

National Seniors Here's the News

Australia

Calamvale Branch Inc.

October 2026



President's Message

Good morning members and visitors and welcome to our 24th Birthday meeting. NSA Calamvale first met in October 2002 at the Calamvale Hotel. Those who were in attendance and formed our Branch were called the Foundation members, many of whom still attend our meetings or remain members of National Seniors Australia. I hope you enjoy our birthday celebration meeting today.

Our September Bus Trip was to the Eumundi Markets. The weather was perfect. Most of the people on the trip came away with some nice purchases. I bought a new pair of Birkenstock shoes as my current pair were getting somewhat worn. I find them the most comfortable shoes for casual wear.

In September the Lord Mayor's Annual Seniors Celebration Grant Application was released through the Lord Mayor's office. Doug has once again applied for a grant which we hope we will receive in the near future. We usually receive a grant of around \$300.

Coming up we have our Melbourne Cup in November. There will be a fashion parade for the ladies with a first and second prize for the best dressed on the day.

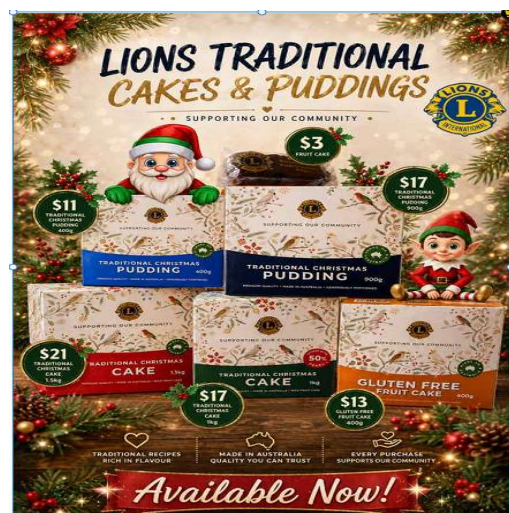
Then, December will be our members meeting in the morning followed by our Christmas lunch and entertainment in the afternoon. As we did in July, we will finish our meeting by around 11:45 am so that we can be ready for lunch to be served at 12:00 pm. Please stay after lunch and enjoy some music and entertainment brought to you by our Music Master, Mr Pat Wilson. Our Christmas raffles will be drawn around 2:45pm. Doug will be taking bookings today and at our November meeting.

As you know we have a lot of activities during the month and those members who do attend enjoy these extra activities. Please refer to the calendar in the newsletter and join in the activities other than our Branch meeting. You will find that you really enjoy yourself by becoming involved in these other activities.

A Thought for today Today, take a moment to honour the incredible journey you have walked, and open your heart to the quiet, gentle joys this new day brings.

Have a great day today and be good to one another.

Best Wishes, Lila.



THIS MONTH'S BUS TRIP
Wednesday 21st October

Bribie Island Butterfly Exhibit

Departing Drakes Nottingham Road at 8.00am sharp

Acacia Ridge at 8.15am sharp

From there we will head off in the direction of Bribie Island where we will pull up for morning tea. After morning tea, we will head off to the Bribie Island Butterfly exhibit. We will break up into two (2) groups.

Around 12.00noon we will board the bus and head off for lunch at the Bribie Surf Life Saving Club. After lunch, you will be free to go for a walk along the beach

Around 2.00pm we will board the bus for our journey home.



Pat Wilson 0417493785

Guest Speaker Today

Dr Blackmore
Qld Brain Institute
Speaking on the research and
how it affects us

Kerry and Rob will have the
Lions Christmas Cakes for
sale at our November and
December meetings.



Hello everyone,

As I write this, I am down in Coffs Harbour again with my Mum. The weather is stunning with cool nights and perfect sunny days.

Thank you to everyone who contributes to our Calamavale Newsletter. I appreciate your efforts as it helps lighten the load for me. John B, you have been wonderful over the years and Denise R I am so happy to receive your excellent stories about our great garden club.

Celebrating Pauline and Jennifer's Birthdays



Quote of the Day

"Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight."

Benjamin Franklin

If you have eaten today, thank a farmer..... Lyn

National Seniors Australia

Eumundi Markets

A beautiful morning greeted us. We had an early start as we were off to Eumundi for the markets.



There were 28 of us on the trip today with our favourite driver Henry, who had been on sick leave for five weeks having had covid, so he was in fine form with his trivia questions and card tricks.

We settled in for a nice trip up to the north coast, our first stop was Caboolture roadhouse for a rest stop and morning tea which was at our own expense.

Today we were also buying our own lunch as well as the trip today only cost us \$50 each instead of the usual \$70.

Once we got past the Gateway Bridge the traffic thinned out and we picked up a bit of speed and we soon arrived at the roadhouse. We had about 40 minutes for morning tea before continuing on and arriving at the markets around 10.30am where we all departed the bus and headed off to explore, buy things and have lunch. We had three and a half hours.



