

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

Listen only to leaders

INSIDE THIS ISSUE:

Social round up	2
Speakers	2
Birthdays	2

****As I am only just back from holidays this will be a small newsletter with just “need to know” information****

Mens Health Tool Kit

I have come across a wonderful little booklet about good health for men across the decades, it has DIY tips, a health check list for all decades, what to ask the Doctor etc. Not sure if any of you attended the Mens Health Week at COTA but hear it was really good.

I will order some so that all of you can access the information.

AGM

Date has to be confirmed but at this stage it is looking like Friday September 2nd will be the day.

If you think you would like to nominate for a position that will be declared vacant at the AGM, please see our President John Jarrad.

More information will be coming out in the next couple of weeks.

Updating of details for this year.

Hi all. It is that time of year again. Quite a number of walkers have already put their forms in (as changes occur) and I thank you for that as it means that I can update details on an ongoing basis rather than all at once.

We will have change of detail forms at the desk when you sign in of a morning. You only need to complete the forms if there have been any changes in the last 12 months.

I am not going to chase people—if you have not had any changes at all and I do not receive a form from you, then I will assume that all your details ie address, phone number, Doctor, emergency contact number, and most importantly medications are all the same as last year.

Thanks

Social Round up

Mystery trip on 1st of April and trip to Guan Yin statue were both very good.

Mid year dinner will be at the Modbury Hotel on June 30th from 12 pm.

Carol will be taking names from this week for the op shop bus tour on Wednesday July 13 - \$57 pp - includes lunch and morning tea .

Beach walk and BBQ at Largs Bay – Sunday 16th October. More details will follow

Speakers

Tuesday 8th November – Speaker – Debbie Adams for Royal Flying Doctor Service.

Birthdays

Jun: Judy, Purita, Sigrid, Betty, June, Miranda, Jillian, Carol, Liz, Maija, Glenda, John

Jul: Anne, Jeanette, Teresa, Wendy, Todd, Janet, Jenny, Anne, Jessie, Bev, Kaye, Christine, Marlene, Janette, Sandra, Roger, Tom, Carol, Margaret, Des

Aug: Peter, Rob, Joan, Pauline, Janette, Petra, Thea, Joan, Aubrey, Helen, Rexene, Bill, Roland, Roslyn, Danni

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

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

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:

- **Café Combo**
- **Donut King**
- **Muffin Break**
- **42nd St**
- **Michels**
- **Cocolat**

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

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.