

Connect

APRIL 2024



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 DATE
To be advised via the e-bulletin.

RETIRE ACTIVE COUNCIL 2023-24
President: Kevin Dennis
Treasurer: Gary McCalden
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.
Front Page Photo: *Bushwalkers, all members for at least 25 years at the 40th anniversary lunch. Photograph: Les Gray*



COUNCIL MATTERS

Kevin Dennis
President, Retire Active SA

A POSSIBLE FAREWELL FOR RETIRE ACTIVE SA

After four decades of enriching the lives of older South Australians, Retire Active SA may be saying goodbye. After careful consideration, our council has determined that it's not feasible for our organisation to continue in this modern landscape.

Established in 1981, our mission has always been to foster physical, social, and mental well-being among retirees. We've dedicated ourselves to enriching their golden years with excitement and possibility. Now, as we face the bitter reality of closure, we reflect on the memories made, and the positive impact we've had on the community.

A legacy of connection and well-being

For over 40 years, Retire Active SA has been a shining example of inclusivity, offering a range of activities tailored to suit everyone. From bushwalking to table tennis, orchestra rehearsals and computer training, our organisation has ensured that retirement is a time of joy, friendship, and exploration. We've welcomed members from all walks of life, creating a sense of belonging and camaraderie that transcends age and background.

Coming to terms with our decision

Despite our best efforts, Retire Active SA has reached a crossroads. To revitalise our organisation, we embarked on a rebranding journey. The aim was to stabilise memberships, secure more sponsorship, and grow our volunteer base. Despite our best intentions, the progress was modest at best.

Although the very real prospect of closure weighs heavy on our hearts, we also feel gratitude for the memories shared and the friendships formed.

Looking ahead

As we embark on the next chapter, the Retire Active SA Council is committed to supporting our regional and activity groups in their transition to independence.

At a Special General Meeting to be held on May 8, 2024 (keep your eye out for an invitation!), members can vote on the dissolution of Retire Active SA, as well as better understand the alternative options for continuing their group activities. The venue and time will be announced once we know how many people will be attending.

COUNCIL MATTERS *(Continued)*

Even though Retire Active SA may be closing, we encourage our members to continue to embrace new connections and their zest for life. Our beloved clubs and groups can carry on independently, keeping our spirit and goals alive.

A grateful farewell

With the high likelihood of closure upon us, we wish to give our heartfelt thanks to all who have been part of the Retire Active SA family. We're grateful to our dedicated volunteers, whose tireless efforts instilled our message in every outing, activity and gathering.

And to our members, past and present, who have enriched our community with their passion and enthusiasm, we thank you for sharing your journey with us.

Honouring our legacy

As we consider a life without Retire Active SA, we celebrate the legacy of connection, well-being, and friendship that will endure long after our departure. Though we possibly may be closing our doors, the bonds we've made will remain etched in the hearts of all who have been a part of our mission.

Our legacy will live on in the countless lives we've touched and the memories we've created. Our organisation may be facing closure, but the spirit of Retire Active SA will continue to inspire and uplift for years to come. Thank you for being a part of our story.

For more information about Retire Active SA's possible closure and how it will affect you, please visit www.retireactivesa.com.au/closure.

TAPLINER AND VARIETY GROUP



This Group has been performing at Aged Care Facilities, Lifestyle Villages and Community Centres for over 20 years.

We are seeking people to be involved in our group, as Dancers, Musicians, Music, or behind the Scenes.

Practice is held at the Enfield Community Centre, 540 Regency Road, Enfield on Wednesdays at 11.30am.

If you are a person seeking to be involved in a great community of Music, Song and Dance, Please **CONTACT US ON: 0493 855 847**



CINTIA IS MOVING ON

In every organization, there are individuals whose dedication, talent, and commitment leave an indelible mark on its fabric. These are the individuals who go above and beyond, not merely fulfilling their job description but embodying the spirit and ethos of the organization.

When such a valued staff member decides to move on, it is not merely a loss but also an opportunity to reflect on their invaluable contributions and the impact they have had.