Eumundi Markets are one of the largest artisan markets in the Southern Hemisphere, famous across the world for arts and crafts, international street food, live music, and a cool creative vibe.

This hinterland setting is idyllic and there are a number of market areas to explore, creating an extensive marketplace shaded by magnificent trees in the heart of the beautiful heritage village.

Although it may seem that Eumundi offers just one big market, it is in fact a collection of different markets and precincts, each with its own unique range of stalls selling a vast selection of goods to suit every taste.

Wandering through the markets to a backdrop of live music and street performers, soaking up the creativity and energy as you go. I think nearly everyone purchased something while we were there, the weather was great, and it was really good.



We left at 2pm and made our way back to Brisbane stopping once more at Caboolture for a comfort stop, and we arrived back home around 4.30pm.

Thanks again to Pat and Freda for a great day out.



Editorial by John Butchard

National Seniors Australia



October Birthdays

Ann Smallegange

Paula Ross

Robyn Morrisby

Nevia Braiuka

Deirdre Rivers

Sandra Sinclair

Janess Petersen

John James

Carole McWilliam

Judy Bovaird

December bus trip

Sunshine Coast Christmas lights

Departing Drakes at 2.00pm and Acacia Ridge at 2.15pm. Travelling direct to Mooloolaba with a comfort stop only at Caboolture Roadhouse. Then travelling to the Mooloolaba Bowls Club for dinner at 5.00pm. Then making our way to Mooloolaba wharf to pick-up our canal Christmas light cruise at 6.15pm. This takes about 2(two) hours. Then returning back home with a comfort stop only at Caboolture Roadhouse. Getting home about 10.00pm – 10.30pm.

At this time, the cost of \$90.00p/p for the trip. Who is interested in coming? Monies will have to be paid at the November meeting and sad to say **NO** refunds . Pat W

Guest Speaker Next Month

DAVE HAGGER physiologist

Stay strong after 60.

Getting out of chairs, walking,

Carrying groceries, etc

Garden Club

This month Ro and Errol hosted our members at their home but this was a gathering with a difference. Arriving at their home we walked through to a back room where the tables all had paintings displayed. It was an amazing scene. All the paintings were by our artist host – Ro.

After wandering around the display Ro invited us to take a seat.



Ro is an artist who specialises in Botanical Art. The art work on the tables represented the 3 categories

used for painting plants and flowers.

Ro explained each category and showed us examples from the paintings on the tables in front of us.

A flower painter paints for sheer enjoyment not worrying too much about size or accuracy.



A Botanical artist tries to be as accurate as possible but mostly paints for the love of nature and art.

A Botanical illustrator blends strict scientific accuracy with artistic painting.

Denise R

National Seniors Australia

PHOTO GALLERY

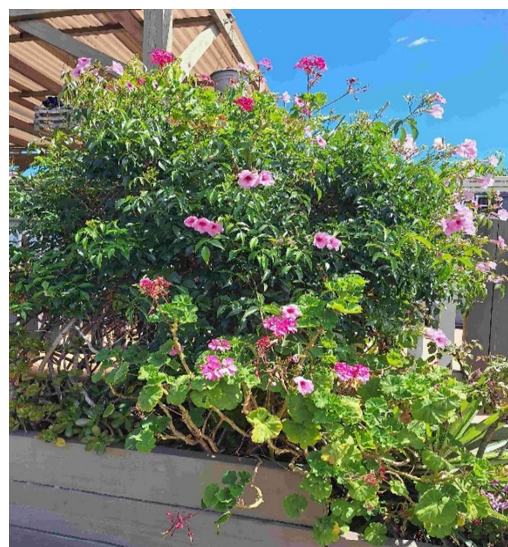
Celebrating Jennifer and Pauline's birthdays at Lucky Star Tavern



Ladies Lunch August Browns Plains Hotel



Garden Club Meeting at Ro and Errol's Place



National Seniors Australia

Find your retirement 'sweet spot'

Have you ever heard the period between the ages of 60 and 72 referred to as the “12 good years”?

If you Google that phrase, you'll find myriad references to this “sweet spot” before age-related decline prevents us from doing many of the things we love or hope to do in our retirement.

And if you hold off your retirement to the pension age of 67, then 12 years becomes just five.

That may sound depressing, but a generalisation like this should be treated with caution.

Many Australians remain healthy and active throughout their 70s, 80s and beyond. They travel, work, volunteer, study, create, and contribute to their communities.

Life does not suddenly end at 72, and everybody gets older in different ways. Don't panic if you're over 72, because there is still a lot to look forward to.

Nevertheless, if you are in your 50s or early 60s and planning your retirement, you should consider that your abilities, energy, and circumstances will change as you grow older.

Retirement planning should not just be about money, but also time, health, and personal priorities.

