

Modbury Meanderer

Editor—Jeanette Richards

DETAILS

Thank you to all for updating your details.

Remember though if anything changes during the year I need to know so that we remain in the loop!

In particular, if you have a stay in hospital or are diagnosed with a new condition, a form needs to be signed by your Doctor saying that it is ok for you to walk.

TTPlaza Car Park

I don't know if people saw the write up in the Messenger about parking at TTP.

In a nutshell:

- Anyone parking for over 5 hours will be issued with a fine
- Tyres will be marked and fines issued if people overstay their time in any of the 90 minute or 2 hour parks
- If you are not sure of these time limits let me know and I can show you where the signs are
- Parking in disability or Pram parks without the relevant pass or in the case of pram, a child!!!

There are still walkers putting themselves and others at risk by entering the car park from Nth East Rd side and driving through at least 2 rows of car parks to get to the parks closest to the building. If you are not sure if you may be one of these people just ask me to confirm what I mean!

I know that the trucks park in such a way that it makes it difficult early on, but please try to follow the rules. I am responsible for the walkers and we have made mention to Centre Management about the trucks not following the rules, but ultimately it is up to them to do something about it.

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Off site walks

Walk a Mile in my boots

Thank you to those people who sponsored our group for this walk. We raised over \$100 so that its great.

Beach walk

The annual beach walk is on again on Sunday October 24th at Largs Bay from about 10:30 am with lunch to follow. All are welcome including friends and family, as long as the committee has number for catering.

Family Amble

On October 24th as well. This starts at 9:30 am at the Parade Grounds (Parking onsite) and ambles along the River and through the Botanic Gardens. See Jeanette if you would like an entry form.

Social Round up

Mid Year Luncheon

As usual the lunch at Raggies proved to be very popular and food was very good.

Zoo Outing

The Zoo trip on September 7 attracted about 40 people. Feedback has been that it was really great and some people had to be asked to leave the Pandas as they were so awesome! Thanks to Trish for organising that.

Remember if you are looking for more bus trips COTA has a trip every month. Phone 8232 0422

Christmas Luncheon

This will be held on Tuesday November 23rd at Para Hills Community Club. More details as we get closer to the date.

Christmas Breakfast

Café Primo will host this again this year on Friday December 17 (last day of walking). Tickets will be prepurchased this year to make it a faster process to eat!

More details to follow next newsletter

Speakers

Aug 3—Alan Graham Aged Care, gave a very interesting and enlightening talk around aged care and hopefully cleared up some areas of concern

Peter Roberts talked about “how to walk” and how important it was to do a few strength and stretch exercises as well as walking

Nov 5 - Alzheimers Association

Nov 12—Errol Chinner returns

Birthdays

September: Joyce, Lorraine, Betty, Damian, Kate, Shirley, Wendy, Margaret, Yvonne, Patricia, Rosslyn, Ros, Hazel, Jan, Beryl, Pam, Judy

October: Esther, Pat, Teresa, Kay, Leslie, Margy, Kathleen, Jean, Pat, George, Colin, Bron, Janice, Fran, Janet, Shirley, Betty, Beth, Chris, Lynne, Tony

November: Betty, Barry, Geoff, Nancy, Heather, Bev, Jill, Mary, Keith, Sheelagh, Patricia, Lucy, Evelyynn, Robin, Beryl, Kay

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

2nd week is downstairs

3rd week: Your choice

4th Week: 42nd Street

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.

A few essential exercises according to Peter

Walking is a great exercise but if it is the only exercise that you do you may be missing out strengthening and stretching some areas of your body. Basically, walking is an aerobic exercise, which means that you are working your heart more than most other muscles.

It is a good weightbearing exercise which may help to ward off osteoporosis (even though research now seems to suggest that it is bone laid down in the teenage years which will have most impact on whether you will get thinning of the bones later in life). If you are diagnosed with osteopaenia, then the more impact the better, so walking as well as some weights will be very beneficial.

Exercises that you need to do as well as walking:

- Gluteals (bottom) - this can be as simple as getting up repeatedly from a chair and sitting down slowly and gently, or standing on one leg
- Leg Abductors—taking the outer leg away from the body, leading with the heel and with a weight or band is better
- Stretches—calves in particular and hip flexors—cos we sit too much! If you would like any more information about these just ask one of the instructors.

If you are looking to do a bit more exercise to become stronger here are a couple of classes:

Bfit at Modbury Bowling club on Wednesday at 9:30. Cost \$5 Phone 0405220854

Strength for Life at Barracks Rd Hope Valley; Changes Fitness Centre, Benefitness, Goodlife Modbury, Fitness First Holden Hill, or there is a brand new one opening with a launch next Monday September 27.

Details: Highercombe ACH, Sirius Avenue Hope Valley (off Tolley Rd). This is a lovely facility and the classes will be held in the afternoon, with a falls prevention focus. Ask Jeanette about this one if interested or there was an ad in Messenger last week.

Volunteers

Are you looking to volunteer? Here are a couple of opportunities:

Womens and Childrens hospital are seeking volunteers for the Rainbow Kiosk, once a week or fortnight for 4 hours. Lunch is supplied and free parking. See Lorraine

Highercombe ACH is looking for volunteers in several areas:

Comedy Café	Garden enthusiasts	Painting or other arty things
Crafty help	General companionship	Mens toolshed

Drivers license is required. Contact Leanne on 8397 1600 if interested

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
www.mallwalking.net



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

A bit of a naughty funny

2 women went out for a girls night out and consumed rather a lot of alcohol. As they were quite drunk they decided to walk home. As they passed a graveyard one said to the other that she had to go to the toilet. They decided to quickly sneak into the cemetery. Of course there was no paper to wipe with, so one of the ladies took off her pants and used them and threw them away. The other had just bought a new matching set of underwear so did not want to lose the pants. Luckily there was a wreath on a grave with a ribbon, so she used that.

The next morning one husband rang the other and said that he did not think the girls should go out again as his wife had come home with no pants on!

The other husband said "That's nothing, My wife had a card wedged between her bottom cheeks that said "Thanks for all the memories, from all the guys at the fire department!"