

Connect

DECEMBER 2023



**Retire
Active
SA**



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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

MARCH 2024: Deadline for articles is
1 February 2024.

RETIRE ACTIVE COUNCIL 2023

President: Kevin Dennis

Vice-President: to be advised

Treasurer: Gary McCalden

Secretary: to be advised

Group Liaison: Vittala Shettigara

Members: Lesley Schoff, Peter Burgess,
Catherine Banner, Monique De Wit,
Roger Polkinghorne, Karen Baker

www.retireactive.com.au

For all information on groups,
membership application and renewals

Photo Front Cover: Namadji National
Park with B walkers descending to Visitor
Information Centre.



COUNCIL MATTERS

Kevin Dennis

President, Retire Active SA

The visibility of Retire Active SA remains a challenge. While we gained 124 new members this year our membership on 30 June 2023 was 1274, less than at this time last year. This has become a pattern in recent years, without a significant increase in membership, this trend will continue. Council has decided to maintain membership fees at present levels.

Council has continued to work on the issues that came out of the RASA Promotional Strategy paper to help increase the visibility of the organisation to attract new members, advertisers, partners and sponsors. This strategy will remain the major focus for Council over the coming year as it attempts to stabilise and then grow member numbers. Council is working to produce a plan B strategy for the organisation to ensure that all eventualities are covered.

This year Council revived the Group Coordinators Forum which had been deferred for a few years due to COVID. The day was a success with lots of positive feedback from Coordinators. Council will work to consider suggestions offered over the coming year. Members can play a key role in rejuvenating the organisation by sharing experiences with friends and acquaintances, inviting them along to group activities and engaging with our social media presence.

The office has continued to run efficiently and has provided a good service to members. Thank you to all our office volunteers capably led by Cintia Rocha, our Office Administrator. I have been impressed by the quality and professional approach to our quarterly newsletter, Connect and the monthly e-Bulletins produced in house by Cintia and the office volunteers, always a great read.

The many Group Coordinators and Group Committee Members also warrant recognition and thanks for their invaluable contributions at group level.

A huge thank you to Council members for their contribution over the last 12 months. A special mention to those retiring from Council; Allan Jameson, Peter Burgess and Liz Watson. It would be remiss of me not to thank the retiring Group Liaison Committee members Elizabeth Alvey, Esther Caprez and Peter Williams for their services and support to Council over many years.

I would also like to extend my thanks to all our members for your continued support, passion, and involvement in this wonderful organisation. Your contributions are the lifeblood of our association and, together, we have the power to shape a brighter future. So, let us celebrate our successes, address our challenges and chart the course for an even more impactful year ahead.

***Enjoy, embrace and celebrate the festive season and to everyone
a safe and Happy New Year.***

CELEBRATING EXCELLENCE:

Congratulations to our Outstanding Service Award Recipients at our 2023 AGM

Twenty-seven Members attended the Annual General Meeting on Wednesday, 27 September. Kevin Dennis presented the President's Report (Page 2) and Gary McCalden the Treasurer's Report (Page 4).

Hard copies can be obtained by visiting the Retire Active SA Office.

It is with great pleasure and pride that Council extends its heartfelt congratulations to the exceptional individuals who have been recognised for their outstanding dedication and commitment to Retire Active SA. Council is delighted to announce the recipients of this year's Service Awards, individuals who have consistently gone above and beyond to ensure that Retire Active SA continues to operate in the manner our members are accustomed to.

Their tireless efforts have not gone unnoticed, and we are immensely grateful for the positive impact these people have made on both our members and our organisation. Each recipient has demonstrated an exemplary understanding of our organisation's needs, a commitment to exceeding service level expectations, and a passion for delivering exceptional experiences. Your dedication is a testament to the values that define Retire Active SA, and we are proud to have such dedicated and professional people within our organisation.

The recipients were presented with their awards at the recent AGM in acknowledgment of a job well done and to celebrate the positive impact that they have had on our members and the reputation of our organisation.

Once again, congratulations to each one of our Outstanding Service Award recipients. Your passion, dedication, and exemplary service set a shining example for all of us.

