

# Connect

SEPTEMBER 2023



Retire  
Active  
SA



d

- AGM ● COUNCIL MATTERS ● KIESER ● MIDDAY TALKS ● SA WATER
- HOLIDAY EXPLORERS ● TAPLINERS ● TRAVEL OPPORTUNITY ● ORCHESTRA
- PHOTOGRAPHY ● 4 WHEEL DRIVE ● BUSHWALKERS
- GROUP ACTIVITIES ● CLASSIFIEDS ● DISTRICT GROUPS
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- NEW MEMBERS ● CAPRI GIVEAWAY

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OFFICE HOURS  
9.30am to 2.30pm Tuesday – Friday

ABN: 93 661 993 592  
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NEWSLETTER PRODUCTION DATE  
DECEMBER 2023: Deadline for items is  
Thursday, 7 November 2023.

### RETIRE ACTIVE COUNCIL 2023

**President:** Kevin Dennis  
**Vice-President:** to be advised  
**Treasurer:** Gary McCalden  
**Secretary:** Liz Watson  
**Group Liaison:** Vittala Shettigara  
**Members:** Lesley Schoff, Allan Jameson,  
Kim Taeube, Peter Burgess, Catherine  
Banner

[www.retireactive.com.au](http://www.retireactive.com.au)  
For all information on groups,  
membership application and renewals

**Photo Front Cover:** Rod Foster,  
Photography Club

## RETIRE ACTIVE SA AGM 2023

The Annual General Meeting of  
The Australian Retired Persons Association (SA) Inc,  
trading as Retire Active SA,  
will be held on Wednesday, 27 September at 10.30am  
at Level 4, 25 Leigh St, Adelaide.

Nominations are now open for Council Nominees.  
Nominees require a proposer and seconder (who are current  
members) and to complete a nomination form  
which is available on request from the office

[info@retireactivesa.com.au](mailto:info@retireactivesa.com.au)

or telephone: 8211 9711

We will accept nominations from the floor on the day of the AGM.

Nominees will be confirmed/elected at the AGM. A ballot will be  
required if there are more nominations than positions.

There are currently 4 vacant positions.

**PLEASE CONSIDER BECOMING A MEMBER OF COUNCIL.**



RETIRE ACTIVE SA CUMBERLAND PARK

ORCHESTRA

SAVE THE DATES:

**Sunday, 24 September 2023**

*Crafers Church, 2.30pm*

*Featuring the Maestoso from the Organ Symphony  
by Saint-Saens.*

*Cost: By Donation*

**Sunday, 3 December 2023**

*Cumberland Park Community Centre, 2.30pm  
388-390 Goodwood Road, Cumberland Park 5041*

*Cost: \$15.00*



## COUNCIL MATTERS

Kevin Dennis

President, Retire Active SA

The last three months have raced past, it never fails to amaze me how quickly time goes by the older you get. A lot has happened in the past 3 months as Council has consolidated and found its feet.

A big thank you to John and the team at Klemzig for being so accommodating and gracious in providing their venue for the Group Liaison Committee (GLC) Forum, the Radio Players for entertaining us, the GLC and Cintia our Office Administrator for their tireless efforts to make the event run effectively and efficiently. Thank you everyone who participated. Council came away with the sense that members want RASA to continue to exist to assist them to live their best lives.

The Group Co-ordinators Forum is a yearly event where the Group Co-ordinators and Council get together to discuss what is working and what is not and plot a path forward for RASA. This was the first Forum since COVID. Council came away with a list of issues that need to be addressed including developing a better connection with the Groups, improving RASA publicity, promotion and retention of members. To help address these issues Council decided that the GLC needed a reboot since the two prime movers Esther Caprez and Elizabeth Alvey have officially retired from their roles with the Committee. Council wishes to thank both Esther and Elizabeth for their tireless efforts over the years, their help has been invaluable. Council also agreed to the formation of two other sub committees one for Publicity, Promotion and Brand Awareness and the other to Developing Partnerships with like organisations to promote active aging and the RASA brand.

As always there is plenty to do: encourage membership, work to socialise and retain new members and improve at interacting. If you think you can assist, please contact Cintia in the office.

What has come to my attention is the amount of work that Groups do to assist in making the state a better place to live. Whether it's helping maintain the Heysen Trail, killing cactus in the Flinders, pulling weeds in our national parks or providing entertainment to the masses, it all helps others live their best life and provides our volunteers with a sense of achievement and the satisfaction of a job well done, so thank you to all who contributed to RASA's extraordinary volunteer activities.

Finally, as I mentioned in my last report, Council has been working on developing partnerships with other organisations that have mutual goals. I am pleased to announce that we are partnering with the Land, Catchments and Recreations Group of SA Water to understand the barriers to Reservoir Tourism for people with disabilities or mobility issues, older Australians or people from refugee and immigrant groups. This partnership will help inform SA Water on how to plan and invest in the development of more accessible and inclusive public spaces that increase participation by a diverse range of people and improve the recreational offering at reservoirs. RASA will be looking for volunteers to test-run the SA Water facilities at the reservoirs while Council will soon be talking with the Group Co-ordinators about the program and logistics. Stay tuned.

The AGM is almost here. If you can, please nominate for Council and help run this amazing organisation.



## GROUP LIAISON COMMITTEE FORUM

AUGUST 2023 AT KLEMZIG

### EXPRESSIONS OF INTEREST

*for exciting Group Liaison Committee positions*



The RASA Council is seeking expressions of interest from Members willing to volunteer their time to assist the Group Liaison Committee (GLC). The GLC committee role is to assist co-ordinators to run and manage their groups, organise and develop training for Coordinators and Council and assist in maintaining the RASA operating manual. Please direct all enquiries to Cintia in the office. *(Contact details on Page 2)*



# SECURITY

Delivered to you by the South Australian Police Department

The next Midday Talk will be on

**Wednesday, 25 October 2023**

at the Retire Active SA Office,

4<sup>th</sup> Floor, 25 Leigh Street, Adelaide at 12 Noon.

