

Centenary Branch Newsletter - APRIL 2024

<https://nationalseniors.com.au/get-involved/branches/centenary>

We now have a Facebook Page. Go to National Seniors Australia Centenary Branch

NB: Meeting is to be held at Westside HQ Corinda (Formerly Sherwood Services Club

NB: Morning Tea food is not to be taken from the premises for health & safety reasons.

FROM THE FRONT DESK

Welcome, once again.

I hope you have all visited the craft tables and been impressed by the efforts of those who have both talent and ability.

We have a full program today with two speakers – the first is to assist your family, a long way in the future, when the time comes for you to cross the bridge that leads to the Pearly Gates. The second is to assist you – here and now – to cross whatever bridge gets you to your medical appointments, social gatherings etc.

Because of this busy meeting we probably won't have much time for general business, but I would ask that you put some thought into our club's longevity for general discussion next meeting.

We had to cancel our explorer trip for March due to lack of interest. We have several "expressions of interest" boards at the back of the room but so far there appears to be very little "interest". Our coach trip to "Naughty Little Kids" seems like a fun day out to me – but again, very little interest. We will NOT cancel this trip – Ann put too much work into re organizing it to bring the cost back to \$70.00 – so, sad to say, if the club (you) have to subsidize it, so be it. Ask any one you know if they'd like to join us – THIS OUTING WILL GO AHEAD.

I do appreciate we are an ageing club, and as some have recently been presented with 25 year membership badges, there is a fair chance you have "been there/done that" but from committee's point of view we need to know what you want. Think this over for our next meeting....are you happy to meet once a month for morning tea and a speaker/entertainer and that's it? Or should your committee continue to strive for outings that seem to generate very low participation numbers.

If this sounds like the rantings of a cranky and frustrated president of a social club then there is

a very good reason for that, because it is. We need to know what you, the members, want your committee to do.

MORNING TEA: There is a gluten free option,

9.30am Entry for 10am meeting start.

GUEST SPEAKERS:

1. Emily Jones - Advanced Care Planning.
2. Nikki Dowding – Transit Care

ACTIVITIES

May 21 st – Day trip to "Naughty Kids"

\$70. Names to Ann today.

July 24th – 25th - 1 night 2 day Xmas in July Stanthorpe. Fully booked. (Full payment due June Meeting or prior.) \$355 ea double - \$420 single. Contact Bev.

September 8th – 14th - 7 day trip to Charleville. Deposit payable at July Meeting or prior. Deposit - \$610 ea if sharing - \$1060 if single. Names to Jenny today.

MAHJONG

Centenary Seniors Mah Jong Group meets every Thursday during the month. If you are a new player and would like to learn or an experienced player who would like to play socially come along. We meet in the Mt Ommaney Library 1st & 2nd Thurs of the month, the Monier Hotel on 3rd Thurs (staying for lunch afterwards) and 4th Thurs of the month. Inquiries – Judy Hunold 3378 4935 or Jo Murray 0406 413 836

SCAM ALERT

Do not open anything from the Centenary National Seniors Executive Committee or the Branch.

REMINDERS

Centenary Community Connections – The Hub

can be contacted to see upcoming events by email for info at bookings@ccconnectasn.au.

Westside HQ Free Morning Melodies

Every Thursday 10.30am – 1.30pm.

MANY HAPPY RETURNS

Best wishes are extended to all our valued members celebrating birthdays during April. We hope you have a wonderful day.



IMPORTANT NOTICE FOR COACH TRIPS.

PLEASE NOTE: Full payment for bus trips is to be made at the monthly meeting before trip. Name badges are compulsory for all bus trips. All payments with correct money are to be put in envelopes. Put your name, full amount, ph no, trip details special dietary requirements on the outside of the envelope, seal your payment and hand to the Trips table.

COACH WILL NOT WAIT FOR LATECOMERS.

BRANCH REFUND AND PUNCTUALITY POLICY FOR ALL TRIPS: As our coach trips are confirmed the Wednesday (one week) before we travel, NO REFUND will be given unless Ann Tupicoff is advised prior to this time. The Committee may consider refunds under special circumstances or medical emergencies (with documentation).

FOR DIRECT DEPOSIT OR BANK TFR.

BANKING DETAILS:

NAB MT OMMANEY

BSB 084259 ACC. NO. 821660559

PLEASE PUT NAME AND EVENT ON TFR FOR IDENTIFICATION AND RECEIPT.