Outstanding Service Award Recipients 2023 are:

**Anthea Magarey, Elizabeth Alvey, John Graham, Lindsay Cheers,
Peter Williams & Rob Gray.**



President Kevin Dennis presenting certificates to the Outstanding Service Award Recipients

L TO R: Elizabeth Alvey, Anthea Magarey and Peter Williams

Welcome to three new Council Members for 2023/24: Monique De Wit, Roger Polkinghorne and Karen Baker.

**Kevin Dennis
President**

Australian Retired Persons Association (SA) Inc.

FINANCIAL REPORT TO 2023 ANNUAL GENERAL MEETING FOR THE YEAR ENDED 30 JUNE

Following his reappointment as Registered Company Auditor at the 2022 Annual General Meeting, Peter Hall presented to Council his Independent Audit Report to Members of the Association.

TREASURER'S REPORT

I joined the Retire Active Council following the 2022 Annual General Meeting, so this is my first report as Treasurer. The 2022/23 financial year continued to provide some significant challenges to the Association and its finances.

Whereas the budget prediction for the year foresaw a shortfall of around \$7,000, the actual result was slightly better, with the final deficit coming in at just over \$5,000.

On the income side, membership fees were the most significant difference, with receipts totalling approximately \$11,000 less than the budget expectation. This is due in no small part to the year-on-year decrease in overall members, which shows a relatively consistent reduction of 200 members per year. However, Council is hopeful that its initiatives to revitalise and rebrand the organisation will assist in reversing this trend in the near future.

On the expenditure side, increases to office rent and insurance were significant but not unexpected, thus coming in on budget. The budget allocation for computer expenses proved to be severely inadequate, causing the actual costs to exceed budget by approximately \$1,600. Salaries and wages were a little lower than expected, by \$1,200, owing to the Office Administrator reducing her contracted hours late in the Financial Year.

The revenue side of the equation is going to be the major challenge for the Council going forward. Opportunities for partnerships and advertising must be pursued to improve the overall income. There is very little room for improvements in the expenditures side as the majority of big-ticket item costs are locked into lengthy contracts.

The financial performance of the organisation is expected to continue at the same level until at least the end of Financial Year 2024/25 when the lease on our current premises comes to an end and Council will have the opportunity to look at alternative arrangements that could save a significant amount. These deficits continue to eat into the cash reserves, but there are sufficient reserves to see the organisation through to this time. Whilst not an ideal outcome, at least the Organisation can continue to operate at present.

To increase income, the main option would be to increase the membership fee. Given that the fee increases in recent years have been very small or nil, quite a significant increase would be required to bring the fees up to date, which would likely be unpopular with members. Hence the most likely way to increase income is through sponsorships, which the Council is pursuing as strongly as possible.

For the organisation to have a sustainable future, more members are needed. Advertising and social media are being exploited where possible to get the word out, but word of mouth is our strongest method of recruitment. Hopefully in the next few years, the current run of deficits can be turned around to return Retire Active SA to the strong and relevant organisation that it has been in the past.

Gary McCalden
Treasurer
September 2023





**Retire
Active
SA**

MIDDAY TALK

**We would like to invite all members and friends to attend our next
Midday Talk on 28 February 2024
at the Retire Active Office, at 12.00pm.**

Our guest speaker is Margaret Brown and the Topic is:

COMPLETING YOUR ADVANCE CARE DIRECTIVE

An Advance Care Directive in South Australia is a legal document that allows you (1) to write down your wishes, preferences and instructions for your future health care, end of life care, living arrangements and personal matters; and (2) to appoint one or more Substitute Decision-makers to make those decisions on your behalf if you are unable to do so in the future.

Completing an advance care directive can be challenging, many people find it too difficult and need a supportive environment to discuss the issues and decisions required if they are unable to decide in the future.

Margaret Brown is a social scientist and consultant researcher in advance care directives, supported decision-making, and ethical issues at the end of life, including resuscitation decisions. She is an Adjunct Research Fellow at the University of South Australia and the School of Medicine, University of Adelaide.

Margaret has run many sessions in the community on how to complete an advance care directive, including for ARPA members in 2021. After this session she also ran a 3-day workshop at Sophia on Cross Road, to assist members with the legal document. This was very well received.

The talk will run for approximately 60 minutes with time included for questions and is free of charge.