**FREE!**

**THE TOPIC: PERSONAL SAFETY AND SECURITY**

Our guest speaker is Sergeant Phil Moss, who will present on topics:

- ◆ **When we're out and about.**
- ◆ **Personal property.**
- ◆ **ATM banking.**
- ◆ **Public transport.**
- ◆ **Vehicle security and driving.**
- ◆ **Reporting crime.**

Phil has spent most of his eleven years in the police force as a general duty police officer. Recently he has moved to the community engagement section as a Sergeant and spends most of his time focusing on crime prevention within the local community.

**There will be 10-15 minutes after the talk  
(Approximately 45 minutes) to answer any questions.**

We invite you and/or a friend to come along **free of charge** to Retire Active SA, Level 4, 25 Leigh Street Adelaide with your coffee and lunch box if you would like, to listen and ask questions on this important topic.

**To register your attendance: Phone the Office on 8211 9711 or Email: [info@retireactivesa.com.au](mailto:info@retireactivesa.com.au)**

**We look forward to seeing you there.**



**SAVE THE DATE: WEDNESDAY, 29 NOVEMBER, MIDDAY**

Janet Weir, a volunteer speaker from the Stroke Foundation, will present a Strokesafe talk which is accompanied by a PowerPoint presentation.

The Power Point presentation is provided by the Stroke Foundation and topics include:

- The work of the Stroke Foundation,
- What a stroke is,
- How a stroke may affect a person, their family and friends,
- How to reduce the risk of having a stroke,
- How to recognise and respond to a stroke.

**Bring a Friend,  
Bookings are  
essential!**

**29 November 2023**



## GROUP NEWS

### RETIRE ACTIVE SA CUMBERLAND PARK ORCHESTRA

SEE PAGE 2 FOR FUTURE ORCHESTRA DATES FOR 2023



*Daryl Pope OAM, conducting the Orchestra in August at the Cumberland Park Community Centre.*

### Retire Active SA Cumberland Park Orchestra plays European Winter Classics

**O**n Sunday, 30 July about eighty people filled the Cumberland Park Community Hall to enjoy our concert, titled European Winter Classics, containing challenging music that we'd never played before! The featured composers included Grieg, Strauss, Tchaikovsky and Hoist.

We, the Retire Active Cumberland Park Orchestra, normally perform a concert after about ten weeks of rehearsals. The programme is varied and usually follows a theme.

Each rehearsal seemed to bring modest progress as we neared the deadline. And that's a bit frightening! Remarkably, on the day, the notes and rests fell into place and most of us packed up our instruments feeling we'd done well. Perhaps some were a little elated!

As a group of serious amateur musicians, most of us have been playing our instruments for fifty years or so. Being part of a friendly, dynamic orchestra of 45, our weekly rehearsal provides motivation *to keep practising*, although each year seems to make the task a little more difficult as ageing ailments do their thing.

Sadly, two of our members passed away a couple of weeks ago. Brian Payne was well known in cello circles, being a cello teacher in schools and a performer in a number of amateur orchestras. Brian also volunteered as a radio announcer on 5MBS. A kind and gentle man.



*Nell Macartney's 90th Birthday celebration.*

Nell Macartney, who only recently turned 90, played in the RASA Bush Band and was the leader of the second violins in the orchestra for something like twenty years. Nell was inspirational as she travelled by train and bus, from Birkenhead to Goodwood and back, each Thursday, to fulfill her role with good humour and grit.

We are a remarkable group, confident in our musical ability to play with drive and vitality. You've guessed it. We have a hell of a lot of fun.

**Bill Eime (President)**  
**Cumberland Park (RASA) Orchestra**

## PHOTOGRAPHY



*Photograph by Rod Foster.*



*Photograph by Max Winfield.*



*Photograph by Jenny Bilek.*

The Photography Group has had an array of projects in the first part of this year ranging from panoramas to doors to the Adelaide Illuminate. Our June photography project was one photo of 10 different subjects. This was well received as something different to our previous programming. The subjects were: food, black and white, industrial, rust, something blue, stone ruin, time, reflection, paint and motion. For the second half of the year, we have the following subjects: city scape, vintage and classic cars, and macro

flash photography, plus an extended field trip to the Grampians in Victoria. It is anticipated that the group should get some great shots of the Grampians, and if the weather is suitable, an evening of astrophotography.

**Rod Foster**

## CONTRIBUTING TO THE COMMUNITY

### WALK and WEED Belair National Park

The annual 'walk and weed' day in Belair National park took place on Thursday, 20 July. Organised by Tin French and led by David French (both members of Friends of Belair National Park), 21 B walkers gathered on a wet morning near the Belair railway station. After a steady 60-minute walk we reached our designated weeding area, between the lower and upper waterfalls. This is an area from which large African daisy plants have been removed on previous 'walk and weed' days. This day we were removing the hundreds of tiny seedlings which will continue to emerge for up to 10 years. It was easy work despite the need to be down on hands and knees, but this also meant the many clumps of hooded orchids, covered in tiny flowers barely 3 cm high, were easily spotted. After half an hour, work was halted and we walked further up the hill to where Barbara Raine, from Friends of Belair National Park could safely drive in with morning tea - an array of delicious homemade cakes, and hot water for drinks. Umbrellas were hastily opened as the rain started, and as this turned into more than just a shower, a consensus was quickly reached that the preferred option was to return to the cars, rather than continue the scheduled walk.



*Bushwalkers gathering before doing the Walk and Weed in the Belair National Park.*

**Anthea Magarey**



## CONTRIBUTING TO THE COMMUNITY *Continued*

### HEYSEN TRAIL MAINTENANCE

The Annual Heysen Trail Maintenance by Retire Active Bushwalker members was undertaken from Monday to Friday, 5 to 9 June, by four members, Don McDonald (coordinator), Chris Magarey, Roger Polkinghorne and Kevin Dennis (Retire Active SA President). Staying in a cabin in the Laura Caravan Park, prescribed maintenance activities were completed between Georgetown and Mt Remarkable.

The major work was replacing 5 old wooden stiles with new steel ones, and repairs or pole stabilisation to 3 others. We also replaced or installed new marker posts for better route definition, re-directed the Trail through the Bluff Lookout car park, and cleared some 300m of the Trail between Go Kart track and Sheep-yard track.



