



## President's Report July 10th 2025.

As I sit here relaxed in the bright sunshine, I think about the good day we as National Seniors had on the river (on Thursday 26th) having a bus and ferry trip. The group taking the bus seemed to have had a little difficulty navigating the Cultural Centre bus overpass which probably means we don't get out and about enough. The ferry trip was from South Bank to Bluey's World (North Hamilton) and the Riva Cafe for lunch. It was interesting seeing all the new developments that have happened since I last rode the ferry down the river and just relaxed as the world rolled by. With the current price of bus and ferry fares the trip was free, you can't complain about that!

Thanks to our activities group for the day. If you have any ideas for trips of a similar type please contact Lynne B. especially if the outing has very little walking involved.

As National Seniors we try to provide social activities which will help people meet other seniors and as a National body we can advocate for seniors, like Keep Cash and Deeming rates. These things may not affect most of the people in the community but for Seniors it does affect a far higher proportion.

Sometimes the various Government Departments make changes assuming that everyone is computer savvy and has the various apps on mobile phones. As a National Group we can try to get the technology suitable for use by seniors introduced by the Government Departments.

Come and join us on Thursday (10th ) at 9.30 for 10.00 to see what delights Natalie has for us as we join in chair yoga.

Brian



## JULY BIRTHDAYS

Pauline A.	Adele E.	Jenny S.
Judy B.	Doreen F.	Wendy S.
Cheryl A.	Jeanette H.	Vera T.
Dorothy C.	Harry H.	Jeanette W.
Judy C	Val. H.	Judy W.
R. Curtis	Beverley M.	Marie W.

**National Seniors Branch please use the access to the Forest Lake Hotel. on the side of the hotel opposite the Red Rooster.**



**ACTIVITY REPORT**  
**THURSDAY 10th July 2025**

*David Cheales entertained us at our June meeting – always popular and played the music we love – his CD's were great also.*

*Thursday 26<sup>th</sup> June there were 24 catching Bus 100 from Forest Lake at 8.30am to QPAC and then City Cat to North Shore, Hamilton, to Riva Kitchen, for lunch. Beautiful sunny day, we all had a great time, food was excellent plus no-one got LOST!*

*CHRISTMAS IN JULY: Birches Restaurant at Mt Mee – there are 53 going –with one member driving as she lives close to the venue. We will have a 2 course meal, there will be entertainment also. Our bus will leave at 10.00 am and arriving at 11.30am, with NO stops along the way. Pop your Xmas hat on, and be there at Aldi car park by 9.30'ish to be marked off attendance list before getting on the bus.*

*MEETING IN JULY - Natalie's Chair Yoga – Natalie will be putting us through our paces PRIOR to our meeting starting again – great fun last year.*

*AUGUST: WELLINGTON POINT FARMHOUSE RESTAURANT – HIGH TEA. Expression of interest sheet was at our meeting and is capped at 35. Payment prior to our JULY meeting, BUT NEED 4 MORE. There will be produce being sold there on the day. We will be leaving about 8.30am as booking is for 9.30am-11.00am - will be visiting Golden Circle DFO at Capalaba, on the way home. \$75 pp*

*SEPTEMBER Tuesday 16<sup>th</sup> -“ ESK BUSH BASH-ERS” Such a fun day being entertained by an elderly group of musical “buffs” with singing, dancing, with our group joining in to play some of these fun musical instruments ie bottle top sticks and the list goes on. Lunch/cake/tea/coffee included in price. EXPRESSIONS OF INTEREST AT NEXT MEETING.( PAYMENT AT AUGUST MEETING PLEASE). LAST TRIP FOR THIS YEAR. \$75 PP*

*Lynne + Activity Group*

**Committee Members**

**Branch email -**  
**nsaforestlakesec@gmail.com**

President - Brian— 0407113126  
Vice President –  
Secretary - Janelle 0402097564  
Treasurer - Colin- 0426 863 506  
Membership – Norah- 0421282052  
Activities - Lynne 0412 122 161  
Publicity - Lorraine– 0409275016

**Heritage Bank**

Community  
Branch

*People first.*

**Forest Lake Branch**

For all your banking  
needs see the friendly  
branch team or contact  
us on 3412 2360

**Forest Lake Hotel**

**245 Forest Lake Blvd**  
**Forest Lake, QLD, 4078**  
**(07) 3278 7444**

**The Lord Mayor's Seniors Christmas Parties'**  
**will be held in Brisbane City Hall from**

**Monday 1st December to Saturday 6th De-**  
**cember 2025**

Each event will commence at 9am, 1pm or 5pm. Ex-  
perience the joy of Christmas and celebrate  
amongst friends.

