

Peel Region Branch

National Seniors AUSTRALIA

Out and About

ISSUE 1
February
2026

Advancing the Interest of the Over 50's



Audrey with her gifts to be used in the “Chase the Parcel, Left and Right”. This game starts with everyone being given a gift, then Audrey creates a story and every time she says the word “Left” or “Right” the parcel is passed in that direction. At the end of the story, each member is allowed to open the parcel, decide to keep what was in it or swap with another member.

Web Pages

Head Office (Brisbane Qld)
National Seniors Travel
Peel Branch email

<http://www.nationalseniors.com.au/>
<http://www.nationalseniorstravel.com.au/>
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For full details – see contacts on page 12

Venue & Times

The Peel Region branch of the National Seniors Australia meets on the second Monday in the even months (February, April, June, August, October, and December). The venue is the RSL Hall, 20/22 Rouse Road, Greenfields, at 1:30 pm. Social outings are held on the odd months i.e., January etc. and the 4th Sunday of even months.

Email

peel.region.nsa@outlook.com

Bank Transfers

BSB	633 000
A/C Number	141 169 052

President's Prattle

I hope your Christmas and the January Break was enjoyable.

Time has flown by and now we are about to have a new year.

My Christmas in Bacchus Marsh was a lot cooler than WA. I even had to purchase warmer clothes.

Tina and I caught up on Wednesday to discuss some items.

Would some of the members be willing to help set up the Trolley for Afternoon tea and pack away things at the end of the meetings?

We will also need a Meet and Greet person to welcome our Guest speaker at the building entrance and escort them to our room also when due to leave, accompany them to the front door.

I would like to acknowledge Tina for her efforts for presenting PAG an item on Heart Attacks Research for Women. This was forwarded to Head Office which was added to the National Seniors Newsletter.

Our guest speaker for the February Meeting is Janet Roos from Cycling Without Age.

I am certain we will all enjoy the talk of what it offered to the Community to enjoy the sights of Mandurah and the experience of being cycled around our wonderful Foreshore.

Jacqueline Beaton
President.

Social Corner

Christmas dinner at Ravenswood was enjoyed by all. The food was tasty and although the wait for our meal was longer

than expected it did give us time to socialize. Staff looked after us well and the tables were festively decorated to suit the occasion.

What's coming up for our first outing of the year? A trip to the iconic Perth Mint, one of WA's most prestigious tourist and local favourite attractions. Whenever I have visitors from eastern states it's the one place on my list is a must to visit. So much to see, with gold exhibits, collection of gold nuggets, beautiful jewellery and the Gold Pour still fascinates me even though I've seen it many times. We'll be going by public transport (train and CAT bus) and having lunch after. More details at our meeting. Monday 11th May will be a trip to the Peel Estate Winery, Karnup, one of the oldest wineries in the Peel Region.

Outings

9th March Perth Mint Public Transport Be at Mandurah Station 9.00am cost \$26.00 for Gold Pour. Morning Tea at venue

11th May Peel Estate Winery BYO Picnic lunch on grounds of estate

13th July Train Trip to Yanchep More details at June meeting

Weekend Social

February 22nd Sunday lunch at Café Coast Restaurant, 45 Rees Place Wannanup. Midday.

April No Social

27th June Saturday Breakfast ...?? Maybe Café Cherie, French Family Restaurante (to discuss)

Guest Speaker

February 9th – Janet Roos – Cycling Without Age

April 13th - Kate Cameron (CLAW Plastic Recycling)

June 8th – Lyn Tolliday (Writer and Editor)

10th August - Julia Moody (Voice Teacher)

Editors Ramble

Hello fellow members, welcome to a brand new year, 2026.

I hope you had an enjoyable Christmas and welcomed in the new year with good tidings.

So far this summer, although hot has not reached the temperatures above 40, and I hope it remains below that temperature.