*Kevin, Roger and Chris preparing to install a stile.  
Photo by Don McDonald.*

Thanks to the Northern Coordinator, Daniel Jardine, The Friends of Heysen Trail volunteers at the Cobbler Creek shed had everything ready for Don and Chris to load into the Friends trailer on the Thursday before we went up. Don picked up the hired 4WD vehicle on Sunday and Don and Chris collected the trailer from the Cobbler Creek shed on Monday morning and drove to Georgetown where we met the others and started work near Hiskey's hut. The 4WD was very useful considering the places we had to access, as was having Kevin's 4WD with its workstation set up.



*Chris, Roger and Kevin by a newly installed stile.  
Photo by Don McDonald.*

The weather was kind for us - the only significant rain fell on the Tuesday night but did not soften the rocks - and we were very pleased with the work we were able to complete. The local Mt Remarkable NP Rangers were very helpful with their advice about access and the need or otherwise for infrastructure in various places. The local landowners were very generous, allowing us access to their properties and even guiding us to our work sites.

**Chris Magarey**

**Retire Active SA has a new postal address:  
Level 4, 25 Leigh Street, Adelaide 5000**



## TUESDAY COFFEE WALKERS

Every Tuesday a regular group meets to undertake a walk. The locations of these extend across the full Adelaide area and environs. In May, walkers were photographed under a magnificent river red gum in Campbelltown.

The tree is known as Arthur's Tree, named after Arthur Smith, a regular bushwalker in the area, who on learning the tree was to be removed by the council, immediately took up a petition to have it saved. He collected hundreds of signatures and presented them to Council. So, there it stands today in all its glory.

A walk in July was from Hallett Cove to Hallett Cove Beach via the Conservation Park. It was an arduous walk and unsurprisingly not all our walkers decided to climb the Sugar Loaf. However, a few hardy souls decided to tackle it as shown in the photo. Of course, some of our very experienced walkers had done it so many times they decided to carry on to the café, and had everything ready for us there when we arrived.

**Colleen Ingram**



*L-R Margaret, Helen, Jennifer, Esther, Aileen Judy, Rose, Sue Charlie and Joyce at Arthur's Tree.*

## 4WD GROUP

Rather than have a one-day social outing for 4WD members, a three-night getaway was planned as an alternative. Morgan Caravan Park was our base camp with eight members choosing cabin accommodation and seven members staying in their caravans. Two members stayed in nearby Cadell in a holiday home.

The weather was glorious with crispy, chilly mornings and mild, sunny blue skies greeting us each day. We had heavy rain overnight on Tuesday but on the following days the roads and dirt tracks were all in good condition.

Wednesday, 28 June was spent on a scenic drive to Waikerie. Following the Goyder Highway north of the River Murray, we arrived at Lock 2 for morning tea and a short walk. The weir was overflowing and birds were swooping around looking for a feed. The indicator showed the 2023 flood level at 11.2 metres.

At Waikerie we crossed the ferry and continued to view the giant murals painted on the silos.

Members did their own thing for lunch, the bakery being a favourite spot. We gathered again at the Lions Riverfront Park and took a scenic route to Cadell passing through Ramco, past several historic buildings and numerous orange groves. At Cadell we visited the boat ramp and enjoyed a close-up view of the river. Some returned in the evening for happy hour and a hearty dinner at the Cadell Community Club.

On Thursday, after a morning sleep in or stroll around the historic wharf area and township of Morgan, we made a scenic trip to Mount Mary. The convoy headed off at 11.30am and followed Brenda Park Shack Road south of Morgan. Several



*Lock 2 and weir at Taylorville. L-R Stuart, Lesley, Edith, Brendan, Lesley, Wayne and Dawn.*

shacks were in various stages of repair and the height of the floodwaters was visible as a brown line on the shack walls. As seen in Cadell, piles of flood-damaged building material still lined the track along the river. We headed inland via Stock Road, through salt-bush and mallee countryside, with a few sheep and two swift emus. At our lunch destination, the popular Mount Mary Hotel, we enjoyed the open wood fire in our dining room and of course the delicious country pub food.



*Cadell Boat Ramp, L-R Bruno, Yvonne, Jim, Edith, Brendan, Rick, Kevin and Wayne.*

Back at Morgan, we gathered later in the camp kitchen for happy hour.

**Report & photos by trip leader, Julia Gazzola**

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## **THE TAPLINERS**

**RETIRE ACTIVE SA  
TAPDANCE AND VARIETY GROUP  
Presents**

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**ON SATURDAY 14 OCTOBER AT 2PM  
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ANGLE PARK**



*Please come along for an enjoyable afternoon of Tap Dancing, Belly Dancing, Comedy, Singing & Mime.*

**Tickets \$10 each**

***Please Phone Lorraine on 8269 3915 or 0409 691 331  
for Tickets and Further Information About Our Group.***





# SA Water

There's overwhelming evidence that spending extended time outdoors has enormous health and wellbeing benefits, and connecting with nature is critical for our physical, mental and social health.

Retire Active SA (RASA) is joining forces with SA Water to make the great outdoors more accessible to everyone, including retirees, through a new pilot initiative trialing a range of supported activities at South Australia's reservoir reserves.

SA Water's Manager Land, Catchments and Recreation Brooke Swaffer said SA Water will use the pilot to identify and address challenges some people may encounter during their visit to the 10 reservoirs open across the state for recreational access. "The free trial activities, running from September to November 2023, will be held at Myponga Reservoir Reserve on the Fleurieu Peninsula and Happy Valley Reservoir Reserve in Adelaide's south," Brooke said.

"RASA members can take part in guided walking, bike riding or kayaking, and our local reservoir rangers will be on hand to share information about how they care for the land and water, plants and animals that call these special places home and the important role reservoirs play in providing safe, clean water to our customers.

"Guided walks are available for people of all fitness levels, including the popular 4-kilometre Woodland Loop and 11-kilometre Shoreline Loop at Happy Valley, as well as the picturesque two-kilometre Heron Loop or four-kilometre Forest Loop at Myponga. "The walking trails are well-maintained and most are quite flat, with the exception of some of the longer walks, which include short steeper sections.

