



# Maroondah Message

## Dates to Remember:

- **September 1st** 9:30 am  
Beasley's Walk
- **September 5th** 2:00 pm  
Meeting at Ringwood RSL
- **September 8th** 7:00pm  
Dinner Warrandyte Retreat
- **September 14th** 10:00am  
Movies Eastland
- **September 15th** 9:30am  
walk Heathmont Rail Trail
- **September 20th** 12:30pm  
Lunch at La Porchetta
- **September 22nd** 2:00pm  
Coffee at Eastland
- **September 29th** 9:30am  
walk Mullum Mullum Creek
- **October 3rd** 2:00pm  
Meeting at Ringwood RSL
- **October 6th** 9:30am  
Walk Ringwood Lake
- **October 6th** 7:00pm  
Seniors Variety Show
- **October 16th** 2:00pm  
Jazz Concert - Ringwood Bowls Club
- **October 17th** 9:31am train  
MCG Tour
- **October 18th** 10:00am  
Karralyka Theatre

## August Meeting

At our last meeting **DR. Jenny Breschkin** from the CSIRO fascinated us all with her talk about bacteria and viruses and the development of flu treatments.

She showed us how viruses attack cells and how the anti-viral treatments actually worked.

We also learnt how Relenza, developed by the CSIRO, could be used for flu treatment but how Doctors were reluctant to prescribe it because it used a delivery method they are not familiar with.

Our next meeting will be our Annual General Meeting and our guest speaker will be **Senior Constable Audrey Jones** from the Maroondah Police Seniors Register.



## *In Memoriam - Rae Janes*



On the 27th July Rae Janes, known to most of us as "Little Rae" passed away peacefully. She has been a member of our branch since its formation and will be missed greatly by all us. From the very first I was amazed at the energy and enthusiasm of this lady who appeared so frail but was determined to continue to live life to its fullest.

I know many of us will cherish the memory of this tiny lady standing up to Mayor Tony Dibb when he was unfortunate to address our group shortly after Rae's friend Margaret was injured by a fall in Main Street Croydon. She relentlessly questioned him about addressing the state of footpaths in Croydon and refused to be fobbed off until she had extracted from him a firm commitment to action.

Rae was 91 years young and an inspiration to us all. Farewell Rae, we will cherish our memories of you.

# October is Seniors Month - Coming Up



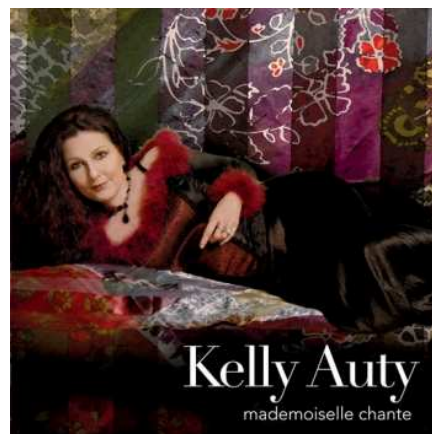
**October 6th 7:00pm to 9:30pm** at the Town Hall, **Melbourne's Greatest Senior Variety Show** organized by National Seniors and Life Activities Clubs. The Heidleberg Allstars, Torch song darling Kaye Sera, Circus Artist Andrew Dyson, Comedian Sue 'Edith' Ingleton and dance to the music of the 50's and 60's with the Mellow-tones and Dr Rock.

Tickets are \$20. We have booked 2 tables (i.e. 20 people) and we will car pool to the station and travel there and back as a group by train. Book now on our web site or phone Peter Feeney (9879-0622) only the first 20 are guaranteed a place.

## October 18th 11:00am Karralyka Morning Musical, Kelly Auty's Silver Screen Divas.

Travel from the 1940s to present day and experience the stories, fashions and songs of singers, actresses and dancers who set the trends of their eras. Billie Holiday, Lena Horne, Eartha Kitt, Mitzy Gaynor, Marlene Dietrich and Bette Midler are amongst the divas who make this show an inspiring and refreshing experience not to missed.

Only \$14-50 and it includes at 10am their legendary morning tea. Only 15 tickets. Book online or phone Peter Feeney 9879-0622



## Sunday October 16th 2:00pm to 4:30pm at the Ringwood Bowls Club the Maroondah Healthy Ageing Network Jazz Concert.

Enjoy an afternoon of good old-time happy jazz with people from all the seniors organizations in Maroondah.

