

National Seniors Here's the News

Australia

Calamvale Branch Inc.

September 2026



President's Message

Good morning members and visitors and welcome to our first meeting of the new NSA Calamvale year following our Annual General Meeting held after our members meeting in August. All members of the committee for 2025/26 stood down with 8 members from the previous committee re-nominated for their positions and they were elected unopposed. Two new members nominated for positions with Sue Butchard elected unopposed for the position of Social Organiser and Helen Thompson elected unopposed for the position of Special Events Organiser. Congratulations and welcome to both Sue and Helen for accepting their nominations and taking up their positions on the committee. I am sure they will make valued contributions to the Committee in their roles. Once again, our thanks to Rob Johnson for Chairing the AGM.

I would like to take this opportunity to thank Sandra Fuller, Irene Stzybel and Julie Berwick, who have resigned from the Committee, for their valued contribution over the last few years. They certainly gave generously of their time and performed their roles to the benefit of the committee and members.

I also reiterate my thanks to the members who gave generously of their time without being committee members. You know who you are and I thank you. I would like to make special mention of John James who has been out the front at our meetings to collect meeting fees and issue lucky door prize tickets for quite a few years. John, your contribution has been truly appreciated and we all wish you well with your future. Helen Steadman has agreed to take over John's role and we thank Helen sincerely.

The August Bus Trip only had 16 passengers as the trip clashed with the Garden Club and the Thursday Men's Coffee Club. We will try to ensure we avoid a clash like that in the future. However, thanks to Nick for organising the day at The Beenleigh Club for the morning melodies entertainment and lunch. Well done, Nick.

Coming up we have our Father's Day in September, our Birthday celebrations in October, Melbourne Cup in November and in December our members meeting in the morning followed by our Christmas lunch and entertainment in the afternoon.

Please refer to the calendar in the newsletter and join in the activities other than our Branch meetings. You will find that you really enjoy yourself by becoming involved.

Thought for today. Age is simply the number of years the world has been enjoying you!

Have a great day and be good to yourselves.

Best Wishes, Lila.

National Seniors Australia

THIS MONTH'S BUS TRIP

Wednesday 16th September

Eumundi Markets

Departing Drakes Nottingham Road at 7.30am sharp
Acacia Ridge at 7.45am sharp.

From there we will head off in the direction of Eumundi Markets. On our way we will pull up at The Caboolture Roadhouse where we will partake of morning tea at our own expense.

Around 10.00am we will board the bus and head off to the Eumundi Markets. Upon arrival, you can head off and enjoy yourself. Calamvale National Seniors **WILL NOT** be supplying lunch. You can purchase your own lunch from the food places at the markets or food shops nearby.

At 1.50pm, we will board the bus for our trip home. We will be stopping at the Caboolture Roadhouse on the way home for a comfort stop.

Calamvale National Seniors will NOT be charging the normal \$70.00 for this trip. The cost for this trip will be \$50.00 as you will be getting your own meals.



Pat Wilson 0417493785

Guest Speaker Today

Bob Walker

Office of Fair Trading

Department of Justice.



Hello everyone,

In August, we celebrated an unbirthday lunch at Lucky Star as there were no birthdays to celebrate.

The ladies lunch for August was at Browns Plains Hotel. And the garden club enjoyed their monthly meeting at Greenbank Plant Shed Nursery



Quote of the Day from Conan O'Brien

Nobody in life gets exactly what they thought they were going to get. But if you work really hard and you're kind, amazing things will happen.

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

August Bus Trip

Beenleigh Sports Club



We were off to Beenleigh Sports Club for morning melodies show and lunch.

As we were not travelling too far we had a later start than usual, there were very few of us, just 16 on the trip today but Thursday is not our normal bus trip day, and a lot of our regulars had other things on.

An overcast morning greeted us but it was dry, as we were on our way to Logan River Parklands, just outside of Beenleigh for morning tea hosted by Lila, which was beautiful Lila. We could have done with a few more than 16 to eat it all though. We spent a bit of time there enjoying our tea and chatting.

Leaving the Parklands around 9.30 we headed off to the Sports Club for the show with Stephanie Lazaro with her back up musicians Rick, on Base guitar and Garth, on keyboard

Stephanie Lazaro in the "Diva Songbook show"



The Diva Songbook is a captivating celebration of the greatest female voices in music history. Led by the talented Stephanie Lazaro, this live performance took us on a journey through timeless hits by legendary divas, from soulful ballads to upbeat anthems. With powerful vocals, dazzling stage presence, and a heartfelt tribute to iconic artists, the Diva Songbook delivered us a great musical experience.

Stephanie had a really good voice, (a bit loud, had to turn my hearing aids down) she got us rockin' at the end.