"If you enjoy cycling, you may like to take your mountain bike (e-bikes are welcome!) and join our rangers as they tour the shared-use tracks around the reservoir. "Riding at a leisurely pace, you can enjoy some of the longer trails around Happy Valley and Myponga, while rangers point out features of interest. Although the management tracks are well-maintained, they're not suitable for road bikes or hybrids.

For beginner kayakers, SA Water will also be running come-and-try sessions in kayaks selected specifically for their stability on the water. These kayaks are wide, have adjustable seats, can be fitted with outriggers (side floats) and have the option of being paddled or pedaled. "This activity will focus on showing people how to kayak, including instructions on paddling, getting in and out of a kayak, and safety on the water," Brooke said. "Once everyone in the group is comfortable and out on the water, the rangers will host a short paddling session around a section of the reservoir.



*Kayakers at Myponga Reservoir.*

"Experienced kayakers can participate in a guided tour of the reservoir, either in their own kayak or one of our small fleet. Participants will be able to get up close to reservoir infrastructure, while rangers explain the purpose and importance of each element to water quality management. "People in these groups are also welcome to explore anywhere else within the 110 hectares of navigable water at Happy Valley, and almost 250 hectares at Myponga."

"There will be an opportunity in the latter half of the trial period to get onto the reservoir to try fishing from kayaks. RASA members may bring their own kayaks for this activity, or test out SA Water's purpose-built fishing kayaks.

"Participants in the trial will be asked to fill out a short survey about their experience at the completion of each activity, noting any elements they found challenging or difficult, and parts which were enjoyable."

**Please contact your Group Coordinator to register your interest in any of the activities as part of the trial.**

Expressions of interest to participate in the activities are open to all Retire Active members.

SA Water are looking for approximately 10 people per activity.

**In the first instance talk to your Group Coordinators if you are interested.**

Date	Location	Activities
28/09/2023	Happy Valley Reservoir	Short walks 2-4 km, Longer Walk 12-15 km, come try Kayaking*, Shore and Kayak fishing**
12/10/2023	Myponga Reservoir	Short walks 2-4 km, come try Kayaking*, Shore and Kayak fishing**
26/10/2023	Happy Valley Reservoir	Short walks 2-4 km, Longer Walk 12-15 km, come try Kayaking*, Shore and Kayak fishing**
09/11/2023	Myponga Reservoir	Short walks 2-4 km, come try Kayaking*, Shore and Kayak fishing**
23/11/2023	Mt Bold Reservoir	Orchid and Wildflower photography excursion***.

SA Water will provide 5 Kayaks and guides for the come and try kayak activities\*.

Members of the Fishing group\*\*

Members of photography and gardening group\*\*\*



*Hikers at South Para Reservoir.*



*Enjoying the view at Myponga Reservoir.*



Dear Retire Active SA Club members,

We would like to introduce you to Kieser Norwood. We are excited to bring the science of Kieser to Norwood and the wider Adelaide Community. Kieser is here to strengthen your retirement!

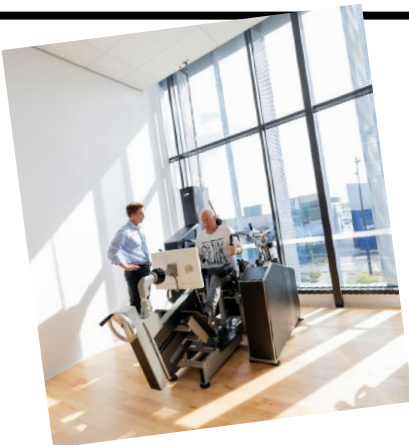
Kieser Australia is dedicated to enhancing your physical strength, functional capacity and overall quality of life to keep you doing the things that you love. Kieser is a fusion of Physiotherapy, Exercise Science, rehabilitation and strength training facilities. All our clinics have no music, no mirrors and no distractions as we believe this creates a non-intimidating environment that welcomes clients from all levels of ability. Our main clientele is those in the 50-90 age bracket. At Kieser we can design a strength training program for whatever is important to you, whether you're looking to manage back pain, build muscle or simply looking to maintain strength. Our Physiotherapists treat a wide variety of conditions in our facilities including spinal conditions, osteoporosis, rotator cuff, degenerative joint conditions, pre/post-surgery, peripheral injuries/ pain (shoulders, knees, hips, ankles, etc.) and many more! Our specialised approach centres around evidence-based strength training, thoughtfully designed to cater to the unique needs of individuals across various age groups. We invite you to personally experience the Kieser difference.

At Kieser you will begin your journey with an initial consultation with one of our Physiotherapists or Exercise Physiologists, who will prepare a comprehensive treatment plan to reduce any aches and pains and start the process of reconditioning. After the initial treatment phase you will be introduced to one of our Exercise Scientists who will develop a training program. This program is tailored specifically to your circumstances taking into account age, condition, activities and goals. From refining your posture and balance to boosting bone density and functional fitness, Kieser's comprehensive and holistic approach aligns seamlessly with our shared vision of active and purposeful retirement.

To embark on this exciting path with Kieser Australia, we encourage you to visit their website at [www.kieser.com.au](http://www.kieser.com.au) or connect with our approachable team and email Brooke at [brooke.mckinnon@kieser.com.au](mailto:brooke.mckinnon@kieser.com.au) and she will be more than happy to answer any questions you have or give you a tour of the clinic.

Let's embrace the potential for a retirement filled with strength, vitality, and the joy of living life to its fullest. Here's to your well-being!

We are looking at organising a free educational and social gathering night for all Retire Active SA members at our facility in Norwood! There will be giveaways, wine tasting, and nibbles provided. Please register your interest by emailing [brooke.mckinnon@kieser.com.au](mailto:brooke.mckinnon@kieser.com.au) or texting Brooke on 0401 753 730. Details to come!