BOOKINGS ARE ESSENTIAL

To register your attendance: Phone the Office on 8211 9711 or

Email: info@retireactivesa.com.au

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CONTRIBUTING TO THE COMMUNITY

RETIRE ACTIVE'S 2024 CACTUS KILL – ALPANA STATION

From 29 July to 5 August, members of the Retire Active Bushwalkers and Four Wheel Drive Groups participated in a Cactus Kill on Alpana Station in the Flinders Ranges; the fourteenth year that the group has done so.

For the 11 who participated this year, under the leadership of David French, it was a week of hard work, albeit with many enjoyable experiences. We were generously hosted in the shearers' quarters by Sally and David Henery, fifth generation owners of Alpana.

We enjoyed the stunning scenery of the Flinders Ranges as we worked, and we also enjoyed social times and each other's company. This included visits to the Blinman Hotel for meals, drinks with views at Sunset Hill; and during the rest day, four-wheel drives, hikes, and gallery and museum visits. The area was particularly green and beautiful this year following plentiful rains, with the gorges filled with water.

During this visit we farewelled and thanked Mal Kirkham who has been on every one of the 14 Cactus Kills at Alpana, on Gum Creek Station for five years before that, and who continues to volunteer at Oratunga Station. With over 500 cactus killed or cochineal logged this year alone, we know that we are making a difference!



Cactus Kill, Alpana Station

Jenny and John Lewis

RETIRE ACTIVE SA RADIO PLAYERS

For some years now the Retire Active SA Radio Players have generously donated an afternoon of entertainment with their zany style of Old-Time Radio plays.

The proceeds of this afternoon go to CareWorks, who have been serving the community for over 75 years. Well done, RASA Radio Players!



John (far left) from the CareWorks Team with Retire Active SA Radio Players

RETIRE ACTIVE SA BUSHBAND



Retire Active Bushband performing at the North Adelaide Community Centre

Retire Active SA Bushband provided an entertaining hour of songs on Friday 29 September at the North Adelaide Community Centre.

A small but appreciative audience enjoyed this free concert and appreciated having copies of the words which enabled those who were so inclined to join in the singing.

GROUP NEWS

CARAVAN GROUP

The Caravan Group held their eighth and final get-together for 2023 at Echuca in Victoria, in October. The weather was pleasant and the company of 14 excellent.

On Saturday night we had a sausage sizzle followed by an ice cream which was enjoyed by all. On Sunday and Tuesday nights we had happy hour which was followed by a rousing game of bingo, the big prize being a chocolate. After the game, the bingo cards were made into paper planes and a contest ensued to see which one would fly the furthest. Phill's aeronautically-designed plane won on Sunday, while Margaret won on Tuesday, after observing how Phill had made his plane!



*Boort, Victoria, Spanner Man Workshop
"Amazing what you can do with a collection of spanners"*

On Monday, after a delicious eggs and bacon breakfast cooked by the men, we went on a guided tour of the Port of Echuca, where we learnt about the early days of this prosperous and busy town. At one stage in the early years, Echuca had 78 pubs for a population of 5,000. It sounded like it was quite a wild town. On Tuesday we boarded the Alexander Arbuthnot paddle steamer which was built in 1923 and was a working boat on the River Murray. It was very relaxing travelling up and down the river with an interesting commentary, and was enjoyed by all, including our four-legged friends.



Bingo cards were made into paper planes and a contest to throw the furthest.

Everyone went to the Echuca Hotel for a delicious lunch on Wednesday, then on Thursday some returned home, while others travelled to Boort to see The Spanner Man sculptures. These are displayed in a country garden with over 25 life size and larger than life sculptures, which are created from old and antique spanners by the late John Piccoli.

Pam and Eugene

GOLF

The Golf Group will celebrate another successful year with Christmas lunch and annual prize giving at the Lighthouse Wharf Hotel, Port Adelaide on Wednesday 6 December. Monday competitions were played on six different courses this year but this will be expanding to 8 (three new ones) in 2024. A country trip to the Riverland, staying at the Berri course and playing both Berri and Barmera courses, was enjoyed by 23 golfers. Seven partners also attended and they went shopping, visited the Rose Gardens, the 23rd Street Distillery, and a winery in Lyrup, and joined the golfers for Happy Hour and meals. In 2024 the Group is planning a trip to Goolwa and Victor Harbour.



