

National Seniors

AUSTRALIA

ADELAIDE NORTH-WEST BRANCH

NEWSLETTER

July 2026

Meeting at 1.30 pm on the fourth Wednesday of each month at
Lockleys Baptist Church house, 244 Henley Beach Road, Underdale (parking at rear)

COMMITTEE

President..... Brian Mibus (0417 887701)
Vice-President....Trevor Molde (0417 838740)
Secretary Kathy Hancock (0432 101372)
Treasurer..... Dawn Thomas
Activities Coordinators
• Outings Annie McCall
• Speakers..... Heather Dowling

Committee Jeanette Molde
Jenny Matthews
Mavis Smith
Newsletter Trish Mibus (0407 605091)

2026 CALENDAR

DATE All dates are Wednesdays	ACTIVITY	AFTERNOON TEA
July 22, 1.30 pm	GUEST SPEAKER – ORANGE SKY – Mobile Laundry	Kathy Hancock
July 23, 9 am – 12.00 pm	National Seniors SA Forum – MARRYATVILLE HOTEL - Registration essential	
August 12, 12 noon	LUNCH – SAILMASTER TAVERN, NTH HAVEN	-
August 26, 1.30 pm	GUEST SPEAKER – DENISE MC KENZIE, West Torrens Council – Ageing Well.	Trish Mibus
September 9, 12 noon	LUNCH – PALAIS HOTEL, SEMAPHORE	-
September 23, 1.30 pm	GUEST SPEAKER – TRACY, ASBESTOS SA	Dawn Thomas
October 14, 12 noon	LUNCH – GRANGE KIOSK	-
October 28, 6.00 pm	DINNER MEETING – SEATON HOTEL	-
November 11	LUNCH - TBA	
November 25	TBA - Possible bus trip	

OUR JUNE MEETING

Graham Tapscott – ‘Run-a-Muck Tours’

- Graham started 11 years ago with 8 people - now over 2,500.
- For 18 years, Graham has driven the West Torrens community bus on Thursdays.
- The business is not for profit but was set up to get people out for the day and to meet new people. Any profits made on tours are used to print and distribute their newsletter, tour name badges, etc.
- The newsletter, which includes upcoming tours, is produced every 3 months.
- The company has over 100 programmed tours but will organise any tour a group would like to do.
- Some of the areas and places they visit include Clare, Mintaro Magpie Hotel, Stockwell Hotel, Virginia Nursery, Lyndoch Lavender Farm, Monarto, Lobethal lights with dinner beforehand.
- All venues are checked for safety, cleanliness, toilet facilities for seniors etc, before they will take any group there.
- 24-seater buses are used. If there are more people, they will take 2 buses.
- A minimum of 16 people is required for each tour.
- The company has 5 drivers, one of whom is female. They are all trained in first aid.
- Each passenger is given a name tag, with their contacts and medical information printed inside in case of an emergency, when information can be relayed directly to the ambulance. The name tag also has a Drake's logo in the corner, which allows a 5% discount on Thursdays or Fridays.
- All tours are within a day's range.
- If a group books a tour, all participants will be picked up from a pre-determined place. Individuals booking tours are picked up from home.
- Buses have 4 steps but are very easy to access.
- The bus fare is a flat fee, with participants paying venues for morning tea and lunch.

OUR JULY OUTING – CHRISTMAS IN JULY AT THE REX HOTEL