**WELCOME TO  
THE FOLLOWING  
NEW AND  
CONTINUING  
MEMBERS**

Ann Baldry  
Bene Benic  
Elliot Bishop  
Bowie Bowen  
Alaine Caruso  
Kevin Clarke  
Roslyn Corston  
Elaine Cox  
Mary De Vries  
Rodney Dodd  
Carol Dowden  
Michael Dowden  
Geoff Ewin  
Lynne Flavel  
Lorraine Gatehouse  
Pam Gigney  
Susan Giles  
Maureen Goldfinch  
Claire Hamlyn  
Jill Harvie  
Elaine Jenkins  
Louise Kennedy  
Dawn Kiroff  
Jill Ledger  
Derek Mcgregor  
Diana Mathew  
Judy Nelson  
Phuong Nguyen  
Ingrid Nielsen  
Trevor Nielsen  
Ene-Mai Oks  
Narelle Petty  
Elayne Sanders  
Margaret Sella  
Jonathan Stark  
Jill Whamond  
Sandy White  
Christina Woods

**LETTER TO THE EDITOR OF 'CONNECT'**

**Travel Opportunity**

“I wonder if any RASA members would like to go touring – in Australia or abroad – at any time, travelling as a small, independent group?

Since my dream is to visit New Zealand in 2026 (or maybe sooner), I would love to know if any like-minded members would be interested in doing the same, without going through the usual travel agency procedures. I’m sure that, if four or more travelled, we could together organise flights, hire cars, accommodation, etc.

If anyone is interested, please let me know.

Louise Schrama, RASA member.

Email: [louise.schrama@yahoo.com](mailto:louise.schrama@yahoo.com)

Phone: 0428 779 332

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## ADVERTISEMENT

### **EMPOWERING LIVES THROUGH COMPASSIONATE AGED CARE SUPPORT AND DISABILITY SERVICES AT HOLIDAY EXPLORERS**

**If you are looking for a supported holiday, look no further!**

Holiday Explorers is more than just a travel organisation, it is a compassionate and dedicated provider of aged care support and disability services. For 35 years, we have provided many opportunities to travel and be involved, offering tailored programs and experiences that promote independence, well-being, and inclusion. With a commitment to creating a nurturing and empowering environment, Holiday Explorers has earned a reputation for enriching lives and fostering a strong sense of community among our clients.

Caring for our elders is paramount, and Holiday Explorers ensures our clients receive the attention and support they deserve. Through carefully designed aged care programs, seniors can embark on enriching journeys that cater to their unique needs and preferences.

The team at Holiday Explorers works closely with each individual to accommodate their specific requirements, creating a safe and enjoyable environment for them to participate in adventures that were once deemed out of reach.

CHSP funding?      Self-funded?

Talk to us about your needs, and we will come up with a solution.

### **EMBRACING INCLUSIVITY VOLUNTEERING WITH HOLIDAY EXPLORERS**

#### **A UNIQUE OPPORTUNITY TO SUPPORT INDIVIDUALS WITH INTELLECTUAL DISABILITY OR AGED CARE AND BECOME PART OF A BIG FAMILY.**

Volunteering is a powerful way to make a positive impact on the lives of others while experiencing personal growth and fulfilment. For those seeking a unique and rewarding volunteer experience, Holiday Explorers stands out as an organisation that offers a heartwarming opportunity to support individuals with Intellectual Disability and Aged Care to become part of a big family.

At the core of Holiday Explorers mission is inclusivity and empowerment. The organisation is dedicated to providing individuals with Intellectual Disabilities and Aged Care the chance to explore the world, form meaningful connections, and lead fulfilled lives. Volunteers play a pivotal role in fostering this mission by providing much-needed support, encouragement, and companionship to those they serve.

As a Volunteer with Holiday Explorers, you become part of creating unforgettable experiences for individuals with Intellectual Disabilities and our Aged Care clients. From organising enriching trips to facilitating engaging activities, Volunteers witness firsthand the joy and transformation that these experiences bring to the lives of our clients. Being able to contribute to someone's happiness is a privilege that leaves a lasting impact on both parties. If you are interested in Volunteering with us, please contact us on 08 83312399, and our Volunteer Coordinator, Tamara, will be available to answer any questions.

Visit our website: [www.holidayexplorers.com.au](http://www.holidayexplorers.com.au)

We hope you hear from you soon 😊



# People's Choice

COMMUNITY LOTTERY

**Once again Retire Active SA will be selling People's Choice Community Lottery tickets.**

**Please look out for more information in our e-bulletin with details of how you can purchase tickets and raise money for our great organisation.**

## About the Community Lottery

Every year, the People's Choice Community Lottery gives local sporting clubs, schools, charities, volunteer groups and other not-for-profit community groups around Australia the opportunity to raise funds and achieve fundraising goals. The People's Choice Community Lottery has helped to raise more than \$21 million for community groups since its inception in 1984.

People's Choice, along with our proud business and media partners, facilitate the Community Lottery's administration, advertising, prizes and tickets so that community groups participating can pocket 100% of every \$2 ticket sold

**FRI 13  
& SAT 14  
OCT 23**  
ADELAIDE  
SHOWGROUNDS

**FREE  
ENTRY**

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*Free quotes/pensioner discounts*  
(Yes we turn up and on time)

## GROUP ACTIVITIES

### ART APPRECIATION

Tours of the Art Gallery of SA are led twice monthly by Gallery Guides (**4<sup>th</sup> Monday, 2<sup>nd</sup> Thursday**). Please wear your Retire Active SA name badge.

**Monday:** Meet at the coffee shop at **10.15 for a 10.30am** start. Enquiries: **Chris May: 0418 856 332**

**Thursday:** Meet in the atrium near the bookshop at **12.15pm for a 12.30pm** start. Enquiries: **Jennifer Campbell: 0448 708 735**

### BOLIVIA

Retire Active SA Office, every Friday 10am-12:45pm. Enquiries: **Anne 0412 712 030**

### BOOK DISCUSSION GROUP

**Monthly:** First Friday, Retire Active SA Office, 10.30am. Enquiries: **Yvonne: 0452 447 657**

**Sept 8:** Childhood, Shannon Burns

**Oct 6:** Nibblefoot, Robert Drew

**Nov 3:** A year with Wendy Whitely, Ashleigh Wilson

**Dec 1:** My brilliant career, Miles Franklin

If you are unable to get the named book, another book by the same author would be appropriate. Those listed are all available in the Public Library Service.

### BUSHBAND

2nd and 4th Tuesdays. Mitcham Cultural Village, Princes Road, Mitcham.