On Friday 12 April, we bid farewell to Cintia Rocha, who has been an integral part of our team here at Retire Active SA. She has been with us for 2 years as the organisations, Administration Officer, during which she has made remarkable strides, leaving an enduring legacy that will be felt long after her departure.

One of the most striking aspects of Cintia's tenure with us has been her unwavering dedication to excellence. Whether it was managing the membership database, keeping the lines of communication between the organisation and its members open or recruiting, training, and managing our volunteers she approached it with a level of passion and commitment that was truly inspiring. Her meticulous attention to detail and relentless pursuit of perfection set a standard for excellence that influenced everyone around her.

She was always willing to lend a helping hand, offering guidance and support to our volunteers and newcomers alike. Her willingness to share her expertise and knowledge not only fostered a culture of collaboration but also helped nurture the volunteers, group co-ordinators and Council.

Beyond her professional achievements, Cintia will also be remembered for her positive attitude and uplifting presence. She brought energy and enthusiasm to the workplace, brightening the atmosphere and fostering a sense of camaraderie among colleagues. Her sense of humour and approachable demeanour made her not just a valued colleague but also a cherished friend to many.

In closing, we extend our heartfelt thanks to Cintia for her invaluable contributions and wish her the very best in her future endeavours. May she continue to shine brightly wherever her journey takes her, knowing that her impact will be felt long after her departure.

Kevin Dennis
President Retire Active SA

PERSONALISED 4WD Itinerary 2024 ! With Hotel Accom & All Meals!

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 Tumby Bay departs October 21	\$2115 pp
4 day Kangaroo Island departs Nov 4	\$2515 pp



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

GROUP NEWS

4WD GROUP

4WD Group Social Mystery Trip: Friday, 16 February 2024

Several 4WD Group members met at Thorndon Park Reserve, Athelstone at 9.30am for a 10am start on a beautiful, warm summer's day. After a BYO morning tea and chat under the shelter overlooking the lake, each vehicle was handed instructions with directions to follow. The picturesque route through the Adelaide Hills covered 65km, in a N.E. direction with less than 10km of gravel road. The route was easy to follow and the quiz not too taxing.

The group finished up in the Forreston area at a shady picnic spot under the pines at Rocky Crossing.



The Rocky Crossing picnic spot

After a relaxing picnic lunch and interesting conversation, it was only a 45–60-minute drive back to the city.

A great day out on roads less travelled.

Mystery Trip organisers were Kent and Cecilia Makin.

**Enquiries to Julia Gazzola-
Mob 0497 009 129**

4WD Lunch and Chat

Fourteen members enjoyed lunch and a long chat session at The Southern Bar and Bistro, St Marys on Wednesday, 17 January. Three inaugural members attended, one of whom was Glenda with whom the group shared a slightly belated 99th birthday celebration. Glenda has been a stalwart of the Group for the entire 34 years of its existence. We were the last patrons to leave lunch at about 2.45 pm.

A busy program has been planned for 2024: see Group activities for more details and/or the website

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



4 Wheel Drive Group at the Southern Bar and Bistro St Marys. Glenda is on the right-hand side of the table, third person from the front.

FLEURIEU GROUP

This District Group held its **Annual General Meeting** on 26 February. Coordinator Susan Bowshall reported that the Group enjoyed another active and fun filled year. Membership remained stable as some members were lost due to illness but others joined. Regular free radio announcements on Happy FM were very much appreciated.



Ian Grant presenting the Defib Hero Programme

Early in the year, Ian Grant, OAM, head of Life Saving in Port Elliot and husband of Pam Grant, one of the Group's long serving committee members, presented the DEFIB HERO programme. This programme is designed to give people the confidence and instruction on using a Defibrillator machine. Members were very appreciative of his excellent presentation and feel a lot more confident in using their machine. The Group celebrated with a lovely light lunch.

Susan Bowshall (Coordinator Fleurieu Group)

Special celebrations were enjoyed for Easter, Anzac Day, the Coronation and Melbourne Cup and several lunches at local establishments. The members are very enthusiastic participants and love dressing up for special occasions. Winter was launched with a soup day and another week was pie floater day. Spring was welcomed with a "Swap a Plant" event that was very popular.



