



AIRPORT OVER 50s CLUB NEWSLETTER

DECEMBER

Hello Jo:

A warm welcome to all the new members who have joined the Club since our last edition — we're delighted to have you as part of the Airport Over 50s Club community.

This is our final Quarterly Newsletter for the year, and it's hard to believe we're already in December! Please note that the Club will be closing for the Christmas and New Year holiday period — our last day of operation will be Friday, 12 December, and we will reopen on Monday, 12 January.

On behalf of the Management Committee, I would like to take this opportunity to extend our heartfelt thanks to all our wonderful volunteers who have generously given their time and effort throughout the year to keep the Club running smoothly.

We wish all our members and their families a safe, joyful, and peaceful Christmas season. May your blessings be many, your worries few, and your days filled with the company of those who mean the most to you.

Thank you for subscribing to the Airport Over 50s Club Newsletter — we hope you enjoy this edition and find the information helpful and uplifting.

Jo Emms
Club Secretary and Newsletter Editor

Resignations

The President Rosalie Haese and the Vice President Sharen Stephens have made a decision to resign from the club effectively immediately.

The Club will continue to operate as normal and we will source replacements as soon as possible.

The Management Committee would like to thank our members for their continued support of the Club.

Another Wonderful Christmas Lunch Event!

This event was well attended, with 82 members, non-members, and guests joining us for a great day of friendship and celebration.

We were delighted to welcome Mayor Michael Coxon and Bec Sutton as our special guests at the lunch.

Congratulations to the three raffle winners - Jenny Higgins, Val White and Jenny Casaro.

A big thank you to everyone who attended and helped make this another successful and enjoyable event for our Club.



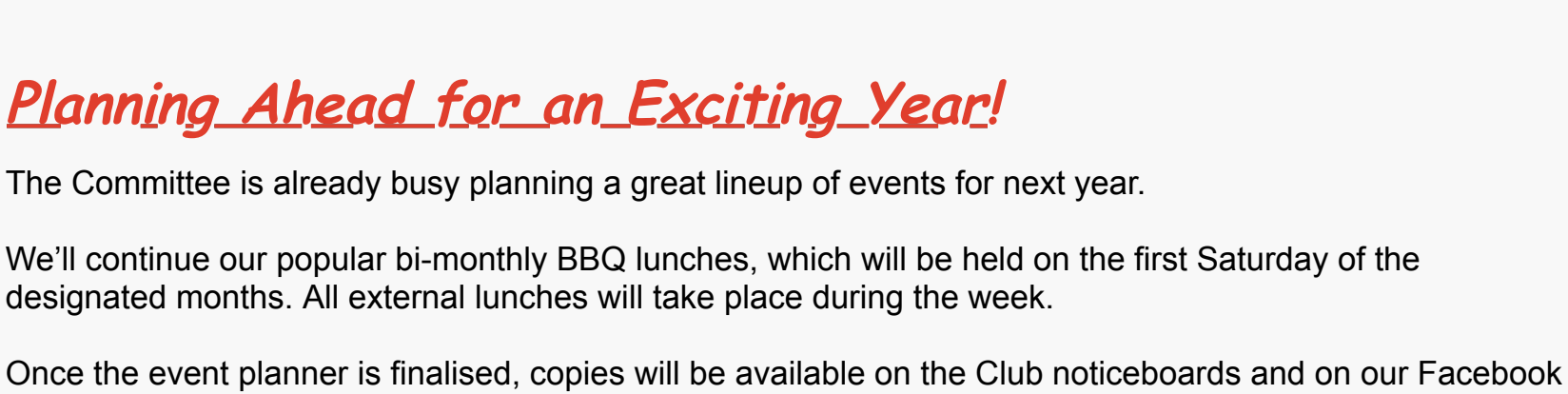
End-of-Year Celebration

Join us for the last event of the year on Friday, 12 December from 5pm — a wonderful way to wrap up another fantastic year at the Airport Over 50s Club!

This event is FREE for Financial Members only.

Tickets for this event are now available from the club office between 9am to 12noon. There will be lots of raffle prizes to be won on the night, so don't miss out on the fun! The evening will be catered by the Club, and the event is licensed for BYO alcoholic drinks.