RASA Golfers on the Riverland trip.

Every Wednesday members may play 9 or 18 holes of social golf at Regency Park. We meet around 7:45am and tee off the first group at 8.00am. We play 9 Holes before adjourning to the Tavern for coffee and chat, after which those playing 18 Holes return to the course. It's fun, and it's purely social. Everyone is welcome to join us at any time.

Wayne Seaton, Coordinator

RETIRE ACTIVE SA CUMBERLAND PARK ORCHESTRA

The Cumberland Park, Retire Active SA Orchestra performed for the Mt Lofty Music Club on Sunday 24 September. The concert in Church of the Epiphany at Crafrers was enjoyed by over 80 guests. It was a varied program with conductor Darryl Pope OAM extending the orchestra once again. The concert included a solo on piccolo trumpet from orchestra member John Kerry (Gabriel's Oboe by Morricone), a brass quintet, and with guest organist Sebastian Collen, the Maestoso from Saint-Saëns Symphony No. 3 (familiar to many from the movie Babe). The final piece was excerpts from Peer Gynt Suite by Grieg. **(See page 18 for details of the Orchestra's next performance and 2024 schedule.)**

Anthea Magarey

OUR NEXT PERFORMANCE IS SUNDAY 3 DECEMBER



John Kerry Solo, Piccolo Trumpet with the Orchestra

GRAMPIANS PHOTOGRAPHY TRIP

In September a small group of 7 from the RASA Photography Group travelled to Halls Gap for a week in the Grampians. Regrettably some members were unable to join us owing to health issues. The first few days were foggy and overcast but it did make for some interesting photographs. The rest of the week saw perfect weather and our shutters got a good work out.

We visited the usual sights along with a few not on the regular tourist list, such as Heatherlie Quarry where stone was quarried for many of Melbourne's historic buildings, and the Seppelt's wine tunnels at Great Western. We supported the local economy by visiting restaurants and coffee shops.

Max Winfield

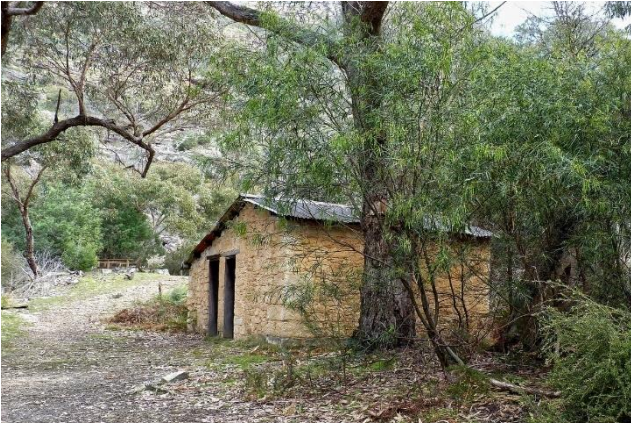


Photo by Helen Jellie



Photo by Max Winfield



Photo by Irene Dennis



Photo by Milan Bilek



Photo by Kevin Dennis

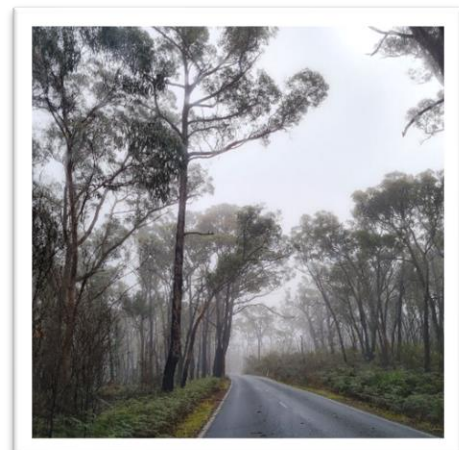


Photo by Jenny Bilek

As usual this annual pilgrimage was relaxing and enjoyable, where you can join the group activities, or as most of us did at various times, you can do your own thing.

If you are interested in joining this group, please contact Max Winfield on 0400 010 647 or via email at winnies47@hotmail.com.

