

Peel Region Branch

National Seniors AUSTRALIA

Advancing the Interest of the Over 50's

Out and About

ISSUE 2

April

2026



Members enjoying a meal at Friar Tucks in Wannanup

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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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

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A/C Number 141 169

052

President's Prattle

Since our last newsletter we have visited Friar Tucks for an enjoyable Luncheon which was attended by some of our members. This gave us an opportunity to have a chat and share information about other clubs that some of members are involved with.

We were shown an exhibition of Irish Dancing by some young performers. The performance by some very young dancers was great to see how young they were and prepared to perform. Some very proud parents on the day.

Our next excursion was to the Perth Mint. The train trip was interesting and we caught a Cat bus in Perth and from there we were on a Mystery Tour. We were driven around Perth. We had the opportunity to see the new Water Slide near the WACCA where we were parked for a period which allowed us to see the venue in full.

The new buildings going up in Perth are interesting.

The Mint visit was enlightening with a visit to see the Million Dollar Coin. The tour guide gave us an interesting talk about the history of gold found in WA.

We were invited to wander through the display of jewellery, coins, and other products that were able to be purchased. The day was a most enjoyable day for us.

NSA WA has a new chair for PAG. Arlene Quinn has taken over from June MacDonald. Arlene has requested if any of our members have issues to let Tina know so the issue can be passed onto PAG.

Arlene would like to come to one of our meetings to meet with members face to face during the year; we will await to hear when

it will be convenient for her to attend one of our meetings. This will be an opportunity to hear Arlene talk and what PAG will be wanting to feed back to Head Office from members.

I hope everyone has a peaceful Easter with family and friends. If you plan to travel, stay safe, save for the cost of fuel and enjoy your break.

Jacqueline Beaton

Social Corner

Outings

Our next social event on Monday, May 11th is to Peel Estate Winery at 290 Fletcher Road, Karnup. The winery is the oldest winery and vineyard in the Peel Region being built in 1980.

There is a picnic area on the picturesque grounds, and we envisage taking our own picnic lunch. There will be wine tasting (of course) and costs are being finalised and available at our April Meeting. We are looking at getting transport depending on numbers. We need confirmation at the meeting and looking forward to a great day, hoping the weather will be kind to us.

Social Outings

No social weekend outing for April due to Easter and Anzac Day public holidays.

Saturday June 27th is breakfast/brunch 9.30am at Café Cherie French Family Restaurant, 41 Wilson Road, Pinjarra. More details at June Meeting.

Guest Speaker

April 13th - Kate Cameron (CLAW Plastic Recycling)

June 8th - Lyn Tolliday (Writer and Editor)

10th August - Julia Moody (Voice Teacher)

Editors Ramble

Hello everyone, Easter has come and gone, where is the year going?

I must, apologise for the poor quality of the photos taken at the Sunday Social at the Friar Tuck, I did my best to rectify them, but not sure what went wrong.

Ross

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.

What's on in Mandurah

April 16th Sleeping Beauty Ballet at Mandurah Performing Arts. Two sessions 11.30 and 2.00pm. cost \$35.00. Enjoy a timeless fairytale come to life; bring your grandchildren. They'll love it.

April 17th Café Connect at Lakelands Library, Free talk – Learn Support at home programme, apply for funding and grandparenting What the new program means to you. The difference between Grandfathered, Transitional & support at home participants & lots more. Looking for a new hobby?

Peel Beginners Ringing Group have recently started up and looking for persons interested in learning this fascinating, unusual, skill of making wonderful music on English handbells. No previous music experience is necessary. You will learn ringing techniques and music reading skills starting from the basics. Why not give it a try?

Venue:- Craft Room at Arcadia Waters Lifestyle Village, Lady Brand Drive, Greenfields., off Murdock Drive via Avis Way

When:- Thursday afternoons 2.15 to 3pm.
Contact Tina for further details.

April 25th Anzac Day:- The Mandurah RSL hosts the annual Anzac Day commemorations at the Mandurah War Memorial, starting 6:00 AM DAWN SERVICE and a gunfire breakfast. The MARCH starts at the Hall Park skate park area around 9:00 AM, leading into the Main Service at approximately 10:30 AM at the Mandurah War Memorial, Leighton Place, Halls Head. Alternative Service: A Dawn Service at 5:30 AM will also be held at the Dawesville War Memorial.

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.) after 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 ABSmobile 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/>

Recipe Corner

Just Joking

Catholic Shampoo

Two nuns were shopping at a 7-11 store. As they passed by the beer cooler, one nun said to the other one, “Wouldn’t a nice cool beer or two taste wonderful on a hot summer evening?”

The second nun answered, “Indeed it would, sister, but I would not feel comfortable

buying beer, since I am certain it would cause a scene at the checkout stand.”