We headed upstairs after the show for lunch which went very well, there was roast of the day, fish and chips and steak chips and salad, and everyone seemed to enjoy it.



After lunch we left for home, it was a good day, well done to Nick for arranging this trip

Editorial by John Butchard



September Birthdays

Lesley Clark
Audrey Stewart
Barry Petersen
Gladys Berriman
Pat Wilson
Suzanne Miller
Jennifer Curtis
Pauline Wise
Delia Rogers
Roynon Day
Elaine Antney
Sandy Menzies
Denise Hickey
Paula Knight
Judy Burke



Guest Speaker Next Month

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

Garden Club

In August our members took a trip beyond the close by well-manicured nurseries in the surrounding suburbs to the bush area of Greenbank Plant Shed. Walking in, we were



in the midst of an open shed with a great variety of ornaments, indoor plants, hanging plants and an enclosed little 'shed' where we bought excellent coffee

and drinks.

Walking beyond this area we were in an open paddock with large round trestles with a large variety of flowering plants, trees and bushes. It was a pleasure to be walking around on lawn rather than the usual concrete.



The prices were fair so quite a few of us left with jobs to do when we got home.

Denise R

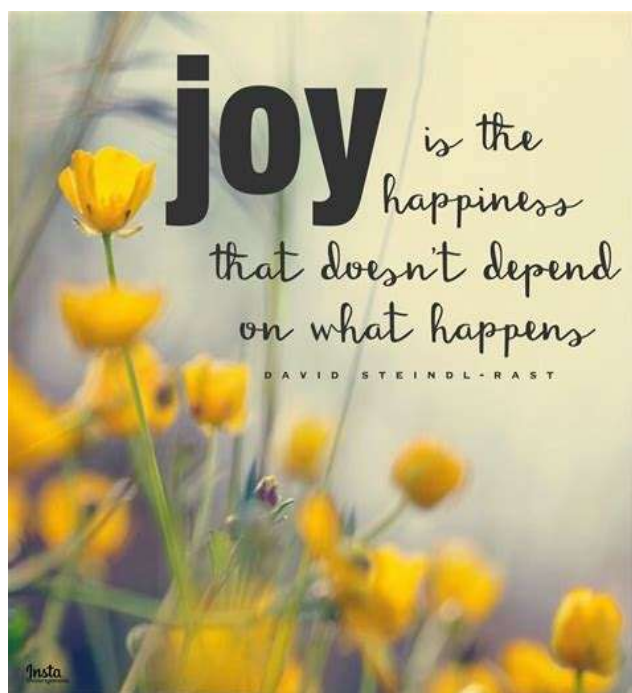
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PHOTO GALLERY

Cards at Algester Sports Club



Beenleigh Sports Club
Morning Melodies Show



Healthy Brains for Life

When we think about healthy ageing, we often focus on our physical health. But our brains are ageing too.

While some changes in brain structure and function are a normal part of ageing, research shows that many aspects of brain health are influenced by lifestyle choices we can make every day.

Here are three evidence-based habits that can help you stay sharper as you age by supporting memory and thinking skills and lowering your risk of dementia.

1. Feed your brain with a Mediterranean-style diet

An area of healthy brain ageing research with strong evidence centres on the Mediterranean eating pattern. This way of eating is rich in vegetables, fruit, legumes, whole grains, and healthy fats, while limiting highly processed foods and excess red meat.

The Mediterranean dietary pattern has been associated with better memory, improved cognitive function, and a lower risk of dementia, particularly Alzheimer's disease.

These benefits can be seen at any age, just from making a few simple changes to food choices.

A standout feature is extra virgin olive oil, which has been linked to reduced inflammation in the brain. Inflammation is increasingly recognised as one of the factors that may contribute to cognitive decline over time. Swapping butter or other cooking fats for extra virgin olive oil can be a simple place to start.

Rather than focusing on restrictive diets, the message is simple: fill your plate with varied and colourful plant foods, cook more meals from scratch, and make extra virgin olive oil part of your daily routine.

2. Keep your body moving to keep your brain active? Exercise is often promoted for heart health and maintaining physical fitness, but its benefits for the brain are just as impressive.

Physical activity increases blood flow to the brain, boosts neuroplasticity (the brain's ability to build new connections and reorganise itself), and helps nourish the cells that keep our brains functioning well.

Importantly, exercise has been shown to stimulate the growth of new brain cells in the hippocampus – a region of the brain involved in memory and emotional regulation that naturally shrinks with age, with corresponding improvements to memory.

Encouragingly, research shows measurable improvements in brain connectivity and blood flow in older adults after participating in a structured exercise program.

The good news is you do not need to become a marathon runner. Whether it's walking, swimming, gardening, dancing or strength training, every bit of movement counts. Starting small and building consistency may be one of the most powerful investments you can make in your brain health.

