

Seniors@Monash

The Newsletter of the Monash Branch NSA - Your guide to our information and events
July 2020

Meetings: No meetings at present – we'll be in touch before they resume.

From the President

Hello to all Monash Branch members,

Well, no-one ever thought we would still be reading the Seniors@Monash newsletter in isolation, with no date in sight for us all to get together again. Monash Council have opened their premises, but have set a limit on the numbers who can use the facilities. Unfortunately these are too low for the numbers in our Branch.

Again, I hope you are all keeping safe and well and finding lots to do to pass the time away. At least we can now visit family and friends, with care.

During my ring-around last month I found that one of our members had had a tree fall on her car – Jan was very shaken, but thankfully not injured; however, her car was badly damaged. It was towed to a local repair shop. We found her car and were told it would go to a panel repair shop in Mt. Waverley – there it was written off. The good news is that Jan is now driving a new car, and learning how to use all the bells and whistles! Enjoy it Jan!

You will see a notice in this issue of Seniors@Monash inviting all members to a Coffee and Chat at Bensons. Numbers will be limited so make sure you book if you would like to join us.

One of our members has been keeping many of us entertained with some wonderful Video clips – thanks Chris, they have been very much appreciated.

It is good to see Trish and Les Cooper well settled into their unit at Cumberland View. They still have to unpack a number of boxes, currently in their garage; once finished, the car can also feel at home!

Looking forward to catching up on the 15th July

Keep isolating, exercising and eating well.

Cheers.....Elaine

BRANCH RECORDS:

To complete our branch records, would you please bring your National Seniors Australia **membership card** with you to the **first meeting** we are able to have after the close down.

As yet no date has been finalised, but it must be getting closer!

Thanks and cheers.....Elaine

Coming Events – Make a Note in Your Diary

For details, see the individual notices.

1st Wednesday:	Our Regular Meeting (currently suspended)
2nd Wednesday:	Wednesday Lunch Group (currently suspended)
2nd Saturday:	Evening Dine Out (currently suspended)
4th Wednesday:	Investment Group (currently suspended)
4th Sunday:	Sunday Lunch Group (currently suspended)

Elaine

Tour to King Island

Our proposed King Island trip is still going ahead - **leaving Friday 23rd October, returning Friday 30th October.**

There are still some four spaces available, so let me know if you would like to join us. It should be a really interesting trip, certainly off the usual beaten tourist track, and will help those who have been disadvantaged in their business through the Pandemic.

Call me on 9790 5073 if you are interested in being one of the party, and I will send you a copy of the complete itinerary.

Cheers.....Elaine

NATIONAL SENIORS SPECIAL SUPPORT LINE

As we all know National Seniors Australia together with a number of other Seniors groups have set up a **support telephone line.**

I have now been advised that National Seniors also have their own Covid19 Support Line should anyone like to have a friendly chat, or discuss a specific problem.

THE NUMBER IS - 1300 887 626

Please call this number if you would like to discuss any issue about National Seniors or any other topic, the staff are also happy to just have a general chat about day to day life and how you are feeling about the world in general!

Keep well.....Cheers.....Elaine

Shampoo Warning

DO NOT wash your hair with shampoo while in the shower!

Many people use shampoo in the shower. But, when doing so, the shampoo runs down the body!

Printed clearly on the label is the claim **“FOR EXTRA BODY AND VOLUME”**

No wonder people gain weight!

SO STOP USING SHAMPOO– START USING DISHWASHING LIQUID!

Its label reads **“DISSOLVES FAT THAT IS OTHERWISE DIFFICULT TO REMOVE!**

Problem solved! If I don't answer any phone calls or texts, I'll be in the shower!

Thanks to Elaine for this funny.

Keeping the winter blues at bay

As a nation, we have a reputation for chasing the sun. But the cold months of winter can keep us indoors and feeling a little bit blue. But, there's plenty you can do to put the spring back into your step, even if Spring is still a few months away. Here are five quick tips for keeping the winter blues at bay:

1. Get natural light every day:

If the winter blues are getting you down, ten to fifteen minutes in the sun can turn things around.

