DIARY DATE CLAIMERS:

<u>March 27th BUS TRIP:</u> Currumbin Valley & Rock Pools. Morning Tea incl. Lunch at own expense. Please book and pay ASAP with John C......**\$45**

April 17th Easter Stall: Edible Treats & Basket Raffle.

May 22nd BUS TRIP: Montville. Morning Tea incl......\$45

May 29th Morning Tea in the Park: Decker Park, 18 Twenty-fifth Ave, Brighton

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: June Kerrigan *M: 0411 056 440*

Public Relations: Alayne Brown M: 0413 317 690

VENUE REMINDERS:

* Use the lift or escalator from the entry foyer 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. * <u>MEETING PARKING:</u> Car park entry off Newman Rd. * <u>BUS TRIP PARKING:</u> Carpark in

Collings St adjacent to the trainline. * <u>BUS PICK UPS</u>: Wait at the BCC bus shelter on Newman Rd, opposite the club carpark entry.

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 <u>MUST</u> 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 will issue a receipt.OR.....

 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

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 are aware of any club member who is unwell, please let **June Kerrigan** our **Welfare Officer** 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 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 any arrangements.

NSA Our Generation Magazine: accessed via the link: https://nationalseniors.com.au/news/

PUZZLE A. ANSWERS: 1. TINT -HUE, SHADE, TINGE, TONE 2. COMPONENTS OF A MYSTERY - ALIBI, CLUE, DETECTIVE, SUSPECT 3. TAKE ISSUE WITH - CHALLENGE, CONTEST, DISPUTE, QUESTION 4. STRIKE A _____ - CHORD, DEAL, MATCH, POSE

PUZZLE B. ANSWERS: 1. THINGS THAT SOUND LIKE A 'T' - TEA, TEE (GOLF), TEE (SHIRT), TI (MUSICAL NOTE) 2. OBJECTS WITH TEETH - COMB, GEAR, SAW, ZIPPER 3. MILD OATHS - FUDGE, GEEZ, NUTS, RATS 4. PARTS OF A RIVER - BANK, BED, DELTA, MOUTH

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

National Seniors

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



NEWSLETTER – 20th February 2025

Good Morning Members & Visitors

It has been a very sad start to the new year with the tragic and unforeseen deaths of 3 of our members: John Davenport, Elwyn Williams and Bev Hoy - a member whom we hadn't seen for some time. (Some of you may remember, she lost her eyesight a few years ago, and was unable to attend our meetings – she was 101). They will be sadly missed by all.

With the current hot and humid weather, please all be aware that Heat exhaustion, confusion and heat stroke can affect us all and - importantly - it can be fatal! Try to stay hydrated, wear loose-fitting clothes and keep cool where you can, by using air-con or a fan. (see tip)

NSA is keen to keep the momentum of their 'Keep Cash' campaign. Last Tuesday, they held a morning tea and photo shoot with Channel 9. Unfortunately I was unable to attend - did any of you go? Remember, there is a lot of good information available on the NSA website. If you would like to access this and have and email address, please see me after our meeting and I can help you set this up.

We still require a person to fill the Guest Speaker role, which Vicki has been doing in a 'caretaker capacity'. We already have speakers logged in for the next couple of months, so it's not too difficult, but we would like someone to step up to help out. If you would like to help in other areas, please come and talk to one of the committee members.

Take care, keep cool and hydrated.

Barbara Coleman President

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

Betty Vann will be our Guest Speaker today, with an entertaining talk on "Body Language".

NOTE: Karlotta has made a lunch booking <u>downstairs at The Cove Kitchen & Bar</u> after today's meeting, if you'd like to stay on for a meal, a chat or just a coffee, please let her know.

TIP OF THE MONTH: STAYING COOL - POWER SAVING TIP

If you're worried about power bills, let someone else pay for it! Plan to spend time at an air conditioned shopping centre, cinema, community centre or library, where they have comfy chairs, activities, quiet reading nooks, internet, restrooms and a usually a café.

