National Seniors

JUNE 2019

MORNINGTON PENINSULA BRANCH NEWSLETTER PRESIDENT AND SOCIAL SECRETARY REPORT

Hello everyone,



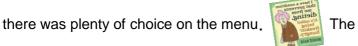
I had the most amazing holiday starting in Nashville then to Memphis where we boarded a paddle steamer and sailed down the mighty Mississippi River to New

Orleans.

Lots of memories but good

to be home again. How lucky was I that there were some sunny days when I returned.

The Pier Café at Rosebud was a great venue and



very generously sized lamb shanks were very popular. Unfortunately, I was looking forward to Baklava but had no room left! It was nice to spend some time with Val, Doug, Eileen, Bobbie, Lechée and Dianne.

CINEMA MOVIE GROUP



Last month we enjoyed, at Mornington, TOP END WEDDING. Engaged couple Lauren and Ned had just a few days to find Lauren's mum who had gone AWOL somewhere in the remote far north of Australia.

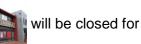
When they finally found her in the Tiwi Islands, we were treated to the heart of the show as the islanders showcased their traditional wedding preparations and celebrated their unique inclusiveness.

Miranda Tapsall gave, as usual, a heartwarming performance. We loved it.

Next meet is SATURDAY 8TH JUNE and we could be considering ROCKETMAN or RED JANE if they are programmed in time for us.

Sadly, due to proprietor lan's health problems, the

cinema in Mornington



some time. Lechée will be checking out Rosebud and Frankston options for our movies. Friday 21st June will be our next dining at the

Gourmand Cafe 228 Main Street, Mornington

at 12:30pm. Hopefully many of you will be able to come.

As requested, I have Lynda Coaker from the

Mornington Police Community Senior

Register to be our next speaker. This is a great service so hope you can all be at the Branch meeting on Monday June 17th.

Keep cosy in this wild weather.

Cheerio,

Jill

UPCOMING EVENTS

JUNE 8, SATURDAY

Cinema outing with Lechée. Contact Lechée on 5979 1923

JUNE 17, MONDAY

Committee meeting 12:30/12:45pm in Room 2 Bentons Square Community Centre.

JUNE 17, MONDAY

BRANCH MEETING: 2pm for 2:30pm, Room 2, Bentons Square Community Centre. GUEST SPEAKER IS LYNDA COAKER FROM MORNINGTON POLICE SENIORS REGISTRY.

JUNE 21, FRIDAY

Lunch at GOURMAND CAFÉ, 328 Main St, Mornington, 12:30pm, French cuisine. *Please book this at our branch meeting!*

Cheers, Lechée



thanks you all for attending and your interest in Mental Health. Julia requests your feedback and suggestions.

Please email these to ireneanderson2013@gmail.com and they will be forwarded to Julia.

Support Information provided by Julia:-MENTAL HEALTH Support Contacts: *IF emergency call 000 or go to hospital emergency *IF you can wait on the phone call Peninsula Mental Health Triage Line 24/7 on 1300792 977 *IF you can wait, make appointment to see a GP, psychologist, psychiatrist, social worker

PHONE SUPPORT 24/7 *Beyond Blue 1300 24 636

*Lifeline 13 11 14

COMMUNITY SUPPORT GROUPS

*Mornington Community Health exercise physiology, diabetes education, activities, phone 59702000 or visit 62 Tanti Avenue, Mornington.

*Seniorsonlinevic.gov.au

*Peninsula Health Older Wiser Lifestyles Program for drug/alcohol information 1300 665 781

General committee members 2019

Nancy Francis: 5902 0671 Bob Cooper: 0407 042 317 suebobcooper@gmail.com

Doug Hamilton: 5974 2976 douglas.hamilton6@bigpond.com Val de Lange: 0438 137 183 valdelange@yahoo.com

Angela Grivas: 9775 6131

angelagrivas29@gmail.com

Executive Committee Members

PresidentJill Falla: 5975 3866 jillfalla@hotmail.com

Vice PresidentNgareta Cook: 5973 6660 ngaretacook@yahoo.com.au

SecretaryIrene Anderson: 0437 796 855 ireneanderson2013@gmail.com

TreasurerRay Joppich: 5981 2072 ray97dawn@gmail.com

Guest SpeakersJill Falla 5975 3866

ANNOUNCEMENTS

FRIDAY 5th July

Cinema outing. Please contact Lechée on 5979 1923. MONDAY 15th July Committee meeting 12:30/12:45pm in Room 2 Bentons Sq Comm Cntr. MONDAY 15th July BRANCH MEETING 2 for 2:30pm in Room 2 Bentons Square Community Centre.

Our **guest speaker** is NIKI ARGIROS, dietitian from PPN (Peninsula Physical Health and Nutrition) Mornington. Niki is asking for your questions about nutrition and food as we age. Please email any questions to <u>ireneanderson2013@gmail.com</u> and they will be compiled and forwarded to Niki early in July to give her time to answer them fully during her talk.

THURSDAY 25th July

BRUNCH 10:15am THE HUNGRY PEACOCK,



16 Mornington-Tyabb Road, TYABB. It's a little old converted wooden church!

Branch Contact Details

PRESIDENT JILL FALLA

BRANCH MEETINGS ARE AT BENTONS SQUARE COMMUNITY CENTRE, ROOM 2.

BENTONS ROAD, MORNINGTON.

JILL: 03 5975 3866 (home)

jillfalla@hotmail.com