Enjoy an exciting variety concert by the finest local  
artists performing traditional sing-along Christmas  
carols and performances

**If you are interested please see**

**Janelle at our July 10th meeting.**

## Newsletter, Agendas & Minutes of previous meetings

Email Members will be sent these in the pre-meeting email, **please print them out & bring with you if you wish to have a copy at the branch meetings**

Non-Email Members will have a copy of the newsletter reserved for them for pick up at the entry desk.

The Newsletter is also available online at **([nationalseniors.com.au/getinvolved/branches/forest-lake](http://nationalseniors.com.au/getinvolved/branches/forest-lake))** & on our Facebook group page **"Forest Lake Branch National Seniors Australia Group"**

If you are on Facebook go to the Branch Facebook Page **(Forest Lake National Seniors Australia)** and click on "Join Group"

## Members Welfare

Do you know of any Members who are unwell, had a bereavement in the family or feeling down? Often, we are not aware so if you know of any Members, please let our Welfare Officer know. Vicki H has kindly taken on this important role again for our club this year. You can ring Vicki on 0403663293

The Committee would like to thank all the supporters of the NSA Forest Lake Branch for photocopying or printing of newsletters, financial reports and other support material.

Thank you for the printing of our monthly newsletter goes to Margie Nightingale and her team at her Office . Margie is our local state member

A special thank you goes to our volunteers without whom our meetings would not run so smoothly.

Question: **Why did the musician bring a ladder to the concert?**

Answer: **To reach the high notes.**

**We strongly encourage Members to pay via Internet banking or depositing payment over the counter at Heritage Bank Forest Lake.**

## Trips Payment

### **Bank Transfer & Direct Deposit**

Account Name: National Seniors Australia Forest Lake Branch Inc

Bank account details: BSB-638 070

Acc No-12471674

Please include your name & event name on the transfer and receipt for identification.

Example – Smithx1Xmas party

Surname (Smith)

Number going (1)

Event (Branch Christmas Party)

### **EFTPOS**

The Branch has a "Square card" hand-held EFTPOS machine to take payments. Members wishing to pay by card using this method can do so at Branch Meetings. Receipts will be emailed. Please note payment via this method will incur a surcharge of 1.9%.

### **Cash or Cheques**

To assist the trips desk please write on an envelope:

Your name

Trip details

Payment amount

Dietary requirements

Joe Smith

Branch Christmas Party

\$ ?

Gluten Free

Seal your payment inside the envelope and hand it to the trips desk.

**Unless it is in an envelope as stated above the trips table will not accept any payment.**

Full Payment will be due at the monthly meeting prior to the trip.

## Branch Refund Policy

### **Cancellation of an outing**

The branch policy for late cancellations. Notify the Secretary or Treasurer 48 hours beforehand. A Medical Certificate will be required to receive a refund if notification is 24 hours or less. In the case of a sudden medical emergency on the day which cannot be prevented, the Management Committee will consider the matter with respect to a refund.

When we have to book seats on a bus or give numbers for a booked luncheon and are still required to pay even in the case of a cancellation by a member a refund will not be provided. In the event of an activity/outing being cancelled due to some unforeseen circumstance beyond our control, eg: storm, transport breakdown, etc, and cannot be rescheduled, members will be refunded any monies paid.



## **AWAY TRIPS**

### **Hello Travelling Enthusiasts,**

To those members who booked their seat and previously paid their deposit for the Away Trip, "MARY VALLEY EXPLORER" your final payment is due before our **AUGUST** meeting.

Costings are a follows:

**Double/Twin p.p. \$825.00 less deposit \$100.00 = \$725.00**

**Single per member \$985.00 less deposit \$100.00 = \$885.00**

**CRUISE FOR 2026.** Our six day cruise on the "Carnival Encounter" departing on the **30th May 2026** " with a coastal Queensland Itinerary stopping at Airlie Beach and Cairns has proved popular with 33 members making a booking to date. Be aware that prices for this cruise may vary over the coming months so it is best to get in early. Please speak to me prior to your booking to ensure inclusion in our group booking.



As always "KEEP ON KEEPING ON" and enjoy your travels.

