

Connect



**Retire
Active
SA**

MARCH 2022

ISSUE # 02



- COUNCIL MATTERS ● TAPLINERS ● CHOIR
- RETIRE ACTIVE SA ORCHESTRA
- GOLF ● TRAIN THE BRAIN
- BUSHWALKERS ● GROUP ACTIVITIES
- DISTRICT GROUPS
- LUNCH TIME TALKS ● CLASSIFIEDS

CONTENTS

Council Matters	2-3
New Members	3
Group News	4-7
Group Activities	8-10
Classifieds	8
Capri Giveaway	11

Editor: Anthea Magarey

Level 4, 25 Leigh Street, Adelaide
PO Box 8247, Station Arcade, SA 5000

Retire Active Office: 8211 9711

Email: info@retireactivesa.com.au

Website: www.retireactivesa.com.au

Facebook: <https://bit.ly/31aJVAQ>

OFFICE HOURS

9.30am to 2.30pm Tuesday – Friday

ABN: 93 661 993 592 Disclaimer:

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News

ACCOUNT DETAILS

Australian Retired Persons Assoc. (SA)
Inc. BSB 105 022 (Bank SA)
Acc No: 112785540

NEWSLETTER PRODUCTION DATES 2022

June: Deadline for items is Monday 2 May, folding day is Thursday 26 May;
September: Deadline for items is Monday 1 August, folding day is Thursday 25 August.

RETIRE ACTIVE COUNCIL 2021-22

President: Anthea Magarey

Vice-President: Barry Apsey

Treasurer: David Eitzen

Secretary: Han Tin French

Group Liaison: Elizabeth Alvey

Members: Lesley Schoff, Marilyn

Yemm, Allan Jameson, Liz Watson

www.retireactive.com.au

For all information on groups,
membership application and
renewals.



COUNCIL MATTERS

by

Anthea Magarey

President Retire Active SA

The latter part of 2021 was a busy time for Retire Active SA. In line with the relaunch, all documentation has been reviewed and is being updated. We have sought assistance in developing our Facebook and e-bulletin templates to reflect the new look, while renaming and reformatting our newsletter. We appreciate that the first issue of Connect was not ideal and thank those members who provided feedback. You will find this issue, while retaining the new look, is much more readable. All these avenues of communication are important for keeping members informed and for showcasing the breadth of activities that Retire Active SA provides. However, we need members to be proactive in providing stories and photographs for sharing. A few lines and a photo twice a year from each group would provide plenty of material.

A continuing challenge is to attract new members. Every member can play a role by identifying opportunities to promote the activities of Retire Active SA to individuals and groups (Jessica in the office can readily provide flyers). The Tapliners are providing 'Come and Try' sessions on Mondays (see page 4), other groups might consider 'Bring a Friend' days or similar. We know social connectedness is a key strategy for maintaining mental health. Many retired people have become isolated and lonely as a result of COVID and would benefit from joining a Retire Active SA Group. If you know anyone in this position organise to bring them to a group activity. Although they may need a little persuasion, I am sure they will appreciate the companionship. Council would welcome member ideas regarding promotion or to hear from anyone who would be willing to join a working group.

Attracting sponsorship is another area for attention this year. Once again Council would welcome member ideas and assistance from anyone with experience in this area. You do not have to be on Council to make a contribution.

Considerable work has been undertaken through January to complete installation of new office computers, purchased last year, to repair identified difficulties and to ensure administrator rights are held by the Office Administrator.

Photo Front Cover: Retire Active SA Orchestra with world-renowned conductor Nicholas Braithwaite

COUNCIL MATTERS *(continued)*

This will make operations more efficient for both Jessica and the volunteers. A particular thank you to Richard Laycock for the many hours he devoted to this work, and to David French.

Council has recently renegotiated the lease of our current space for a further 3 years. We anticipate Walking SA will continue to sub-let the room they currently occupy.

I had the pleasure of attending the Golf Group AGM in mid-November. I had an enjoyable, albeit poorly executed, game of golf before lunch in the clubrooms at North Haven Golf course and the formal meeting. About 30 members were in attendance. There are 51 members who play regular Monday competition golf, an increase of 5 from the previous year. This is a well-run and happy group, with comprehensive reports presented, all committee positions filled and a complete program for 2022 provided. Any level of golf is acceptable and new members are always welcome. Later in November I also attended the Caravan Group AGM at the Christies Beach Caravan Park. I was made most welcome over a sausage sizzle lunch which preceded the well-run meeting. It was a pleasure to be part of this very happy group, and to see the support and appreciation the members give their committee members.