Swap a Plant Day



Marilyn Wiseman organising the Melbourne Cup Sweep



Pam Grant at the Coronation Tea



Robin Trebilsie and Barbara Beck at the Melbourne Cup

Photos provided by Susan Bowshall

ACTIVE MEMBERS AT 90

Two long-term members of Bushwalkers turned 90 in December, Jennifer Dow and Esther Poole. A special celebratory lunch was held at the National Wine Centre on 19 December, attended by 25 friends, mostly from the Coffee Walkers. They had walked from the Railway Station along the bank of the Torrens and through the Botanical Gardens. A delicious lunch and two cakes were enjoyed by all.

Both were asked to write a short piece about their involvement with the Bushwalkers.

Jennifer: I started walking every second Sunday with Bushlanders in the early eighties. I soon learned about the Friends of the Heysen Trail, the Four Seasons, and the ARPA (now RASA) walking groups and regularly walked with them all. Besides enjoying the exercise and the company, I also enjoyed leading walks and with ARPA I have done this at each of A,B,C & D levels, leading my last D walk as recently as last September.

With my husband Glen, I took part in many ARPA camps in Australia, and traversed the entire Heysen Trail with Heysen 4 (1997-99). I led two A Grade legs of the Heysen 2000 (an event held in May 2000 during which over 200 ARPA Bushwalkers collectively walked the entire length of the trail over two days). Overseas we really enjoyed guided walking in U.S.A., Canada, New Zealand, England and Scotland. As 90 approaches I am very much enjoying the newly formed Coffee Walks each Tuesday.



Jennifer Dow

Jennifer Dow



Esther Poole (left) accepting her Bushwalker Appreciation Award from Kathryn Brown.

What does one say after 90 years of life?

Esther: I did not have a particularly good start in life as a sixth child during a depression in the midst of a severe drought and being a sickly child, it was not a good time for my poor parents! However, I grew up with a deep love for the Australian bush. Most of my leisure time throughout my whole life has been spent walking, camping and travelling here and overseas.

I started out as a governess on sheep stations in Western Queensland but went on to do my teacher training and became a primary school teacher. I married Ian and we had 4 children. In 1994 we joined ARPA (now RASA) and we went on with our walking, camping etc. We enjoyed every second of it. With Ian now in residential care these times are in the past, though I do sometimes get out on a D Grade or coffee walk. **HAPPY WALKING**

Esther Poole

Esther did not say that over her 30 years of membership, she has led walks at all four grades (including recently a D walk) and she was also involved in the building and maintenance of the Lavender Federation Trail (Murray Bridge to Clare). She is reported to have said '***I have picked up millions of stones, painted stiles, carried star droppers, been covered in dirt ... and loved every minute of it.***

Anthea Magarey

BUSHWALKERS GROUP

One hundred and twenty-six members attended the Annual General Meeting on Monday, 5 February in the Unley Town Hall. The President, Kathryn Brown reported a steady membership from the previous year of 460; overall strong participation in weekly walks (with the exception of A grade); the addition of a C—grade; attendance of 183 people across three state camps and two interstate camps; community contribution through Heysen Trail maintenance and Alpana Station cactus kill; and promotion of walking by attendance at the annual Walking Expo in Belair NP. --



Ann Shipley addressing Members at the Bushwalkers AGM



The Argy Bargy Bush Band performing at the Bushwalkers AGM

In recognition of the Group's 40th anniversary, two members of very differing experience were asked to speak: Chris Bushell, a member since the late 80s, and Ann Shipley, a member for less than a year. Nine members were presented with Bushwalker Appreciation Awards: Monique de Wit, Phil Hanson, Maureen McSheffrey, Valerie Dobie, , Mary and Brian Denton, John Fabray, Esther Poole and Jennifer Dow (the last two having recently celebrated their 90th birthday as reported on the previous page.) Andrew Davies, OAM, briefly spoke on the status of the update of Talking Walking.

