

Connect

JUNE 2023

ISSUE # 06



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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ACCOUNT DETAILS
Australian Retired Persons Assoc. (SA) Inc. BSB 105 022 (Bank SA)
Acc No: 0112 785 540

NEWSLETTER PRODUCTION DATES
September 2023: Deadline for items is Thursday 31 August 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
For all information on groups, membership application and renewals.

Photo Front Cover: Molly Radakovitca, Tapliner Celebrating 90 Years Young

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 or telephone: 8211 9711
Nominations must be received in the office by Wednesday, 9 August 2023.
Council members are expected to use email communication.

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 SERVICE AWARDS 2023

Many groups have their own system of rewards. The idea of a Retire Active SA Service Award is to recognise those individuals who have made a significant contribution to the functioning of a group, including its wider activities, or to the overarching activities of the organisation (e.g. office volunteer, Connect production, Council member), and hence to the overall success of Retire Active SA.

Nominations will be called for in July through Group Coordinators. Nominees require a proposer and seconder, one of whom must be a Council member or Group committee member. If you know someone worthy of this award, please contact your Group Coordinator or a Council member.

Awards are presented at the Annual General Meeting.

For complete terms and conditions contact the office on 8211 9711, or info@retireactivesa.com.au

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



COUNCIL MATTERS

Kevin Dennis

President Retire Active SA

I have been a member of Retire Active SA for a couple of years now and joined council at the last AGM. I put my hand up for president in December because someone had to do it, that's the way volunteering works apparently. After having planned holidays and COVID in that order since the beginning of the year I have finally been able to string together two Council meetings in a row and start to understand how the association works. My interactions with Council and the Group Liaison Committee have opened my eyes to the complexity of the organisation, its problems, and a glimpse of the future. The future can be as bright as we want it to be so let's band together and help the association thrive.

Unfortunately, between publications the choir group disbanded because it was not able to find a new musical director. Despite expending an enormous amount of effort to find a new music director over a two-year period it was all to no avail. The Retire Active Council would like to thank Helen Abraham for all her dedication and for the work she has put into the choir group to make it function over the past years. The council would also like to thank those members who have contributed to the success of the group and for the happiness and delight they brought to the many they have serenaded over the years. Luckily most of the members who want to continue singing have found other groups that foster similar interests. The group will reunite one more time for coffee and recollections before signing off.

Like many organisations or groups, the lack of volunteers is stifling development and causing organisations or groups that were once institutions to close their doors depriving people of the social and physical interactions required to continue to age well. The Council as you are aware struggled to fill positions at the last AGM, the role of president remained unfilled until December. We are grateful to past president Anthea Magarey for enabling Council to

continue functioning. Volunteers are the life blood of organisations like ours: so, if you can spare some time to help around the office, provide some IT helpdesk support, help with sponsorship discussions or some other facet of our organisation, that would be much appreciated.

Members would have seen an article in the recent e-bulletin calling for IT support. Council was hoping that we could recruit a posse of help desk support people to provide Cintia and her volunteers with IT support. This is needed in all aspects of IT from hardware problems to software malfunctions. Cintia does a marvellous job in working through these problems but a friendly voice on the end of a phone offering advice would help her immensely. So, if you are interested and want to help, please contact Cintia.

Council recently passed a motion to move towards a greener office environment, first steps are to tackle the usual suspects, paper use, utilities and the move toward digital processing and information sharing. Where possible all transactions between members and administration will be digital, including membership renewal, Connect, and other information that Retire Active SA sends to you from time to time. So, if you can, please help us help the environment and transact with us electronically.

The other change you may have noticed is that we are dispensing with the PO Box as we have a perfectly good letter box in the foyer to use. So, if you have not already changed the postal address over in your telex the new address is as follows:

**Level 4, 25 Leigh Street,
Adelaide 5000.**

Council is looking for a new insurance guru since our resident insurance expert Peter Williams has hung up his hat. Peter has managed our insurance portfolio for the last 9 years providing council with the confidence that our insurance arrangements match our

needs. Peter will tackle the insurance brokers one last time this June to get the best deal for the organisation. Council would like to thank Peter for his dedication and attention to detail during the time that he has spent working with council and the Group Liaison Committee in various roles since 2008. There is a job advertisement in this edition of Connect for anyone who would like to manage our insurance, Peter has assured me that he is willing to mentor and provide support for the successful applicant.