Council was delighted to learn before the summer break that Jessica is expecting her first child in May. She will be taking 6 months maternity leave from the end of April. Negotiations are in progress to appoint a replacement to cover Jessica's leave.

Unfortunately, the uncertainty of COVID continues to hang over daily life, however attention to personal hygiene and social distancing, maintaining vaccination status as boosters are recommended, and staying home if unwell, will increase everyone's chance of staying free of both COVID and influenza. If you are well, there is no reason not to participate in activities, and many good reasons to maintain social connections, and activities to keep the mind and body healthy.

NEW OFFICE HOURS 09.30 am to 2.30 pm Tuesday to Friday



www.retireactive.sa.com.au

for all information on groups, membership application and renewals

visit us on

[Facebook](#), [Instagram](#) and [Website](#)

WELCOME TO THE FOLLOWING NEW AND RETURNING MEMBERS

Paula Bell
Philip Biggs
Gail Billingham
David Budge
Philip Butterworth
Robert Case
Dana Castenetto
Andrew Chapman
Helen Chia
John De Lapp
Eddy Densley
Allan and Pamela Duerden
Susan Eliby
Steven Florea
Rosemary Frost
Mandy Irving
Grace Johnson
Stewart Kennedy
Pauline King
Geetha Lahiff
Serik Marshall
Annette McManus
Stephen and Kathy McMaster
Naomi Miller
Liz Morris
Paul and Eileen Munslow
Leo Ost
Laura Paru
Susan Perera
Louise Roberts
Peter Roke
Hazel Schuller
Dianne Singleton
Helen Skinner
Craig Smith
Mark Tamlin
Christine Walker
Marjorie Walker
Carolyn White
Ruth Zarazinski

GROUP NEWS

TAPLINERS



Come and Try Tap Dancing

Mondays 1.30 - 3.00pm. One of our most dynamic groups, the Tapliners and Variety Concert group is pure fun, frivolity and fitness! From advanced to beginners (with no prior experience), this group is perfect for those who are dance-lovers, or simply wish to do something new and exciting! 'Come and try' sessions are being offered from March at the Enfield Community Centre, 540 Regency Rd Enfield, Bus stop 18 on Ring Route. This is your chance to have fun, nurture a new skill and meet friendly, like-minded people. For more information, simply call **Lorraine on 8269 3915**.

CHOIR

New Members Always Welcome

The choir will be in recess until Easter owing to COVID.

We are a four-part SATB choir that sing a variety of music, from golden oldies to arrangements of popular musicals. Practice is held every Thursday from 10am to midday, at the Theosophical Society building at 310 South Terrace, Adelaide, just west of Hutt Street.

We love to give concerts at nursing homes, retirement villages and community centres - COVID permitting.

Contact Helen 0420615505 or Fran 0428537688.

TENNIS EAST

New Players Wanted

We are seeking new players to join our group. Are you or any of your friends interested in playing tennis with our group at Broadview Tennis Club, Myponga Terrace, Broadview on Tuesday and Thursday mornings? Some previous tennis experience is required since we have no coaching facilities.

Contact Bill 8267 6674, John 04222 107 023 or Kay 0418 850 972.



RETIRE ACTIVE ARGY-BARGY BUSH BAND

Seeking New Talent

We have been quite active since the birthday celebration in November. Before Christmas we played for the Ladies Probus Club of Colonel Light Gardens, at the Allity Nursing Home in Ridgeway, and at the Fullarton Lutheran Homes. We played for Australia Day at the Stockland Hillsview Retirement Village in Happy Valley, but needed to

cancel the scheduled concert at Eldercare Allambi in Glengowrie. We have seven performances scheduled for the next three months.

Because of the uncertainty of the impact of Covid on our membership, and to allow members to take holidays and travel without affecting the

band's ability to fulfil its performing commitments, we are actively looking for new talent, especially singers with or without instruments, and any players of folk instruments. The band performs traditional Australian songs and tunes and has daytime performances for seniors' clubs and community



groups, in lifestyle villages and aged-care facilities. We generally perform two concerts a month and practice on the 2nd and 4th Tuesday afternoons of

the month at the Eastwood Community Centre. Anyone interested in trying out for the band should contact Rob on **0427 824 658**.

