

# 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 movie theatres
- 3 In parking area out from Jetty Surf.

Listen only to leader

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## EMERGENCY PROTOCOLS

Sorry to have to harp on about this but we just need to have everyone on the same page.

Often a business like Coles, Woolworths or Myer have an in house fire drill. In those cases the alarm will only sound in one area of the Plaza. The walkers need to take no action.

If the alarm sounds and there is no message, we need take no action.

If the alarm sounds and the message says that it is a drill and no action is required then that is what we do.

When it is a full blown drill or emergency, the alarm will sound continuously, the message will say to evacuate, and the green lights will be flashing. Only then do we need to take action.

Your instructors are in charge and please only take direction from them.

If this is not clear please see me.

### Trades

Total Home and Garden Services—Phone Neil on 0411300766

### Opportunities

Champs Sports Store Upper Level TTP is offering walkers a discount on purchases. Just tell them you are a mall walker. You can also sign up to receive regular emails and specials

**Ferwood St Agnes** is offering mall walking ladies a free class—they have “Mature Fitness classes” on Monday and Wednesday at 1pm. 8396 2755

**Monday April 29** —Bus tour to Willunga Ring COTA 8232 0422

**Monday March 4**—History & heritage bus tour 9:30 –2:30.

Explore Greenwith and Golden Grove Book at TTGully library

**Mothers day afternoon tea**—Highercombe hotel museum 12th May 2-5 pm \$8.50 includes afternoon tea and admission Phone Gill on 8251 3499

## Social Round up

### St Patricks Day Twilight Dinner

Friday 15th March  
Church Hall, 1 Avoca St Dernancourt  
Chicken Dinner \$8. Come along for some irish fun.

**Names and the correct money in an envelope will be taken as from Tuesday 26th February**

### Marion Beach Walk

Angus Neill Reserve Brighton—10 am on Sunday March 24  
BYO chairs, drinks, table, hat and sunscreen. BBQ provided.

Names taken the week beginning 4th March

#### Walking Cards:

10 walks for \$18  
20 walks for \$30

**Don't forget Carol is still collecting stamps for charity.**

**If you shred your paper either give it to Carol or take it straight to the pet shop in Modbury Triangle. They need plenty of it for the bottom of the pet cages.**

#### Coffee roster:

1st week of the month is downstairs  
- Donut King, Café Combo and Michels

2nd week is downstairs

3rd week: Upstairs—Cibo and 42nd Street

4th Week: Upstairs

Your Walking Group have available for members to hire - at very reasonable rates the following items:

BBQ and Gas bottle \$5  
Tarpaulins/screens 2 each 6 x 8 ft with poles and pegs \$5 each  
Portable folding table opens to 6' x 2'6" (folds to 3' x 2'6") \$5

Also your Walking Group has obtained free membership to Rays Outdoors. Our members will be entitled to a discount of up to 10% on most purchases.

An individual card is not needed. To benefit members simply need to quote our Membership No as ID - D48388.

#### Enquiries to Bill Devine.

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

## Speakers

Fri Mar 1—Ian Fisher, Fire Investigation

Fri May 10—Julie Reece—Connecting spirits—stories from World War 1. Her book may be available to purchase

Fri Jul 5—Frances Bedford Part 2 of the Suffragette Movement

## Birthdays

**March: Marian, Joan, Shirley, Irena, Mike, Sheila, Dawn, Pauline, Cheryle, Joan, Helga, Judith, Rosemary, Rae**

**April: Jenny, Alan, Edna, Carol, Rob, Susan, Nora, Ray, Janice, Jessie, Curt, Christina, Audrey**

**May: Ida, Geoff, Margaret, Anne, Iain, Shirley, Joan, Helen, Shirley, Vicki, Graham, Max, Joyce**

# Brain Matters

## Keeping your brain active matters

Keeping your brain active is important for keeping it functioning well. Research shows that challenging your brain with new learning builds healthy brain cells and connections between them, helping to keep your brain working efficiently into old age. Learning and mentally challenging activities should be enjoyed throughout life – as they say, "use it or lose it". Interactions with other people also challenge and exercise the brain, so enjoy social activities as another way to keep your brain active.

It is important to remember that because other factors also influence your risk of dementia, there are no guarantees that keeping your brain active will prevent dementia. But along with keeping your body fit and looking after your heart, it will help give you the best chance of avoiding dementia or delaying its onset.

## Being fit and healthy matters

Keeping your body fit and healthy is important for the health and function of your brain. Your brain needs blood supply, oxygen, energy and nutrients that help brain cells to function efficiently. Research suggests that people who exercise regularly, eat healthily, maintain a healthy weight and drink alcohol only in moderation have better brain function and a lower risk of developing dementia. Looking after your body also looks after your brain.

## Looking after your heart matters

Looking after your heart is important for the health and function of your brain. Many people are not aware of the connection between heart health and brain health. But research shows that the risk of developing dementia increases with conditions that affect the heart and blood vessels, including high blood pressure, high cholesterol and diabetes. Leaving these conditions untreated can lead to damaged blood vessels in the brain, which in turn damages brain cells and leads to impaired thinking functions.

**It is important to remember that because other factors also influence your risk of dementia, there are no guarantees that keeping your heart healthy will prevent dementia. But along with keeping your brain active and your body fit, it will help give you the best chance of avoiding dementia or delaying its onset.**

This information is from the Alzheimers website: [www.yourbrainmatters.org.au](http://www.yourbrainmatters.org.au)

There is some really interesting information about developing dementia and how the greater risks of developing it by being obese, having high cholesterol and high blood pressure.

A booklet called Brain Matters has been developed by the Alzheimers Association. I think it is free and you can order one by calling the Alzheimers Foundation here in Adelaide.

### Tea Tree Plaza Walking Group

PO Box 530  
Modbury SA 5092

Contact: Walk Leader  
Jeanette Richards  
08 8263 8158  
Mobile: 0405630039  
Email: jr829452@gmail.com

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



A big thank you to Frances Bedfords' office for the continued support & printing of the newsletter

#### 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  
With renovations due to start soon, these distances will change again.  
The manager says that it should not affect the walkers much at all.

#### Funnies

**A blond man spies a letter lying on his doormat. It says on the envelope "DO NOT BEND ". He spends the next 2 hours trying to figure out how to pick it up.**

**A blond man shouts frantically into the phone "My wife is pregnant and her contractions are only two minutes apart!" "Is this her first child?" asks the Doctor. "No!" he shouts, "this is her husband!"**

**A blonde man was driving home, drunk as a skunk. Suddenly he has to swerve to avoid a tree, then another, then another. A cop car pulls him over, so he tells the cop about all the trees in the road. The cop says, "That's your air freshener swinging about!"**

**An Italian tourist asks a blonde man: "Why do Scuba divers always fall backwards off their boats?" To which the blonde man replies: "If they fell forward, they'd still be in the boat."**