Council is working on some interesting sponsorship and partnership ideas, so watch this space for news. Council would like to welcome Holiday Explorers on board as a sponsor. Holiday Explorers was started 35 years ago when there was a need to provide social support to people with Intellectual disabilities and in 2018, it expanded into Aged Care. "Holiday Explorers"

goal is to provide support to connect with like-minded people and experience social connection reducing loneliness and isolation. Council appreciates the support of all our sponsors and partners that help enable Retire Active to meet the objectives of the Association.

You will see notification of the AGM to be held on the 27 September and a call for members to join council. Please consider a role on council either for yourself or encourage someone else to nominate. If you want to chat about what's involved, please feel free to contact any Council member or myself on email president.retireactive@gmail.com.

"Volunteers do not necessarily have the time; they just have the heart."

Elizabeth Andrew



**NATIONAL VOLUNTEERS WEEK
15-21 MAY**

Retire Active is entirely run by volunteers – all our activity groups are led by dedicated volunteers; our volunteer Councillors guide the organisation policy and administration; and our office is manned by volunteers, ably led by Cintia, Office Administrator, the one and only paid part-time staff member (and Cintia puts in many more hours than she is paid for at Retire Active).

**A very big THANK YOU
to all our amazing volunteers!**

We are seeking an individual/individuals with IT skills who can provide support to our Retire Active Office. Specifically, someone knowledgeable in the area of Help Desk Support.

Our previous IT support person retired a year ago due to personal reasons and we are looking for a reliable replacement who can assist us when needed.

If you would like to help, please email Cintia at the office on info@retireactivesa.com.au

INSURANCE! –

HAVE YOU BEEN AN INSURER OR A BROKER?

DO YOU KNOW ANYTHING ABOUT
INSURANCE?

**'JOB' VACANCY: Member Responsible for
Insurance Matters**

The member responsible for Retire Active SA's insurance program has decided to retire after nine years. The Council of Retire Active SA is now looking for a volunteer to replace him. Ideally a candidate should have an insurance background, but someone who has owned or worked in a commercial business environment or for a not-for-profit organisation may have acquired knowledge of insurance cover along the way.

While the current incumbent is willing to mentor his replacement, anyone interested in this position should be aware that Retire Active's insurances are handled by a firm of friendly insurance brokers that has been dealing with us for many years.

Please apply to Liz Watson, Secretary of Retire Active SA Council, by email to liz.watson@live.com.au



DO YOU HAVE CHSP FUNDING?

REDISCOVER THE JOY OF ADVENTURE

Enjoy interstate holidays, outings to the Adelaide Hills, social activities & more with the support of our organisation.



Our volunteers will provide support with medication, mealtime management & access during your outing.

69 Edward Street, Norwood 5067
Phone: (08) 8331 2399
reception@holidayexplorers.com.au
www.holidayexplorers.com.au



MOLLY RADAKOVITCA'S STORY (Front page story)

I was born Molly Lettice Perris in the village of Saltaire in West Yorkshire in July 1933; the middle of five children, I was quite unwell when I was young and spent a couple of years in an out of hospital, so much so that my parents were told that I may not live to celebrate my 5th birthday. I feel very lucky to have witnessed such advances in medical science during my lifetime and be able to celebrate my 90th year.

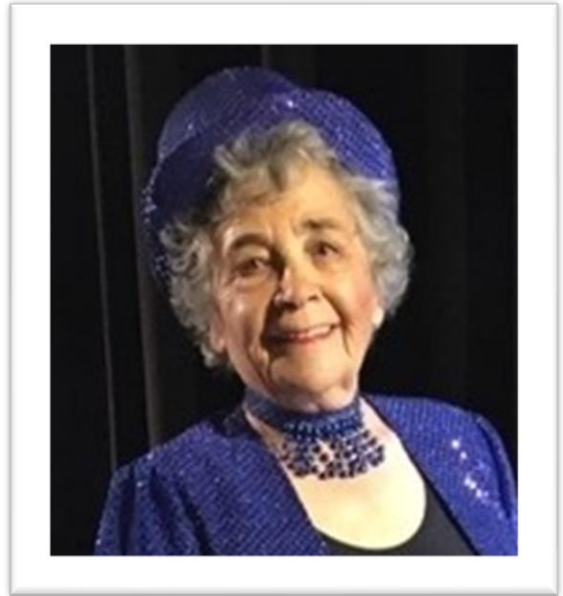
Each of my siblings and I were encouraged to pursue a form of music or dance and with my three brothers, Brian, Peter and Michael all following a musical path, my sister Audrey and I developed our love of dance from an early age.

