



## President's Report 12 June 2025.

Recently I have been musing how fortunate we are in Forest Lake where we have a number of community groups, eg. National Seniors, a Men's Shed, Knitting and Craft groups, Probus, Gardening Club, Over 50's Club and more. All these groups meet different needs in the community.

We at National Seniors Australia meet some of the needs in the community, like meeting together for talks and entertainment at our monthly meetings. We also have short trips to local attractions which often include lunch or tea, as well as longer trips to eg. Fraser Coast for whale watching, Hunter Valley wine area and Goondiwindi including a ride on a restored steam train. All these activities help support older people with their social and mental health needs.

Unfortunately a lot of these groups struggle to get people to get involved in the running of the groups, and we at National Seniors are not immune from this problem. We have had a couple of nearby NSA groups close because people did not put their hand up to help run the group. We have had a vice President position vacant for a year now. If anyone feels they could help and wants to find out more please speak to me or Janelle.

Brian.

President.

NSA Forest Lake.



## JUNE BIRTHDAYS

Jill Beauchamp	Janelle Jaraminus	Val Summerville
Charlie Beccaria	Joan Sara	Charles Taylor
Gladys Beccaria	Pauline Steadman	
Roslyn Dunell		

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



ACTIVITY REPORT  
THURSDAY 12th JUNE 2025

*Sadly, the representative from "little Wings" was unable to attend our May meeting due to unforeseen circumstances, and they apologized profusely and will visit us in February 2026 instead.*

*Thank you Peter Dunnell for your great jokes, entertaining us all, so much fun!*

*The Ten Pin Bowling + lunch later at The Lions recently, was an enjoyable day.*

*At our June meeting, David Cheales will be entertaining so pop on your dancing shoes and have a little "bop" to his great music.*

*On Thursday 26<sup>th</sup> June there will be 25 catching the 100 City Council Bus from Forest Lake at 8.30am to QPAC and then City Cat to North Shore, Hamilton, to Riva Kitchen, for lunch. IF you haven't received an email with the Menu attached – please advise us asap as we are asked to pre-order for a group.*

*CHRISTMAS IN JULY: Birches Restaurant at Mt Mee - have 1 bus seat available for Thursday 24th – contact us if you want this cancellation. MUST pay the \$75 prior to our June meeting please. BUS leaves at 10.00am, more information at July meeting.*

*In August we have a great day planned for the WELLINGTON POINT FARMHOUSE RESTAURANT – HIGH TEA \$75 pp.*

*An Expressions of interest sheet will be at our June meeting and is capped at 35. Payment prior to our JULY meeting please.*

*Lynne Ball + Activity Group*

Committee Members

Branch email -  
nsaforestlakesec@gmail.com

President - B Waldeck— 0407113126  
Vice President –  
Secretary - J Jaraminas 0402097564  
Treasurer - C Court - 0426 863 506  
Membership – N. Blunden - 0421282052  
Activities - L Ball - 0412 122 161  
Publicity - L Horrocks– 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

General Opening hours

## LAUGHTER IS THE BEST MEDICINE

A truck loaded with  
Vicks Vaporub  
overturned on the  
highway. Amazingly,  
there was no  
congestion for eight  
hours. 😄

My newsletter about procrastination is  
going really well.

I'll tell you all about it next  
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 to the team at the Office of Margie Nightingale for the printing of our newsletters each month. A special thank you goes to our volunteers without whom our meetings would not run so smoothly.**

**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,**

Our Away Trip titled “The Mary Valley Explorer” set down for the 13th - 15th October, 2025, has been well received and is presently fully booked. However, with all our Away Trips, members who haven’t booked and who now wish to go, may enter their names on a standby list. Please see Julie Baldwin to register your interest.

To those members who booked their seat and paid their deposit please be advised that **FINAL PAYMENT** for the “MARY VALLEY EXPLORER” is due by our **AUGUST** meeting. Costings are as 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 cruise set down for 30th May 2026 is a six day cruise on the “Carnival Encounter” departing Brisbane and stopping at Airlie Beach and Cairns. We now have 31 members who have made their bookings and paid their deposit for this wonderful cruise which is destined to transport us from the Brisbane winter doldrums to the warmth of the North Queensland tropics.

Members I recommend this cruise. If ever you wanted to try cruising, this is the one. I chose it because it is relatively inexpensive and transports us to the tropics for winter. 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 you booking for inclusion in our group booking.

As always “keep on keeping on” and enjoy your travels.

Kind Regards

Ian Horrocks

Away Trip Co-Ordinator



**Carnival Encounter**

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

<b><u>JUNE</u></b>		
<b>Thursday 12<sup>th</sup></b>	General meeting held at the Forest Lake Hotel 9.30 for 10 am      Entertainer David Cheales	\$8
<b>Thursday 26<sup>th</sup></b>	City Cat Ferry from Southbank to Northpoint, Hamilton with lunch at Riverside Café= Bus and ferry times to be advised.	Own expense
<b><u>JULY</u></b>		
<b>Thursday 10<sup>th</sup></b>	General meeting held at the Forest Lake Hotel 09.30 for 10am 11am Natalie's Chair Yoga	\$8
<b>Thursday 24<sup>th</sup></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 14<sup>th</sup></b>	General meeting held at the Forest Lake Hotel 09.30am – 14 <sup>th</sup> Birthday Celebration with Cake	\$8
<b>Thursday 21<sup>st</sup></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 Circle Outlet to buy goodies	\$75
<b><u>SEPTEMBER</u></b>		
Thursday 11 <sup>th</sup>	General meeting held at Forest Lake Hotel and AGM 09.30am – ask for member suggestions for 2026 Calendar?	\$8
Tuesday 16 <sup>th</sup>	Day trip – Esk Bush Bashers, - music, dancing, Interaction, and fun - Lunch tea/coffee included	\$70 \$75 GF
Thursday 25 <sup>th</sup>	Lunch at KhaoThai Restaurant, Forest Lake Shopping Centre – 235 Forest Lake Boulevard.	Own Expense

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

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