Studies show that Vitamin D plays an important role in regulating mood, maintaining optimum blood sugar levels and boosting our immune systems. Sunlight is a natural, and readily available source of Vitamin D. Experts say that ten to fifteen minutes of direct sunlight every day during winter can boost and maintain mood. Just don't forget your sunscreen when you head outdoors to catch some rays.

2. Hygge:

No, you didn't misread this one. Hygge is a Danish word used to describe a mood of cosiness. The ethos here is to embrace winter as a time to slow down, enjoy being at home, and spend time inside with friends and family.

3. Embrace broccoli:

Listen, very few people actually like broccoli. But, complex carbohydrates, such as broccoli, spinach and lentils can help you manage your mood during winter. This is because complex carbs take longer to digest, meaning they don't cause the sudden spikes in blood sugar that can play havoc with your mood. Believe it or not, but incorporating more vegetables into your diet over the winter months is a good strategy for beating the winter blues.

4. Laugh it off:

Experts believe that laughter actually stimulates processes in your brain that can counter depressive symptoms. So over the winter months, we all need to laugh more, and laugh often. One strategy to do this is for you to organise a night in with popcorn, and a line-up of films or TV shows that makes you laugh out loud. A night laughing at the TV could be just what you need to overcome the winter blues.

5. See your GP:

Feeling a bit down or blue sometimes is normal. However, if we become too down, it can stop us thinking clearly. If the winter blues becomes so overwhelming that they affect your day-to-day life. Then its time check-in with your doctor to make sure your winter blues aren't something more serious.

Thanks to Les for finding this

JOIN US IN JULY FOR COFFEE AND A CHAT

Now that cafes are able to open and keep the regulation spacing between customers, Bensons in The Highway, Mt. Waverley are happy for a group of National Seniors members to have a Coffee and Chat morning. Our first 'official' event for some months!!!

It will give you something to look forward to and it will be great to catch up, also it is absolutely legal according to the current COVID 19 rules.

Please let me know if you would like to join us. Numbers are limited, so please call me soon on 9790 5073 to indicate your interest. There is an answering machine for you to leave a message if I am out.

Cheers.....Elaine

Truth in Advertising.

We are told that these classified ads were placed in U.K. newspapers:

FREE YORKSHIRE TERRIER.

8 years old, Hateful little bastard. Bites!

FREE PUPPIES

1/2 Cocker Spaniel, 1/2 sneaky neighbour's dog.

FREE PUPPIES. Mother is a Kennel Club registered German Shepherd.

Father is a Super Dog, able to leap tall fences in a single bound.

COWS, CALVES: NEVER BRED. Also 1 gay bull for sale.

JOINING NUDIST COLONY!

Must sell washer and dryer £100.

WEDDING DRESS FOR SALE.

Worn once by mistake. .

The Wisdom of Children

TEACHER: Donald, what is the chemical formula for water?

DONALD: H I J K L M N O.

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

TEACHER: George Washington not only chopped down his father's cherry tree, but also admitted it. Now, Louie, do you know why his father didn't punish him? LOUIS: Because George still had the axe in his hand...

TEACHER: Now, Simon, tell me frankly, do you say prayers before eating?

SIMON: No sir, I don't have to, my Mom is a good cook.

TEACHER: Harold, what do you call a person who keeps on talking when people are no longer interested?

HAROLD: A teacher.

Check Yourself for Alzheimers

The following was developed as a mental age assessment by the School of Psychiatry at Harvard University. Take your time and see if you can read each line aloud without making a mistake.

They say that the average person over 60 cannot do this.

1. This is the cat
2. This is is cat
3. This is how cat
4. This is to cat
5. This is keep cat
6. This is an cat
7. This is old cat
8. This is fart cat
9. This is busy cat
10. This is for cat
11. This is forty cat
12. This is seconds cat

Now go back and read the third word in each line from the top down.

Phil liked this one. Says something about Phil?