At around 11 years of age, I auditioned to join "The Sunbeams" and was thrilled to be selected, especially as each girl had to meet strict height criteria, be in "perfect health" and have evidence of six months' regular attendance at school! I just squeezed into the height requirement and was the smallest girl in our troupe.

The Sunbeams were a group of junior dancers chosen by well-known local impresario Francis Laidler to perform at his Alhambra Theatre in Bradford. Each of the girls had matching bobbed haircuts and they were regarded as "a ray of sunshine in the darkness of the war years". I'm pleased to say that the tradition of the Sunbeams has carried on at the Alhambra Theatre for many years. Over time, many famous people have performed at the Alhambra, including Laurel and Hardy, The Beverley Sisters, Peter Sellers and Morecambe and Wise. We were always a little star struck to meet the famous people who performed on the stage but they were always very kind to the Sunbeams.

I have so many happy memories of my time dancing with the Sunbeams and regularly catch up with some of them when I visit Yorkshire.

When my children were little, I spent four years studying for a City and Guilds Degree in French Cooking and was employed in various schools, which meant I had school holidays off and was able to be at home with the family. We spent many happy holidays travelling through Europe to visit family in Yugoslavia and we were often accompanied by friends and family keen to experience European culture. Local families



would accommodate us in their lovely farmhouses and on one occasion we had 14 people in our group. It's certainly given us all a love of travel, which now extends to my grandchildren who are keep to follow their heritage.

I emigrated to Australia in 1975 with my husband Dushan and children Kristina and Mark and we settled in South Australia. I worked at Wilderness Girls' School as the cook for the boarding house until I retired and I was often being asked for recipes by parents of the girls who apparently complained that their mothers' meals "*weren't as good as the ones that Molly cooked!*" I now have five grandchildren and two great-grandchildren and we have a weekly family dinner where I still enjoy cooking a homemade meal for them. I've also made their birthday cakes from age one, including one for my grandson Tristan, who recently turned 34!

With little time or opportunity to dance, it wasn't until after Dushan died in 2007 that I explored new hobbies. I joined a Strength for Life class run by COTA as well as a basic computing course. One of my classmates told me and my friends Ann, Joyce all about the local "Tapliners" classes only minutes from my home and I loved the lessons from the moment I joined. When I was lucky to receive the "COTA Positive Ageing Award for Outstanding Strength for Life Client" in 2016, my introduction included mention of my tap dancing. Afterwards I was approached by a man in the audience who asked if he could book the "Tapliners" for a concert at the nursing home he was associated with. Some 7 years later, we still perform concerts there! It's very rewarding to see people with dementia and

other illnesses who can still recognise a tune and tap their feet when we perform.

My daughter Kristina and I now live together and one of our favourite pastimes is attending music concerts I feel blessed to be still be fit enough to attend the weekly tap-dancing classes with the "Tapliners" and perform at our regular concerts. The wonderful camaraderie amongst all the ladies is a bonus of the dancing.

and theatre productions. We still feel there's nothing quite like a live performance.

There's an expression that "You can take the girl out of Yorkshire, but you can't take the Yorkshire out of the girl." I also believe this rings true of dancing as once you experience a love of tap dancing, it never leaves you!

Molly Radakovitca



RETIRE ACTIVE SA Tapliners Tapdance & Variety Group

Presents:

An afternoon of Tap Dancing,
Belly Dancing, Singing and Mime

Save the Date:

Saturday 14 October 2023
at 2pm

Venue:

Parks Recreation & Sports Centre
Theatre 2, 47 Cowan Street,
Angle Park

Tickets \$10

For bookings phone
Lorraine on
8269 2915



JUDY HARVEY

Member since 2000

“There are no walks without Walkers”.

I am one of many RASA leaders, one of many who love walking, love the bush, wild flowers, birds, kangaroos, echidnas and snakes not so much! I have done wonderful things thanks to ARPA, now Retire Active SA. I have walked thousands of miles, lead B and C walks, and have participated in organising camps since I was 18, and for RASA have organised 17 camps, including 11 in the Gammon Ranges, three in the Coorong, also Berri and Burra.