Events of the last 15 years will be added to the original history of the first 25 years of Bushwalkers. Andrew also organised to have photos of all past presidents, past secretaries and treasurers, and those members who joined 25 years or more ago, to add to the update. Many members were wearing the new polo shirt, sporting the Bushwalkers' logo, an initiative for the 40-year anniversary.

Word and photos by Anthea Magarey



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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 😊

CLASSIFIEDS

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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.

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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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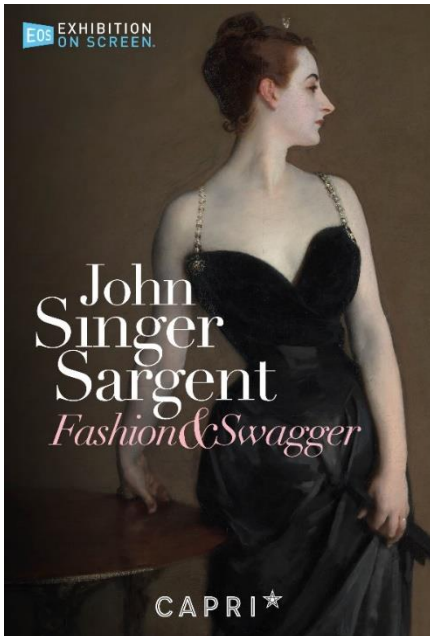
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**EXHIBITION ON SCREEN:
JOHN SINGER SARGENT**

CAPRI Double Pass GIVEAWAY

John Singer Sargent, Fashion&Swagger

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 17 April 2024

To book tickets:

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

The Capri Theatre, Goodwood
Sunday 28 April at 4.00pm-5.30pm

John Singer Sargent is known as the greatest portrait artist of his era. What made his 'swagger' portraits remarkable was his power over his sitters, what they wore and how they were presented to the audience. Through interviews with curators, contemporary fashionistas and style influencers, Exhibition on Screen's film will examine how Sargent's unique practice has influenced modern art, culture and fashion.

Filmed at the Museum of Fine Arts, Boston and the Tate Britain, London, the exhibition reveals Sargent's power to express distinctive personalities, power dynamics and gender identities during this fascinating period of cultural reinvention. Alongside 50 paintings by Sargent sit stunning items of clothing and accessories worn by his subjects, drawing the audience into the artist's studio. Sargent's sitters were often wealthy, their clothes costly, but what happens when you turn yourself over to the hands of a great artist? The manufacture of public identity is as controversial and contested today as it was at the turn of the 20th century, but somehow Sargent's work transcends the social noise and captures an alluring truth with each

SOCIAL GROUP

John and Betty Castle are the new Coordinators of the SOCIAL GROUP.

Meetings will be held on the **FIRST FRIDAY OF THE MONTH** at various locations around inner Adelaide.

All financial members of Retire Active SA and friends are welcome to enjoy a meal and friendly conversations. Starting time: 12.30 unless otherwise indicated. Please wear your name badge.



THE NEXT TWO MEETINGS WILL BE HELD AS FOLLOWS:

MAY: Friday 3rd at the WINDSOR HOTEL
410 North East Road
Windsor Gardens

JUNE: Friday 7th at the MORPHETT ARMS HOTEL
138 Morphett Rd
Glengowrie

Members will be notified of future meetings in the **CONNECT** newsletter and e-bulletins.

If you would like to attend, please contact John and Betty Castle on 0408 828 272

Or email floraplu@adam.com.au the Wednesday before the lunch.