And now some solutions to last month's puzzles:

- 9567
 1085
 10652
- 99/70 (add the numerator and the denominator to get the new denominator and add the numerator and double the denominator to get the new numerator).
- The 8-letter words are construe, daffodil, mahogany or epiphany, smallpox, strength, yourself, paranoia, prestige, hedgehog, cockatoo, appendix paraffin, bankrupt.
- Llama (The length of each word is the same length of the numbers one, two three, four, five, six, etc. The next number is seven, which has five letters, and llama is the only word with 5 letters).
- One thousand
- Kansas, New York, Ohio, Texas

Thanks to Phil for these.

*.Do you remember when we used to do IQ tests with puzzles like these?
If you find them harder now that you did then,
it just proves how much your IQ was related to incentive!*

Life in Today's World!!

- In 2019: Stay away from negative people. In 2020: Stay away from positive people.
- The world has turned upside down. Old folks are sneaking out of the house, and their kids are yelling at them to stay indoors!
- This virus has done what no woman has been able to do . . . cancel all sports, shut down all bars, and keep men at home!!!
- Do not call the police about suspicious people in your neighbourhood! Those are your neighbours without their makeup and hair extensions!
- Since we can't eat out, now's the perfect time to eat better, get fit, and stay healthy. We're quarantined! Who are we trying to impress? We have snacks, we have sweatpants – I say we use them!
- Day 7 at home and the dog is looking at me like, "See? This is why I chew the furniture!"
- Does anyone know if we can take showers yet or should we just keep washing our hands???
- I never thought the comment "I wouldn't touch him/her with a 6 foot pole" would become a national policy, but here we are!
- Can everyone please just follow the government instructions so we can knock out this coronavirus and be done?! I feel like a kindergarten kid who keeps losing more play time because one or two kids can't follow directions.
- I swear my fridge just said "what the hell do you want now?"
- When this is over ... what meeting do I attend first ... Weight Watchers or AA?
- Quarantine has turned us into dogs. We roam the house all day looking for food. We are told "no" if we get too close to strangers, and we get really excited about car rides.

Thank you to Rewa for this

Paraprosdokians:

Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous. (Winston Churchill loved them)

1. Where there's a will, I want to be in it. *Or often*, Where there's a will, there's a relative.
2. The last thing I want to do is hurt you ... but it's still on my to-do list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. I could agree with you, but then we'd both be wrong.
5. We never really grow up – we only learn how to act in public.
6. War does not determine who is right, only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, "In case of emergency, notify..." I answered "a doctor."
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
12. You do not need a parachute to skydive. You only need a parachute to skydive twice.
13. I used to be indecisive, but now I'm not so sure.
14. To be sure of hitting the target, shoot first, and call whatever you hit the target.
15. Going to church doesn't make you a Christian, any more than standing in a garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

Spread the Laughter, Share the Cheer, Let's be Happy, while we're still here!

Thanks to Leonie for this!



*To all members who have been unwell,
we hope you feel better soon.
Best Wishes for a speedy recovery and we look forward to you being back with us fit and well.*

*If you know of a member who is unwell, please contact our welfare officers
Danny and Christina Ward on 98071524*

AAADD

Another from Leonie

This is an oldie which mutates all the time. Do you recognise yourself?

Recently, I was diagnosed with A.A.A.D.D. – Age Activated Attention Deficit Disorder. This is how it manifests:

- I decide to water my garden.
As I turn on the hose in the driveway, I look over at my car and decide it needs washing.
- As I start toward the shed for the hose etc, I notice letters in the mail box. I decide to go through the mail before I wash the car.
- I lay my car keys on the table, put the junk mail in the little recycle bin under the table, and notice that the bin is full so I need to take it out to the green recycle bin.
- So, I decide to put the bills back on the table and take out the rubbish first.
- But then I think, since I'm going to be near the mailbox when I take out the rubbish anyway, I may as well pay the bills first.
- I take my cheque book off the table, and see that there is only one cheque left. My extra cheques are in my desk in the lounge. So I go inside the house to the desk where I find the can of Coke I'd been drinking.
- I'm going to look for my chequebook, but first I need to push the Coke aside so that I don't accidentally knock it over.
- The Coke is getting warm, and I decide to put it in the refrigerator to keep it cold.