When I joined ARPA in 2000, while still working, my annual holiday was spent going on bushwalking camps with them. The first camp I went on was in the Kimberleys, organised by a great camp leader, Isobel Coleman. There were different magnificent walks along the gorges. Walking isn't just about walking, it's about learning the history of an area, the geology, mining and the flora and fauna aspects. I am a volunteer in the Walking Trail Support Group and The Friends of the Vulkathunha Gammon Ranges National Park learning a wealth of information.

On day walks I have been as far as Second Valley, Parra Wirra, Kuitpo Forest, Echunga Gold Fields and the national parks.

The most significant changes since I joined have been to do with Health and Safety. No more walking in an area on fire ban days; on days with a forecast of 32 degrees or above the walk is cancelled. Early morning walks in hot weather were introduced. Bushwalkers can get lost, so carrying whistles can help you; a medical booklet and the drugs you take are to accompany you. You stay behind the leader and there is a person known as the back marker whose job it is to make sure no one does get lost! Top bunks are no longer utilized on camps. An extra category, D grade, was introduced so that people could continue walking with ARPA as they got slower.



President Anthea Magarey presenting Judy Harvey with a Service Award in 2021

Another favourite memory was the wonderful Larapinta Trail going west of Alice Springs, of which we walked selected sections. The gorges and the mountain tops will never be forgotten. Yet another was going to Arnhem Land.

I have made friends from all walks of life. The friendships made will never be forgotten. We go to concerts, on holidays, walks and coffee together. Keeping people in touch is a good thing. Some of us started in our 50's and are still walking in our 80's. Sadly, some of us who joined when I did have died or are in nursing homes. Twice a year Get-togethers (open to retired walkers and those who can no longer walk) for sharing lunch are a great innovation. Another sociable event was the introduction of the annual pizza night.

In my working life I trained as a Social Worker with degrees in Arts, Social Work, Social Science and Education, teaching English to Migrants, but mostly working in Health, Disability and Community Health. For my last 2 jobs I ran a state wide rehabilitation education program for country health workers in brain injury, stroke, muscular skeletal conditions and spinal cord injury. I set up and ran the South Australian Companion Card program (to allow a free ticket for a person to help a severely disabled person on recreational and social outings).

Judy Harvey

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

Ann Johnson
Beth Carroll
Catherine Watkins
Chris Andrews
David Martin
David Turner
Gayl Schwarz
Huong Martin
Jenifer Mcgrath
Jenny Pulsford
John Thompson
Lisa Fitzgerald
Marco Pillen
Margo Leach
Maxine Green
Naomi Martin
Peter Bennett
Peter Carroll
Phil Bancroft
Rhonda Dempster
Rob Aktanarowicz
Steve Diamond
Tai Lim
Trevor May

A Taste of Southern India: Seniors Tour

Highlights of Southern India with ample leisure time for visiting markets etc.

September 2023: 13 Days 12 Nights

Chennai - Pondicherry -Kumbakonam-Tanjore-
Madurai-Thekkady-Alleppeyy-Cochin Cochin

Possible side travel option to Kuala Lumpur

Easy paced tour for the Active Seniors
English speaking local guides, Australian escort

Cost \$3125 per person twin share in luxury 4 star hotels. Solo available.

Air fare to be advised Singapore Air or
Malaysian Air

For full itinerary or for any questions please
message me,

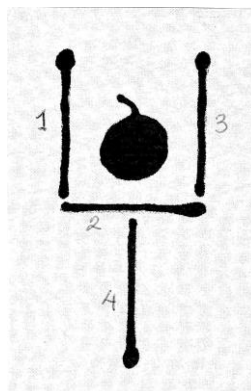
Ray Tuckfield, at raygil@adam.com.au
or call 0410693422

All bookings conducted through a
registered Australian agent.

TRAIN THE BRAIN (Elizabeth Alvey)

Cocktail Cherry Puzzle (Answer page 14)

How do you move two matches (ONLY 2!) to new positions so that the glass is reformed in a different position without the cherry inside?



Caring
For
Our
Planet

GROUP NEWS

Closure Of the Retire Active Choir

On Thursday, 16 March the Choir had a special meeting to arrange closure of this group. During the past few months, the group finally became reconciled to the inevitability of the course of action it had to take.