The age of 67 is the point at which eligible Australians can apply for the Age Pension; it's not a legal requirement to stop working. Some people retire at a younger age, while others continue working because they enjoy their careers, value the social connections in their workplace, or need additional income.

Whenever retirement begins, consider placing your most physically demanding ambitions near the front of the queue. Long-distance travel, hiking, renovating, caring for grandchildren, or relocating to a new community may be easier at this time.

This doesn't mean you should frantically race through your bucket list. It means recognising which of your dreams depend most heavily on physical capacity and giving them appropriate priority.

Next, identify what would make retirement feel meaningful. It may not just be about holidays and home maintenance. You might mentor younger people, volunteer, learn a language, write a family history, return to study, or develop a creative interest.

A good strategy is to choose one or two substantial goals and break them into achievable steps.

Relationships also deserve your attention. When you finish work, your social network can shrink unexpectedly. Make regular time for your family and friends but also develop connections that do not depend entirely on your partner or former colleagues.

Clubs, community organisations, casual work, and volunteering can all provide routine and companionship.

Protecting your health is another way of protecting your choices. Schedule appropriate check-ups, keep your body moving, and deal with manageable health issues rather than postponing them.

You can't stop getting older, but you can take measures to preserve your independence and keep doing the things you love and value.

Finally, build flexibility into your financial arrangements. Seek qualified advice before making major decisions involving superannuation, investments, or Age Pension eligibility. Allow room for changing housing needs, healthcare costs, and unexpected family responsibilities.

Age 72 is not an expiry date; it's simply a reminder that time is valuable. The true retirement “sweet spot” is where you find enjoyment and fulfilment without unnecessary stress, no matter how old you are.

Taken from National Seniors Newsletter

National Seniors Australia

EVENTS CALENDAR

October

Wednesday 7th General Meeting

9th Quilting Morning

12th Lunch Time Social

13th Movie Day

14th Sausage Sizzle

15th Garden Club

21st Bus Trip

26th Social Night out

28th Committee Meeting

29th Ladies Lunch

Men's Cuppa – every Thursday

SAUSAGE SIZZLE

Social get-together for all NSA members
Calamvale district park
Off Ormskirk Street



Please bring your own eating utensils and a dessert or salad item to be shared with others. This is a great fun time to catch up with everyone. Put your name down at meeting or

Phone Sue 3273 4531

LADIES LUNCH

Thursday 29th

For more details

Ph

Lyn D - 0416 085 555

Quilting Morning



Friday 9th

4 Dargo Pl Algester.

9am-12pm

No need to bring anything.
Come and join us for a cuppa.

Ph Janess 3273 2164

Social Lunch

Monday 12th

L'Oasis

Calamvale Central



11.30 For 12 noon.

We will order when everyone is seated

RSVP : by 12th October

Text Sue 0422 929 800 with your name, if you are attending

Movie Day



Tuesday 13th

Meet up 9 – 9.30am

for morning tea

Hoyts Cinema at

Sunnybank shopping Centre.

Phone Linda 3342 5881

The Garden Group



Thursday

15th

9.30am to

11.30am.

Please advise Dianne S or Denise if you are attending and remember to bring your own cup.



Contact Dianne S 0402 480 223 for address.

National Seniors Australia

Bus Trips

18th November

Gold Coast River Cruise



On Wednesday the 18th November 2026 we will be travelling to the Gold Coast for a river cruise.

NO refunds as I have to pay in full beforehand.

Can't make the bus

As you may already know, that when you make a travel booking with a commercial company, you may lose all or part of your monies should you not travel.

When you make a payment for your trip with the Calamvale National Seniors, you have signed a contract with the Calamvale National Seniors to travel on that trip. Should you for whatever reason, cancel that trip, the Calamvale National Seniors shall retain an amount of monies (\$25.00) to cover the bus seat and the cost of the entry fee, unless you or the tour co-ordinator can locate someone to take your place.

We do understand that other conditions raise their ugly head and such conditions shall be taken into consideration

Any Dietary Requirements!!

Please advise of dietary requirements organizing the particular event

NEXT GENERAL MEETING

Wednesday 4th November

Doors open 9.15

Meeting starts 10.15 am



MENS MORNING COFFEE & CHAT

Every Thursday Morning 8.30am

Jo's Café

Next to Aldi

Cnr Illaweena St & Beaudesert Road

Phone John M 0438 532 528



If you would like to celebrate your birthday with a lovely meal and a fun time.

Join the

Birthday Club

A contribution of \$5.00 per person will cover the cost of a joint card and birthday cake.

Collection of the birthday cake will be rotated and paid for out of the birthday fund.

For more details

Ph: Sue B 0422 929 800

Please Note

The above events are planned in good faith but can change. We will endeavour to give plenty of notice of any changes.