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: **Janet 0432 180 401**

Thursday group: Meets in the atrium near the bookshop at **11.45am for a 12.00pm** start. Enquiries: **Jennifer Campbell 0448 708 735**

April 11/22: 18th Adelaide Biennial of Aust Art: Inner Sanctum (upstairs)
May 9/27: 18th Adelaide Biennial of Aust Art: Inner Sanctum (downstairs)
June 13/24: The Ramsay Art Trail
July 11/26: AGSA Benefaction Art Works

BOLIVIA

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

BOOK DISCUSSION GROUP

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

April 19: Lola in the Mirror, Trent Dalton

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

APRIL

Thu 11: Valerie 0412 391 562 Sturt Gorge

Thu 18: David 0400 267 365 Kingston Park

Sun 21: Carol 0428 882 239 Kyeema/Kuitpo

Fri 26: Peter 0413 808 334 Kuitpo

D WALKS

MARCH

Thu 28: Heather 0448 051 440 Aberfoyle Park

APRIL

Thu 18: Heather 0448 051 440 Kingston Park

Mon 22: Colleen 0435 267 498 Mawson Lakes

Mon 29: Maureen 0420 869 538 Seaford to Port Noarlunga

MAY

Tue 7: Helen 0477 705 328 Bridgewater

Mon 13: Evelyn 0407 606 741 Lockleys

Sun 19: Ann 0449 151 003 Paradise to Thorndon Park

Sat 25: Maureen 0420 869 538

Glenelg/West Beach

Fri 31: Jane 0466 033 797 O'Halloran Hill

JUNE

Thu 6: Rose 0477 839 880 Glenelg to Kurraltia Park

Wed 12: Ann 0449 151 003 Fourth Creek

Tue 18: Heather 0448 051 440 Old Reynella to Byards Rd wetlands

Mon 24: Colleen 0435 267 498

Woodside to Oakbank

Sun 30: Maureen 0420 869 538 Gawler

CARAVAN GROUP

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.

APRIL

16: Underdale to Brickworks Market

23: Walkerville to Campbelltown on Linear Park

30: Paradise to Campbelltown

MAY

7: Shearwater Lake

14: Mt. Lofty Botanic Gardens

21: St. Peters to Walkerville

28: Seaford Downs

COMPUTER AND TECHNOLOGY GROUP

Meetings are held at Brooklyn Park Church of Christ, 3 Allen Ave, Brooklyn Park on the 3rd Friday each month at 10:30am for 11am start.

For further information contact:

Coordinator **Wayne: 0419 854 086**

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

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

For further information contact:

Coordinator **Wayne: 0419 854 086**

<https://retireactivesacom.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 (**April 17; May 1, 15, 29**).

GROUP ACTIVITIES *Continued*

CYCLING (Continued)

Those who don't want to join 'programmed rides' are encouraged to meet at the weir and 'decide on the day'. These rides are 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.

April 4, 18 etc..

Enquiries: **Riet 0459 023 632.**

FOUR WHEEL DRIVE

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

bjgazz052@gmail.com or **0497 009 129**

See also our web

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

Major Trips

May/June/July SA/NT/ WA Outback 8-12 weeks

June 13 to 23: Broken Hill, Cameron Corner, Menindee Lakes

Aug 10 to 16: Alpana Cactus Kill

August: Nullabor to WA tagalong

Sept 2 to 6: Hiltaba, Gawler Ranges SA

Social Days

April 4: Mystery Trip

May 14: tour of City of Adelaide Clipper Ship followed by hotel lunch.

June: Mystery Trip

July: Mid- winter lunch

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: **7 April** Further performances: **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:

April 29 to May 5: Renmark Riverbend Caravan Park.

June TBA: Arno Bay and Elliston

Oct 13 to 20: Point Turton Caravan Park.

For further information contact **Paul and Jeanette Martin: 0429 678 536** trilby16@bigpond.com.

RADIO PLAYERS

Mondays 10am – 1pm Brooklyn Park Church of Christ, 3 Allen Ave, Brooklyn Park. Enquiries: **Jan: 0439 394 905** or **John G: 0404 555 808**

SOCIAL GROUP

See page 3 of Connect.

May 3: at the Windsor Hotel, 410 North East Road, Windsor Gardens.

June 7: at the Morphett Arms Hotel, 138 Morphett Rd, Glengowrie.

First Friday of the Month

Contact: **John and Betty Castle on 0408 828 272** or floraplu@adam.com.au

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. Enquiries **Elizabeth 0438 843 066** or **Lorraine 8278 6623**