Ross Editor

Upcoming Events

All the regular events can be found on the inside back page and in the social corner of this newsletter. Any special or unusual event will be included in this section.

Editor

Member's Chit Chat

This section is for all members to pass on any information that they feel would be of interest to other members of our branch. Item as those below, recipes, photos and trivia are all welcome.

No items from members at this stage.

F.Y.I.

This section is a permanent feature that contains useful Web addresses and other information.

NSA Web Page

The National Seniors web page is www.nationalseniors.com.au. Please visit as there is so much valuable information on this site and it's now a lot easier to navigate to find what you're looking for.

Log in and visit the "My Account" area to access all your preferences in one spot. Otherwise, please email us at "membershipmail@nationalseniors.com.au" or call the team on 1300 676 50 50

SCAMS

<http://www.scamnet.wa.gov.au> (W.A.)
<http://www.scamwatch.gov.au> (Federal)

Online Safety/Security

<http://www.staysmartonline.gov.au/>

ICE

In your mobile phone contact list have an entry named ICE (In Case of Emergency) or place ICE (ICE1, ICE2 etc.) before an existing contact so that if the phone is found, you are involved in an accident or are taken to hospital for treatment, someone can be contacted.

Travel Talk

NSA Travel

The NSA travel section is a not for profit travel consultancy. They will endeavour to get the latest deals at the lowest cost possible and then give a member discount on top.

Members are asked to support this section by ringing 1300 88 37 50, or visiting the web page

<http://www.nationalseniorstravel.com.au/>

Zone 114

Registration details, accommodation, Conference agenda and any other information will also be given out in the newsletter and at the meetings as they become available.

MyGov

"My Gov" is the centralised agency for most of the Federal Governments "Human resources". The web page www.humanservices.gov.au allows access to services such as, Centerlink, Medicare. The Australian Taxation Office (ATO) plus others. There are "Apps" available for mobile devices, for some services. ***Do not*** download the APP "MyGov" as this is an Indian Government app. The following apps that are relevant to seniors are:

- Medicare express plus
- Centrelink express plus

To create a "MyGov" account go to <https://my.gov.au/EnrolService/>

OUT AND ABOUT

21st February Saturday – DIRTY DEEDS BIKE & CAR SHOW – Bikes, cars, food trucks and live band. Venue:- Ross McLarty Sports Precinct, Pinjarra \$20 entry \$15 pensioners. (Cash only)

8TH March 2026 Sunday – PINJARRA MARKETS, Edenvale. 1 Henry St Pinjarra 8.00am -1pm.

14th March 2026 Saturday - RSL INDOOR MARKETS 9am-1.00pm, Greenfields

14th March CRAB FEST - Popular Event with visitors and locals alike.

17 March Tuesday – ST PATRICKS DAY lunch at Seniors Community Centre, Ormsby Road, Mandurah. 12-2pm. (need to book). Members of the centre \$25 non-members \$31.

Happy Snaps



Members playing the game “Chase the Parcel, Left and Right”



Members getting ready to enjoy a wonderful Christmas Dinner

Christmas Lunch at the Ravenswood Hotel



Quiz Time

General Quiz

1. How many cards are there in a deck of Uno?
2. In chess, the queen has the combined movement of which two pieces?
3. What is the common name for dried plums?
4. What other name does “corn” go by?
5. What’s the scientific name of a wolf?
6. Which mammal has no vocal cords?
7. What is the largest mammal in the world?
8. Who is the king of the gods in Greek mythology?
9. In what galaxy is our solar system located?
10. What is the rarest blood type among humans?

Sudoku 2026-E01 (Easy)

	3	7					6	
9				2				8
		4			8	1		7
	7				4		9	
		2						6
1	5					4		
	2				9			
		3		4				
		1			6	5		

Sudoku 2026-01 (Hard)

4		5		7				
	6							
				4		3		5
	2	1	6		5			
		4				6	9	
				5	7			
7			2		8			1
		3		6			5	9

Just Joking

Fairies are Females

A Fairy told a married couple; “For being such an exemplary married couple for 25 years, I will give each a wish.

