

Recent Events

- **Our Christmas Lunches were joyful occasions.** The lunch at the Seacliff Hotel saw 59 people having an enjoyable time. The monster raffle raised \$375, slightly down on the previous year, but still a wonderful result. The quality of the items in the raffle was amazing and we thank all those members who contributed by donating gifts and those who bought raffle tickets. Special thanks to all who helped on the day and beforehand in organising the event. Brighton Branch subsidised the Christmas lunch by \$405 being Hotel Room Hire \$150, subsidised meals \$114 and purchase of Raffle prizes \$141. Our aim is to subsidise events and outings as funds allow us to do so.
- **The lunch at the Marion Club** on 13 December was attended by over 30 people. Judging by the chatter and laughter everyone seemed to be in the festive spirit.
- **Attracting new members.** The HQ mail out to National Seniors Australia members in the area around Brighton attracted 7 members to our Branch, and with 2 other former members returning we are pleased to welcome all these people to join us in our activities.
- **Ray Edwards** a former president of Brighton Branch sadly passed away on 2 January 2024. Ray contributed significantly to the success of Brighton Branch, and we will miss his lovely smile and extensive knowledge. Our condolences go to his wife, Valerie, and their family.



Branch Meeting 16 January 2024. Our speaker will be Max Kavanagh, Physiotherapist, Brighton. Max is an expert in the fields of fitness, posture and general physical well-being and has been a Physiotherapist in the fields of sports, exercise, and general practice for over 30 years. He says posture is very important and will tell us how to improve our posture.

Lunch on 16 January at Morphett Arms Hotel

After each Branch meeting there is a lunch for members who wish to attend. On 16 January the lunch will be at the Morphett Arms Hotel, 138 Morphett Road, Glengowrie. The Morphett Arms website says their menu showcases a blend of traditional pub classics and modern Australian cuisine with an emphasis on fresh, local produce. If you wish to attend, please put your name on the sheet on the back table at the meeting, so we can advise the hotel of the number of members attending.

Brighton Branch Meetings

Our Branch Meetings are held on the 3rd Tuesday of each month, except for December when we do not have a meeting. We meet at the Lighthouse Community Church, corner Jetty Road and The Crescent, Brighton on the beach side of the railway line. The meeting starts at 10am, so arrive from 9.30am. Door entry is \$5, and this includes morning tea and a chance to win a door entry prize.

Payment of your annual subscription can be made at the Branch meetings. Payment by Visa or MasterCard Credit or Debit Card is available for Subscriptions, Outings, and Door Entry.

If you use your card, Brighton Branch does not pass the merchant fee onto you. National Seniors HQ provide us with \$200 each year for taking annual subscriptions and we use this \$200 to pay the merchant fees on card transactions.



Catering. Lleyan Adams, Catering Coordinator will contact members who have indicated that they can assist with Morning Tea. If you would like to be on a Morning Tea roster speak with anyone in the kitchen.

The Walking Group meet 9.30am every Tuesday except when there is a Branch Meeting. On that week the group meet on the following day. On **Wednesday 17 January**, meet at **Broadway Hotel** car park on the Broadway, Glenelg. Walk to Mamma Carmela at Glenelg, next to the Grand Hotel. Enjoy some refreshments and return to the Broadway Hotel. The contacts are Barbara

Hansen 8295 4965 and Anne Arthurson 0406 722 770.

Upcoming Activities

Wednesday 7 February – Lunch at Flagstaff Hotel, 1497 Main South Road, Darlington. - 12 noon start. Seniors lunch – Main course \$19, coffee/tea plus cake of the day \$5. Normal main course - seniors get 15% discount. Put your name down on the sheet on the back table. Contact is Brian Hockley 0412 995 691.

Tuesday 20 February -Branch Meeting– Mark Rose, Beekeeper.

People who have heard Mark speak have said that he is a very entertaining speaker. Mark will tell us how everyone can attract bees into their garden by planting various shrubs and other flora that are particularly liked by bees.

Mark will provide samples of different honeys for us to taste.

He will also have honey for sale, home-made soap, beeswax wraps, various balms, and beeswax candles.



Thursday 29 February – SAHMRI building North Terrace, near Royal Adelaide Hospital – 10am start for one hour tour. Get off at Royal Adelaide Hospital tram stop. Lunch after at Casino. SAHMRI carries out health and medical research and as various types of research are done in the one building there are opportunities for interaction between different research groups. Please put your name on the sheet on the back table if you wish to attend. Contact is Graham Gurry phone 8296 7646.

Tuesday 19 March – Branch Meeting - Speaker from Metropolitan Fire Service

House fires can occur anytime during the year. Each of us has a duty to eliminate or reduce hazards around our homes. The speaker will provide us with sound advice on the following topics.

- Common causes of house fires
- Preparing for emergencies
- Reducing your fire risk
- Smoke alarms
- Using a fire blanket
- Home fire escape plans



Wednesday – 27 March- Bus tour to Hahndorf and the Adelaide hills. Cost \$35 includes morning tea. 9.00am start from near Windsor Theatre. Lunch at Hahndorf at own expense. After lunch travel to Beerenberg for your choice of picking strawberries, shopping or having afternoon tea. Arriving back at Brighton between 4.00 and 4.30 pm. Contact is Brian Hockley 0412 995 691.

Etiquette -If you have your name down for an outing, but cannot attend, please advise the contact person asap. Likewise, if you do not have your name down, but decide to attend, you must speak to the contact person to see if you can be included in the outing and not just turn up on the day.

Contacts President Aileen Merrett 0438 854 029 Secretary Julie Hockley 0410 053 973
Vice President Pat Schirmer 0448 331 941 Treasurer Bill Adams 0418 804 373