Publication disclaimer

For Calamvale NSA Branch. Anyone who does not wish to have his/her names &/or photo used in any internal or external NSA publication, kindly advise the editor, Lyn Douglas or Lila Wells. Please ensure submissions to the newsletter are with the editor no later than

Sunday before the committee meeting.

Any notices, photo's, recipes, or points of interest will be gratefully accepted

Email: - Lyn [at lynd09@gmail.com](mailto:lynd09@gmail.com)

Ph;- 0416 085 555

Legal Insurance Advice

All members are reminded that participation in some advertised activities, or visiting some venues, may involve a degree of risk, particularly for those who have health and/or mobility concerns.

Please bear this in mind when planning to attend our activities.



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[If you are visiting us today we invite you to join our Branch](#)

National Seniors Australia membership is open to any person who:

- has an interest in seniors' issues; or
- is age 50 years or over; or
- Is a spouse / partner of a person who is 50 years or over.

Membership is available for only \$49.50 for a one-year single membership, or \$80 for one-year joint membership.

For further information, ask President Lila or Secretary Anthony for a Membership Application brochure (if you weren't given one at the door on your way in).

NEXT COMMITTEE MEETING

Wednesday 28th October

For those wishing to attend to **observe** proceedings, contact Lila.
0400 796 563

UPCOMING EVENTS

November
Melbourne Cup
Bring n buy

December
Christmas Lunch

REMINDER NOTICE

Bring your own cup

for your morning cuppa at our General meeting. *Thank you*



Sunnybank Theatre Group



I am not at the October Meeting. I have one ticket spare for the 7 November musical "The Trail to Oregon". If you want it please email me at paula.ross@live.com.au I will give you bank account details to pay into. I arrive home 15 October.

Paula Tel 3711 5317 or 0409 615 525

National Seniors Australia



Do you have something to sell, give away?
Family notices, births, deaths, birthdays.
Thank you to someone; want to buy, help wanted etc



Do you know of a member who is sick, lost a loved one, or is hurting in any way?

Call Freda T our Welfare Co-ordinator and she can give them a call or send them a card to cheer them up.

Freda 0403 914 800

PLEASE leave your name and phone number so that I can call you back

*Today is a
Good Day
For
A Good Day*

Airlie Beach Cruise 2027

Sunday 21/3/27 to 25/3/27



After the response at the July meeting, I looked into booking a cruise in September 2026 but was unable to book for the estimated number as they were fully booked out.

So, I contacted Carnival Cruises and have been able to secure 8+ inside cabins for the cruise to Airlie Beach from Brisbane on Sunday the 21st March 2027 to Thursday the 25th March 2027. The cost is from \$601.00 p/p based on two (2) people per cabin. This is the price of an inside cabin only. Window and balcony cabins are available at extra cost.

A deposit is required from \$75.00p/p ASAP. Full payment is required before 5/1/27. Further information is available on forms available from me. To make a booking and further information, contact Brittani at Carnival on 1800073489.

I will be looking into booking a bus to transport us to and from the International Cruise Terminal. It may be cheaper than taking our own cars as the average cost is \$95.00 for the four (4) days.

Pat W

Compiled and edited by:

**LYN
DOUGLAS**



**LILA
WELLS**



National Seniors

Australia

www.nationalseniors.com.au
Meetings at Algester Sports Club
Endiandra Street, Algester –
1st Wednesday of Month



Newsletter
designed by
Lyn Douglas

National Seniors Australia

October 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Men's Morning Cuppa at Jo's Café. (next to Aldi) 8.30 am Ph John 0438 532 528 Every Thursday	2	3	4
5	6	7 Branch Meeting Doors open 9.15am for 10.15am start At Algester Sports Club	8 Ladies Birthday Lunch Sue B 0422 929 800	9 Quilting Morning 4 Dargo Pl Algester 9am -12pm Ph Janess 3273 2164	10	11
12 Social Lunch Out For members and their friends 12noon Sue B 0422 929 800	13 Movie Day Meet up Sunnybank Hoyts Cinema 9am-9.30 Ph Linda 3342 5881	14 Sausage Sizzle NSA members 11am onwards Calamvale District Park Off Ormskirk St	15 Calamvale Garden Club 9.30-11.30 Contact Dianne S 0402 480 223	16	17	18
19	20	21 Bus Trip Departing from Drakes at 8am Acacia Ridge at 8.15am Pat 0417 493 785	22 Men's Morning Cuppa at Jo's Café. (next to Aldi) 8.30 am Ph John 0438 532 528 Every Thursday	23	24	25
26 Social Dinner Out For members and their friends 6 pm Sue B 0422 929 800	27	28 Committee Meeting If you wish to attend to observe proceedings Ph Lila 0400 796 563	29 Ladies Lunch See notices for more details Lyn - 0416 085 555	30	31	