

TWO SENIORS FORUMS HELD IN MARCH

Residents of the Federal seat of Boothby were fortunate to have the chance to attend one of two Seniors Forums recently. The Member for Boothby, Louise Miller Frost, hosted the Forums in the Marion RSL Club Rooms on Wednesday 5th March. The numbers booked exceeded the venue's capacity, so an extra Forum was held in the afternoon. The Forums consisted of two halves - the first being speakers, followed by the opportunity for questions and answers. In an adjoining space exhibitors had set up displays of their particular products/services, Brighton Branch of National Seniors being one of them. Julie Hockley, Graham Gurry and Graham Sporn from Brighton Branch gave out information regarding National Seniors Australia and the Brighton Branch in particular. Head Office provided a great amount of material for distribution. In the morning session lunch was provided for attendees.

The first speaker was Amanda Rishworth, the Minister for the National Disability Insurance Scheme and the Minister for Social Services, who spoke on matters concerning both the aged and the disabled population, and the efforts of the Federal Labor Government to assist senior Australians.

Nat Cook, State Member for the seat of Hurtle Vale, was the second speaker and gave an insight into issues covered by her portfolios, one of them being the State Minister for "Seniors and Ageing Well".

At 1.30 the second session began. Louise spoke on behalf of Amanda and Nat who had prior engagements. Once again some interesting comments and questions came from the "floor".

A great number of people browsed the information stalls and could partake of the food provided and tea/coffee available. Overall a very successful day with much information available to South Australian seniors.



The National Seniors (Brighton Branch) information stand



SENIORS FORUM

On 4 April from 10am to noon, a Seniors Forum, hosted by **Sarah Andrews, MP for Gibson**, will be held in the Brighton Rugby Club, 410 Brighton Rd, Brighton. The Brighton Branch will be there to give information on National Seniors Australia.

If you have any questions, call Sarah's office on 8377 3500.

BRIGHTON BRANCH MEETINGS

Our Branch Meetings are held on the **3rd Tuesday of each month**, except for December.

We meet at the Lighthouse Community Church, corner Jetty Road and The Crescent, Brighton, on the beach side of the railway line.

The meetings are 10am - 12 noon (arrive from 9.30).

Door entry is \$5 and this includes morning tea and the chance to win a door entry prize.

Payments using Cash, Visa, MasterCard or Debit Card are available for Subscriptions, Door Entry and Outings



Pictured top left: The Hon Louise Miller Frost MP, Federal Member for Boothby, who hosted the Seniors Forums

*Top right: The ARAS information stall
Centre left: The Financial Information Service stall*

Centre: The Hon Amanda Rishworth, MP

Centre right: The Hon Nat Cook, MP

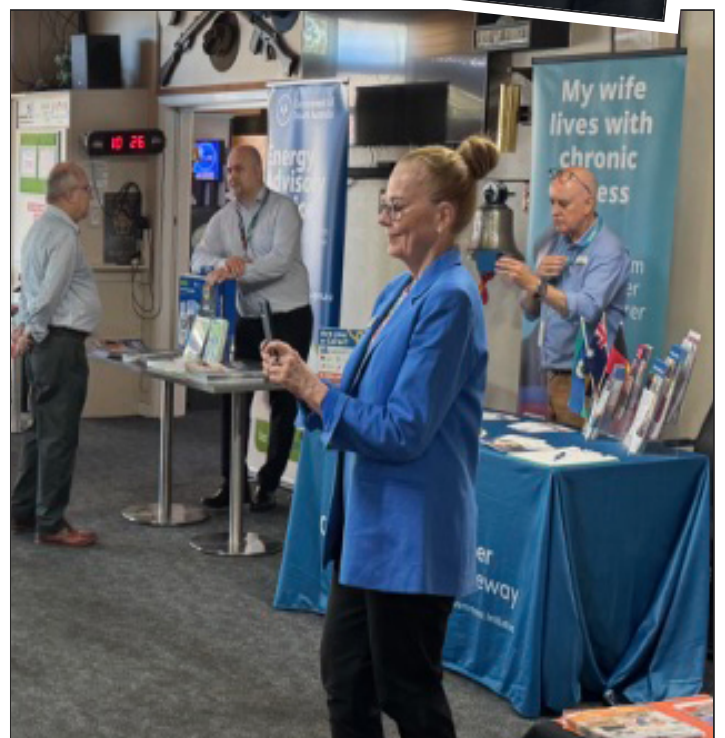
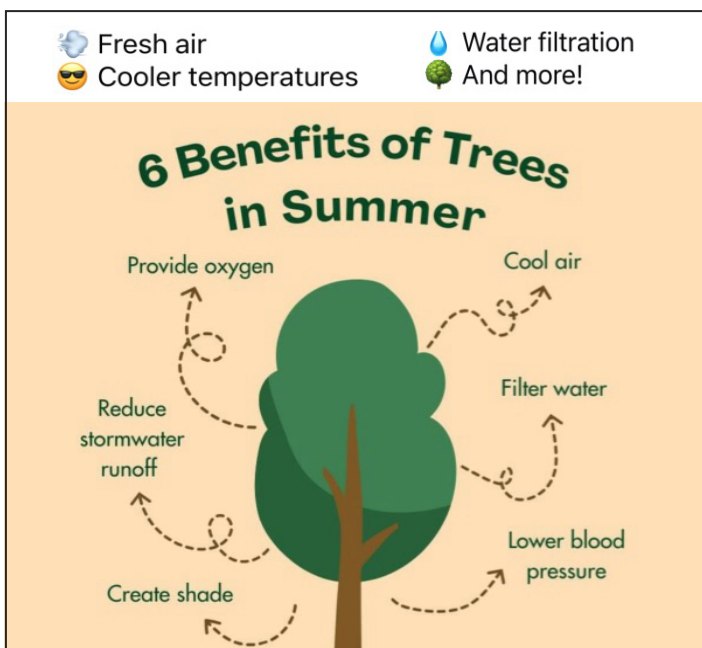
Lower right: The COTA information stall