FEBRUARY BIRTHDAYS: Brenda Dimmock, Del Hodge & Catherine Kent CONGRATULATIONS TO ALL!!



NOTES FROM THE LAST MEETING:

- ✤ 42 Members attended with 2 Visitors: Brian Dreadon and Sandie Dixon.
- 12 apologies were received.
- Our guest, Tom Law OAM spoke about the importance of socialising and doing some daily exercise at any age - for health and well-being (even if it's during an NSA meeting). He had us all on our feet, 'busting moves' to some feel-good Latino music.



SOCIAL MEETINGS, MORNING TEAS & LUNCHES

February 23 rd	11.30am - LUNCH - Petrie Hotel, 2 Dayboro Rd, Petrie

March 6th 1.00pm - COMMITTEE MEETING - Geebung RSL (12pm lunch prior)

March 13th 11.30am - LUNCH - Gaythorne RSL - 19 Tel El Kabir St, Mitchelton

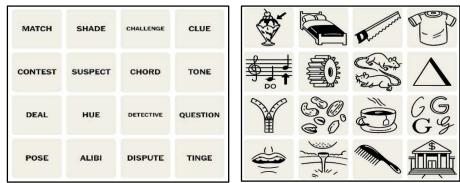
 March 20th
 9.30am - SOCIAL MEETING - Morning Tea & Lucky door ticket....\$10

 Our guests will be Karen Furnivall and David Hallesy from NSA speaking about Digital
 Literacy and how to access Govt services online as well as Social Media access etc.

March 27th 8.30am for 8.45am Departure - BUS TRIP - Currumbin Valley......\$45

PUZZLE A

PUZZLE B



Create 4 groups of 4 items that share a <u>common thread</u>. Each puzzle has only one solution. Tip: Be careful as some words/pictures seem to belong to multiple categories. Paper & Printing courtesy of Jimmy Sullivan MP, Member for Stafford



VALE

Don't be dismayed at goodbyes. A farewell is necessary before you can meet again. And meeting again after moments or lifetimes - is certain for those who are friends. (Richard Bach)



Elwyn Lewis WILLIAMS 11/11/1933 – 20/1/2025

John William DAVENPORT 2/1/1935 – 17/1/2025

LORD MAYOR'S CITY HALL *Feb & March* Concerts* Tues 12 - 1pm

25th February – The Serenading Sopranos

A variety of music styles including Opera, Music Theatre, Celtic, Contemporary and original charts.

4th March – I'm Just Wild About Harry

Jonathon Welch AM (Choir of Hard Knocks) pays tribute to Welsh tenor Sir Harry Secombe.

25th March - Martes en Marte

Jazz, Afro-Cuban and Latin Folk rhythms, salsa 'orquestra' and dance spectacular.

SENIOR'S MOVIE MORNINGS:

Strathpine Cinemas: 10.30am Friday 21st & Wednesday 26th February - \$13



BC, CINEMAS

Meet the woman behind the empire in the stirring drama WIDOW CLIQUOT at our special Seniors Morning Tea screenings on Friday 21 and Wednesday 26 February.

WIDOW CLIQUOT is based on the true story behind the Veuve Clicquot champagne family. After her husband's untimely death, Barbe-Nicole Ponsardin Clicquot flouts convention by assuming the reins of the fledgling wine business they had nutured together: Steering the company through dizzying political and financial reversals, she defies her critics and evolutionizes the champagne industry to become one of the world's first great entrepreners.

Dendy Cinemas at Portside Hamilton: Every Wednesday morning ANY movie just \$8



Come and see us for your midweek movie fix! Seniors pay just \$8 every Wednesday for any movie, any standard session. Sit back and relax with a morning tea which includes coffee, tea and biscuits with your ticket! Complimentary morning tea is only available on sessions before 12pm. To book tickets, head to SESSION TIMES and click on Wednesday.

Terms & Conditions

*Must present valid seniors card; Any current National and State Seniors cards qualify. Offer only available on Wednesdays, excludes public holidays