Kind Regards

Ian H.

Away Trip Co-Ordinator

### **MARY VALLEY EXPLORER**

#### **ITINERARY**



**Day 1** - 8.00am Depart Brisbane to the Caboolture Pioneer Village for Morning Tea and Self Guided tour then to Gympie Gold Mining Museum for Lunch and Tour then to Gympie Timber Museum then book into Motel at around 4.30pm (Great Eastern Mo-tel Gympie) 6.30pm Dinner at Motel

**Day 2** - 7am Breakfast at Motel Restaurant 8.15am Depart to Habitat Noosa Everglades Eco Camp for a 9am/9.15am Depart for Cruise Noosa Everglades including morning tea at Harrys Hut then cruise back to the Noosa Everglades Eco Camp for lunch then to Rainbow Beach and Carlo Sand Blow then return back to Gympie 6.30pm Dinner at Motel Restaurant

**Day 3** - 7.30am Breakfast at Motel then Depart to the Old Gympie Railway Station to Board the Gympie Rattler for the Journey down to Amamoor Station short break then Return back to Gympie Station for Lunch then to Ken-ilworth Cheeses for Cheese tastings then return back to Brisbane via Maleny with stop in Maleny time permitting

**NATIONAL SENIORS AUSTRALIA  
FOREST LAKE BRANCH  
EVENT CALENDAR JULY to AUGUST 2025**

<b><u>JULY</u></b>		
<b>Thursday 10th</b>	General meeting held at the Forest Lake Hotel 09.30 for 10am 11am Natalie's Chair Yoga	\$8
<b>Thursday 24th</b>	Christmas in July – Birches Restaurant Mt Mee. Booked. Capped at 50 - two course meal, amazing views, duo entertainment.	\$75 - members \$80 - Non members
<b><u>AUGUST</u></b>		
<b>Thursday 14th</b>	General meeting held at the Forest Lake Hotel 09.30am – 14th Birthday Celebration with Cake	\$8
<b>Thursday 21st</b>	Entertainment – David Mason - quartet “Mates Rates” \$350  8.00 bus departs for Wellington Point Farmhouse Restaurant – morning tea HIGH TEA including a drink + drive around Wellington Point- Golden Cir- cle Outlet to buy goodies	\$75
<b><u>SEPTEMBER</u></b>		
<b>Thursday 11th</b>	General meeting held at Forest Lake Hotel and AGM 09.30am – ask for member suggestions for 2026 Calendar?	\$8
<b>Tuesday 16th</b>	Day trip – Esk Bush Bashers, - music, dancing, Interaction, and fun - Lunch tea/coffee included	\$70 \$75 GF
<b>Thursday 25th</b>	Lunch at KhaoThai Restaurant, Forest Lake Shopping Centre – 235 Forest Lake Boulevarde.	Own Expense

**NATIONAL SENIORS AUSTRALIA  
FOREST LAKE BRANCH  
CALENDAR OCTOBER TO DECEMBER 2025**

<b><u>OCTOBER</u></b>		
<b>Mon 6<sup>th</sup></b>	Public Holiday – Kings Birthday	FREE
<b>Wed 8<sup>th</sup></b>	FREE Over 50s Expo – Riverlife Church Seventeen Mile Rocks	FREE
<b>T</b>		
<b>Thursday 9<sup>th</sup></b>	General Meeting held at Forest Lake Hotel 09.30am – QFES presentation	\$8
<b>Mon 13 – Wed 15<sup>th</sup></b>	Mary Valley Explorer, (PP) Double/twin \$825.00 pp and Single \$985.00	Own Expense
<b>Wed 29<sup>th</sup></b>	Fashion Event - Portofino at Forest Lake Community House 2 Alpine Place, Forest Lake TBA	TBA
<b><u>NOVEMBER</u></b>		
<b>Thursday 13<sup>th</sup></b>	General meeting held at Forest Lake Hotel 09.30am - Speaker – Remembrance Day tba Retired Lt Col George Hulse – “ Dogs in War”	\$8
<b>Thursday 20<sup>th</sup></b>	7.45am Late Spring breakfast at Café 63 Richlands	Own expense
<b><u>DECEMBER</u></b>		
<b>Thursday 4<sup>th</sup></b>	<b>CHRISTMAS PARTY</b> – Blue Fin 11.30 – 2.00pm Entertainer - Alice Anderson + Mark	\$-TBA