3. Prioritise quality sleep to recharge your brain
Sleep is far more than a chance to rest. It is a time when the brain performs essential maintenance.

During sleep, memories are consolidated, learning is processed, and the brain clears away waste products that build up throughout the day. Researchers believe this nightly "clean-up" may play an important role in reducing the build-up of harmful proteins associated with Alzheimer's disease.

Most adults require seven to nine hours of sleep each night, but quality and consistency matter as much as quantity.

It's not a race

Research shows that starting with small, manageable goals and building on them over time is the best way to set yourself up for success. Aim for consistency rather than drastic change, to build habits that support your brain health for years to come.

The bottom line

Healthy brain ageing is not about finding a single miracle solution. It's about building a collection of habits that support brain health over time. Eating well, staying active, and prioritising sleep are three powerful steps that can support memory, thinking and overall wellbeing as we age.

Taken from National Seniors Newsletter

National Seniors Australia

EVENTS CALENDAR September

Wednesday 2nd General Meeting
8th Movie Day
9th Sausage Sizzle
11th Quilting Morning
14th Lunch Time Social
16th Bus Trip
17th Garden Club
24th Ladies Lunch
28th Social Night out
30th Committee Meeting
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 24th

For more details

Ph

Lyn D - 0416 085 555

Quilting Morning



Friday 11th

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 14th

Lucky Star Tavern



11.30 For 12 noon.

We will order when everyone is seated

RSVP : by 13th September

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

MOVIE DAY

Tuesday 8th



Meet up 9 – 9.30am
for morning tea

Hoyts Cinema at
Sunnybank shopping Centre.

Phone **Linda 3342 5881**

The Garden Group



Thursday 17th

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

Bribie Island Butterfly Exhibit

Wednesday the 21st October 2026

Departing Drakes Nottingham Road at 8am sharp and then travel to the Elizabeth Street shopping centre (Mitchell Street) Acacia Ridge at 8.15am sharp.

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 to the committee member who is organizing the particular event

Sunnybank Theatre Group



I am taking bookings for The Trail to Oregon. I will not be at October meeting. So please book by 28 September.

Paula **R Tel 3711 5317 or 0409 615 525**



MENS MORNING COFFEE & CHAT Every Thursday Morning 8.30am

Jo's Café
Next to Aldi
Cnr Illaween 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**
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 30th September

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

UPCOMING EVENTS

October
Club birthday celebration

November
**Melbourne Cup
Bring n buy**

December
Christmas Lunch

NEXT GENERAL MEETING

Wednesday 7th October

**Doors open 9.15
Meeting starts 10.15 am**

REMINDER NOTICE

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



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

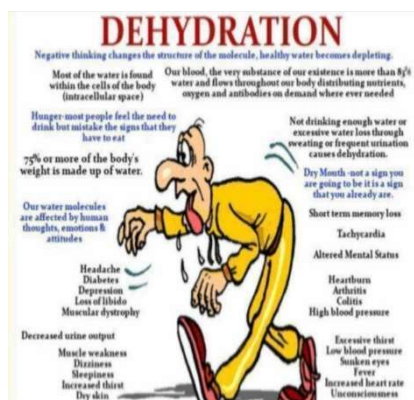


Do you know of a member who is sick, lost a loved one, or is hurting in any way?

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



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 of 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



**Newsletter
designed by
Lyn Douglas**



National Seniors

Australia

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

September 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2 Branch Meeting Doors open 9.15am for 10.15am start At Algester Sports Club	3 Men's Morning Cuppa at Jo's Café. (next to Aldi) 8.30 am Ph John 0438 532 528 Every Thursday	4	5	6
7	8 Movie Day Meet up Sunnybank Hoyts Cinema 9am-9.30 Ph Linda 3342 5881	9 Sausage Sizzle NSA members 11am onwards Calamvale District Park Off Ormskirk St	10 Ladies Birthday Lunch Sue B 0422 929 800	11 Quilting Morning 4 Dargo Pl Algester 9am -12pm Ph Janess 3273 2164	12	13
14 Social Lunch Out For members and their friends 12noon Sue B 0422 929 800	15	16 Bus Trip Departing from Drakes at 7.30 and A/R at 7.45am Pat W 0417 493 785	17 Calamvale Garden Club 9.30-11.30 Contact Dianne S 0402 480 223	18	19	20
21	22	23	24 Ladies Monthly Lunch See notices for more details Lyn 0416 085 55	25	26	27
28 Social Night Out For members and their friends 6.00pm Sue B 0422 929 800	29	30 Committee Meeting If you wish to attend to observe proceedings Ph Lila 0400 796 563				