

PROBUS CLUB

Df

AIRPORT DISTRICT INC.

PO Box 449, BROOKLYN PARK SA 5032



19th JANUARY 2023

General Meetings: 09:45am for 10:00am start, on the fourth Thursday in the Month, at Airport Over 50's Club, 18 Coral Sea Road,

Fulham SA 5024.





Welcome to all our Readers in 2023. Hope you all had an enjoyable Christmas with Family and Friends. May 2023 be a good year for all.



MORNING TEA ROSTER for JANUARY

Margaret Dayman, Marlene & Bryan Dyke

MORNING TEA ROSTER for FEBRUARY



Val Brook, Heather & Bill Scott



OUTINGS COLLECTION - JANUARY

Margaret Morgan, Pam Stewart

OUTINGS COLLECTION - FEBRUARY

Bryan & Marlene Dyke

GROUP OUTINGS

* It's What We Do! *

Management Committee

President: Laurie Smith

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M: E:

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Friendship: John Squire

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Just A Friendly Reminder

Our Outings Policy is:

"Please pay within <u>ONE MONTH</u> of Booking.

Non-members **MUST PAY** when Booking



Please Wear Name Badges

To ALL OUTINGS

AIRPORT DISTRICT INC.

Birthdays

January 2023

Helen Graetz 10th January

Marty Lage 11th January

Janet Whiteford 13th January

Eric Fiebig 17th January





To



Eric Fiebig

for volunteering his time and

service to our Club,

as our **NEW SECRETARY**.

Without a Secretary our Club could not have functioned.

Many Thanks Eric, from the Management Committee.

The <u>'Suggestion Box'</u> is now located on the Outings Table .

Any suggestions / ideas for Club Activities etc, will be greatly accepted by the Management Committee.

MONTHLY DINNER NIGHTS

2nd Friday in the Month



Resumes February 10th 2023, 6:00pm

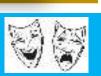
The Rex Hotel, 172 Richmond Road Marleston



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Nothing until May 2023

Theatre



Guest Speakers

Today, January 2023—Heath Visser, CFP®

(Financial Matters affecting seniors)

February 2023 — Norm Lewis Interview



"Bucks" MORNING TEA

7th February 2023, 10:30am, at Beachside
Restaurant, 5 West Beach Road, West Beach

"Does" MORNING TEA

8th February 2023, 10:30am, at La Vita, 342 Grange Road Kidman Park

"Ladies at 10" MORNING TEA

15th February 2023, 10:00am, at Macchinetta, 528 Grange Rd, Henley Beach.





Why did the Belt get locked

He held up a pair of pants!

Some Light Hearted Humour

Why did the boy bring a ladder to School?

He thought it was a high school!

What athlete is warmest in winter?

A long jumper!



I've just burnt 3,000 calories.

I forgot to take the pizza out of the oven.

An older lady was standing at the rail of a cruise ship, holding on to her hat, so that the wind wouldn't blow it away.

A gentleman approached her and said, "Pardon me, madam, I do not intend to be forward, but did you know that your dress is blowing up in this wind?"

"Yes, I know," said the lady. "But I need both hands to hold on to my hat."

"But madam", he said, "you must know that you're 'bottom' is exposed!".

The woman looked down, then back up at the man and said, "Sir, anything you see down there is 85 years old, but I just bought this hat!"



Guest Speaker





L-R Helen Yeates, Stan Miller, Vera Sandrussi (visitor) & Pam Stewart. (absent: Norm Lewis, Yvonne West & Diana Stocks)



Jodie spoke very frankly about her personal grief, following the death of her husband after a short battle with cancer.

"Everyone grieves in their own way.

There is no right way, just your way.

My role is to help people who feel like they have unfinished business and are struggling to come to terms with their loss, to move forward with a healthier, more positive connection to their loved one.

If you feel like you are 'just coping', 'merely existing', not living your life, then let's talk. From my heart to yours."

Jodie xx

Jodie Atkinson

Grief Recovery Specialist ® Personal Trainer, Fitness Instructor and Health Coach.

Grief is a normal and natural reaction to loss of any kind, and the conflicting feelings caused by the end of or change in a familiar pattern of behavior.

Death of a loved one and divorce are common life experiences that cause grief. However, you may be grieving another loss in your life.

Death of a pet, Moving, Death of a former spouse, Legal Problems, Job loss, Major health changes, Empty nest, Retirement



Above: Mel Dayman introducing our Guest Speaker, Jodie Atkinson

Jodie reading a section from her Book "Have You Met MY GRIEF?"

Copies were available for purchase (\$25).







Right: John Wildy, gave a vote of thank to Jodie Atkinson for her own story and recovery from Grief.

A small gift pack was presented to Jodie by John in Appreciation, from our club.



Senior Humor

continued from page 3

An old man shuffled slowly into an ice cream parlor and pulled himself gently, painfully, up onto a stool... After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?' 'No,' he replied, 'Arthritis.'

A woman on the phone to her friend: "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over."

We leave this world the same way we entered it: bald, confused, and wearing a diaper.

What do expired cake mix and seniors have in common?
They both have a hard time

What did one senior mountain climber say to the other?

We're finally over the hill!

<u>APOLOGIES</u>

Before the General Meetings, Please contact the Membership Officer,

Helen Graetz on either: telephone: 8376 5280, mobile: 0409 673 561 or email:

hgraetz@tpg.com.au

An **Apology Sheet** is available on the Membership Officer's table as you enter the building.

This sheet is available until 12 noon at each meeting, if you wish to apologise for future meetings.

PAYMENTS BY BANK TRANSFER

Account Name: Probus Club of Airport District Inc.

BSB: 015-214

Account No. 417529217

*** In the REFERENCE box, please put what you are paying for eg: Subs, which Outing /s. ***

NEXT MANAGEMENT MEETING: Thursday 9th February 2023, at 10am

19 Seafield Street, Largs North.

NEXT GENERAL MEETING: Thursday 23rd February 2023, at 10am

Airport Over 50s Club, Coral Sea Road, Fulham.

Probus is about Fun, Friendship and Fellowship in Retirement

Our Club Website is maintained by Graeme Bond.

http://probussouthpacific.org/microsites/airportdistrict

Kindly printed by Simon Birmingham, Senator for South Australia