

Modbury Meanderer

****Evacuation Rules****

Leave the building immediately if instructed to by TTP staff or a leader. Do not go home until you have given name to one of the leaders.

Leave by your nearest door & head to one of the points:

1 In carpark out from Millers

2 In carpark out from Woolworths

Listen only to leaders



INSIDE THIS ISSUE:

Social round up	2
Speakers	2
Birthdays	2
Computer Brain Training	3
Carrot Dip recipe	3
About TTPWG	4
Funnies	4

Considerations with renovations

There are a lot of chairs and tables in the new refit of the Food Court, probably too many to allow for a safe environment, but we will have to make the most of it. It is imperative that you take care when moving amongst the tables, especially if you have a walker or trolley.

If you feel that you would like to make a complaint about this, then please see Westfield Management, this is not the role of the TTP walking group committee or instructors. It is the same with the parking, if you are not happy say something to those who have the power to do something about it. People power!

Some people seem confused about the parking. The only area that we cannot still park in is the area directly out from Cinema entrance and Caffè Primo. You can still enter from the traffic lights on North East Road and turn left and park in the 5 hour park closest to Woolworths. They have changed the arrows to come in and out of the area with 90 minute parks, that are undercover, so please take note to see that you are not coming in the out entrance!

It also means that we have had to make a change to our meet point in the event of a fire drill or evacuation. The car park outside of Millers remains unchanged, but if leaving by the entrances on the ground floor, the meet point will now be in the 5 hour car park, through the underground carpark near Woolworths.

We have not had a fire drill for a long time and walkers may have forgotten what the process is. If an alarm is sounding and the lights on the ceiling are flashing, and they have not said "This is a drill take no action", then you need to leave by your nearest entrance and make your way to the meet points (as above) to give the instructors your name—please do not go home before doing that as we may assume that you are still in the building. If you are unsure ask an instructor.

We the instructors are still trying to work out the best place for us to sit and mark off walkers in the morning so please have patience with us until we find the spot that is just right!

Merry Christmas to everyone, a big thanks to the instructors, the committee and to the walkers who keep coming back every year—we must be doing something right! A special thanks to our wonderful knitters—you brighten many peoples lives. (see pic at side)

Social Round up

Xmas lunch was held on Wednesday November 22 and was a really good event. Meals were served in good time and from all accounts were delicious!

End of year Brekky will be at Primo on Tuesday December 19 from 7:45 am and will be \$15 and \$5 for children. Once payment is made you will receive 2 vouchers, one for the buffet and one for a drink.

On the morning members are asked to be seated at a numbered table, table numbers will then be drawn at random to line up for food.

****Once all have been served there may be an opportunity to go for seconds if needed**** There will be a separate line for cereals and drinks.

Money collection will be from Tuesday 28th November to Friday 15th December.

Australia Day Breakfast will be on Friday 26th January at Thorndon Park from 8 am.

Marion Beach walk—Sunday 18th March, so mark this in your diaries.

****Last walk will be on Friday Dec 15. We will return to walking on Tuesday January 9.****

SPEAKERS

None until next year—please let Carol know if you have a particularly good speaker and she can contact them.

Birthdays

Dec: Kevin, Ursula, Max, Betty, Ray, Pamela, Barbara, Kay, Barbara, Natasha, Raelene

Jan: Lynette, Peter, Dawn, Ros, Christine, Diana, Mary, John, Sharon, Glenys, Rae, Muriel, Ann, Jean, Carol, Pauline, Julie, Kay, Joan, Janet, Anne, Naomi, Ronald

Feb: Renata, Kaye, Pam, Bob, Heather, Carmen, Mary, Sandra, Priscilla, Adelia, Shirley, Bev, Marj, Glenice, Judy

Walking Cards: 10 walks for \$18 20 walks for \$30

If you shred your paper take it straight to the pet shop in Ingle Farm. They need plenty of it for the bottom of the pet cages.