Tickets are only \$10 and will be available at our September and October Meetings.



## Thursday September 22nd, 2:00pm our Coffee Group will meet again in Myer Eastland Cafeteria.

No need to book just come along for coffee (and maybe cake) and a chat.

Pictured (on the right) some of our members enjoying Breakfast at Casalunga

## Dine-Outs Coming Up

**Thursday 8th September 7:00pm** dinner at **Warrandyte Retreat** 104 Melbourne Hill Rd, Warrandyte

**Tuesday September 20th 12:30pm** lunch at **La Porchetta** 72 Tunstall Square Donvale. This new outlet contains the economy of La Porchetta with a newly decorated pleasant restaurant.

You can book on our website or get more information or book by contacting Rita at the September meeting or on 9876-1206



Eileen and Sandra at the Stonehouse Café

Often at our dine-outs we can not split the bill, so it is impossible for multiple persons to pay by credit card. Please bring along enough cash.

## Lunch at the Movies - Wed 14th September



Join us for the Seniors Luncheon Club at Hoyts Eastland on Wednesday September 14th. It costs \$13:50 for the cinema entry and a basket lunch. The movie starts at 10:30 followed by the lunch and bottomless tea and coffee. Meet at the Theatre at 10:00 am.

*The film is "the Help" with Emma Stone, Bryce Dallas Howard, Sissy Spacek and Mary Steenburgen.*

*A look at what happens when a southern town's unspoken code of rules and behavior is shattered by three courageous women who strike up an unlikely friendship.*

## Walking Group

**Thursday 1st September** 9:30 am **Beasley's** starting out from the car park at the rear of the Hockey Centre off Reynolds Rd (near the intersection with Springvale Rd Mel M34 G7) we walk along the scenic Mullum Creek Linear Park to this popular nursery.

**Thursday 15th September** 9:30 am a **Brand New Walk** to Heathmont via the **Heathmont Rail Trail** starting out from the Ringwood Lake car park off Mt Dandenong Rd.

**Thursday 29th September** 9:30 am along the **Mullum Mullum Creek** starting from the car park behind Sofias Maroondah Hwy Croydon

**Thursday 6th October** 9:30 am around **Ringwood Lake** and into East Ringwood starting from the car park off Mt Dandenong Road. Entrance just before the Caltex Service Station.

**Please contact Judith 9726 5494 for more details. If there is heavy rain or temperature at 9:00 am is over 25°C (in summer) walk will be cancelled.**



**MAROONDAH-RINGWOOD  
BRANCH**

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Secretary

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Contributions to the Newsletter

Tricia Kristensen

either at the meeting or emailing to:

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Visit us on the web at:

www.seniorsmaroondah.com

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**Newsletter**

We are always on the lookout for contributions. You can send articles, jokes, news, and especially pictures. Just e-mail them to Tricia at tricialk@virginbroadband.com.au or hand them to me at the next meeting.

*The Boys are Back!*



We are very gratified to see a steady increase in the proportion of men attending our branch meetings. Pictured here checking out our very successful trading tables is one half of the 16 men who attended our last meeting.

*Dates for Your Diary*

We won't be collecting money or finalising numbers until November but you should put these dates in your diary and you can book online now if you want.

**Thursday 1st December** COBA is organising a combined branches Christmas lunch at the **Sky High Restaurant** on top of Mt Dandenong. Cost is \$26 and there will be great food and entertainment.

**Monday 19th December** our own branch Christmas lunch will be held at the **Dorset Gardens**. This was decided after the great success of our Christmas in July at the same venue.

**An old guy (not in the best of shape) was working out in the gym when he spotted a sweet young thing.**

**He asked the trainer that was nearby, "What machine in here should I use, to impress that sweet young thing over there?"**

**The trainer looked him up and down and said, "I'd try the ATM in the lobby"**

**MCG Tour 17th October**, as advertised in our last newsletter this will cost \$34 which covers the cost of the tour and lunch at the MCG (main course plus tea coffee and soft drink) after which you may visit the MCG Museum for as long as you wish. If you have not already done so you may book online or at the meeting. We will be travelling by train to Flinders Street meeting on the **second carriage** (i.e. at the front of the train) of the train departing Ringwood Station at 9:31 am)