Enquiries **Rob: 0427824658** or **Ute: 0409391586**

### BUSHWALKERS

Weekly walks are graded A, B, C or D. New walkers are asked to start with C or D walks. D walkers meet in the city and use public transport to and from the walk.

Financial members of Retire Active SA are eligible to join Bushwalkers and are welcome to participate in two trial walks before joining and paying the Bushwalkers annual fee effective from 1 December to 30 November each year.

All Retire Active SA Bushwalkers must renew their annual membership with both Retire Active SA and Retire Active SA Bushwalkers if they wish to continue walking regularly with the group and participating in other Bushwalker activities. For further information:

[www.retireactivesabushwalkers.org.au/membership](http://www.retireactivesabushwalkers.org.au/membership). Contacts: **Kathryn 0428 194 065, John 0438 523 560.**

### C WALKS

#### SEPTEMBER

**Tue 5: Sue 0478 177 561** Belair NP

**Mon 11: Peter 0413 808 334** Kyeema CP

**Sun 17: Bernice 0417 899 063** 5th Creek & camp; Black Hill CP

**Sat 23: David 0400 267 365** Mark Oliphant CP

**Fri 29: Rick 0424 308 011** Flinders Uni. bushland

#### OCTOBER

**Thu 5: Geoff 0457 745 177** O'Halloran Hill Glenthorne NP

**Wed 11: Anthony 0408 743 648** Morialta CP

**Tue 17: Carol 0428 882 239** Jupiter Creek Gold Diggings

**Fri 20: Carmel 0422 606 717** Torrens Linear

**Mon 23: Jenny 0406 021 977** Cleland NP

**Sun 29: Andrew 0408 080 075** Hardy's Scrub NP

### D WALKS

#### SEPTEMBER

**Sun 3: Colleen 0435 267 498** Modbury to Surrey Downs

**Sat 9: Rose 0477 839 880** Largs to Snowdens Beach

**Fri 15: Jennifer 8276 648** Seaford

**Thu 21: Sue 8296 5463** Carrick Hill to Brown Hill Creek

**Wed 27: Liz 8352 1636** Moana Willunga Basin trail

#### OCTOBER

**Tue 3: Heather 0448 051 440** Sturt Gorge

**Mon 9: Elizabeth 8294 5805** Gawler

**Sun 15: Maureen 0420 869 538**

Blackwood Reserve

**Fri 20: Rose 0477 839 880** Paradise to Felixstow Reserve

**Thu 26: Ann 0449 151 003** Black Hill CP

### CARAVAN GROUP

Contact **Gail Field: (Group Convenor) 0413 282 467** or

[pr\\_gm.field@bigpond.com](mailto:pr_gm.field@bigpond.com)

**September 8-15:** Morgan, SA.

**October 13-20:** Echuca, Vic.

**November 17-24:** Nuriootpa, SA.

Contact **Gail Field: (Group Convenor)**

**0413 282 467** or

[pr\\_gm.field@bigpond.com](mailto:pr_gm.field@bigpond.com)

### COFFEE WALKERS

For those who want a shorter walk than those currently offered by the Bushwalkers. Every Tuesday morning, 3

to 4 km followed by a visit to a café. For further information: Colleen by text: 0435 267 498 or

[colleen.ingram77@gmail.com](mailto:colleen.ingram77@gmail.com).

Walks are cancelled if the predicted temperature for the day is 30°C or higher.

#### SEPTEMBER

5: Crafers to Stirling

12: Patawalonga

19: Aberfoyle Park

26: Mt. Barker Wetlands

#### OCTOBER

3: Glen Osmond Creek at Glen Osmond

10: Shepherd's Hill Recreation Park

17: Christie's Creek, Morphettvale

24: Snowden Beach, Largs North

31: Modbury to Surry Downs via Dry Creek

#### NOVEMBER

7: Hallett Cove Beach via Desalination Plant

14: Aberfoyle Park adjacent Happy Valley Reservoir

21: Pooraka to Mawson Lakes via Dry Creek

28: West Beach to Henley

#### DECEMBER

5: South & East Parklands

12: Paradise Interchange to Campbelltown

19: 90th birthday celebration walk for Jennifer & Esther, Botanic Gdns.

26: Boxing Day, Seacliff to Hove.

### COMPUTER AND TECHNOLOGY GROUP

Meetings are held at Mile End Church of Christ, 2 Danby Street, Torrensville, on the 3<sup>rd</sup> Friday each month at 10:30am for 11am start.

*New members and visitors – please contact coordinator before as occasionally we don't have meetings*

For further information contact:

Coordinator **Wayne: 0419 854 086**

<https://retireactivesacomp.wixsite.com/rasa>

### CYCLING

**Aim:** To encourage people to enjoy the benefits of cycling together, and good companionship. Ride Coordinators: **Phil: 0408 841 141, Bob: 0437 911 725.** Rides start at **10am on Wednesdays** and are at a comfortable pace for all. They include a coffee stop. The challenge for each

## GROUP ACTIVITIES *Continued*

ride varies. Every fortnight, rides begin from the Torrens

Lake Kiosk (TLK) and are always easy.

**Those who don't want to join**

**'programmed rides' are encouraged to meet at the weir and 'decide on the day.'** These rides are the best option for a 'come and try' ride.

Further information at

<https://arpacycling.wixsite.com/cycling>

### EDIBLE GARDENING GROUP

We meet in each other's gardens with occasional excursions. All meetings at 1pm on the third Thursday of the month.

