

PORT MACQUARIE/HASTINGS NEWSLETTER

MARCH 2020

Website: <https://nationalseniors.com.au/about/branches/port-macquarie-hastings>

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THE NEXT MEETING WILL BE HELD ON TUESDAY 10th MARCH 2020

Time 10.00am at the Port City Bowling Club, Owen Street Port Macquarie.

Our “Getting to Know You Guest,”

Surprise Event- “Where is my Memory?”

The Guest Speaker: - Mike Jones.

“Half the World in One Summer:” Travelling 20,000 klms across Russia on a motor cycle and talking about the wonderful people he met on the journey.

FEBRUARY MEETING



At our February Meeting two members celebrated big ‘0’ Birthdays, they were Marlene Davar and Dale Rose whose birthdays were in January. As is customary we celebrated with cupcakes made by our resident baker.

In February Lou Polson and Christine Wells also celebrated big “0” birthdays.

Congratulations to everyone.

CHARITY AUCTION

Our annual Charity Auction to raise funds for our 2020 charity Endeavour House was held on Tuesday 18th February at the home of Ann & Max Cross.

On arrival we were treated to a very English High Tea with fresh brewed tea poured from teapots and served in lovely fine china tea cups. Delicious variety of sandwiches filled with cucumber, smoked salmon, cream cheese, ham and cress. Followed by mouthwatering bite size cakes of meringue, ginger and carrot cake, and tiny pastries with jam and cream.



Thirty one members attended and entered into the spirit of the day by bringing and donating items for the Auction. We had a very varied selection of goods from colourful throw rugs, wine, books, fashion clothing, fancy aprons, plants and vegetables, a garden water feature. Some small electrical goods, porch light and security alarm. Glassware, games and puzzles and much more;

Our Auctioneer for the day was Ian Richardson who surprised us all with his knowledge of whip-cracking. However he was unable to demonstrate his skill due to the confines of the room. We shall have to wait for another occasion to enjoy this.

Following this the auction began and Ian did a tremendous job in getting everyone involved and buying goods, he kept the afternoon lively and interesting. Thanks to his efforts we had a very successful sale and raised a total of \$1,359.00 for Endeavour House.



Our appreciation and thanks to Ann and Max for opening their home for this special day.

Also we must not forget the backroom boys and girls who all contributed time and help with additional sandwiches, cakes and endless pots of tea.

Thank you to everyone for a really enjoyable afternoon.

JOKES

If attacked by a mob of Clowns go for the Juggler

I checked myself into The Hokey Pokey Clinic and turned myself around

I had a dream about MUFFLERS, I woke up EXHAUSTED.

NSA REPORT on PREVENTABLE HOSPITALISATION.

People aged 65 years and over accounted for almost half (46 per cent) of all potentially preventable hospitalisations, and children (aged 0–14) made up 13 per cent (1 in 8).

The likelihood of having a preventable hospitalisation varies by where you live and your individual circumstances, according to a new report from the Australian Institute of Health and Welfare (AIHW).

Potentially preventable hospitalisations are admissions to hospital that could have been avoided through prior treatment in the community.

This includes preventive care such as vaccination, or appropriate disease management, including treatment of infections or management of chronic conditions.

Older people, especially, need to pay attention to their health and medical needs.

The most common cause (10%) of potentially preventable hospitalisations was chronic obstructive pulmonary disease.

Vaccine-preventable pneumonia and influenza, and congestive cardiac failure accounted for the most days of hospital care.

Preventable hospitalisations increase with remoteness and socioeconomic disadvantage.

WALK AND PICNIC DINNER.

Twelve members met at Shelly Beach on Wednesday 4th March at 5pm. On a cool, dry evening perfect for walking.

After a short walk to Miners Beach, we enjoyed some convivial company over a meal and drinks.



Some members used the beach BBQ while others can recommend the fish and chips and hamburgers from the shop on Pacific Drive.

We welcomed a new member, Sue Baker, and agreed that the best way to get to know fellow National Seniors is by sharing a meal.