Booking enquiries should be directed to Ute on **0409 391 586**.

THE CUMBERLAND PARK RETIRE ACTIVE SA ORCHESTRA

With the second Covid-ridden year under our belt, how did we cope musically? Surprisingly, very well, especially through the latter half of the year. Dodging lockdowns and a November drenching rain, the Orchestra, with the ARPA Radio Players, Tap-liners and Bush Band, triumphantly opened the ARPA

40th birthday and rebranding celebration. Nothing dampens the enthusiasm of active retirees!

Then, a few weeks later, our conductor took a short trip to WA and secretly replaced himself with Nicholas Braithwaite, a world-renowned

conductor. To our great delight Nick, with his customary encouraging manner, guided us through the four movements of Bizet's 1st Symphony. For us humble, aging musicians that experience would have to be the highlight of the year. (See photo front cover)



But there was more to come. Our final concert, again a few weeks later and appropriately titled 'Peace and Tranquillity', featured three fine soloists. Jeffrey Kong on our grand piano performed the Adagio movement of Ravel's piano concerto, Roland our conductor switched roles to play the beautiful Massenet Meditation

on violin and Steve Eads, with his liquid gold saxophone tone performed the Aria by Bozza. Our serene concert was a fitting close to a year of press, political and 'screen time' noise.

Will 2022 bring us closer to our old normal? Judging by the past few weeks, no. But then, as Retire Active SA members, we

have our music, dance, plays, bushwalking, cycling, caravanning, gardening, golfing, fishing, table tennis and a host of other stimulating and challenging fun activities, to lift our spirits.

Bill Eime
President, Cumberland Park,
Retire Active SA Orchestra

GOLF



The Golf Group has been active throughout the festive season. In December, 54 members and partners had a great time at the Regency Tavern enjoying Christmas lunch and the annual Presentation Day. On Monday 10 January, 28 players participated in a Stableford Competition at The Vines Reynella Golf Club.

Every Monday is competition day with rounds held at a number of courses. In 2022 these are The Vines, West Beach Patawalonga, North Haven, Regency, Tea Tree Gully, North Adelaide and Echunga. Apart from Competition Golf we also offer two days of purely social golf, on Wednesdays at Regency and Fridays at West Beach.

Currently there are over 50 members who live as far away as Normanville in the south and Munno Para in the north and everywhere in between. New members are always welcome.

Wayne Seaton
Coordinator, Retire Active SA

BUSHWALKERS

After two years of aborted camps (2020 due to bushfires, 2021 due to COVID) members were pleased to get back to Victoria's high country. This year camps were held at Mt

Buller. Seventeen B and C walkers were the first to occupy the Schuss lodge in the ski village from January 6 - 14 and were followed by sixteen A and B walkers, January 15 to 23. Both camps were organised by

Andrew and Elaine Davies and comprised the usual format of 3 walk days, a rest day and 3 more walk days.

After very misty and damp weather on the first day the weather remained fine.

Participants enjoyed challenging walks of steep ascents to peaks and ridgetops which were rewarded by expansive views, but followed by precipitous scree slope descents. Slightly easier walks traversed beautiful mountain ash forests, or ran beside cool, clear, flowing rivers, passing through ferny glades and incorporating log bridge crossings or simply wading through the water. Informative plaques provided some history

of the early settlers and of several old bushman huts, also describing how the trees were cut and milled.

The variety of flora and fauna was appreciated. Towering eucalypts made way for gnarled snow gums on the upper slopes, many different alpine flowers were identified with something new each day, Gang-Gang cockatoos and many other birds

were heard, swifts and wedge-tailed eagles sighted, and snakes encountered. At the end of each day the comfort of the lodge was enjoyed, with the usual celebratory dinner to mark the end of each walking week. (A precis from reports by Keith Pheasant and Dana Florea.)

Photos on back cover

TRAIN THE BRAIN



Monthly meetings (the third Monday of each month, if it is not a public holiday) from 12.30 - 2.30 in the Activity room on the 4th floor at the Retire Active SA office, resumed on February 21. Next meeting is March 21. Bring your lunch to eat as we gather. \$4 covers costs and room hire.

People come to **Train the Brain** to keep their brains active, not to show off how brainy they are.