**PERSONALISED 4WD
Itinerary 2024 !
With Hotel Accommod & All Meals!**

5 day Yorke Peninsula departs Feb 1	\$1950 pp
4 day Kangaroo Island departs Feb 26 & Nov 4	\$2515 pp
9 day Wilson's Prom departs February 12	\$4395 pp
5 day Mungo/Sunraysia departs March 6	\$2295 pp
9 day Back O' Bourke departs March 16	\$4385 pp
3 day Lake Eyre (incl plane) departs on demand (flight)	\$2150 pp
9 day Painted Desert departs April 12	\$4385 pp
7 day Coongie Lakes departs April 27	\$3500 pp
9 day Birdsville/Innamincka departs May 18	\$4385 pp
12 day Longreach/Winton departs June 12	\$5200 pp
9 day Birdsville/Windorah departs July 9	\$4385 pp
9 day Head Of Bight Whales departs August 12	\$4200 pp
5 day Gawler Ranges departs September 11	\$2300 pp
9 day Flinders & Outback On Demand	\$4600 pp
5 day Flinders & Arkaroola departs Sept 20 & October 11	\$2800 pp
5 day Tumbay Bay departs October 21	\$2115 pp



Desert Sky Tours
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TUESDAY COFFEE WALKERS



Colleen's Coffee Walk along Christie's Creek, Morphett Vale on 17 October

WELCOME TO NEW AND CONTINUING MEMBERS

- | | |
|------------------------|--------------------|
| Cathy Aktanarowicz | Coral Madley |
| Philip & Daniele Allen | Trevor Meclure |
| Mary Argent | Jenifer Milne |
| Heather Bailey | Sharon Moyle |
| Trish Barrett | Trevor Moyle |
| Kaye Borgas | Karen Nangle |
| Lesley Brittan | Jill Noble |
| David Brown | Pauline Osborne |
| Patrice Bur | Gerald O'dea |
| David Butler | Steve Offe |
| Nicola Cecere | Liz Panton |
| Bill Cossutta | Helen Paul |
| Deb Dalton | Christine Paxton |
| Marie Dewit | Gemmell Payne |
| Ann Glover | Ian Roberts |
| Delma Goodale | Ross Rohde |
| Paul Gosztola | Kirsten Roper |
| Julie-Anne Harris | Jodie Russian |
| Karen Hennes | Steve Salamon |
| Edward & Monica Hills | Annette Salt |
| Geraldine & Mark | Jeanette Smith |
| Hintner | Graham Stone |
| Malcolm Hugo | Jane Telford |
| Betty Hutton | Greg Tillett |
| Lisa Iacopetta | John Tymukas |
| Albert Jones | Jan & Roy Williams |
| Peggy Knight | |

BUSHWALKERS

An 'all grades' camp was held in Canberra in October. It was attended by 64 members ranging in age from 58 to over 90. Camp Cottermouth, a Scout Association facility, was the base, providing accommodation for 40 with all meals catered, and the venue for Happy Hour each day. Others stayed at Alvio Tourist Park or in private accommodation. The geographical spread of attendees challenged day-to-day organisation of walks but this was ably managed by the camp committee led by Karen Baker. There were six walks for each of the four grades over seven days, with between 44 and 62 walkers each day. Overall, 334 walks were completed with a total distance of 3701 km.

All walks on the first day incorporated Floriade, Lake Burley Griffin and Anzac Parade. Day 2 was south of the city on Isaac Ridge, through dry bushlands and pine forest, and Day 3 walks centred round the Murrumbidgee River and associated dams. Activities on the rest day spread people far and wide, there is no shortage of places to go, things to see, in Canberra. Groups were back together for Day 4 walks in the Bullen Range and in the vicinity of Tidbinbilla Deep-Space Tracking Centre. Many chose not to walk on Day 5 as it was predicted to be the warmest day of the camp, but those who did enjoyed the Namadji National Park recovering well from the devastation of bushfires in 2003. Flowers were plentiful, in particular Australian indigo, thin leaf pea, Hardenbergia and deep blue Stymandra. The final day walks were in the Tidbinbilla Nature Reserve, incorporating more beautiful eucalypt forest, panoramic views to Canberra or surrounding mountain ranges, and a collection of massive boulders known as Birrigai rock shelter. Excavation of a small



Walkers, Murrumbidgee

floor area here in 1986 found pieces of stone, bone and charcoal from Aboriginal campers of at least 21,000 years before. This was a landmark find as previous Aboriginal occupation was set at only 3,000 years.