A very pleasant and relaxing evening. Thank you Lee for organising this.



DATES FOR YOUR DIARY

Every Day Morning Tea Cruise – **10.00am Port Jet Cruise Adventures Office 1 Short St. PM.**
 Every Day Eco Cruise – **1.00pm Port Jet Cruise Adventures Office 1 Short St. PM**
 Every Day Sunset Cruise **6.00pm Port Jet Cruise Adventures Office 1 Short St. PM**
 Every Day- Daily Dolphin Cruises. – **11.00am Cruise Terminal Clarence St.**
 Every Day Sunset Cruise - **6.00 pm. Cruise Terminal Clarence Street.**
 Every Wednesday & Sunday Open Nights. **The Astronomical Society. 7.15 pm both nights**

Trivia Nights:

Every Tuesday at Westport Club **6.30pm. Jimmy's Bar & Lounge.**
 Every Wednesday at Settlers Inn **7.00pm.**
 Every Wednesday at Wauchope Country Club **7pm.**
 Every Wednesday at Port Macquarie Golf Club. Time **5.30 pm.**
 Every Wednesday at Port City Bowling Club **7.30 pm.**
 Every Thursday at Panthers **6.30 pm.**
 Every Weekday –Free Farm Tours – **11 am No Booking needed, just turn up. Ricardoes Tomatoes & Strawberries. 221 Blackmans Point Road. Blackmans Point.**

EVENTS

March 14 and 18th – **Special event. "In Search of Chopin," Screening at Majestic Cinemas PM.**
 March 14 and 15th – **Body, Mind & Soul Festival. 10am Port Panthers.**
 March 20th – **Twilight Tastings 5- 9pm Wauchope Showground.**
 March 21st – **Special Event – Flickerfest: Best of Australian short films. 7 pm Majestic Cinemas PM**
 March 22nd – **Reptile Expo 10am Port Macquarie Panthers Bay Street**
 March 26th - **Aperture Photographers Social Group. 6.30 To 8.30pm. 2/25 Central Road Port M**
 March 27th to 29th– **Rotary Book Sale. 9am Port Macquarie Panthers.**
 March 29th – **Mid North Coast Blues Club Jam. 1pm to 5pm Port Macquarie Panthers.**

REGULAR MARKETS.

Every Tuesday – **Real Food Local Produce Markets.** Port Central Forecourt, **12pm to 6pm.**

Every Thursday – **Kendall Bazaar and The Meeting Place 9am -12pm. Kendall Community Centre.**

Every Saturday- **Flower & Plant Market. The Botanic Merchant. 9.30am to 1.30pm. Bellbowrie St.**

Every Sunday- **Port Macquarie Art Society Market Bazaar.** Hamilton House
198 Hastings River Drive. Time 8am to 1pm.

Second Saturday: **The Foreshore Market** – 8:00am to 1:00pm. (Port Macquarie Hastings Farmers & Artists) Westport Park, Corner Buller and Park Streets, Port Macquarie.

Third Sunday - **Laurieton Riverwalk Market** – 8:00am to 1:00pm Corner Tunis and Short Streets, Laurieton.

Fourth Saturday - **Wauchope Farmers' Markets** 8:00am to 12:00pm Wauchope Showground, High St. Wauchope.

Fourth Sunday – **The Artists Markets 9am – 1.00pm. Maritime Museum 8 William St. Port Mac.**

If you know of any member who may be unwell, please let anyone on the Committee know. It is important that we offer support if one of our members is unwell and let them know we are thinking of them. If anyone is in need of a helping hand to do a small job, again, let a Committee member know. We can also arrange for transport to and from meetings if anyone is unable to make their own arrangements.

And if anyone is celebrating a big "0" birthday - again, please let a Committee member know.

If you do not wish your photo or personal information to be distributed to other members, or published on our website, please inform a Committee member.

We are now accepting advertisements for April 2020 Newsletter.

Anyone interested should send their advert to sandybanks@bigpond.com

the cost is \$5 for 40 words and \$10 if accompanied by a photograph. This cost covers one issue only.