This has not come about without lots of exploration for a new pianist, musical director – sometimes with success, but often let down by impermanence or ill health. They have had many a drive for more members (the most recent of which was in Connect at the end of last year) to help cover costs. Thanks to Helen, especially for all the time, energy and

persistence that this has involved, also her treasurer and other helpers.

The choir was one of the first ARPA groups. As well as singing together they have enjoyed good friendships. At that time, they have entertained many appreciative audiences. At this meeting they shared some funny stories of these events.

Fortunately, most of the choir have found other places to sing. As well as winding up their books they are arranging a morning tea, at which they will invite past members.

Elizabeth Alvey
Group Liaison Committee

CARAVAN GROUP

Members of the Caravan Group spent an enjoyable week in March at the BIG4 Warrnambool Figtree Holiday

Park in Victoria, exploring this city and other towns.

Warrnambool is steeped in maritime history, being the centre of what is termed “the shipwreck coast”. Many of us visited the



Flagstaff Hill Maritime Museum during the day. The museum includes the Warrnambool volunteer battery, built to defend against the Russians in the late 1800's, the two lighthouses providing guidance to mariners and delineating the port entrance through the reefs, and a replica of a small coastal village, many of which grew up along the coast in the 1850's. A volunteer provided an excellent briefing on the region's maritime history around the period, principally associated with the shipwrecks. Everyone returned in the

annual Irish folk festival. At Port Fairy, the group split up and explored the town, "sussing out" the various cafes and bakeries, before returning to Warrnambool.

Rather than the usual evening meal in a pub, lunch was organised at Proudfoot's Boathouse, a local waterside restaurant located within an historic boat-shed. All enjoyed the great surroundings, food and service as we sat outside on the decking with views over the Hopkins River estuary, whiling away the afternoon. A great way to spend time with



evening for the excellent "sound and light" show, that uses a combination of video projected on a water spray screen coupled with village lighting.

On the trip to Port Fairy, we discovered a local gem, Tower Hill, a 30,000-year-old crater of an extinct volcano. Within it is an amazing group of lakes and surrounding forest, none of which is apparent from outside. Next stop was Koroit, where the local op-shop was quickly identified and visited. Koroit has a rich Irish heritage. It is a centre for potato growing and holds an

friends. To wrap up the venture, most of the group participated in a local tourist drive. We journeyed to the nearby Hopkins Falls, which are spectacular by their width, although not very high, then to Cheese World and the associated museum, followed by a visit to the artisan bakery at Tooram for lunch, before completing the loop to the caravan park. The day ended on a high with a sausage sizzle and ice creams in the camp kitchen. Next day we said our goodbyes, some returned home while others continued the Great Ocean Road.

Phill Field

BUSHWALKERS

Once again, Retire Active Bushwalkers were one of the community partners with Walking SA, participating in the Expo in Belair National Park on Sunday 2 April, to mark the opening of the walking season. As well as manning a stand to promote the Group, and Retire Active SA overall, several members led walks in the park and/or were marshals in the car park.



Photo: Anthea Magarey

TUESDAY COFFEE WALKERS

This is our newest Group, inspired and led by Colleen Ingram with help from Susan Beare. Colleen reports that between 9 and 14 walkers attend each week. To her delight a number of former walkers (several of whom started as A walkers in the early years of ARPA Bushwalkers and worked their way down

through the grades as the decades passed) have joined this group. New members are always welcome, see the Group Activities pages for location of the walks through June to September or contact Colleen by text: 0435 267 498 or colleen.ingram77@gmail.com for further information.

CARING FOR OUR PLANET

We hope to encourage our members to embrace sustainable practices and inspire them to make positive changes in their own lives.

We are converting our paper-based system to a digital one, which will not only help the environment but also make our services more efficient and accessible. We also believe in promoting sustainable practices within our community and are partnering with local organisations to support green initiatives.

But we know that there is more we can do, and we need your help. We encourage our members to join us in our commitment to a greener future by reducing, reusing, and recycling, conserving energy, and using eco-friendly products. Together, we can make a difference and create a better future for ourselves and future generations.

If you are interested in supporting our green initiatives, please contact us. With your help, we can make a positive impact on our community and the world.