Some enjoy numbers, some enjoy words, some are challenged by lateral thinking or concentration. The atmosphere is not competitive; we just ask attendees to come with an "I'll give it a go" approach.

You are welcome to come along and see for yourself.

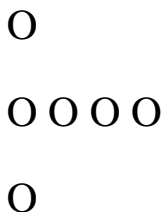
Elizabeth: 0438 843 066, or Lorraine: 0427 093 839

Here is something to think about in the meantime:

Arrange 6 coins as shown below.

Move only one coin so that you end up with four coins horizontally and four coins vertically.

Answer in the next issue of Connect.



FORTY REMARKABLE YEARS

If you would like to purchase this amazing history of ARPA contact the Retire Active Office on 8211 9711 or Peter Williams at pgawilliams@googlemail.com

**NOW AVAILABLE
\$12 CASH
FORTY REMARKABLE YEARS
(the story of ARPA, 1981-2021)
By Peter Williams**



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 – 12pm	\$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	John: 0405 208 891	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	Connie: 8248 6091 Colin: 8449 7695	Card Games, Board Games, Indoor Bowls, Raffles, Day Outings, Lunches
Modbury	Modbury North 1 40 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

Classifieds

Cost: \$3.00, GST inclusive PER LINE (or part line)

Billed after publication. Please send copy to

info@retireactivesa.com.au

BUDGET WATERFRONT GETAWAY Stunning beach.

Huge balcony suite from \$95 dble. Conditions
or House accom 10. Courtesy cars. Discount wine.

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.

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.

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.

PERSONALISED 4WD Itinerary 2022 ! With Hotel Accom & All Meals!

5 day Mungo/Hattah NP departs March 23	\$1975 pp
9 day Back O' Bourke departs April 4	\$3985 pp
3 day Lake Eyre (incl plane departs on demand (flight)	\$1950 pp
9 day Painted Desert departs April 30	\$3985 pp
7 day Coongie Lakes departs May 16 & June 14	\$3200 pp
9 day Birdsville/Innamincka departs May 30	\$3985 pp
12 day Longreach/Winton departs June 27	\$4750 pp
9 day Birdsville/Windorah departs July 25	\$3985 pp
9 day Head Of Bight Whales departs August 20	\$3850 pp
5 day Gawler Ranges departs September 1	\$2050 pp
8 day Flinders & Outback departs September 10	\$4200 pp
5 day Flinders & Arkaroola departs September 24	\$2540 pp
5 day Tumby Bay departs October 17	\$1900 pp
4 day Kangaroo Island departs Nov 7	\$2300 pp



Desert Sky Tours
0419 502 332

PO Box 683 Glenelg SA 5045
email - enquiries@desertskytours.com
Website - www.desertskytours.com

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: 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: **Janet: 8235 0113**

March (Thursday 10 / Mon 28):

Trailblazers: Australian Women Artists in Europe and Beyond.

April (Thursday 14/ Mon 25): 2022

Adelaide Biennial of Australian Art, Part 1

May (Thursday 12 / Monday 23): 2022

Adelaide Biennial of Australian Art, Part 2

Note: Due to Art Gallery number restrictions the Monday group cannot take new members at present.

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, 1.00pm. We do not meet when the temperature is 34°C or over on the ABC weather forecast on the previous evening. Enquiries: **Yvonne: 0452 447 657**

March 4: Lee Harper, The Lost Man

April 1: Bri Lee, Who Gets to be Smart (NF)

May 6: Margaret Atwood, The Heart Goes Last

June 3: Heather Sheard and Rut Lee, Women at the Front (NF)

July 1: Geraldine Brooks, The Secret Chord

August 5: Sara Krasnostein, The Trauma Cleaner (NF)

BUSHBAND

2nd and 4th Tuesdays. Eastern Community Centre. Enquiries: **David: 8277 5676** or **Lorraine 0405 818 849.**

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 membership 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 ARPA Bushwalkers and participating in other Bushwalker activities. For further information:

www.retireactivesabushwalkers.org.au/membership. Contacts: **Phil: 0417 848 070, Monique 0431 826 605, John 0427 182 584.**

C WALKS MARCH

Saturday 5: Ian: 0410 007 326 Barossa Goldfields.

Thursday 10: Anthony: 0408 743 648 Cleland CP.

Mon 14: Neil: 0429 773 800 Field River,

Tuesday 22: Bob: 7329 8296 Sturt George.

