NATIONAL SENIORS AUSTRALIA

TOOWONG BRANCH

PO Box 2284, Toowong, Qld. 4066

NEWSLETTER FOR MONTH OF OCTOBER 2026

Committee Contacts

President/New Editor/Tour Officer Bruce Phone No 32782217 Mobile No 0417448942

Secretary/Treasurer Judy Phone No 0407673713

Vice President Terry

Membership Officer Pat Phone No 0418787692

Committee Member

News Editor's email address burrowesdaly1919@gmail.com

Meetings held 4th Tuesday of each month January to November at the Toowong Library Meeting Room

Start time is 9.00am for 9.15am. Guest speaker will be followed by a short general meeting and then morning tea.

An entry fee of $4 applies which includes morning tea and a lucky door prize. From January 2027 we will be increasing the entry fee to $5

Regular guest speakers

Also, Regular Tours and Get Togethers

National Seniors Australia contact details membership Phone no 1300765050

National Seniors Australia contact details other enquiries 32339191 between 8.30am – 5.00pm

National Seniors Australia membership email address membershipmail@nationalseniors.com.au

National Seniors Australia web site www.nationalseniors.com.au and fill out the membership form

TODAYS MEETING

27 October 2026 Gary Lock from Technology Pain talking on technology For Seniors

FUTURE MEETINGS AND TOURS

General Meeting

24 November 2026 Christmas Luncheon to be at Women's College and will cost $40 pp. Taxis will be provided from the Toowong Village Shopping Centre departing at 11.00am. We need names and payment by this October meeting. Also we are again having the secret Santa so please bring a present not more than $20.

Next Years Program

26 January 2027 No meeting due to Australia Day Holiday

22 February 2027 I will be showing about 12 Historical Photos, and we can have a great get together

23 March 2027 Paul Spottiswood is talking on the disappearance of 4 aircraft, either within Australia, coming to, or having departed Australia, or within the Australian FIR Flight Information Region. Confirmed

27 April 2027 Stuart MacKay from The MacArthur Museum will talk all about the museum and Macarthur's time in Brisbane. Confirmed

25 May 2027 Trevor Hamley talking on his book Vodka in a Vegemite Jar: an Australian on a Soviet Antarctic Expedition. A memoir of a 3,000km return over snow traverse from the Soviet Antarctic coastal station Mirny to Dome C near the South Geomagnetic Pole. Confirmed

22 June 2027 Visit to the Police Museum

27 July 2027 AGM at West Toowong Bowls Club

24 August 2027 Dave Hagger from My Exercise Guy – Simple ways to build balance confidence and independence without exercise routine. Confirmed

28 September 2027 Trip to the Brisbane Transport Museum at Nathan

26 October 2027 James from Kieser – Medical Strength Training. This is training guided by health professionals to support your movement, function and long-term health

23 November 2027 Christmas Party venue to be confirmed

Could all members, if unable to come to a general meeting, please advise your apologies to either Judy or Bruce so that we can judge how many might be at our meetings.

TOURS

24 November 2026 Christmas Luncheon to be at Women's College and will cost $40 pp. Taxis will be provided from the Toowong Village Shopping Centre departing at 11.00am. Please meet at the taxi rank down in the Village car park by 11.00am. Also don't forget your secret Santa present.

Could all members please wear their badges to the meetings? If you do not have one, please see Pat and she will arrange one for you

Other Organizations

If you are interested in history, please see the editor for future meetings as well.

For all those interested in old buses, a Bus Museum has opened to the General public on the first Saturday of each month from February to April and September to November and the first Sunday of each month from May to August. If interested, please see the editor.

Please if anyone has any ideas of what you would like for your newsletter, please let the editor know so that we can incorporate them. Remember if you have any little poems or verses, please give them to your editor as due to his young age he doesn't have very many. So, if anyone has any please let me know. All items will be acknowledged. Also, if you wish to announce any society meetings that are to coming up, please advise the editor.

Birthdays for the Month of October It is Lesley Tuppurainen birthday this month. Happy Birthday Lesley

Could members please let me know of their birthday months as we have a number of new members and I don't have all the birthdays.

Please remember to tell all your family and friends about our meetings and outings and to invite them along as well. Remember when you bring a friend along to our meeting, they can enter for free for the first meeting. We are only as strong as our membership and the more we have the merry we become. If you know of any person who has trouble getting to the meetings but would like to come, please advise your committee, as we might be able to assist in the transport of these future members. Please also mention us to any other groups or organization that you might belong to and see if anyone would like to come along.

Here are some contact numbers of some speakers that we have had that you might need.

Seniors Enquiry Line 1300135500 Monday to Friday 9am to 5pm

Elder Abuse Prevention Unit 1300651192

My Health for Life 137475

Caxton Community Legal Centre 32146333

Indooroopilly Police Station 33779421 But Remember if Urgent ring 000

Please also check if your membership is up to date. We can help you with that.

Membership is $49.50 for a single or $80 joint per year.

If you take 2, 3 or 5 years there is a small discount.

This month's piece is from NSA Coorparoo Branch newsletter and is called ONE

One tree can give life to a forest, One smile can start a friendship, One hand can uplift a soul, One idea can shape the future, One candle can wipe out darkness, One laugh can conquer gloom, One ray of hope can lift your spirits, One touch can show that you care, One life can make a difference, Be that 'one' today.

National Seniors Discounts

Coles Supermarket eGift card save 4% when purchased online.

Woolworths Supermarket eGift cards save 4% when purchased online.

Both Dan Murphy's and BWS offer 5% off eGift cards when purchased online

K Mart and Target eGift cards save 5% when purchased online.

Mycar Receive 5% off on all servicing, repairs, and tyres in the Tyre Care Plan range.

Specsavers 25% of 1 pair of glasses from the $149 range and above

1300smiles Dentist 10% of any treatment

Dymocks eGift card saves 8% when purchased online

The Restaurant eGift Card save 7% when purchased on line

Pig N Whistle 25% off

Cheese Cake Shop 20% off

There are also many other eGift cards when purchased online. Check out the member discount section of National Seniors internet site.

National Seniors emails many items, one of those is Connect magazine. If you don't receive this, please let me know and I can let you know how to receive this by email.

Connect

If you are on email, you will often receive items from NSA Head Office. One of these is what use to be the old connect magazine. I have decided to put a few of these items here in short form.

1. Tackling Rising Specialists cost
2. Building Resilient Communities through cash access
3. Weight loss drug linked to slower aging
4. My Choices, my decisions, my aged care
5. AI hearing aids
6. Older Carers need care – and legislative protection
7. Five signs an investment opportunity could be a scam