Meetings are the first Tuesday each month, February to October, except November (second Tuesday).

Newsletters, Newspapers and documents are available on Table at entry after check in.

Do you know of any Centenary Seniors members who are unwell? Please contact Bev Hocker.

RECIPE:

4 INGREDIENT FRUIT CAKE

1kg Mixed Fruit

2 cups pure fresh orange juice

2 cups self-raising flour

1 teas cinnamon

Soak fruit in orange juice overnight. Preheat oven 150deg.(130 fan forced). Line 20cm round cake pan with baking paper and spray with cooking spray. Mix fruit mixture, flour and cinnamon. Spoon into prepared tin. Bake 30mins or till cooked through. Remove and cool. Spread with apricot jam, top with toasted almonds and dust with icing sugar if desired.



A sign used in Australia to advise that slow drivers are about to temporarily increase their speed

JOKE:

Two elderly couples have their weekly meet-up at a table in their local park.

They take a seat, and the ladies chat with one another across the table, as do the gents.

Fred asks Harold, "Are you still going to that memory clinic?"

Harold says, "Yes, it's been helping my memory a lot, I recommend you come along to our next session."

"What do they do there?", asks Fred.

"They teach us to remember things through word association", replies Harold.

Fred says, "I might have to give it a try, what's the name of the clinic?"

Harold pauses for a while, trying to remember.

He says, "Umm, ahh, hang on... um... what's the name of that beautiful flower, the one that has thorns?"

Fred says, "That'd be a rose, Harold."

Harold turns to his wife and says,

"Rose!, what's the name of that clinic I go to?"

Our thanks to Sarah Hutton, Councillor for the Jamboree Ward for the provision of photocopying facilities

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Steady Steps

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Theatre Outings

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CALENDAR 2024

APRIL 2024

Monday 1 st	Steady Steps (Easter Monday)	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 2 nd	GENERAL MEETING	9.30am	Westside HQ Corinda	\$6
Monday 8 th	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Thursday 11 th	Mahjong	9-12noon	Mt Ommaney Library	
Monday 15 th	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Thursday 18 th	Lunch	11.30am	Monier Hotel	
Thursday 18 th	Mahjong	9-12noon	Monier Hotel	
Monday 22 nd	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Wednesday 24 th	Visit Aveo Cleveland, Redland Bay		Mt.Ommaney Bus Stop	
Thursday 25 th	NO MAHJONG (ANZAC DAY)			
Monday 29 th	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 30 th	Coffee & Conversation	10.00am	Mt Ommaney	
Tuesday 30 th	Committee Meeting	1.00pm	Mt Ommaney Library	

MAY 2024

Thursday 2 nd	Mahjong	9-12noon	Mt. Ommaney Library	
Monday 6 th	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 7 th	GENERAL MEETING	9.30am	Westside HQ Corinda	\$6
Thursday 9 th	Mahjong	9-12noon	Mt Ommaney Library	
Monday 13 th	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Thursday 16 th	Mahjong	9-12noon	Monier Hotel	
Thursday 16 th	Lunch	11.30am	Monier Hotel	
Monday 20 th	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 21 st	Coach Trip to Naughty Kids	8.30am	Bus Stop at Mt Ommaney Library	\$70
Thursday 23 rd	Mahjong	9-12noon	Monier Hotel	
Monday 27 th	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 28 th	Coffee & Conversation	10.00am	Mt Ommaney	
Tuesday 28 th	Committee Meeting	1.00pm	Mt Ommaney Library	
Wednesday 29 th	Evening Dinner	6.00pm	TBA	
Thursday 30 th	Mahjong	9-12noon	Monier Hotel	

JUNE 2024

Monday 3 rd	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 4 th	GENERAL MEETING	9.30am	Westside HQ Corinda	\$6
Thursday 6 th	Mahjong	9-12noon	Mt Ommaney Library	
Monday 10 th	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Thursday 13 th	Mahjong	9-12noon	Mt Ommaney Library	
Monday 17 th	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Thursday 20 th	Mahjong	9-12noon	Monier Hotel	
Thursday 20 th	Lunch	11.30am	Monier Hotel	
Monday 24 th	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 25 th	Coffee & Conversation	10.00am	Mt Ommaney	
Tuesday 25 th	Committee Meeting	1.00pm	Mt Ommaney Library	
Wednesday 26 th	Evening Dinner	6.00pm	TBA	
Thursday 27 th	Mahjong	9-12noon	Monier Hotel	