

National Seniors

AUSTRALIA

PORT MACQUARIE HASTINGS BRANCH

ConnectionS/Newsletter
August 2026

EXECUTIVE COMMITTEE 2026 –2027

President - Joan Lundstrom
Secretary - Judith Clegg

Vice President - Teresa Iwinska
Treasurer - Erica De Carlo



PRESIDENT'S REPORT

The AGM was well attended, and a new committee is now in place. I am honoured to once again be your President and my new committee is

Vice President - Teresa Iwinska
Secretary - Judith Clegg
Treasurer - Erica de Carlo
Activities - Lee Brown
Well Being - Denise Healey
Membership & Webmaster - Ron Mitchell
and we welcome a new committee member
Speaker Liaison & Something About Me – Suzanne Burrows

James, Lynda & Lesley have decided not to stand again, and we thank them for all the hard work they had done. Our Annual Forum was expertly run by Donna Munro and the results will be sent to everyone soon. Our new Charity for the coming year is M.A.D which you will hear a lot more about in the coming months.

I am looking forward to the next twelve months and will be encouraging you all to join with us in as many activities as you can.

Joan

What's in this Newsletter..

President's Report

Editor's Note

News of Members

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Be connected

Birthdays

Editor's note

A heartfelt thank you to all the committee members who helped me put this newsletter together – your time, ideas and enthusiasm made it possible. Thank you also to everyone who contributed articles, photos and news items. If you have something to share in a future edition, please don't hesitate to send it in – the more voices we hear from, the more fun and interesting our newsletter will be!

Judith

MRS YORK'S GARDEN



On Wednesday July 29th a 'hearty' group of members met at Mrs York's Garden above Town Beach for a delightful morning walk to Port Macquarie's first heritage listed burying ground before exploring the gardens.

We were kindly guided and informed by one of the garden's volunteers Di who gave us an overview of the history of the gardens and current activities.

Mrs York resided across from the gardens in Stewart Street and tended the natural bushland for many years before passing away. A 'Friends of Mrs York's Garden' group was formed in 2014. This forty plus group of volunteers, who are mainly retirees, have been very active in attracting grants and donations to enhance and maintain the gardens over the past twelve years.

Whilst the gardens are on crown land the Friends group receive very little direct government funding, rather they rely on grants, donations and volunteers. Take time out to visit these beautiful gardens that are a real gem near the centre of town.

Following our walk we met at a local cafe for a well earned coffee break.



Thankyou Lee for organising our walk and thankyou to Di and the volunteers for your great work.

..... **John**



This year our Be Connected workshop will be an exciting experience. Discover the exciting world of Artificial Intelligence. Michael Randall our computer guru will demonstrate how to use Chat AI to answer questions and boost creativity, show us how to use Music AI to create songs and soundtracks and how Photo AI can generate and enhance images. We will also learn about essential online safety with Mel Hiller from the CBA giving us tips on how to spot scams and protect your personal information. No previous experience needed - just bring your curiosity and have fun with other members on Thursday 15 October at 10.00am.

..... **Teresa**



National Seniors Monthly Morning Tea



For the last six months a regular group of 4 to 5 people have been meeting at Drift Cafe at Port City Bowling Club for a cuppa and chat plus the odd cake particularly in the cooler weather.

This number has slowly increased to between 8 to 10 people. Naturally during cooler weather illness designates numbers.

It appears to have settled comfortably into a female only group although the odd male has attended, but unfortunately, not to be seen again.

The suggestion has been made that a few men may like to meet over a coffee/beverage and have a chat particularly if they are living alone. This could be the same day and venue as the monthly one or a different day or venue.

If any of our men are interested please phone Denise on 0416 282 507 and if enough would like to meet, a time and place will be organised.

..... **Denise**

Be Connected Online Presentations

To access these presentations, type beconnected.esafety.gov.au into your internet browser. Click on Free Classes, then Online Safety Presentations, then August. Choose the topic you would like to explore and register for that date - see below.