As is traditional, everyone gathered for a dinner on the final night, catered by Camp Cottermouth staff. Camp organisers were congratulated and thanked and relatively new member Marco gave an enlightening talk on what happens when someone sets off an EPIRB/PLB (Personal Locator Beacon), an essential item to carry when walking in areas with limited or no mobile phone coverage.

Anthea Magarey



Floriade Flower Festival, Canberra

FOUR WHEEL DRIVE



Cape Jaffa Winery

Thirteen members travelling in five vehicles participated in the 11-day Meningie to Port MacDonnell trip in September. The windy and rather cold weather did not deter exploration of tracks along the Coorong and around Lake Albert on the first day, and in 42 Mile Crossing National Park the following day. The trip continued further south to Kingston for the next night, with a visit to Cape Jaffa Winery for lunch of sumptuous platters and wine tasting. Next stop was Robe for two nights, where the group was joined by several other members. A warm sunny day was welcome for travel in Little Dip Conservation Park on bush and beach tracks, and to Nora Creina Beach. Dinner was enjoyed in the Caledonian Hotel that

evening. Moving again, to Beachport Caravan Park where the group stayed for two nights, enjoying café and hotel meals, and many four-wheel drive tracks in the vicinity. The destination was Port MacDonnell for another two nights, reached via Carpenter Rocks, Blackfellows Caves and Little Blue Lake. The final day took the group into Victoria visiting Ewens Ponds, Donovan's Landing on the Glenelg River, Nelson, and Lower Glenelg National Park, then back into South Australia stopping at Piccaninnie Ponds before the return via a back road to Port MacDonnell, where a farewell dinner was enjoyed at the Victoria Hotel. All up, a 785km trip.

Adapted from a report by Julia Gazzola, trip organiser



4WD Group at Lake George

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TADSA – MAKING LIVES BETTER EVERY DAY

www.tadsa.org.au

E: admin@tadsa.org.au

P: 08 8261 2922

We all know life wasn't meant to be easy, but what can you do when even the simplest things become a challenge? For people living with disability and age-related challenges, the difficulty in independently carrying out routine daily activities can be disheartening. Enter the creative volunteers from Technology for Ageing and Disability SA Inc (TADSA).

For almost half a century TADSA's committed volunteers have been at the forefront of leading innovation, responding to the distinct and unique needs of our community. A ninety-nine percent volunteer driven organisation, TADSA's technical volunteers are willing to go to almost any length to provide improvements in people's lives.

Who are TADSA Volunteers?

TADSA volunteers are people with skills ranging from electronics to fitting and turning and almost everything in between. They are on standby in their backyard sheds, ready to apply their problem-solving skills to any request. Their motto, '*one off solutions to one off problems*' inspired them to build all manner of helpful gadgets, equipment, devices and more over the 44 years since the organisation was officially formed.

Some of the current projects occupying workbenches around Adelaide include a multi-user wheelchair swing, a music table to encourage sound expression, all-terrain modifications to mobility equipment to name just a few.

Volunteer Project Manager, Ralph Drage says projects range from a simple modification to an existing piece of equipment to a whole new design. "We won't make up equipment that's readily available," he explains, but we do respond to the need for customising or fine tuning to suit a person's individual requirements. The cost of materials used in the production and the mileage incurred in visiting clients are reimbursed by the organisation. The work is donated.

Volunteer John Stevens is a retired Fitter and Turner with half a century of work experience in fitting and machining, metal fabrication and hydraulics and he says it was a 'no-brainer' to hook-up with TADSA. "It is a win-win. I get to spend time in my shed, I achieve a great sense of satisfaction knowing that I am contributing to someone's quality of life. It is a meaningful and practical way to continue to be a part of my community."

TADSA currently has 30 active volunteers but with demand growing in all areas TADSA calls on the volunteer skills of retired tradesmen and women, engineers, and other professionals to expand our volunteer base.

What do TADSA Volunteers do?

TADSA Volunteers assess, design, make and or modify equipment to assist people with disabilities and the aged to live independently. These are called 'Projects'.