Cinta Rocha, Office Administrator
info@retireactivesa.com.au

4 WHEEL DRIVE

March 2023: Victorian High Country Alpine Camp

Under the experienced leadership of Neil, our group consisted of three very clean cars and five enthusiastic 4WD drivers and passengers. We met at Colac Caravan Park, introducing ourselves at a briefing for the trip. We travelled south toward Omeo and spent the night at beautiful Wheelers Creek campground, where we found the new rebuilt hut, great facilities and many campsites. Our first bush bath was enjoyed here. We explored the large Cassilis historic gold mine site with many interesting mine relics.



We proceeded via Birregun Road to overnight at the lovely Dogs Grave camp site. On to visit the historical Grant town site with interesting storyboards and then the old town site of Talbotville. We camped overnight at Black Snake Creek. From here, east to stretch our legs at Dargo and a lovely lunch at the Dargo River Inn. Back to Black Snake Creek camping for a second night.

Next day we went north via Crooked Rover campground, across the Kingswell Bridge, and on to Eaglevale to walk the swinging bridge. After many river crossings and a challenging climb up over Wombat Range Track we reached Wonnangatta Station Hut campground. From here we travelled west on the Zeka Spur Track – another challenging track, then south to Howitt Hut to set up camp. After lunch the following day we drove to Bryces Gorge to walk the 8km circuit - a highly recommended walk. At the start of this walk we met a large group of beautiful high-country horses with their riders, who had just completed the track.

After heavy rains overnight we left Howitt Hut along the challenging King Billy Track, only to find Brock Road closed for maintenance, so we took the Bluff Hut track via Lovicks Hut (a top site) and along to Bluff Hut for two nights. A lively group of 14 students and 2 teachers from Mansfield High School hiked through with their large

PERSONALISED 4WD Itinerary 2023 ! With Hotel Accom & All Meals!

4 day Kangaroo Island departs October 23 & Nov 1	\$2415 pp
3 day Lake Eyre (incl plane departs on demand (flight)	\$2050 pp
12 day Longreach/Winton departs June 10 & July 21	\$4985 pp
9 day Birdsville/Windorah departs July 6	\$4185 pp
9 day Head Of Bight Whales departs August 14	\$4045 pp
5 day Gawler Ranges departs Aug 28 & Sep 27	\$2150 pp
8 day Flinders & Outback departs September 6	\$4500 pp
5 day Flinders & Lake Eyre departs September 19	\$3450 pp
5 day Flinders & Arkaroola departs October 5	\$2670 pp
5 day Tumbly Bay departs November 12	\$1995 pp



Desert Sky Tours
0419 502 332

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

packs. On our “day off” some of us walked up to the Bluff (8.4km return) and returned just before heavy rain set in. Everyone touring in the area came to the hut for shelter. After about two hours the sunshine came back and our visitors left. We had an early dinner and took the short walk to the lookout over Mansfield, enjoying a glass or two of wine while watching a beautiful sunset.



Our last night was spent at Sheep Yard Flat

where a few more wines were enjoyed to celebrate a great high country 4WD experience. Driving skills were tested with lots of bumpy and rocky roads, steep ups and downs, curly bends, and many water crossings.

**Thank you, Neil, a great time was truly enjoyed by all.
Sue, Lorraine, Rick and Maz.**

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

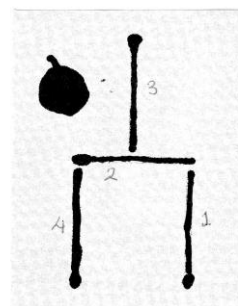
PAINTER AND DECORATOR (MPA member) Lic. No. R152010. All interior and exterior painting, wall papering, crack & general repairs. 22 years' experience. Fully insured, all work guaranteed. Free quotes – reasonable rates. Phone Paul or Karen Morris 8322 2806 or 0412 421 663

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

TRAIN THE BRAIN ANSWER

Remove matchstick 1
Slide matchstick 2 slightly to the right (so that it makes an upside-down T with matchstick 3)
Place matchstick 1 parallel with matchstick 4 to complete an upside-down glass

ANSWER



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
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

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2:00pm The Kym Purling Trio
3:00pm The Way We Were

**STREISAND SINGS
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To go into the draw for a Double Pass,
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email: info@retireactivesa.com.au
by
Wednesday 15th June 2023

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

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: **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**

June 2: The private world of spies, Alexander McCall Smith.