Come along, enjoy great company, good food, and a festive atmosphere as we celebrate the year that was!



Planning Ahead for an Exciting Year!

The Committee is already busy planning a great lineup of events for next year.

We'll continue our popular bi-monthly BBQ lunches, which will be held on the first Saturday of the designated months. All external lunches will take place during the week.

Once the event planner is finalised, copies will be available on the Club noticeboards and on our Facebook page, so you can plan ahead and join in the fun.

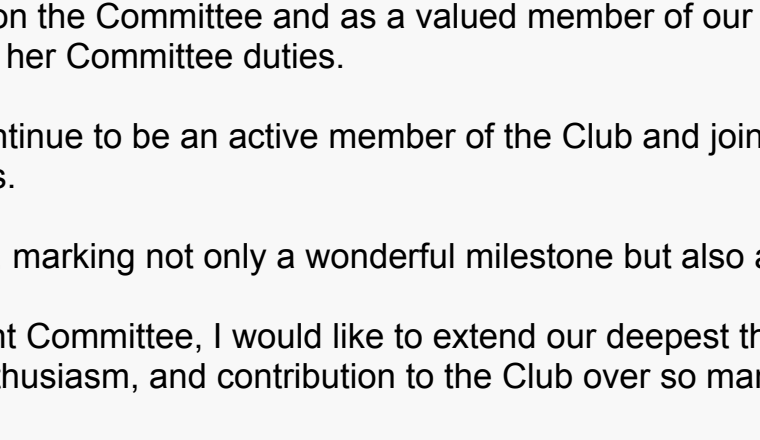
We're also excited to announce that two bus trips are planned for next year! One north and the other one south of Adelaide.

Your suggestions for destinations are always welcome — please chat with any Committee Member if you have ideas on places you'd like to visit.

New Bike Racks Installed

The City of West Torrens Council has kindly installed three bike racks around the Club building — one near the entrance and two near the wall.

We hope this makes it easier for members who ride their bicycles to the Club to secure them safely, rather than attaching them to the verandah posts.



A Heartfelt Thank You to Nancy Bament - Life Member

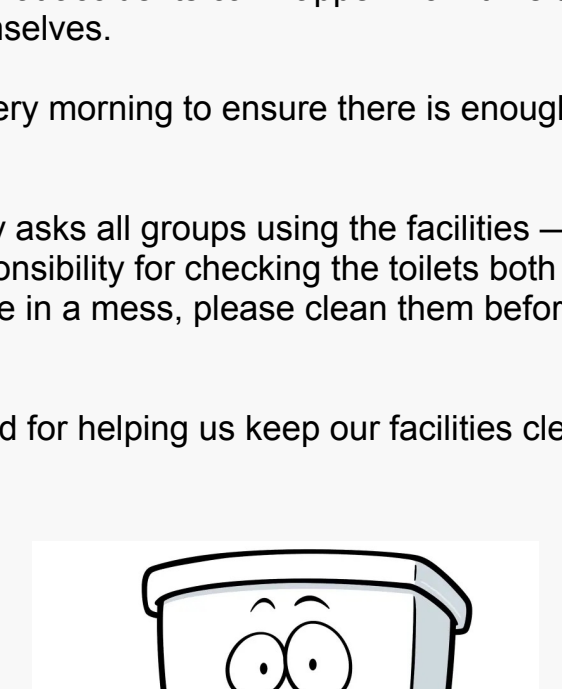
After many decades on the Committee and as a valued member of our Club, Nancy has decided it is time to officially retire from her Committee duties.

Don't worry — Nancy will continue to be an active member of the Club and join us for our regular exercise sessions and social functions.

Nancy is turning 95 this year, marking not only a wonderful milestone but also a well-deserved retirement.

On behalf of the Management Committee, I would like to extend our deepest thanks to Nancy for her unwavering commitment, enthusiasm, and contribution to the Club over so many years.

We wish you many more happy and healthy years ahead, Nancy — and look forward to seeing you at our future activities and gatherings!