Throughout a project the volunteer is supported by and works with the Volunteer Project Manager and/or the client's therapist to provide an individualised solution to the client's expressed problem.

Volunteering is not onerous. Time commitment is flexible and there is no specific day and time for this role.

If you would like to know more watch our short [video](https://bit.ly/38EfNiG) (<https://bit.ly/38EfNiG>) about volunteering at TADSA or to talk to a current volunteer about the role please contact Ralph Drage, Volunteer Project Manager 08 8261 2922 or email pm@tadsa.org.au.

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RECENT PROJECTS

Extendable Mobility Aid Rack



Treadmill Handrails



All Terrain modification to Walker

No other organisation provides what TADSA provides and we are proud to be the leading customization service in South Australia, ensuring fit for purpose, fit for life solutions that achieve what the client set out to achieve.



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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

We hope to you hear from you soon 😊

GROUP ACTIVITIES

ART APPRECIATION

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

Monday group: Meets at the coffee shop at **10.15 for a 10.30am** start. Enquiries: **Chris May, 0418 856 332**
No tour in January.

Thursday group: Meets in the atrium near the bookshop at **12.15pm for a 12.30pm start**. Enquiries: **Jennifer* Campbell, 0448 708 735**. No Art Gallery tour in January, but we have a SPECIAL EVENT on Thursday, 11 January at the Adelaide Botanic Gardens. Meet 11.45am for 12pm-1pm visit to Wildlife Photographer of the Year exhibition in the Bicentennial Conservatory. Buy \$8 concession ticket beforehand at the Bicentennial Conservatory. Please phone **Jennifer***. Meet for coffee afterwards.

BOLIVIA

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

BOOK DISCUSSION GROUP

Monthly: Third Friday (in 2024), Retire Active SA Office, 10.30am. Enquiries: **Yvonne: 0452 447 657**
Dec 1: My Brilliant Career, Miles Franklin
Jan 19: My Family and Other Animals, Gerald Durrell
Feb 16: The Crow Trap, Anne Reeves
March 15: Young Mungo, Douglas Stewart

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. Contacts: **Kathryn 0428 194 065, John 0438 523 560**.

C WALKS

DECEMBER 2023

Tue 5: **Stewart 0403 196 061** Mt Crawford, The Twin Peaks
Mon 11: **Andrew 0455 545 246** Onkaparinga Gorge
Sun 17: **Neil 0429 773 800** Glenthorne NP
Sat 23: **Peter 0407 331 699** Cleland Wildlife Park
Fri 29: **Peter 0457 752 785** Morialta

JANUARY 2024

Fri 5: **Ian 0410 007 326** Little Para River
Thu 11: **Peter 0457 752 785** Mt Lofty - Cleland
Wed 17: **Pat & Kerry 0410 194 585** Mt Barker Country Lanes
Tue 23: **Chris 0405 276 361** Torrens Linear Park West
Mon 29: **Jenny 0406 021 977** Pioneer Women's trail, Hahndorf-Crafers

D WALKS

DECEMBER 2023

Sun 3: **Rose 0477 839 880** Delfin Island West Lakes to Ethelton
Sat 9: **Maureen 0420 869 538** Seaford to Port Noarlunga
Wed 13: **Colleen 0435 267 498** North Adelaide
Thu 21: **Sue 8296 5463** Desalination Plant – Hallett Cove Beach
Fri 29: **Jean 0403 660 869** Mystery walk

JANUARY 2024

Thu 4: **Sheila 0406 089 193** SE Parklands & Unley
Wed 10: **Robyn 0438 850 860** Brown Hill Creek loop
Tue 16: **Liz 8352 1636** Torrens to East
Mon 22: **Elizabeth 8294 5805** Sturt Linear Park & Oaklands Wet Lands
Sun 28: **Maureen 0420 869 538** Marino Rocks to Brighton Sculptures

CARAVAN GROUP

Feb 2-9: Goolwa
Mar 15-22: Robe
May 3-10: Maryborough, VIC
June 14-21: Jamestown

The following are to be confirmed:
Aug 2-9: Murray Bridge
Sept 6-13: Renmark

Oct 18-25: Stawell, VIC

Nov 22-29: Meningie

Contact **Gail Field: Group Convenor 0413 282 467** or pr_gm.field@bigpond.com for further information.

