

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

there was plenty of choice on the menu.  The

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, Leché and Dianne.

Sadly, due to proprietor Ian's health problems, the cinema in Mornington  will be closed for some time. Leché will be checking out Rosebud and Frankston options for our movies. Friday 21st June will be our next dining at the Gourmand Cafe  328 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 Leché. Contact Leché 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!

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.

Cheers, Leché



Julia McLeish, our guest speaker in May,

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
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- Angela Grivas:** 9775 6131
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ANNOUNCEMENTS

FRIDAY 5th July

Cinema outing. Please contact Leché 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 ireneanderson2013@gmail.com 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!

Executive Committee Members

- PresidentJill Falla: 5975 3866
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- Guest SpeakersJill Falla 5975 3866

Branch Contact Details

- PRESIDENT JILL FALLA
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