“I can handle that without a problem,” the first nun replied, and she picked up a six pack and headed to the checkout.

The Cashier had a surprised look on his face when the two nuns arrived with a six pack of beer.

“We use beer for washing our hair,” the nun said, “back at our nunnery we call it catholic shampoo.”

Without blinking an eye, the cashier reached under the counter. Pulled out a packet of pretzels and placed in the bag with the beer. He then looked the nun straight in the eye, smiled, and said, “The curlers are on the house.”

ABCD Joke

A wife asked her husband to describe her.

He said, “A,B,C,D,E,F,G,H,I,J,K.”

She asked, “what does that mean?”

He said, “Adorable, Beautiful, Cute, Delightful, Elegant, Foxy, Hot.”

She said, “Oh that’s lovely. And what about I,J,K?”

He said, “I’m Just Kidding.”

The husband is still recovering.

Happy Snaps



Another photo from the Friar Tuck restaurant

Our president with the guest speaker from Cycling without age



Quiz Time

General Quiz

1. What would you be studying if you saw arches, whorls and loops?
2. What does Volkswagen, the popular German car, mean in English?
3. What are you cutting if you are using pinking shears?
4. What does the Latin word 'circa' mean when preceding a date?
5. Where would you find a gnomon?
6. Leo the Lion was the mascot for which film studio?
7. What is the name given to a screwdriver with a four pointed pattern?
8. What animal do these names have in common: Cornelius, Cogburn, Foghorn, and Chanticleer?
9. n human anatomy, what does the “hallux” refer to?
10. What is the name for the plastic or metal tube found on the ends of shoelaces?

Sudoku 2026-E0x (Easy)

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

Sudoku 2026-0x (Hard)

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



Crossword

**ACROSS**

1. Hurray
6. Daisy like bloom
11. Large American thrush
12. Fire-breathing female monster
15. Plant science
16. Scholarly
17. American Medical Association
18. Delve into
20. Consumed
21. Anagram of "Tine"
23. Otherwise
24. Gunk

25. A nautical unit for speed
26. Worry
27. Ancient marketplaces
28. Arid
29. 54 in Roman numerals
30. Transparent green gemstone
31. Facts
34. 9 person musical group
36. Paintings
37. Anagram of "Tuna"
41. Iridescent gem

42. French for "State"
43. Chew on
44. Anagram of "Bale"
45. Incursion
46. A Great Lake
47. Was victorious
48. Rein
51. Avenue (abbrev.)
52. Enlightening
54. Ungulated
56. Nerve junction
57. Bay window
58. Avarice
59. Remarkable thing

Down

1. One of the halogens
2. A shoulder muscle
3. Goat hair fabric
4. What a grape grows on
5. Black stone
6. Buttonhole
7. Divvy up
8. Ocean motion
9. An uncle
10. Wed again
13. Ceremonial doings
14. Passed with flying colours
15. Financial institutions
16. Assuaging
19. Danger
22. For all time
24. Bouquet
26. Level
27. Service charge
30. Ship post
32. Snake-like fish
33. Exchange
34. Not a single person
35. Aperture
38. Come apart
39. In an unsophisticated manner
40. Thick woollen fabric
42. Deservedly acquired
44. Dazzles
45. Lift
48. Hoopla
49. Not barefoot
50. Fern clusters
53. Distant
55. Petroleum

Word Search

Find and circle all of the animals that are hidden in the grid.
The remaining letters spell the name of an additional animal.

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

ALBATROSS
ALPACA
ANACONDA
ARMADILLO
ASP
BADGER
CARIBOU
CHAMELEON
CONDOR
COUGAR

COW
CROCODILE
DINGO
EGRET
ERMINE
FALCON
FERRET
FINCH
GERBIL
GIBBON

GROUSE
GULL
HARE
HYENA
IGUANA
LEMUR
LIZARD
LOON
MARMOSET
MARTEN

MOLE
MONGOOSE
MULE
MUSKOX
OCELOT
OSTRICH
PANDA
PHEASANT
POSSUM

PUFFIN
PYTHON
SHARK
SKUNK
SNAKE
SQUIRREL
SWALLOW
VULTURE
WARTHOG
WILDEBEEST
WOLF

Quiz Answer

General

1. Fingerprints
2. people's car
3. Fabric
4. Around
5. On a sundial
6. MGM
7. Phillips head
8. Rooster
9. The big toe
10. An aglet

Sudoku 2026-E0x (Easy)

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

Sudoku 2026-H0x (Hard)

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

Crossword Answer

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

Word Search Answers

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

The hidden animal is: JAMAICAN
WOODPECKER

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	Speech Trainer
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
27 th 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.