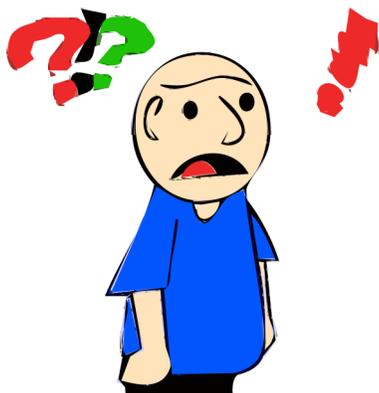


Modbury Meanderer

****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



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Stuff of interest

We have brochures on having a free energy audit, which includes identifying areas where you can save money. You can get new LED globes, water saving shower heads and standby power controllers.

To organise an appointment call THI on 0421695128. Say the TTP mallwalkers advertised it.

TEA TREE GULLY LIBRARY—Free computer and internet training

There is a program out for June (can download from internet or pick up a copy at Council Library) Topics such as EBooks and Emagazines, Netflix and Catchup, Internet safety, Paypal are all covered.

MENS HEALTH EVENT—Thursday June 14 at COTA, 16 Hutt St 9:30—12:30

Most topics interesting for women as well. Hazardous Waists (How the size of your waist impacts on your health and what to do about it); Fibre and gut health; Dementia - memory loss, what is normal and what needs extra attention; Check your stools—looking at bowel health. Jeanette will also be talking about the importance of maintaining your muscle.

There will be lots of stalls with heaps of up to date information and give aways, from organisations such Heart Foundation, Carers support, Continenence Foundation, Dementia Aus and a free raffle for a basket of health and fitness products.

Bookings on 8232 0422 or email events@cotasa.org.au

RAWLEIGHS PRODUCTS

These have been around for many years and have a great reputation. Antiseptics, muscle and joint pain salves, personal care products as well as aromatherapy and even gourmet spices. Dick Smithson, 8264 3166 can help you out with these. He will bring some along to mall walking.

For your information

WALKING GROUP TEE SHIRTS

Ladies - \$20 Men's - \$20 If sewn pocket required add \$3. Orders with money taken by Renata Jarrad.

A big thank you to the walkers for their donation of \$250. Renata hopes to raise \$2000 to give to Cancer Council. Well done!

Social Round up

Vodafone

This was a really good session and walkers learnt a lot about mobile phones, and the staff were very patient.

Escape Travel presentation:

Tuesday May 29 at 8:15 am at Primo TTP

Mid Year Luncheon:

Modbury Plaza Hotel Friday 20th July. More details to come.

Xmas in July Bus tour—Tuesday 10th July.

Mystery Bus Trip Monday 23rd July. Give names to Carol

Hello World:

Are planning a travel talk for Friday Aug 17 at 8 am. This will be in the meeting room at Tea Tree Plus—maximum 60 people

AGM:

Tuesday 4th September—to be held at Primos Golden Grove, on the Golden Way at 7:30 am. Andrew from TTP will be working there for those 3 months and has offered the same deal as usual. It was going to be about \$1000 to go to Hoyts and the committee felt that was too much. Please support Primo as they have been good to us and will be very disadvantaged by not trading for 3 months.

Birthdays

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

Jul: Anne, Jeanette, Carmel, Teresa, Mountaha, Wendy, Janet, Christine, Anne, Jessie, Pat, Bev, Kaye, Christine, Marlene, Jan, Sandra, Roger, Tom, Carol, Margaret, Des

Aug: Peter, Rob, Joan, Ruth, Pauline, Janette, Petra, Maxine, Thea, Joan, Helen, Bill, Roland, Danni

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.

HOW TO AGE WELL IN 2018

- 1. It's time to use the money you saved up.** Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard earned capital. Don't let their problems become yours.
- 2. Laugh. Laugh A LOT.** Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? **Find the humour in your situation.**
- 3. Keep a healthy life,** without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, get tested even when you're feeling well. Stay informed.
- 4. Don't stress over the little things.** You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.
- 5. Regardless of age, always keep love alive.** Love your partner, love life, love your family, love your neighbour and remember: "A man is not old as long as he has intelligence and affection."
- 6. Be proud, both inside and out.** Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.
- 7. Don't lose sight of fashion trends for your age, but keep your own sense of style.** There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you - keep it and be proud of it. It's part of who you are.
- 8. ALWAYS stay up-to-date.** Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised which old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.
- 9. Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better.** Spending your time with bitter people will make you older and harder to be around.
- 10. Don't abandon your hobbies.** If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer at an Not for profit organisation or just collect certain items. Find something you like and spend some real time having fun with it.
- 11. Pain and discomfort go hand in hand with getting older.** Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.
- 12. Take no notice of what others say about you and even less notice of what they might be thinking.** You should have pride in yourself and what you've achieved.. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

AND REMEMBER LIFE IS TOO SHORT TO DRINK BAD WINE OR EAT CHEAP CHOCOLATE!

Tea Tree Plaza Walking Group

PO Box 530
Modbury SA 5092

Contact: Walk Leader
Jeanette Richards
Mobile: 0405630039
Email: jr829452@gmail.com
www.ttplazamallwalkers.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



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

From one of my friends who is almost 90!

As I get Older I realize:

1. I talk to myself because sometimes I need expert advice!
2. Sometimes I roll my eyes aloud!
3. My people skills are fine—its my tolerance of idiots that needs work.
4. The biggest lie I tell myself is "I don't need to write that down—I'll remember it"
5. When I was a child I thought naptime was a punishment—now it's like a mini vacation.
6. The day the world runs out of chocolate and wine is just too terrible to think about.
7. Even duct tape cant fix stupid, but it can muffle the sound.
8. Wouldn't it be great if we could put ourselves in the dryer for 10 minutes and come out wrinkle free?
9. Getting lucky means walking into a room and remembering why I am there.
10. The clothes in the wardrobe don't actually shrink.

"Count your life by smiles, not tears, count your age by friends, not years, and remember

we do not quit playing because we grow old.... we grow old because we quit playing