VERY IMPORTANT ABBREVIATIONS FOR THE MODERN WORLD			
1	OTP - One time password.	8	GPS - Global Positioning System.
2	PIN - Personal Identification Number.	9	KYC - Know Your Customer.
3	QR code - Quick Response Code.	10	PDF - Portable Document Format.
4	SMS - Short Message Service.	11	PNG - Portable Network Graphics.
5	MMS - Multimedia Messaging Service.	12	JPEG - Joint Photographic Experts Group.
6	WiFi - Wireless Fidelity.	13	URL - Uniform Resource Locator.
7	GIF - Graphics Interchange Format.	14	WWW - world wide web.



More of the many information stalls at the two Seniors Forums on Wednesday 5th March, hosted by Federal Labor MP Louise Miller Frost.

Remember a further Forum coming up on Friday 4th April at the Brighton Rugby Club, 410 Brighton Road, Brighton. The Brighton Branch will be there giving information about National Seniors.



SPECIAL EVENTS CALENDAR

On Wednesday 26th February 9 members travelled by train from Adelaide to the Port Dock Railway Museum, with another 2 joining the group onsite. 5 members enjoyed lunch at the Casino afterwards.

At the Branch Meeting on 18th March, there will be a presentation ceremony. National Seniors members who have 20 or 25 years will receive an award. After the Awards Ceremony, there will be a High Tea in the adjoining Lighthouse Church Hall.

Our catering is limited to 60 people. Unfortunately, the maximum number has been reached, but there is a waiting list. If you wish to go onto the waiting list, phone the Club Secretary, Julie Hockley on 0410 053 973.

A visit to SARDI (South Australian Research & Development Institute) at West Beach is planned for **Wednesday day 23rd April**, with lunch following at the new West Beach Surf Lifesaving Club. Contact Graham Gurry on 8296 7646.

Devonshire Morning Tea onboard "Popeye" is planned for Saturday 25th May. Cost is \$36. Contact Heather Williams on 0402 073 264.

IT IS IMPORTANT
TO WEAR YOUR
MEMBERSHIP
NAME TAG
TO ALL
NATIONAL SENIORS
EVENTS
IN CASE OF
ACCIDENT or
INCIDENT



UPCOMING BRANCH MEETINGS PROGRAM

At the Branch Meeting on **15th April**, we are privileged to have Kim Cheater speaking to us on the **history of local historic home "Alwyndor"**, his family's former home.

At the May meeting on Tuesday 14th, we will be entertained by "String Fever".

"It's Not Just Books", a presentation by the Holdfast Library is planned for the **June meeting** on the 17th.

REGULAR NOTICES

After each Branch meeting there is usually a lunch for members who wish to attend. As we are having a Presentation Ceremony followed by **High Tea** as part of the **March meeting** there will not be lunch after the **March meeting**.

THE WALKING GROUP meets at **9.30am EVERY TUESDAY** except when there is a Branch Meeting. That week the walk is on the following day.

The next walk is on **Wednesday 19th March**. Meet near the **end of Adelphi Terrace, Glenelg North (opposite Brooklyn Avenue)**. Walk around the Patawolonga to the Oaks Pier Plaza Hotel, Glenelg, for refreshments and return.

Tuesday 25th March. Meet at the **Oaklands Reserve carpark** (entrance off Oaklands Rd, opposite Hendry Street at the lights. Drive to the end). Meet near the toilet block, walk to Cafe Finniss on Finniss Street for refreshments and return.

Tuesday 1st April. Meet at the **start of the Brighton Jetty** and walk to the **Seacliff Beach Hotel** for refreshments and return.

Tuesday 8th April. Meet at the **end Whyte Street, Somerton Park** near the Esplanade, and walk to **Mamma Carmela Cafe** (next to the grand Hotel Glenelg) for refreshments and return.

On **Wednesday 16th April**, meet at the Adelaide Sailing Club car park (Barcoo Road, off Military Road, West Beach). The walk begins at the start of the boat ramp. Walk to the beautiful West Beach Surf Lifesaving Club for refreshments and return.

We'd love to have more walkers, so if you'd like to join us (the walks are quite leisurely - or you can just meet for refreshments) contact **Barbara Hansen** 0448 223 075 or **Rose Cearns** 0405 537 910.

If the weather is inclement, individuals can choose whether they wish to walk or not, otherwise meet at the designated refreshment venue.



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