

# Brighton Newsletter

## October 2021

# National Seniors

Australia

### COVID Requirements

To attend our Branch Meeting, we need to QR on a Smart Phone or sign in manually.

Masks will have to be worn at the meeting and social distancing, as far as practical will also apply.

Masks can be removed while having Morning Tea. You will need to be seated in either the hall or church when having your morning tea.



Graham Gurry and Brian Hockley

### Branch Meeting, Tuesday 19 October 2021

Our usual Branch Meeting will be held from 10am, followed by the **Annual General Meeting 2020/21**. We expect that the AGM will not take up much time, as all 13 Committee Members have nominated to retain their current roles on the Committee. This does not exclude other members from joining the Committee if they have already nominated.

The Branch Meeting starts at 10am at the Lighthouse Community Church, corner Jetty Road and The Crescent, Brighton on the beach side of the railway line. Arrive from 9.30am to allow time to complete the COVID entry requirements.

Payment for the Door Entry fee \$5, your annual subscriptions and outings can now be made by the Tap and Pay method using a Credit or Debit Card. If paying with cash, aim to have the correct money as there is only a small amount of change available.

After the meetings and morning tea, **Richard from Rick O'Entertainment** will sing to us featuring songs which many of us will know. Come along and sing along.

Following the entertainment, members can enjoy **lunch at the Holdy Hotel, 83 Brighton Road, Glenelg**, corner of Pier Street. If you would like to go to lunch, put your name down on the lunch sheet at the back of the hall during Morning tea, so we can let the Hotel know how many people are coming to lunch.



**The Barossa Valley Bus Tour** on 29 September was enjoyed by 44 members. They were very lucky as the weather on the tour was mainly sunny with only a light drizzle on the way back to Brighton. Those of us who stayed home, had rain falling for most of the day. The tour went to the Lavender Farm for Morning Tea, then onto to Tanunda for a walk around the town and lunch, followed by a visit to the Chocolate Factory.



### Catering Helpers 19 October

Lleyan Adams, Catering Coordinator will directly contact members who have indicated that they can assist with Morning Tea. If you would like to be on the Morning Tea roster, speak with Lleyan or phone her on 0422 288 151.



**The Walking Group** meet 9.30am every Tuesday except when there is a Branch Meeting. On that week the group meet the following day. On Wednesday 20 October, meet at Rossall Road near Somerton Surf Life Saving Club, walk to Broadway Kiosk, have a coffee and return.

The contacts are Barbara Hansen 8295 4965 and Dawn May 8296 5031.

## Upcoming Activities

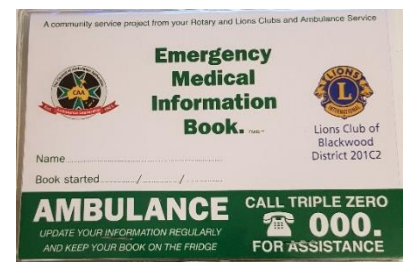
- **Wednesday 20 October – Townsend Park Tour.** This event has been fully booked. It starts at 10.30 am for those attending.
- **Friday 22 October – Parliament House Visit.** The tour starts at 9.45 am and lasts for one hour. There is a limit of 28 people, but there are still some vacancies. This is an opportunity to informally express your views to a State Politician as to how they can assist seniors, bearing in mind, that a State Election is due in March 2022. Put your name on the booking sheet.
- **Tuesday 16 November – Branch Meeting.** A speaker from the Adelaide University Medical School, Lyndsey Collins-Praino will tell us about “Optimising memory and Cognitive Function as we get Older”.
- **Wednesday 24 November – Cummins Historic House -Tour** starts at 10.30am and includes Devonshire morning tea. Cost is \$10 per person. Transport by car. Cummins House is located at 23 Sheoak Avenue, Novar Gardens.



- **Tuesday 30 November - Christmas lunch at Club Marion, 262 Sturt Road, Marion.** Our Christmas Lunch is always a joyous occasion. Members bring along items for the big raffle and there are usually many items included in the raffle. The cost for the meal for members is \$35, which is partly being subsidised by the Branch. There is a booking sheet on the back table.

## Information Corner

- **Emergency Medical Information Book.** We have copies of this booklet for sale at \$2. In it you write details of your medications and other relevant medical history. Place the Emergency Book which has magnets on the back, on your fridge. If you need an ambulance, this is the place that the Paramedics will look to find it. They will take it with you in the ambulance to hospital, so the medical staff know which medications you are taking.



- **Defibrillator.** The Lighthouse Community Centre has acquired a Defibrillator, which can be used in an emergency should someone stop breathing due to a medical episode. It is located in the foyer of the Community Centre. No experience is needed to use this equipment, as the Defibrillator will guide you through the steps needed to operate it.

- **Door Prizes** are always welcomed. Thanks to those members who have brought along items to be used as door prizes. Donations can be given to Aileen Merrett, President or Julie Hockley, Secretary.

## Contacts

President	Aileen Merrett	0438 854 029	Secretary	Julie Hockley	0410 053 973
Vice Pres	Pat Schirmer	0448 331 941	Treasurer	Bill Adams	0418 804 373