

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



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2015 overview

Well another year has almost gone. Who would have ever thought that we would be celebrating 15 years of mall walking in February next year. We still have quite a number of walkers who have been with the group right from the start, which is a great recommendation.

Of course what that means is that we are all 15 years older as well but of course we don't look or feel it! (see last page)

The year has not quite finished but we will top 10000 walkers this year, for the first time in about 4 years. We averaged 108 walkers each session which is incredible especially after all this time.

There were a few walkers that passed away this year and I guess we have to expect that as when we started in 2001 the average age was 68. We will miss them all and thoughts are with their families and fellow walkers.

As usual a big thanks to all the wonderful instructors who lead the group, give advice when needed (most of it good I think), have a terrific knowledge of health professionals to refer onto and generally motivate and provide good cheer.

To our wonderful committee and social committee, without you guys we would not be able to have such a wonderful group, so have a good xmas and new year and a bit of a rest if you can.

Do you live in a retirement village?

Would you like to have a wine tasting afternoon/evening in the comfort of your village, with the opportunity to purchase wines at wholesale prices.

If so contact Gavin Cook, Vine 2you 0409625642

Adelaide University Motor Control Lab is looking for volunteers to participate in studies of how ageing affects hand muscles during skilled motor tasks. Volunteers must be right handed, no neurological impairments, pacemaker or brain metal implants. It will involve 2 sessions of 2-3 hours and you will be compensated \$15 per hr.

To register interest for further information contact Aylin Post, 8313 8325 or email: aylin.post@adelaide.edu.au

MERRY CHRISTMAS

Social Round up

Xmas lunch

This lunch was held at the Modbury Hotel a couple of weeks ago and was very good as usual. This has prompted the social committee to make a suggestion to hold the lunches there all of the time.

If you have an objection to that happening, please see one of the social committee.

Xmas Breakfast

Friday 18th December , 8am at Café Primo. Last day to pay for this is Friday 11th December. Please place your \$15 (members) or \$18 (non members) in an envelope with your full name on it please. This makes the social committees job so much easier if they can balance the money against receipts, against envelopes.

2016—

- Australia Day Brekky will be on Tuesday 26th January at Thorndon Park
- St Patricks Day dinner will be on Thursday 17th March

Speakers

Carol is currently gathering information for next year, and will book in some speakers in January. The committee has made some suggestions, but if you have some ideas please speak with Carol

Birthdays

Dec: Kevin, Ursula, Max, Des, Betty, Ray, Pam, Barbara, Sylvia, Kay, Barbara, Natasha, Raelene

Jan: Lynette, Peter, Dawn, Ros, Christine, Diana, Mary, John, Sharon, Glenys, Rae, Muriel, Ann, Jean, Carol, Joyce, Pauline, Kay, Marion, Joan, Janet, Naomi, Ron, Ann

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

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:

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

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.

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.

How to avoid weight gain over the festive season and still enjoy it!

We've all heard the oft-cited fact that the average person gains up to two kilograms over the Christmas period. Delicious food and catching up with friends and family over drinks and nibbles is often the most enjoyable part of the festive season. However, if an extra two kilos are something you can do without, here are some ideas to keep things on track:

- Drink water – still or sparkling – between alcoholic drinks.
Adding a lemon slice or mint can make this more festive and enjoyable.
- Eat something before you go to an event, so that you don't overeat party food but can still enjoy tastings.
- Chew slowly and wait a while before having seconds – it takes 20 minutes for your stomach to register fullness.
- Use small plates so that you eat smaller portions.
- Schedule time for exercising during the holidays and keep your routine going - it will give you more energy for doing other things too.
- Choose snacks that are high in protein to keep you full for longer.
- Balance rich treats with lots of healthy salads and some fruit, otherwise it can be easy to fall into the 'all or nothing' approach to eating, ie 'writing off' your healthy approach for the entire holiday season.



Don't try to lose weight over Christmas, simply aim to maintain your current weight. Ah good news!

Five ways with ... apple cider vinegar

The benefits of sipping vinegar in water daily for gut health have been discussed in a previous edition of the Wellbeing newsletter. Here are some more interesting ways to use apple cider vinegar in particular!

- Add one part vinegar to one part water and use it as you would conditioner to make your hair glossy, shiny and dandruff free. And I used to do that for head lice as well!
- Mix half a cup of apple cider vinegar with half a cup of vegetable oil to make furniture polish that will clean and treat wooden furniture and surfaces.
- Use apple cider vinegar in salad dressing or have one tablespoon in water before meals to help digestion and reduce bloating.
- Mix one part vinegar to two parts water, plus a few drops of tea tree oil for a chemical-free household cleaner.



Apple cider vinegar is reportedly effective for a variety of skin ailments, from bug bites to poison ivy to sunburn. Apply directly to the irritated area or try soaking in a bath with about one cup of vinegar added.

How important is Muscle?

Did you know that decreases in muscle mass result in:

Reduced metabolism

Impaired cardiac function

Increased risk of dehydration- Stomach acid slows and you lose the ability to absorb B12

High body weight accelerates the loss of muscle

So lets keep up the exercise, especially those that help keep your muscles!

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



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

FUNNIES

A prospective husband in a book store "Do you have a book called, 'Husband – the Master of the House'?"

Sales Girl: "Sir, Fiction and Comics are on the 1st floor".

Someone asked an old man: "Even after 70 years, you still call your wife – Darling, Honey, Luv. What's the secret? Old man: I forgot her name and I'm scared to ask her.

HAVE YOU EVER BEEN GUILTY OF LOOKING AT OTHERS YOUR OWN AGE AND THINKING, SURELY I CAN'T LOOK THAT OLD?

I WAS SITTING IN THE WAITING ROOM FOR MY FIRST APPOINTMENT WITH A NEW DENTIST. I NOTICED HIS DENTAL DIPLOMA, WHICH BORE HIS FULL NAME. SUDDENLY, I REMEMBERED A TALL, HANDSOME, DARK HAired BOY WITH THE SAME NAME HAD BEEN IN MY CLASS SOME 40-ODD YEARS AGO. UPON SEEING HIM, HOWEVER, I QUICKLY DISCARDED ANY SUCH THOUGHT. THIS BALDING, GREY HAired MAN WITH THE DEEPLY LINED FACE WAS FAR TOO OLD TO HAVE BEEN MY CLASSMATE. AFTER HE EXAMINED MY TEETH, I ASKED HIM IF HE HAD ATTENDED MORGAN PARK SECONDARY SCHOOL .YES I DID. I'M A MORGANNER! 'HE BEAMED WITH PRIDE. WHEN DID YOU LEAVE – 1965. WHY DO YOU ASK? YOU WERE IN MY CLASS!' I EXCLAIMED. HE LOOKED AT ME CLOSELY. THEN THE UGLY, OLD, BALD, WRINKLED, FAT, GREY HAired, DECREPIT, GUY ASKED..

WHAT SUBJECT DID YOU TEACH?