“I want to travel around the world with my dearest husband”, said the wife.

The fairy moved her magic wand and abracadabra! Two tickets appeared in her hands.

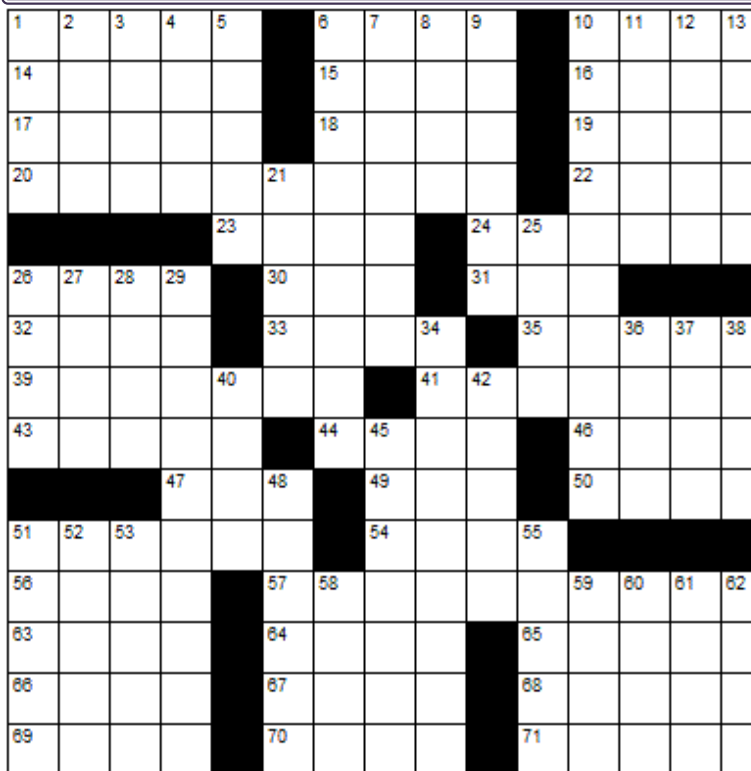
Now it was the husbands turn. He thought for a moment and said, “Well.....this moment is very romantic, but an opportunity like this only occurs once in a lifetime.

“So I’m sorry my love, but my wish is.....to have a wife 30 years younger than me”.

The fairy made a circle with her magic wand and..... abracadabra! Suddenly the husband was 90 years old.

- Fairies are Female!-

Crossword



Down

1. Component used as fertilizer
2. Lowly worker
3. Broadcast
4. Oriental grain
5. Fixed gaze
6. Curry-powder ingredient
7. Supervise
8. Advanced
9. National tune
10. Bilestones
11. Farewell
12. Countdown clock
13. A post in the ground
21. Grill
25. What we're called
26. Laugh
27. Computer symbol
28. Repose
29. Approximation
34. Lawyers
36. Indian music
37. Excited
38. Not more
40. Frosts, as a cake
42. Spooky
45. Immune response trigger
48. 3 tens
51. Trio
52. Discovered
53. Scope
55. Allow
58. Empty weight
59. Winglike
60. Connecting point
61. Lower jaw part
62. Almost a meter

ACROSS

1. Utilizers
6. Soft drink
10. Handguns
14. Send, as payment
15. Baking appliance
16. Mine entrance
17. Genus of heath
18. Let out
19. Capital of Peru
20. Placenta
22. Anagram of "Keel"
23. Ages
24. Guarantee

26. Employ
30. Half of a pair
31. Thick flat pad
32. Cards with one symbol
33. Notion
35. Honorable
39. Belligerent
41. Adolescent
43. Caper
44. Assess
46. Freudian topics
47. Encountered
49. Neither ____
50. Droops
51. Flail