For further information contact **Rob**

**Gray:** [robgray06@optusnet.com.au](mailto:robgray06@optusnet.com.au)

### FIVE HUNDRED CARDS

Retire Active SA Office, Thursdays, 11.00am to 2.30pm, fortnightly. **Meeting on 1<sup>st</sup> and 15<sup>th</sup> Dec** then **fortnightly from 9 Feb.** Enquiries: **Riet 0459 023 632**

Enquiries: **Riet 0459 023 632**

### FOUR WHEEL DRIVE

For general information about the 4WD Group, contact Coordinator **Julia:**

[bjgazz052@gmail.com](mailto:bjgazz052@gmail.com) or **0497 009 129**

See also our web

page <https://rjboth.wixsite.com/arpa4wd-group/social-days-for-2023>

Activities planned for 2023 include:

**Social Days:** Final details about events are usually emailed 2-3 weeks prior to the event.

**September 7 – 17:** Meningie to Pt MacDonnell. **RSVP to Julia & Bruno Gazzola: 0497 009 129**

**September 21:** Pt Adelaide National Train Museum Tour and Lunch. **RSVP to Lesley & Wayne Schoff: 0488 661 931**

**Oct 24 - 28:** Mid North Meanderings.

Based at Jamestown. **RSVP to Neil**

**Sayers: [b\\_mac@sayers.id.au](mailto:b_mac@sayers.id.au)**

**Nov 14 (Tuesday):** AGM at 10am

followed by lunch at The Southern Bistro 1303 South Rd St Marys. **RSVP to Julia Gazzola**

**Nov 19-25:** Nuriootpa Xmas Camp. **RSVP to Lesley Strachan: 0497 979 460**

### Major Trips

**Oct 24-28:** Mid North Meanderings.

Based at Jamestown. **RSVP to Neil Sayers**

([b\\_mac@sayers.id.au](mailto:b_mac@sayers.id.au)) 0467 013 377

Contact nominated leader for more

details.

### GOLF GROUPS

**Golf 9 hole:** Contact **Wayne: 0418 818**

**172 [arpasagolf@gmail.com](mailto:arpasagolf@gmail.com).**

**Golf 18 holes:** competition Mondays, social golf Fridays, contact **Wayne: 0418**

**818 172 [arpasagolf@gmail.com](mailto:arpasagolf@gmail.com).**

### ORCHESTRA

Rehearsals Thursday 10am–12 noon, Cumberland Park Community Centre,

390 Goodwood Road, Cumberland Park.

Enquiries **Bill: 0407 710 957**

### PHOTOGRAPHY GROUP

The group is an informal, laid-back group of like-minded members who enjoy the art of photography. We hold a monthly meeting where we show and discuss photos of our previous month's theme as well as items of a photographic nature. An extended field trip is planned each year. Photography projects are set on a monthly basis allowing us to shoot photos at our leisure during the month.

Enquiries: **Rod: 0408 258 919.**

### PLEASURE FISHING

For further information contact **Paul and Jeanette Martin: 0429 678 536**

[trilby16@bigpond.com](mailto:trilby16@bigpond.com).

### RADIO PLAYERS

**Mondays 10am – 1pm** Mile End Church of Christ Hall, 1 Danby Street

Torrensview. Enquiries: **Ian: 0427 791**

**441 or John G: 0404 555 808**

### SOCIAL GROUP

The Social Group meets monthly to enjoy a meal and conversation at various venues around Adelaide. New members are welcome: just book with the host named for each occasion and turn up on the day. Start time is 12:30 unless otherwise indicated.

**September, Friday 22: The Bath, 232**

Norwood Parade, Norwood. **Host:**

**Marie Mudge** - Email

[nanmudge@gmail.com](mailto:nanmudge@gmail.com) or text **0478 123**

**618** or leave a message with name and

number if call not answered

**October Tuesday 10: The Avoca 893**

South Road, Clarence Park. **Host: Dianne**

**Thomas** - Email [arpsclgp@gmail.com](mailto:arpsclgp@gmail.com) or

text **0419 857 882** with name and phone

number if call not answered

**November, Friday 17: Semaphore**

**Hotel, 17 Semaphore Road, Semaphore.**

**Host: Val Olney** - 0400 225 465. Please

leave a message with name and number

if call not answered.

If you make a booking but subsequently cannot attend, please let your host know as soon as possible.

Remember to wear your name badge on the day.

### TABLE TENNIS

Every Monday morning from 8.30am to noon at the Woodville District Table

Tennis Club, 39a Windsor Avenue,

Woodville Park. Enquiries: **Ashley: 0421**

**613 665**

### TAPLINER AND VARIETY GROUP

We meet for practice every Wednesday from 11.30am to 3.00pm at the Enfield Community Centre, 540 Regency Road, Enfield. BEGINNERS and EXPERIENCED people are both very welcome. It is a low-cost activity. If and when you start performing in concerts, all costumes apart from a black leotard, shoes and stockings are supplied.

If you are interested in the variety side of the group, you would also be very welcome. For more information, please phone **Lorraine: 8269 3915** or **0409 691 331.**

### TENNIS EAST

We play on **Tuesday and Thursday 8.30am to 12.00** noon (approx.) at the

Broadview Tennis Club, Myponga

Terrace, Broadview. Social doubles

tennis – Men's / Ladies / Mixed - \$3.00

per visit (first two free). Tea / Coffee /

biscuits included. Coaching is not

available so some level of experience

necessary. **Contacts: Mike: 0404 261**

**442 or John: 0422 107 023.**

### TENNIS WEST

Every Monday and Thursday morning at the Glenlea Tennis Club, Ferguson

Avenue, Glenelg North. Our tennis is

social and we play men's, women's and

mixed doubles throughout the year from 8.30am to noon. Players are of varying

standards although some tennis

experience is desirable. Fee \$2 with first

two visits free. Coffee, tea and biscuits

provided. **Enquiries: Lex Brown: 0418**

**596 196.**

### TRAIN THE BRAIN

We meet monthly 10.30am to 12.30pm, on the 4<sup>th</sup> Tuesday of the month, at the

Retire Active SA Office, level 4, 25 Leigh

St, Adelaide. Enquiries **Elizabeth 0438**

**843 066 or Lorraine 0427 093 839.**



## CLASSIFIEDS

### BUDGET WATERFRONT GETAWAY

Stunning beach. Huge balcony suite from \$95 double per night. (conditions). Or large house accom 10. Courtesy cars. Meal vouchers. Swim with the dolphins? Kingston near Robe. Judy 0402 922 445.



**MELBOURNE** Meg's 1b/rm unit, near Toorak Village, Tram, covered parking, quiet, f/furnished. 2 persons Only \$80/night. 3-night min. non-smoking. Avail for Christmas. Contact Meg on 8363 3001 or 0433 170 250 or Peter on 0409 188 783.