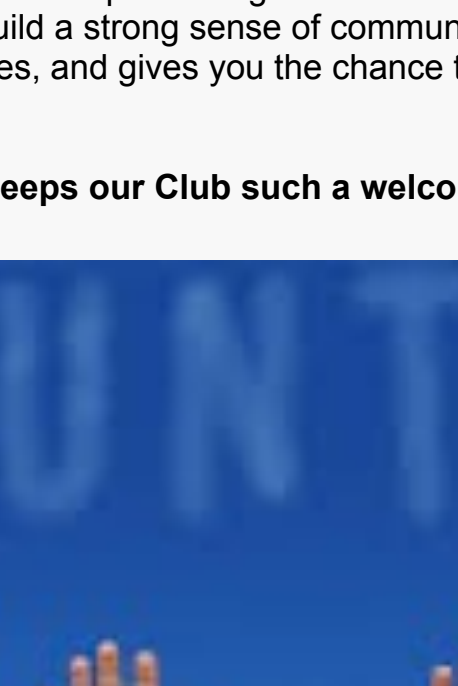
Keeping Our Toilets Clean and Pleasant for Everyone

Lately, there have been a few instances where both the men's and women's toilets have been left in an undesirable state. We understand that accidents can happen from time to time, however, it is each person's responsibility to clean up after themselves.

Our volunteers check the toilets every morning to ensure there is enough toilet paper, hand towels, and hand wash available.

The Management Committee kindly asks all groups using the facilities — especially those meeting outside of Club office hours — to take responsibility for checking the toilets both at the start and at the end of your session. If the toilets are found to be in a mess, please clean them before leaving, so they are ready for the next group to use.

Thank you for your co-operation and for helping us keep our facilities clean, comfortable, and welcoming for everyone.



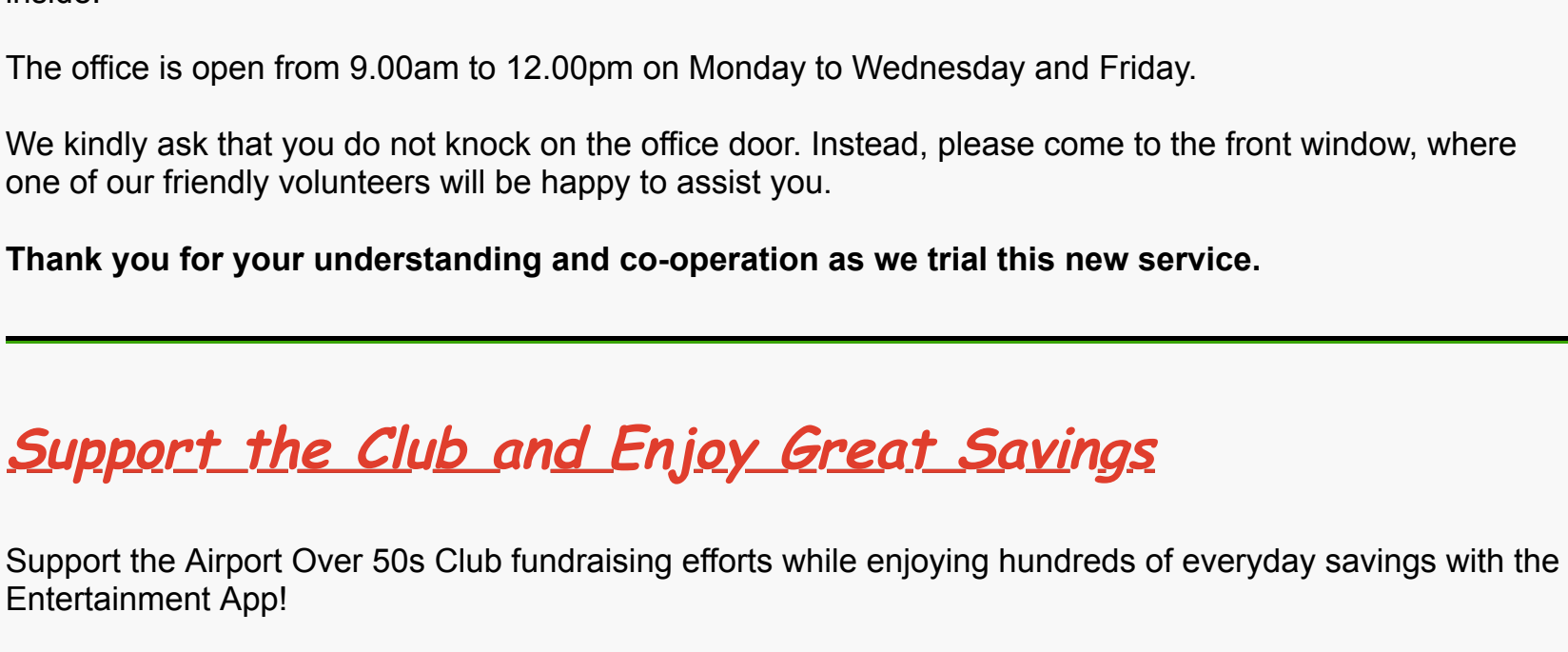
Volunteers Keep Our Club Running!