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

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.

JANUARY

2: Desalination Plant Lonsdale to Hallett Cove Beach
9: West Beach to Henley
16: Mt. Barker
23: Cox's Creek Bridgewater
30: Tapley's Hill Rd., to West Beach

FEBRUARY

6: South Parklands to Victoria Park
13: Showground railway station to Junction King William St. & South Tce.
20: Linear Park to Walkerville
27: North to East Parklands

MARCH

5: Marino to Brighton
12: Noarlunga
19: Salisbury to Par 3 Golf Course along Little Para River
26: Main North Road to Salisbury via Little Para River

COMPUTER AND TECHNOLOGY GROUP

Meetings are held at Mile End Church of Christ, 2 Danby Street, Torrensville, on the 3rd Friday each month at 10:30am for 11am start.
New members and visitors – please contact our coordinator before, as occasionally we don't have meetings.

GROUP ACTIVITIES *Continued*

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:
Tony: 0407 759 260, **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 ride varies. Every fortnight, rides begin from the Torrens Lake Kiosk (TLK) and are always easy (Dec 13, 27; Jan 10, 24; Feb 7). **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**

FIVE HUNDRED CARDS

Retire Active SA Office, Thursdays, 11.00am to 2.30pm, fortnightly. The last day for 2023 is **14 December** then **fortnightly from 25 January.** Enquiries: **Riet 0459 023 632.**

FOUR WHEEL DRIVE

For general information about the 4WD Group, contact Coordinator **Julia: bigazz052@gmail.com** or **0497 009 129**
See also our web page
<https://rjboth.wixsite.com/arpa4wd-group/social-days-for-2023>

The 2024 program will be decided at the AGM.

GOLF GROUPS

Golf 9 hole: Contact **Wayne: 0418 818 172 arpasagolf@gmail.com.**
Golf 18 holes: competition Mondays, social golf Fridays, contact **Wayne: 0418 818 172** or arpasagolf@gmail.com.

ORCHESTRA

Rehearsals Thursday 10am–12 noon, Cumberland Park Community Centre, 388 Goodwood Road, Cumberland Park.

Enquiries **Lynne: 0409 993 304** or lynneflavel@gmail.com
Our next performance: **3 December.**
Performances for 2024: 7 April, 23 June, 15 September, 1 December. All performances are held at the Cumberland Park Community Centre. Cost \$15 at the door, cash only.

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 monthly allowing us to shoot photos at our leisure during the month. Enquiries: **Rod: 0408 258 919.**

PLEASURE FISHING

Pleasure Fishing Group trips for 2024:
12 to 17 March Point Turton Caravan Park.
29 April to 5 May Renmark Riverbend Caravan Park.
TBA June Arno Bay and Elliston
13 to 20 October Point Turton Caravan Park.
For further information contact **Paul and Jeanette Martin: 0429 678 536**
trilby16@bigpond.com.

RADIO PLAYERS

Mondays 10am – 1pm Mile End Church of Christ Hall, 1 Danby Street Torrensville. Enquiries: **Ian: 0427 791 441** or **John G: 0404 555 808**

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 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. Come and try sessions will be offered early in 2024.
Contact: **Mike: mike.thurston52@gmail.com**

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 4th Tuesday of the month, at the Retire Active SA Office, level 4, 25 Leigh St, Adelaide.
No meeting in January.
Enquiries **Elizabeth 0438 843 066** or **Lorraine 0427 093 839.**

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.



**Retire
Active
SA**

**RADIO
PLAYERS
"FOR HIRE"**



Do you live in a retirement estate or village or are you a member of a community group such as Probus, Lions or Rotary?

- ❖ Radio Players can be engaged to entertain you and your group with an hour-long performance, reflecting the wonderful good old days of radio.
- ❖ We write our own plays and sketches, which include music and sound effects.
- ❖ Our commitment to providing you with an hour of fun and entertainment at your venue is 100%.
- ❖ To help cover the cost of our equipment and production expenses we charge a fee of \$100.

For bookings and other enquiries please contact:
Denise Harris 0451 070 602 or Jan Sutherland 0439 394 905

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

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To book tickets:
<https://capri.org.au/events/>
www.capri.org.au or phone 8272 1177

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

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 rd 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
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