**MOONTA BAY** Seaside Escape. Lovely 3 bedroom, fully furnished home, all modern conveniences, \$100.00 per night. Phone Darryl or Heather on 0411 851 791.

**WALLAROO** Beach-front fully self-contained 2 br Beach house \$90/night per couple, \$10 each extra person. 2-night minimum stay. Ph Kath 0427 934 052.

**PAINTER AND DECORATOR** (MPA member) Lic. No. R152010. All interior and exterior painting, wall papering, crack & general repairs. 22 years' experience. Fully insured, all work guaranteed. Free quotes – reasonable rates. Phone Paul or Karen Morris 8322 2806 or 0412 421 663.

Cost: \$3.00, GST inclusive PER LINE (or part line)  
Billed after publication. Please send copy to [info@retireactivesa.com.au](mailto:info@retireactivesa.com.au)

## DISTRICT GROUPS

	Address	Meeting day & Time	Cost	Contact	Activities
Adelaide	Level 4 25 Leigh Street, Adelaide	Fridays 10-12.30pm Thursdays 12-2pm Mondays 12.30-2.30pm	\$4	Anne: 0412 712 030 Jessica: 8211 9711 Elizabeth: 0438 843 066	Canasta, Samba, Bolivia 500 Card group – fortnightly Train the Brain – 3 <sup>rd</sup> Monday only
Blackwood	Blackwood Football Clubrooms Trevor Terrace, Blackwood	Wednesday 9.30 – 2pm	\$4	Brian: 8327 1247	Card Games, Board Games, Indoor Bowls, Snooker/Pool, Table Tennis, Darts, Raffles, Day Outings
Fleurieu	Port Elliott Institute Hall, The Strand, Port Elliot	Mondays 9 – 1pm	\$3	Susan: 0413 591 003 Barbara: 0408 848 605	Card Games, Board Games, Table Tennis, Raffles, Day & Lunch Outings, Guest Speakers
Gawler	Elder Centre 37 Fourteenth Street, Gawler	Wednesdays 10-2.30pm	\$4	Rochelle: 0408 848 605	Card Games, Indoor Bowls, Darts, Snooker/Pool, Excursions
Klemzig	Klemzig Community Hall, 242 North East Road, Klemzig	Wednesdays 10-2pm	\$4	John: 0405 208 891	Card & Board Games, Keep Fit, Tai Chi, Line Dancing, Indoor Bowls, 8 Ball, Table Tennis, Walking, Raffles, Day Outings, Lunches & Guest Speakers
Peninsula (formerly Largs Bay)	LeFevre Uniting Church 63 Gedville Road, Taperoo	Thursdays 10.30-2.30pm	\$3	Lorraine: 8248 3363	Card Games, Board Games, Indoor Bowls, Raffles, Day Outings, Lunches
Modbury	Modbury North 140 Kelly Road, Modbury North	Fridays 10-12pm	\$4	David: 0414 293 726 Brenda: 0438 190 845	Badminton, Table Tennis, Pool/8Ball
Rose Park	Gartrell Memorial Hall Cnr Prescott Terrace & Grant Avenue, Rose Park	Tuesdays 9.30-2.30pm	\$5	Dianne 0411 532 893	Table Tennis, Card Games

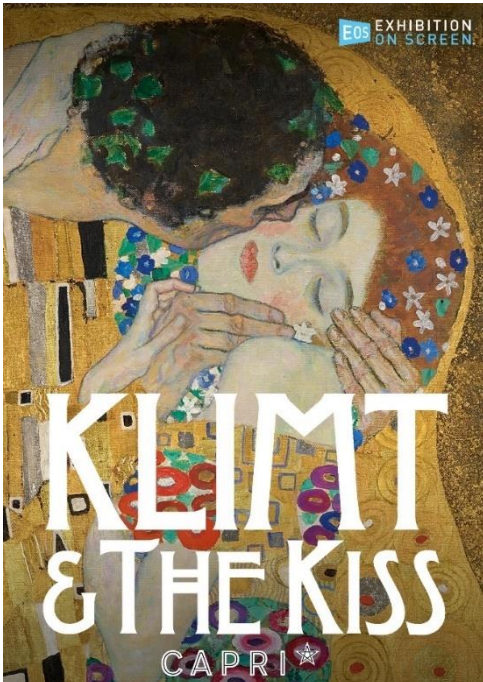


# ALFRED JAMES

*Honouring a Life*

Proud Sponsor of Retire Active SA 2023

# CAPRI



Exhibition On Screen:  
Klimt & the Kiss

Sunday 12 November at  
4.00pm – 5.30pm

The Kiss by Gustav Klimt is one of  
the most recognised and  
reproduced paintings in the  
world.

## MORNING MEMORIES

- **Date: Friday, 1 September.**
- **Time: 10:00 am - 12:00 pm.**
- **Cost: \$5 – \$10.**

*Relive the time when we gathered  
around the radio to listen to our  
favourite radio programs.*

**The Retire Active SA Radio Players  
present a series of radio plays  
accompanied on the Wurlitzer theatre  
organ by John Slater.**

**Ticket Includes:**

- **Morning tea in the foyer.**
- **A Raffle Ticket.**
- **Guest Organist BARRY HALL.**

## Double Pass GIVEAWAY

for KLIMT & THE KISS or SCOTT HARRISON

## SCOTT HARRISON & THE ATLANTIC STREET BAND

*Play Dixieland Jazz!*



Theatre Organ Society of SA (TOSA)

Presents Scott Harrison (Vic) &

The Atlantic Street Band

*Play Dixieland Jazz!*

Part of the 40<sup>th</sup> Anniversary  
Celebrations 1983 -2023

Sunday, 24 September at  
2.00pm – 4.00pm

Scott Harrison has a distinct leaning towards  
the jazz genre. He will be joined by  
Adelaide's own Atlantic Street Band, who  
blend the energetic sound of traditional  
Dixieland jazz with an eclectic  
mix of other styles.

To go into the draw for a  
Double Pass,  
contact Retire Active SA Office  
Phone: 8211 9711 or  
email: [info@retireactivesa.com.au](mailto:info@retireactivesa.com.au)  
by  
Wednesday 13 September 2023