The Airport Over 50s Club is proudly run entirely by dedicated volunteers — there are no paid staff keeping the Club open for everyone's enjoyment.

The Management Committee warmly encourages all members to consider volunteering to help with the day-to-day running of the Club. If you have a few spare hours per week, please come in and have a chat about how you can get involved. No previous experience is needed — just a friendly attitude, a willingness to help, and a desire to contribute where it's needed most.

Volunteering offers so many rewards — from personal growth and skill development to improved mental and physical wellbeing. It also helps build a strong sense of community and connection, provides new friendships and networking opportunities, and gives you the chance to give back to a place that means so much to us all.

Come and be part of the team that keeps our Club such a welcoming and vibrant place!



New Office Service Procedure

In recent months, the Management Committee has noticed how busy the office has become, with many volunteers working and members coming in to purchase tickets or make payments.

To help us manage this more efficiently, from January 2025, our volunteers will serve members through the open office window at the front reception. As part of this new system, the office door will be locked from the inside.

The office is open from 9.00am to 12.00pm on Monday to Wednesday and Friday.

We kindly ask that you do not knock on the office door. Instead, please come to the front window, where one of our friendly volunteers will be happy to assist you.

Thank you for your understanding and co-operation as we trial this new service.

Support the Club and Enjoy Great Savings

Support the Airport Over 50s Club fundraising efforts while enjoying hundreds of everyday savings with the Entertainment App!

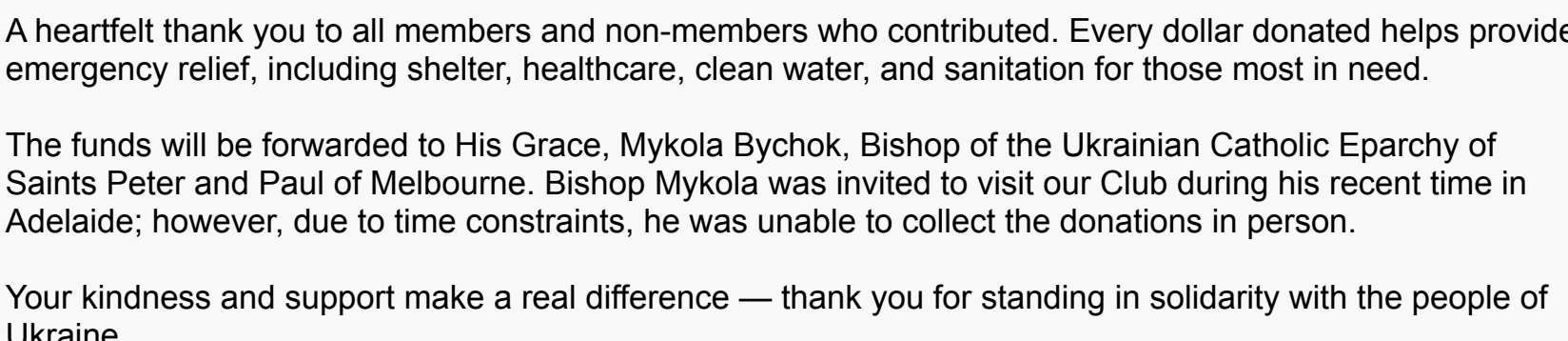
The Entertainment App is easy to use and packed with incredible offers — up to 50% off and 2-for-1 deals on takeaway, dining, shopping, groceries, gift cards, activities, and more.