Monday 28: Kerry: 0410 194 585 Kidman Trail.

C WALKS APRIL

Friday 1: Carol: 0428 882 239 Onkaparinga River.

Thursday 7: Joan: 0429 672 897 Kingston Park.

Tuesday 12: Paula: 0409 094 773 Belair NP.

Monday 18: Neil: 0429 773 800 Happy Valley Reservoir.

Monday 25: Sandy: 8391 3643 Charleston.

D WALKS MARCH

Tuesday 1: Simone: 8337 1296 Kingston Park to Hove.

Monday 7: Joan: 8334 6287 Cobbler Creek.

Saturday 12: Sheila: 8373 6145 Fullarton/Urrbrae.

Friday 18: Colleen: 0435 267 498 Highbury to Paradise.

Thursday 24: Sue: 8296 5463 Seaford,

Tuesday 29: Aileen: 0417 297 810 Pinera to Mitcham.

APRIL

Monday 4: Rose: 0477 839 880 West Lakes.

Thursday 7: Heather: 0488 051 440 Kingston Park.

Thursday 14: Maureen: 0420 869 538, Old Noarlunga.

Wednesday 20: Liz: 8352 1636 Mt Lofty to Crafers.

Friday 29: Sue: 8296 5463 Glenthorne to Seacombe Road.

CARAVAN GROUP

All venues are dog friendly.

March: Friday 18 – Friday 25 Berri.

Contact **Gail Field: (Group Convenor) 0413 282 467** or pr_gm.field@bigpond.com

COMPUTER AND TECHNOLOGY GROUP

Meetings are held at Mile End Church of Christ, 2 Danby Street, Torrensville, on the 3rd Friday each month at 11am. For further information contact: Secretary **Lesley: 0488 661 931**

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

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 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.'**

"Decide on the day weir / kiosk rides" are the best option for a 'come and try' ride.

March 2: Amy Gillett Bikeway with scenic country-road loop variation. 34kms, flat, easy, suits all bikes. **Ros: 0448 741 556**

March 9: Decide on the day, TLK

March 16: Fiona's Ride in Kuitpo Forrest. 32 Kms. **Fiona 8383 7199 or 0415 832 511**

March 23: Decide on the day, TLK

March 30: Crafers West Hills. 35kms, mainly hills! **Jo: 04332 429 922**

April 6: Decide on the day, TLK

April 13: The Summit. **Phil: 0408 841 141**

April 20: Decide on the day, TLK

April 27: Willunga Loop. **Danny: 0400 836 064**

May 4: Decide on the day, TLK

May 11: Goldfields – Echungga & Meadows. Best for wide tyres (Hybrid or MTB) **Patsy: 0439 332 533**

May 18: Decide on the day, TLK

May 25: Skye and beyond, suit all bikes **Chris: 0417 816 074.** Information may change, always check with the ride leader.

FIVE HUNDRED CARDS

Retire Active SA Office Thursdays, fortnightly from Thursday 24 February. Enquiries: **Riet 0459 023 632**

FOUR WHEEL DRIVE

For general information about the 4WD Group contact Coordinator **Keith: 0498 083 341** or kdwatkins@ozemail.com.au See also our webpage: <https://rjbothwixsite.com/arpa4wd-group>. For further details of the following 2022 events contact the nominated leader.

March 4: Carrick Hill visit. **Pat: 0473 747 265**

May 17 to June 2: Binns Track trip part A
Neil: 8270 2957

Late June: North Qld tag along with **Craig 8536 4531**

September 13-19: Kangaroo Island. **Julia: 0497 009 129**

October: Bendleby Ranges. **Kent: kentmakin@hotmail.com**

October 17 to November 1: Binns Track trip part B. **Neil: 8270 2957**

November 8: AGM

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**

GOLF GROUPS

Golf Par 3: Coordinator **Bill: 8272 3016** or **0403 812 309** or biro@iinet.au

Golf 9 hole: Contact **Wayne: 0418 818 172** arpasagolf@gmail.com.

Golf 18 holes: competition Mondays, social golf Fridays, contact Wayne as above.

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 via Zoom at 10.30am 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. Enquires: **Rod: 0408 258 919.**

March Tuesday 8: Head and shoulders portrait photography.

April Wednesday 13: High and low key.

May Tuesday 10: Zoo or wildlife.

