

GARDEN CITY NEWSLETTER

National Seniors
AUSTRALIA

Est February 1991

19th October 2026

Welcome to the October Meeting.

Guest speaker for today is Rosalie Ruddock, Physiotherapist and Master Trainer with the Tai Chi for Health Institute.

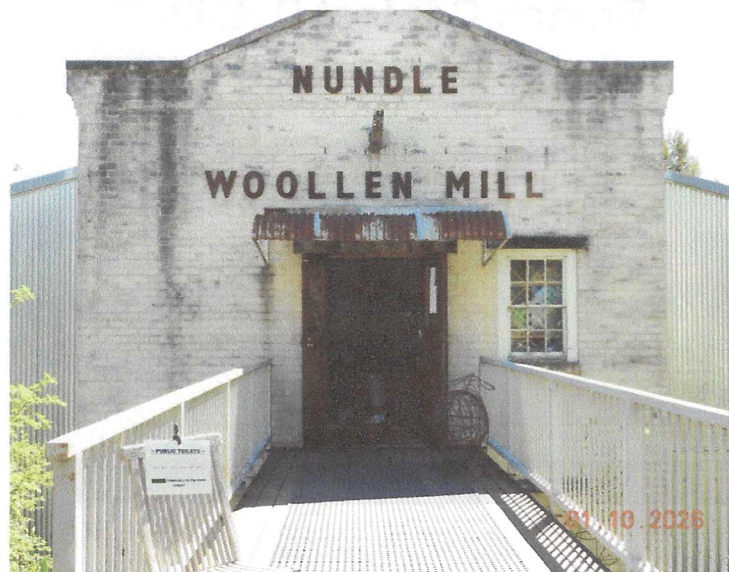
Important Notice,

Committee members are no longer able to assist members with mobility assistance, this decision has been made with members safety in mind.

Members are welcome to have a support worker with them at functions and Coach trips. Obviously the support worker would be required to pay as members do.

This decision has not been made lightly however members safety is our priority.

Tamworth Tour, September.



UPCOMING EVENTS

October

Mystery Lunch Coach Trip. 27th
Coach departs Captain Cook Ovals
Mc Gregor St 6.45 am
Carey St near Netball Courts 7.00am

November.

Branch Meeting,

16th, 9.30am
St Johns Lutheran Church Hall.
431 Bridge St Wilsonton.
Guest Speaker . TBA.

Christmas Lunch. 23rd November.

Venue.

Oakey RSL.

Cost \$50 which will include lunch and Coach
Once we have numbers we can advise
departure times.

If anyone wishes to drive to Oakey then you
will need to arrive by 12pm .

You will also have to advise if you are going
by car so we can book a appropriate coach.

Raffle tickets will be on sale at October
meeting and at the lunch.

Prizes ,

1 x \$200 hamper

3 x \$100 gift cards,

3 x \$50 gift cards.