.com by 30th June to give Niki time to answer them fully during her talk.



THURSDAY 25th July

BRUNCH 10:15am THE HUNGRY PEACOCK, 16 Mornington-Tyabb Road, Tyabb. It's a little old converted wooden church!



About our Guest Speaker

Niki Argiros APD: Dietitian

Master of Dietetics (2009). Deakin University
Graduate Diploma of Human Nutrition (2007)
Bachelor of Science (2005)

Niki is an accredited practising Dietitian/Nutritionist working in private practice to provide one on one interaction with patients while providing them with evidence based nutritional advice.

Niki has a particular interest in the following areas:

- Overweight / Obesity
- High energy / High protein diets
- Diabetes
- Heart disease and high cholesterol
- Food intolerance and IBS
- Coeliac Disease



General committee members 2019

Nancy Francis: 5902 0671

Bob Cooper: 0407 042 317
suebobcooper@gmail.com

Doug Hamilton: 5974 2976
douglas.hamilton6@bigpond.com

Val de Lange: 0438 137 183 valdelange@yahoo.com

Angela Grivas: 9775 6131
angelagrivas29@gmail.com

Executive Committee Members

PresidentJill Falla: 5975 3866
jillfalla@hotmail.com

Vice PresidentNgareta Cook: 5973 6660
ngaretacook@yahoo.com.au

SecretaryIrene Anderson: 0437 796 855
ireneanderson2013@gmail.com

TreasurerRay Joppich: 5981 2072
ray97dawn@gmail.com

Guest SpeakersJill Falla 5975 3866

ANNOUNCEMENTS for AUGUST

SUNDAY 4th AUGUST

Cinema outing. Please contact Leché on 5979 1923.

MONDAY 19th AUGUST

Committee meeting 12:30/12:45pm in Room 2 Bentons Sq Comm Cntr.

MONDAY 19th AUGUST

BRANCH MEETING 2 for 2:30pm in Room 2 Bentons Square Community Centre.

Our **guest speaker** for August is LYNDA COAKER from MORNINGTON POLICE SENIORS COMMUNITY REGISTER.



FRIDAY 23rd AUGUST

DINNER at WAVES, FRANKSTON SLSC on the beach front, 7:30pm.



Branch Contact Details

PRESIDENT JILL FALLA

BRANCH MEETINGS ARE AT BENTONS SQUARE COMMUNITY CENTRE, ROOM 2.

BENTONS ROAD, MORNINGTON.

JILL: 03 5975 3866 (home)

jillfalla@hotmail.com