June Wednesday 8: Through the glass.

LUNCH TIME TALKS IN 2022

2022 has started with restrictions on travel and gatherings, as well as some unusual summer weather. As things are settling

July Tuesday 12: Free choice.

August Wednesday 10: Flash/light photography.

PLEASURE FISHING

March 20 to 27: Pt Turton

May 15 to 22: Marion Bay

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**

SOCIAL GROUP

All Retire Active SA members welcome. We meet monthly to enjoy a meal and conversation at various venues around Adelaide. To join, contact the host for the particular event of interest. Please note that venues may need to change. **Bookings are essential:** Please leave a message with your name and number if call not answered.

Please arrive in time for the start time of 12.30 pm and wear your Retire Active SA badge.

March Wednesday 16: Semaphore Hotel, 17 Semaphore Road, Semaphore. Host: **Val: 0400 225 465**

April Monday 11: Flagstaff Hill Hotel: 1497-1503 Main South Road, Darlington. Host **Carol: 8294 6716**

May Tuesday 17: Robin Hood, 315 Portrush Road, Norwood. Host: **Dianne: 0419 857 882** or arpasocigp@gmail.com

June Tuesday 13: Walkers Arms, 36 North East Road, Walkerville. Host: **Marie: 0478 123 618** nanmudge@gmail.com.

July Wednesday 13: Morphett Arms, 138 Morphett Road, Glengowrie. Host: **Carol: 8294 6716**

August Monday 15: British Arms, 58 Finnis Street, North Adelaide. Host: **Marie: Text 0478 123 618** or nanmudge@gmail.com

Cancellations: If you booked, but subsequently cannot attend, please let your host know as soon as possible.

down the Lunch Time Talks will resume in April with an interesting talk each month. Details of the Talks will be in the e-Bulletin or available from the office. The current organisers (Jan, Milton and David) are

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 mornings from 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: **Bill: 8267 6674** 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: Scott: 0437 716 028**.

TRAIN THE BRAIN

Retire Active SA Office 3rd Monday every month from 12.30 – 2.30. Enquiries Elizabeth 0438 843 066 or Lorraine 0427 093 839.

seeking some helpers. If you would like to be involved in arranging the Talks, please contact the Retire Active SA office.

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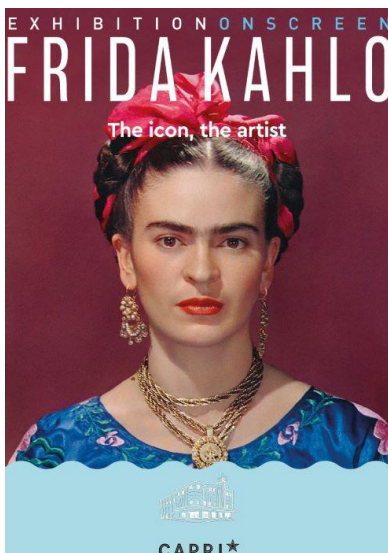
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CAPRI THEATRE GIVEAWAY

2 Double Passes for Exhibition on Screen – Frida Kahlo (encore)
Sunday 13th March at 4.00pm The Capri Theatre, Goodwood

This highly engaging film takes us on a journey through the life of one of the most prevalent female icons: Frida Kahlo. She was a prolific self-portraitist, using the canvas as a mirror through all stages of her turbulent and, at times, tragic life. Guided with interview, commentary and Frida's own words, EXHIBITION ON SCREEN uncovers that this, however, was not a life defined by tragedy.

Featuring key exhibitions and interviews with world-renowned Kahlo curators, EXHIBITION ON SCREEN explores the extraordinary symbolism and themes in these personal canvases to seek a deeper understanding of the real Frida Kahlo.

Displaying a treasure trove of colour and a feast of vibrancy on screen, this personal and intimate film offers privileged access to her works and highlights the source of her feverish creativity, her resilience and her unmatched lust for life, men, women, politics and her cultural heritage.

To go into the draw for a double pass contact Retire Active SA Office:
8211 9711 or info@retireactive.com.au
by Wednesday 9 March



B/C Walkers resting



A/B Walkers resting



A Walkers on a rocky ascent



A long ridgeline ahead for A Walkers



B Walkers on a rocky descent



A Walkers on the High track

Mt Buller

Photos provided by Dana Florea and Andrew Davies