54. A math subject
56. Miami basketball team
57. Passing from place to place
63. Hindu princess
64. Anger
65. Hawaiian greeting
66. Therefore
67. 3
68. Low point
69. Anagram of "Need"
70. Cravings
71. Vogue

H S E N O N R E T T A H D A M W I C E E
 A S T L I S F I S H F O O T M A N A P L
 N E T R T T E U Q O R C F N I H G T E O
 I P G R A R S S Y H S W A W E L Y E P H
 D O D O A T U T O G P M A D E R T R P T
 B O T T L E R T I G T I G T O O A P E I
 G L M U L A H P K O N E G L C Q C I R B
 D L G A P N A F O C H I I E U H E L G B
 E O A A R E A F O O T M E O T R L I A
 C M E S N C G W G G T M E A H N I A P R
 A T K I S O H S H L N N N I L Y H R S W
 R Y U N R B R H E I O I M E P F S D M H
 S G B F I A O D A F T B K C U E E O A N
 U E R A E R O X H R L E E I P V H R L O
 C W K T B O D E I E E T R L P A C M L H
 U L L O R R A C S I W E L A Y N H O C P
 A L O U O R M U S H R O O M B K T U A Y
 C I A P T C D U C H E S S O R B P S K R
 O B I S D N A L R E D N O W S E I E E G
 D R A Z I L G O L D E N K E Y E A T M E

ALICE
 BABY
 BILL
 BOTTLE
 CATERPILLAR
 CAUCUS RACE
 CHESHIRE CAT
 COOK
 CROQUET
 DINAH
 DODO

DORMOUSE
 DRINK ME
 DUCHESS
 EAGLET
 EAT ME
 FAN
 FISH FOOTMAN
 FLAMINGOS
 FROGFOOTMAN
 GLASS BOX
 GOLDEN KEY

GRIN
 GRYPHON
 GUINEA PIGS
 HEDGEHOGS
 KING OF HEARTS
 KNAVE
 LEWIS CARROLL
 LITTLE DOOR
 LIZARD
 LORY
 MAD HATTER

MARCH HARE
 MOCK TURTLE
 MUSHROOM
 PEPPER
 PIG
 PIGEON
 POOL
 PUPPY
 QUEEN OF HEARTS
 RABBIT HOLE
 SMALL CAKE

TARTS
 TEA PARTY
 TEARS
 THIMBLE
 WATCH
 WHITE RABBIT
 WONDERLAND

Quiz Answer

General

- 108
- bishop and rook
- Prunes
- Maize
- Canis lupus
- Giraffe
- Blue whale
- Zeus
- Milky Way
- AB- negative

Sudoku 2026-E01 (Easy)

8	3	7	4	5	1	9	6	2
9	1	5	6	2	7	3	4	8
2	6	4	9	3	8	1	5	7
3	7	6	8	1	4	2	9	5
4	8	2	5	9	3	7	1	6
1	5	9	7	6	2	4	8	3
5	2	8	1	7	9	6	3	4
6	9	3	2	4	5	8	7	1
7	4	1	3	8	6	5	2	9

Sudoku 2026-H01 (Hard)

4	9	5	8	7	3	1	2	6
3	6	7	5	1	2	9	8	4
8	1	2	9	4	6	3	7	5
9	2	1	6	3	5	8	4	7
5	3	4	7	8	1	6	9	2
6	7	8	4	2	9	5	1	3
1	4	9	3	5	7	2	6	8
7	5	6	2	9	8	4	3	1
2	8	3	1	6	4	7	5	9