- As I head toward the kitchen with the Coke, a vase of flowers on the counter catches my eye – they need water.
- I put the Coke on the counter and discover my reading glasses that I've been searching for all morning. I decide I better put them back on my desk, but first I'm going to water the flowers.
- I set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote. Someone left it on the kitchen table.
- I put the Coke on the counter and discover my reading glasses that I've been searching for all morning. I decide I better put them back on my desk, but first I'm going to water the flowers.
- I set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote. Someone left it on the kitchen table.
- I realise that tonight when I go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs.
- But first I'll water the flowers.
- I pour some water in the flowers, but quite a bit of it spills on the floor. So, I set the remote back on the table, and get some towels and wipe up the spill.
- Then, I head down the hall trying to remember what I was planning to do.

At the end of the day:

The car isn't washed, the bills aren't paid, there is a warm can of Coke sitting on the counter, the flowers don't have enough water, there is still only one cheque in my cheque book, I can't find the remote, I can't find my glasses, and I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day, and I'm really tired.

I realise this is a serious problem, and I'll try to get some help for it, But first I'll check my e-mail....

Don't laugh -- if this isn't you yet, *your day is coming!!*

Monash Theatre Lovers – Future Theatre Events



Contact Leonie: leonietlc@y7mail.com or 9899 1990
(leave message with your name and contact details)

It's a gloomy outlook but here is Leonie's latest information

I have been trying to get some information regarding theatre events....however not much luck with trying to speak to someone on the phone...My usual contacts are very helpful with finding me great seats/dates/ etc.

I am hoping that they will be available in the not too distant future.

MOVIES: THE PALACE CINEMA - BALWYN - is open for business,
Booked & Paid for seats in advance.
Timed entry/spacing.

See website for further information.

At Her Majesty's Theatre Musical "9 to 5" Music by Dolly Parton.
Waiting on the starting dates for this musical whether later in 2020 or 2021.
Will let you know ASAP....

'HARRY POTTER' at the Princess Theatre.

It is supposed to be reopening later this year.

Bookings have been cancelled over past months, and will need to be re scheduled, which will have an impact for our future booking date.

A CHANCE TO SAVE UP FOR THE TICKETS,
AND LOOK FORWARD TO A SPECIAL THEATRICAL EXPERIENCE. 2021

I am going to suggest that we aim for a date in 2021 .Feb/March /April?
And that we see Part 1, and Part 2 on the SAME day... (Wednesday matinee/afternoon)
(Or we would have to see Part 1 one week and Part 2 the next)

Seating / Dress Circle cost approximately TOTAL \$355 + booking (total two shows)
Dates will depend on availability.

Hoyts Cinemas are re-opening. See this website for details:

<http://www.mm.hoyts.com.au/ov/c192f19a-ba8f-11ea-9296-9a5cae6d5b7f>

I LOOK FORWARD TO SEEING YOU ALL SOON.

Leonie

Thanks from the Editor

Thanks to everyone who sent in material for this issue of Seniors@Monash. I haven't been able to include it all, but rest assured I'll try to put in those I missed next month. Do keep the contributions coming – jokes, good advice, tips and tricks, recipes -- they are all of interest.



Trade Persons Register

Many members need jobs done and are looking for reliable and economical Tradespersons.

We have a list covering the various trades. Please add to the list if you have used someone recently whom you can recommend; However please keep in mind that we will be having only one person in each category.

Some of the Tradespeople have advertised below. Other Trades are shown on the following list:

Garden Maintenance; Plumber; House Painter; TV Service; Pest Control; Auto Mechanic Mobile Service; Upholsterer; Curtain Maker; French Polisher; Handyman.

For the details of the relevant tradesperson, contact any member of the Committee

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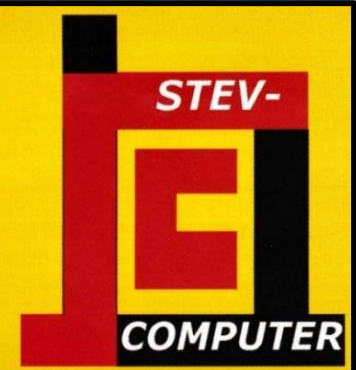
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