

NEWSLETTER

August 2023

READ ALL ABOUT IT!



MESSAGES FROM THE PRESIDENT

I am pleased to announce that, at the Committee meeting held on 27 August, it was agreed a Daikin reverse-cycle air conditioner be purchased and installed in the Dining/Craft Room 2 area.

MESSAGE FROM THE VICE-PRESIDENT

We would like to take the opportunity to thank Alan, on behalf of our members, for all the work he does bringing in free bread and other foods to share with others.

As most of you are aware, Alan has arranged recently for donations towards helping a local family who is 'doing it tough' just now.

We raised an amazing sum of \$607! This will help the family to get their car back on the road, which will be most appreciated.

Thank you for all those who supported this cause.

You are amazing!

IMPROVE YOUR VOCABULARY:

clinomania, is an obsession with, or profound desire for, staying in bed.

I often have clinomania, especially in the morning as I'm a bit of a night owl and struggle to get up too early. I have an uncontrollable urge to stay in bed!

The older I get, the more I have in common with computers. We both start out with lots of memory and drive – then we become outdated, crash unexpectedly, and eventually have to have our parts replaced!

INTRODUCING



JOYCE TURNER

Bingo

Joyce joined our Club four years ago, after leaving England for Australia, when her husband of some sixty years died. She has four daughters, two of whom live in Australia.

Apart from the many duties which come with being a mother, Joyce had a very busy working life nursing and with the Ambulance service. She has also worked in a local cancer charity shop.

Joyce says she left England when she was 88 years of age and is now 92 years old!

She is doing so well! We're so glad you decided to join us, Joyce.

TRADES-PEOPLE

A member has asked if anyone knows of local, trustworthy trades people who offer their services at a competitive rate, that they obtain a card containing their details. This could then be pinned on the notice board in the corridor (leading from the main foyer) to share with others.

Maybe this is a small way we can maybe help one another, should we have the need to find a 'tradie'.

UPCOMING EVENTS

22 August. External trip to Araluen (see page 2)

29 August OP SHOP. Commencing 8.30 am in the Club entrance and foyer

(Note: There will be no Op Shop for the months of September and October)

29 August – Fall Prevention for Older People – High Flyers, Wangara. We are trialling a one hour session covering 'improving balance, risk factors and learning to fall safely' in a structured environment. If there is sufficient interest, we will arrange a mini-bus to take members there and back. \$20 each includes transport and coffee. Please see office staff **before 15 August** if interested.

1 September: Fathers' Day celebrations – country theme – see page 2

9 September: *SAVE THE DATE*
Our next dance is being organised for Saturday, 9 September.

\$10 per person (tickets available from the office or from Ken Newbound)

Time: 6.30 pm – 10.00 pm

Band: 'Menzies'

BYO food and drinks

I remember the good old days when 'snap', 'crackle' and 'pop' were sounds that came from my cereal – not my body!

TULIPS OF ARALUEN

TUESDAY, 22 AUGUST 2023
\$80 PER PERSON

PICK UP: 9.00 AM
OUTSIDE WHITFORDS LIBRARY
RETURN: 3.30 PM (APPROX)
OUTSIDE WHITFORDS LIBRARY

We will make our way directly to Araluen Botanical Park for the annual Tulips Festival.

On arrival, we will have traditional morning tea before free time to explore the magnificent gardens and displays of tulips that make Araluen home.

You may wish to hop on the train which does circuits of the park on a regular basis for a \$3 donation.



We will enjoy lunch at the Kalamunda Hotel.

Meal choices:

Fish and chips with house 'slaw

OR

Chicken schnitzel and chips with house 'slaw

PLEASE NOTE:

Meal selection to be advised when paying for your trip.

After lunch, we will visit **Jadran Wines** for some wine tasting, before slowly making our way home.

Please secure your tickets by paying at the office no later than 15th August

Non-members welcome

JUST FOR LAUGHS

Some people, living in an assisted living centre, resided in small apartments but they all ate at a central cafeteria. One morning one of the residents didn't show up for breakfast so my wife went upstairs and knocked on his door to see if everything was okay. She could hear him through the door and he said he was running late and would be down shortly, so she went back to the dining area.

An hour later he still hadn't arrived, so she went back up towards his room, finding him on the stairs. He was coming down but was having a hard time. He had a tight grip on the hand rail and seemed to have trouble getting

his legs to work. She told him she was going to call an ambulance but he told her 'no' – he wasn't in any pain and just wanted have his breakfast. So she helped him the rest of the way down the stairs and he had his breakfast.

When he tried to return to his room, he was completely unable to get up even the first step so they called an ambulance for him.

A couple of hours later, my wife called the hospital to see how he was doing. The receptionist there said he was fine - he just had both of his legs in one side of his boxer shorts!

(Author unknown)

THINGS MY MOTHER TAUGHT ME

(Author unknown)

1. My mother taught me to APPRECIATE A JOB WELL DONE. "If you're going to kill each other, do it outside. I just finished washing the floor."

2. My mother taught me RELIGION. "You better pray that will come out of the carpet!"

3. My mother taught me about TIME TRAVEL. "If you do that again, I'm going to knock you into the middle of next week!"

4. My mother taught me LOGIC. "Because I said so – that's why!"

5. My mother taught me ADVANCED LOGIC. "If you fall out of that tree and break your legs, don't come running to me!"

6. My mother taught me FORESIGHT. Make sure you wear clean underwear – you might be in an accident!"

7. My mother taught me IRONY. "Keep crying and I'll give you something to cry about!"

8. My mother taught me about the science of OSMOSIS. "Shut your mouth and eat your supper!"

9. My mother taught me about CONTORTIONISM. "Will you look at that dirt on the back of your neck!"

10. My mother taught me about STAMINA. "You'll sit there until all that spinach is gone!"

These days, happy hour is a nap!

COUNTRY AND WESTERN THEME:



Dust off that cowboy hat, polish those spurs and join us to celebrate:

FATHERS' DAY

\$5 per person

(Members only)

WHEN: FRIDAY, 1 SEPTEMBER 2023

TIME: 11.30 am – 3.00 pm

WHERE: Main Hall – Whitford Senior Citizens' Club

- ◆ Best dressed competition!
- ◆ Raffle! (to be drawn at conclusion of event)
- ◆ Door Prize!

Moira J Scott sings:

Patsy Cline
Helen Shapiro
Petula Clarke
Anne Murray
Dolly Parton
Doris Day

Real 'cowboy' food:

Spit roasted beef rolls and gravy
Jacket Potato
Baked beans **OR** coleslaw
Dessert
Coffee or tea/cake
Wine/soft drinks

Strictly limited numbers so please secure your place by purchasing your ticket at the office **no later than 17th August**. (Sorry unable to reserve tables)

KEEP-FIT CLASSES

Lesley has made a friendly request to ask all members attending her classes if they would resist talking to one another when she is speaking.

This is proving to be a distraction to other members and it would be appreciated if everyone would respect the needs of each other.

Thank you