What's even better — 20% of every membership purchase goes directly to support the Airport Over 50s Club.

It's a simple way to save money while helping our Club continue to thrive.

Check out our Facebook page to see the latest specials and offers available from time to time!

Use this link to purchase your Entertainment Book - <https://au.scribble.entertainment.com.au/handisken3d7963>



Ukraine Humanitarian Appeal - Thank You for Your Generous Support

People in Ukraine continue to face unimaginable hardship as the conflict enters its fourth year. Millions remain displaced and are struggling with shortages of food, water, and medicine, while many others endure ongoing bombardments and instability.

Thanks to the compassion and generosity of our community, Rick co-ordinated the collection of donations totalling \$1026.10.

A heartfelt thank you to all members and non-members who contributed. Every dollar donated helps provide emergency relief, including shelter, healthcare, clean water, and sanitation for those most in need.

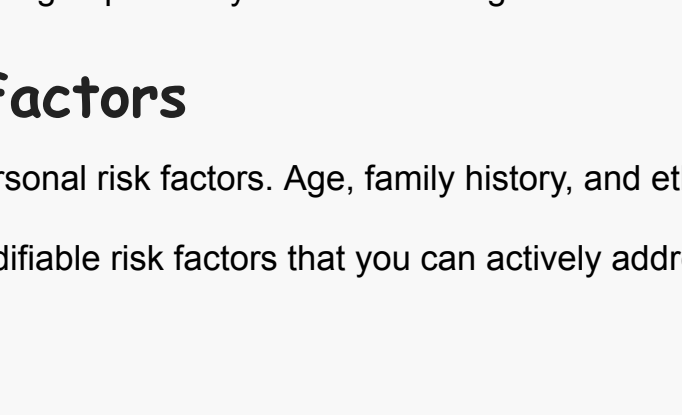
The funds will be forwarded to His Grace, Mykola Bychok, Bishop of the Ukrainian Catholic Eparchy of Saints Peter and Paul of Melbourne. Bishop Mykola was invited to visit our Club during his recent time in Adelaide; however, due to time constraints, he was unable to collect the donations in person.

Your kindness and support make a real difference — thank you for standing in solidarity with the people of Ukraine.

Thank you to our Sponsors

Karidis Retirement Villages - provide our door prize gifts
Karidis Retirement Villages is a proud Australian company reimagining retirement housing and independent living villages. For more information visit their website — www.karidisretirementvillages.com.au

Harris Real Estate - provide goods basket for the raffles
Harris Real Estate is an award-winning, progressive agency putting customers and their property first. A respected, innovative agency spanning ten boutique local offices with unrivalled coverage across the state and its stunning peninsula. For more information visit their website — harris.com.au



Stroke - reducing the risk and recognising the signs

In Australia, Stroke is one of the biggest killers. According to the AIHW, it kills more women than breast cancer and more men than prostate cancer. In addition, suffering a stroke is more common in older age groups with over 2 in 3 (71%) people who had a stroke were aged 65 and over. However, the Stroke Foundation states that 80% of strokes can be prevented. Therefore, it is important that we review what Stroke is, how we can prevent it and what the signs are so we can fight it together.

What is a stroke?

Our brains are fed by blood carrying oxygen and nutrients through our arteries. A stroke happens when blood cannot get to the brain. This could be due to a blood vessel/artery becoming either suddenly blocked (ischemic stroke) or it bursting and beginning to bleed (haemorrhagic stroke). As a result, brain cells die due to a lack of oxygen and nutrients which then leads to impairment, affecting a range of activities such as speaking, thinking, movement and communication. Unfortunately, a stroke is often fatal.

As stated earlier, 80% of strokes are preventable. Therefore, managing your stroke risk and living a healthy lifestyle is very important in helping to prevent you from suffering a stroke.

Know Your Risk Factors

Start by understanding your personal risk factors. Age, family history, and ethnicity are non-modifiable risk factors. However, there are several modifiable risk factors that you can actively address. These include:

- High blood pressure
- High cholesterol
- Diabetes
- Smoking
- Excessive alcohol consumption
- Obesity
- Physical inactivity

Control Hypertension (High Blood Pressure):

High blood pressure is the leading cause of haemorrhagic strokes. Regularly monitor your blood pressure and work with your healthcare provider to keep it within a healthy range. Lifestyle changes, such as adopting a low-sodium diet, regular exercise, stress reduction techniques, and medication when necessary, can help manage hypertension effectively.