August 13 Useful Tips for Android Phone

Tuesday August 13 at 3.00pm

Join a 1-hour presentation to discover:

- Android phone features, settings and shortcuts ways to access, view and delete notifications
- How to change your passcode and block nuisance calls accessibility features and how to adjust them
- How to share photos with others

August 20 How to use Government Websites

Thursday 20 August at 10am AEST

Join a 1-hour presentation to discover:

- Which government websites might benefit you
- How to set up a MyGov account
- How to link other government services to your MyGov account
- How to keep your personal details safe and secure

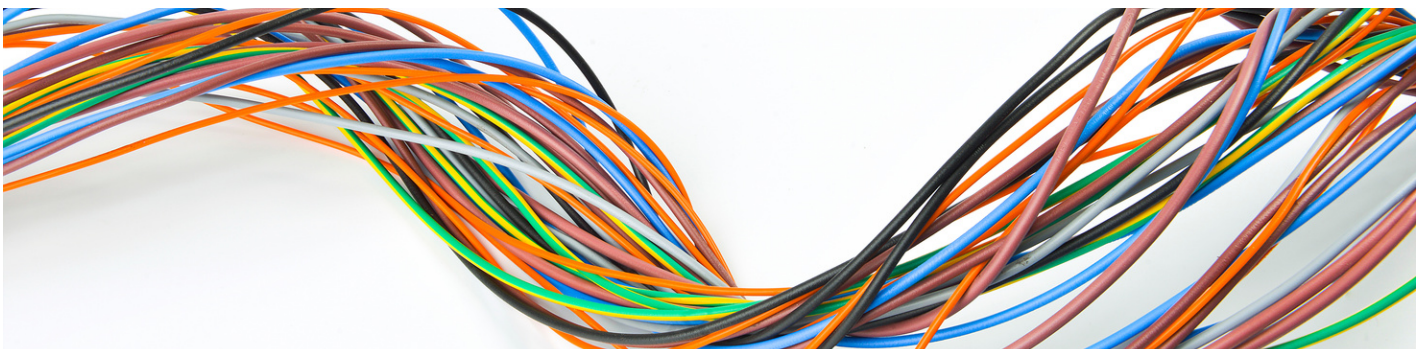
August 25 Can you spot a scam?

Tuesday 25 August at 10am AEST

Join a 1-hour presentation to discover:

- Common scams including the latest Tax and Medicare scams
- Tips on how to spot them
- What to do and what not to do
- Where to go for help.

..... Lee





CHRISTMAS IN JULY



All 30 members at our Christmas in July luncheon at the Golf Club had smiles on their faces and talked and talked, catching up who has been away and who is going away. It was lovely to see our three new members join us Judith, Jan and Margaret.

The meal was superb, a typical Christmas fare of ham, pork and chicken with seasonal vegetables and pavlova or Christmas pudding for desert. Washed down with a couple of wines... delicious.

The Christmas Trivia stumped most of us, do you know the name of the carol that starts with "chestnuts roasting on an open fire" most of us did not. Keith and Judith topped the right answers with 18/21, not bad. Our table got 12 and I thought that was pretty good.



It was a lovely lunch and as Teresa said when she was thanking Lee for organising such a wonderful event... "well you could be sitting at home doing nothing... but here we are having a wonderful time".



.....Joan Mitchell

EXERCISE

Exercise is vital for older adults because it helps maintain independence, prevents chronic disease, and improves mental health. Staying active protects the heart, builds strong bones, and lowers the risk of dangerous falls.

- Stronger Muscles: Fights age-related muscle loss and keeps you mobile.
- Better Balance: Lowers the chance of falling and getting hurt.
- Heart Protection: Lowers high blood pressure and reduces heart disease risk.
- Strong Bones: Protects against bone loss and keeps bones dense.
- Sharper Mind: Lowers the risk of dementia and memory loss.
- Happier Mood: Reduces stress, anxiety, and feelings of depression.
- Better Sleep: Helps you fall asleep faster and sleep more deeply.



August Birthdays

Wendy Aggett	Frank Liddell*
Myrna Bristowe	Gylian McNaught
Ann Cross	Shirley Rawnsley
Erica De Carlo	Steve Watkinson
Pat Heaton*	

Happy birthday, one and all.



to everyone who helped put together this
Newsletter:

The Newsletter Team - Lynda, Denise, Erica
 President's Report - Joan
 News of Members - Denise, Joan M, John
 Be Connected - Lee and Teresa
 Birthdays - Ron
 Photos - Ron, Denise

Judith