Coffee roster:

As the group is so big, we can not all get to sit in the one venue. Businesses who support the mallwalkers are:

- **Donut King**
- **Muffin Break**
- **42nd St**
- **Michels**
- **Cocolat**
- **Gloria Jeans**
- **Cibo**

Your Walking Group have available for members to hire - at very reasonable rates the following items:
Small BBQ and Gas bottle \$10
Big BBQ—\$20 (\$50 bond)
Portable folding table opens to 6' x 2'6" (folds to 3' x 2'6") \$5

Champs Sports—upstairs near Kmart is giving walkers a discount if you mention you are a mall walker.

Mitchells Adventure (located 2nd level near Coles) is offering TTPWG members up to 10% discount. All they need to do is say they are from the walking group.

Enquiries to John Jarrad

Tony Aldous is a JP if anyone is looking to have documents signed. He just needs a couple of days notice.

Margy and Bronwyn are marriage celebrants and can hatch, match or dispatch. They can also sign off on Advanced care directives, but this time needs to be booked as it takes about half an hour—cannot be done in walking time.

Computer brain training cuts dementia risk

Computerised brain-training focused on mental quickness can reduce the risk of dementia among older adults by a third, a study has shown.

The ACTIVE Study enrolled 2802 healthy older adults at six sites around the US and followed them for 10 years – as they aged from an average of 74 to 84 years.

“Speed of processing training resulted in decreased risk of dementia across the 10-year period of, on average, 29 per cent as compared to the control,” said lead author Jerri Edwards, PhD, University of South Florida. The more training they received the greater the protective effect, said Dr Edwards.

As part of the study participants were randomised into a control group or one of three interventions using different types of cognitive training. The first group received instruction on memory strategies, the second group received instruction on reasoning strategies, and the third group received individual computerised speed of processing training. Participants in the cognitive training groups were offered 10 initial sessions of 60-75 minutes of training which was conducted for six weeks.

All participants were assessed on a number of cognitive and functional measures at the beginning of the study, after the first six weeks, and every year for five years and then again at 10 years. Each intervention group also received four additional “booster” training sessions in months 11 and 35 of the study. Researchers found no significant difference in risk of dementia for the strategy-based memory or reasoning training groups, as compared to the control group.

However, as compared to the control group, the computerised speed training group showed significantly less risk of dementia and those who completed more sessions had lower risk.

Among those who completed 15 or more sessions across all three intervention groups, the risk of dementia for the computerised speed training group was lowest at 5.9 per cent, as compared to 9.7 per cent and 10.1 per cent for the memory and reasoning groups, respectively.

The control group, which did not engage in any training, had a dementia incidence rate of 10.8 per cent.

Dr Edwards says more research is now needed to investigate what makes some computerised cognitive training effective, while other types are not.

THE BEST ONES TO TRY: Cognifit, Lumosity, Brain Trainer. For those already diagnosed try Clevermind.

CARROT DIP from Carmen

4 large carrots

3 tablespoons olive oil

2 teaspoons ground cumin

2 teaspoons honey

Juice 1 lemon

1 teaspoon Harissa

Cook carrots let cool a bit, Put all ingredients in food processor , Season to taste

TTPlazamallwalkers.com is our new website. Have a look and see what you think. You can get application forms, return to walking medical forms, look up the last couple of years of newsletters and get some general info fact sheets. My daughter Elise (Black Widow Designs) has done the website and it is looking really fresh. If you know anyone who would like a new website , is looking for personalised T-Shirts for Xmas/birthdays, cards or invitations, just contact her through her website.

Tea Tree Plaza Walking Group

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Tea Tree Plaza Walking Group Inc is a not for profit organization.

Some of the services they provide:

- Walking twice per week
- Social Club
- Day Trips
- Guest Speakers
- Fun & Fitness



Distances—TTPlaza

Ground floor-400 mtrs
Top floor (including all exit areas) 1.5 km
Both top and bottom 1.9 kms
2 laps=3.8 kms
3 laps=5.7 kms
2 bottoms & a top 2.3 kms
3 bottoms @ a top 2.7 km

Grandchildren—you gotta love them!

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 80. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"

A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."

I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I think you should try to figure out some of these colours yourself!"

A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't read"