Crossword Answer

U	S	E	R	S		C	O	L	A		G	A	T	S
R	E	M	I	T		O	V	E	N		A	D	I	T
E	R	I	C	A		R	E	N	T		L	I	M	A
A	F	T	E	R		B	I	R	T	H		L	E	E
					E	R	A	S			E	N	S	U
H	I	R	E		O	N	E		M	A	T			
A	C	E	S		I	D	E	A		M	O	R	A	L
H	O	S	T	I	L	E		T	E	E	N	A	G	E
A	N	T	I	C		R	A	T	E		E	G	O	S
					M	E	T		N	O	R	S	A	G
T	H	R	A	S		T	R	I	G					
H	E	A	T		I	T	I	N	E	R	A	N	C	Y
R	A	N	I		R	A	G	E		A	L	O	H	A
E	R	G	O		T	R	E	Y		N	A	D	I	R
E	D	E	N		Y	E	N	S		T	R	E	N	D

Word Search Answers

H	S	E	N	O	N	R	E	T	T	A	D	A	M	W	I	C	E
A	S	T	E	I	S	F	I	S	H	F	O	O	T	M	A	N	A
N	E	T	T	E	U	Q	O	R	C	F	N	I	N	G	T	E	O
I	P	O	R	A	R	S	S	Y	H	S	M	A	W	E	L	Y	E
U	O	O	A	L	U	T	O	G	M	A	D	E	R	T	R	P	T
B	O	T	T	L	E	R	I	G	I	G	O	O	A	P	E	I	
G	L	M	U	L	A	H	E	K	O	N	E	G	O	O	C	I	R
D	L	G	A	P	N	A	F	O	C	H	I	E	U	R	E	L	G
E	O	A	A	B	E	A	F	O	O	T	M	E	O	T	R	L	I
C	M	E	S	N	G	M	G	G	T	M	E	A	H	N	I	A	P
T	E	S	O	H	S	H	L	N	N	A	L	L	Y	H	R	S	W
A	R	Y	U	N	H	B	H	E	L	O	M	E	P	P	S	I	D
S	O	B	E	C	I	A	O	A	F	I	B	C	U	E	H	O	A
U	E	R	A	E	R	O	A	H	L	E	E	I	P	V	H	L	O
C	W	K	B	O	D	E	I	E	T	R	L	P	A	C	H	M	L
U	L	L	O	R	A	C	S	T	W	E	L	A	Y	N	H	O	C
A	L	O	O	R	M	U	S	H	R	O	O	M	E	K	T	U	A
C	I	A	P	I	D	U	C	H	E	S	S	O	R	E	P	S	K
O	B	I	S	N	A	L	R	E	D	N	O	W	S	E	I	E	G
U	R	A	Z	I	L	G	O	L	D	E	N	Y	E	A	M	E	

The hidden message is:
NO WISE FISH WOULD GO ANYWHERE WITHOUT
A PORPOISE

Important Dates 2026

Meetings

Date	Guest Speaker	Topic
9 th February	Janet Roos	Cycling without Age
13 th April	Kate Cameron	CLAW Plastic Recycling
8 th June	Lyn Tolliday	Writer and Editor
10 th August	Julia Moody	Voice Teacher'
12 th October	TBA	TBA
7 th December	TBA	TBA

Outings/Events

Date	Venue	Meet Time
9th March	Perth Mint, by public transport (see page 3)	9.00am
11th May	Peel Estate Winery, BYO Picnic Lunch	TBA
13th July	Train Trip to Yanchep	TBA
8th Sept.	TBA	TBA
14th Oct	TBA	TBA
9th Nov	TBA	TBA
15th December	Christmas Lunch	12 noon

Weekend Socials

Date	Venue	Time
22nd February	Café Coast Restaurant, 45 Rees Place Wannanup	Lunch - Midday
27th April	Nil, Due public Holidays	N/A
22nd June	Café Cherie, French Family Restaurant	9:30, Breakfast
23rd August	TBA	TBA
25th October	TBA	TBA
15th December	TBA	12 Noon

Start time, venues and any changes will be announced at general meetings & in the newsletters

***

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Please feel free to **VOICE** all of your concerns (including zone matters) to any committee member or zone 114 member at the meetings.