July 7: Tenderness, Alison MacLeod

August 4: Agatha Christie: A very elusive woman, Lucy Worsley

Sept 1: Childhood, Shannon Burns

Oct 6: Nibblefoot, Robert Drew

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. Eastwood Community Centre. 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

JUNE

Mon 5: Christina 0405 276 361
Belair NP

Sun 11: David 0400 267 365
Monarto Woodlands

Sat 17: Stewart 0403 196 061
Mt Crawford Twin Peaks

Sat 24: Judy 8339 2148
Aldgate to Bridgewater

Fri 30: Raelene 0402 268 144
Coromandel Valley Sturt trail

JULY

Thu 6: Greg 0478 570 943
Knott Hill

Wed 12: Neil 0429 773 800
O'Halloran Hill

Tue 18: Bob 0414 703 988
Sturt Gorge

Mon 24: Peter 0413 808 334
Jupiter Creek Echunga

Sun 30: Peter 0457 752 785
Mt Crawford

D WALKS

JUNE

Sat 3: Sheila 0406 089 193
South Parklands & Unley

Fri 9: Sue 8296 5463 Mt Lofty
Botanic Gdns

Thu 15: Heather 0448 051 440
Christies Creek loop

Thu 22: Rose 0477 839 880
Para Hills to Ingle Farm

Wed 28: Elaine 0429 952 229
Parks of Henley & Grange

JULY

Tue 4: Maureen 0420 869 538
Punch Bowl trail Onkaparinga
River

Tue 11: Liz 8352 1636 Waite

Sun 16: Colleen 0435 267 498
City to Walkerville

Sat 22: Heather 0448 051 440
Hove to Marino

Fri 28: Jennifer 8276 6484
Shepherds Hill

CARAVAN GROUP

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

June 16-23: Mannum SA. BIG4 Breeze Holiday Parks – Mannum (Classic Park) Purnong Road, Mannum 5238 SA.

(08) 8569 1402. Cut-off date: May 16.

August 4-11: Quorn, SA.

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

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.

JUNE

6: Pasadena

13: Mt. Lofty House to Crafers

20: The Paddocks, Para Hills

27: Linear Park, Walkerville to Felixstow

JULY

4: Burnside (Michael Perry Park)

11: Tapley's Hill Road on Linear Park to Henley

18: Henley to Grange

25: Hallett Cove Beach

AUGUST

1: Rostrevor to Linear Park via Fourth Creek

8: Pooraka to Mawson Lakes via Dry Creek

15: Brownhill Creek

22: City to Walkerville via Linear Park

29: Belair to Blackwood

SEPTEMBER

5: Crafers to Stirling

12: Patawalonga

19: Aberfoyle Park

26: Mt. Barker Wetlands

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 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 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**

FIVE HUNDRED CARDS

Retire Active SA Office, Thursdays, 11.00am to 2.30pm, fortnightly.

Meeting on 1st and 15th Dec then fortnightly from 9 Feb. 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>

Activities planned for 2023 include:

SOCIAL DAYS

July: Mid-Winter Lunch. **Keith 0498 083 341**

August: Mystery Trip. **Raelene & Rod 0402 268 144**

Sep 21: Pt Adelaide National Train Museum. **Lesley & Wayne 0488 661 931**

Oct: Mystery Trip. **TBA Kent 0466 284 603**

MAJOR TRIPS

July 28 – Aug 5: Alpana Cactus Kill.

Keith 0498 083 341

Sept 7-14: Meningie, Limestone Coast to Pt MacDonnell. **Julia 0497 009 129**

Oct 17-27: Broken Hill. **Neil 0467 013 377**

Contact nominated leader for more details.

GOLF GROUPS

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 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.

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

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.

Fri 16 June: Bridgeway Hotel, 18 Bridge Road, Pooraka.

Extensive menu plus Seniors Meal deal \$15-22. **Host: Marie** - email nanmudge@gmail.com or text **0478 123 618** or leave a message with name and number if call not answered.

Tues 18 July: Alma Hotel, 66 Magill Road, Norwood. Plenty to choose from, plus a Seniors Meal Deal \$16-20. **Host:**

Dianne - email arpsclgp@gmail.com or text **0419 857 882** with name and phone number if call not answered.

Thurs 17 Aug: Cremorne Hotel, 207 Unley Road, Unley. Revisiting our January venue to see how they do it in winter. **Host: Val: 0400 225 465.** Please leave a message

with name and number if call not answered.

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

Please 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: **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: **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. Enquiries **Elizabeth 0438 843 066** or **Lorraine 0427 093 839.**