Embrace a Heart-Healthy Diet:

A diet that promotes heart health can significantly reduce the risk. Incorporate plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats into your meals. Limit your intake of saturated and trans fats, as well as processed and high-sugar foods.

Stay Active:

Regular physical activity not only helps with weight management but also improves cardiovascular health. Aim for at least 30 minutes of moderate-intensity aerobic exercise most (preferably all) days of the week. Engaging in activities like brisk walking, cycling, swimming, or dancing can make staying active enjoyable and sustainable.

Quit Smoking:

Smoking is a significant risk factor for stroke. If you smoke, seek support and resources to quit. Quitting smoking not only reduces your risk but also improves overall health and well-being.

Limit Alcohol Consumption:

Excessive alcohol can raise blood pressure and contribute to other stroke risk factors. If you drink alcohol, do so in moderation. The Australian Guidelines say that to reduce the harm from alcohol related disease or injury healthy men and women should have no more than 10 standard drinks a week and no more than 4 standard drinks on any one day.

Manage Diabetes:

If you have diabetes, it's essential to manage it effectively. Keep blood sugar levels within the target range through a combination of a balanced diet, regular exercise, and proper medication as prescribed by your healthcare provider.

Regular Health Checkups:

Schedule regular checkups with your healthcare provider to monitor your blood pressure, cholesterol levels, and overall health. Delving and addressing any health concerns early can significantly reduce stroke risk. Speak with your healthcare provider to assess your risk profile and discuss appropriate preventive strategies.

Recognising the Signs

The Australian Stroke Foundation has created the FAST test as an easy way to recognise and remember the signs of a stroke.

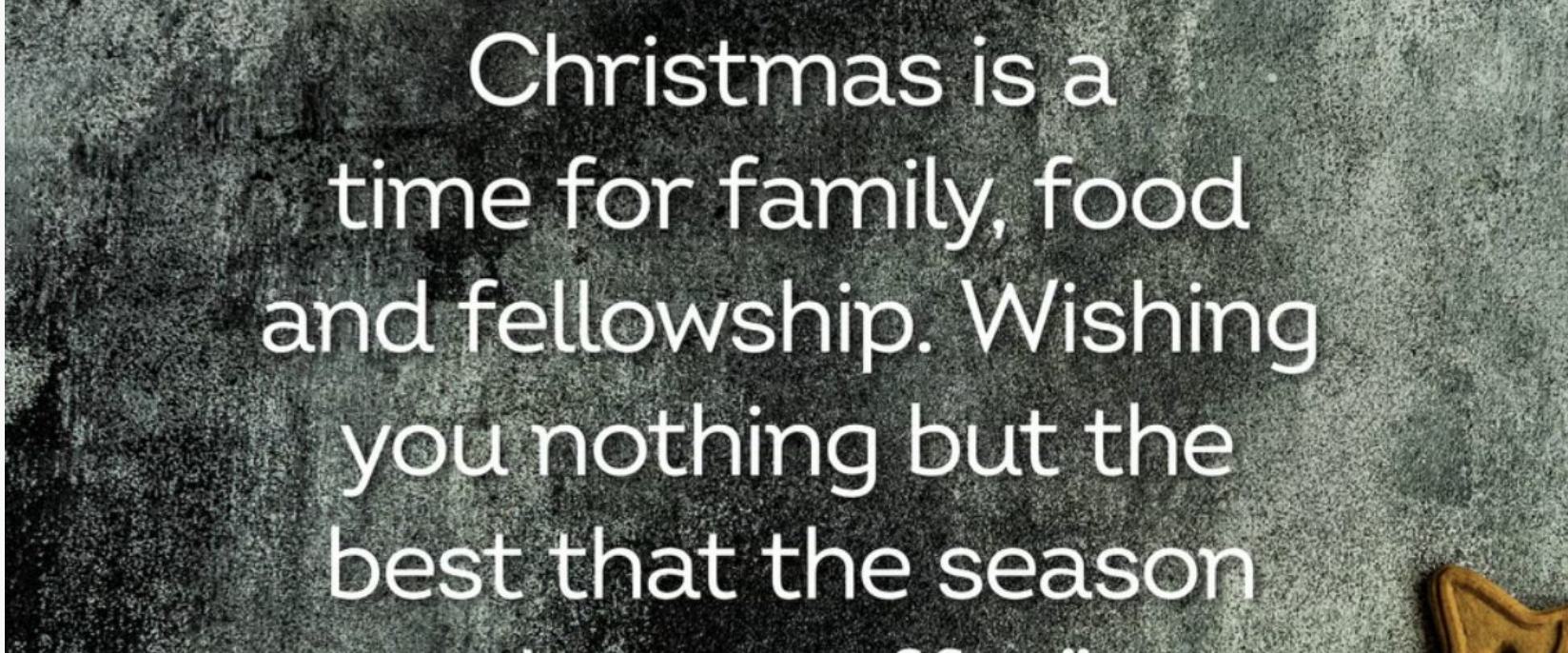
Using the FAST test involves asking these simple questions:

- **Face:** Check their face. Has their mouth drooped?
- **Arms:** Can they lift both arms?
- **Speech:** Is their speech slurred? Do they understand you?
- **Time:** Time is critical. If you see any of these signs, call 000 straight away.

Preventing strokes is within our grasp. By understanding and addressing our risk factors, adopting a heart-healthy lifestyle, and seeking appropriate medical guidance, we can significantly lower our chances of experiencing a stroke. National Stroke Week is 7th – 13th August, consider using this week to take charge of your health and to make sure that you are able to recognise and remember the signs, so we can work together to fight stroke.

Source: COTA website

Christmas Spirit

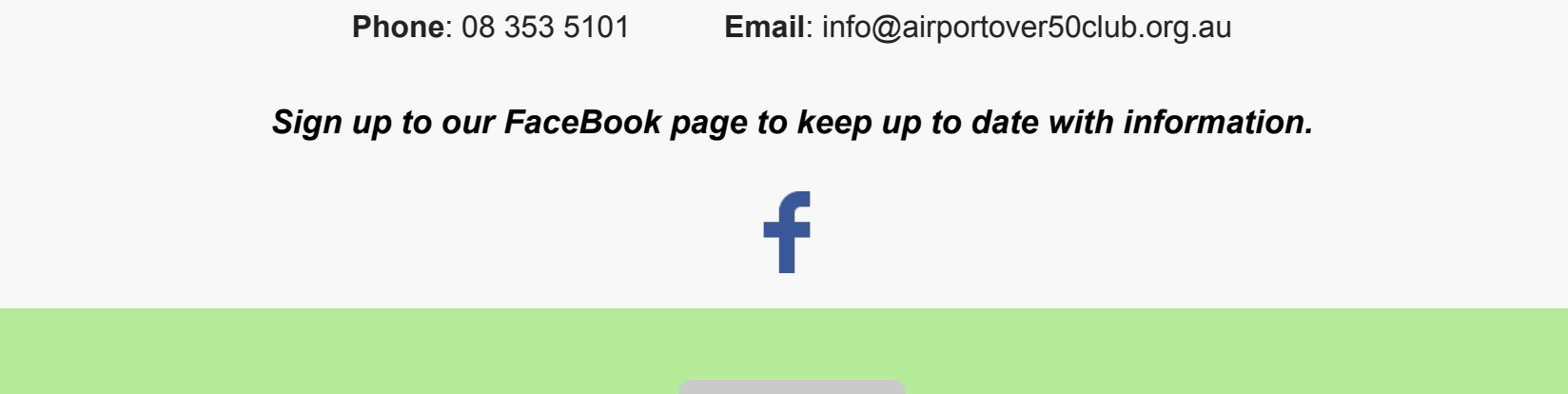


The "Christmas spirit" is a feeling of generosity, goodwill, and togetherness, often expressed through acts of kindness, celebrating with loved ones, and engaging in festive traditions like decorating, gift-giving, and enjoying holiday music. It can also refer to the overall festive atmosphere created by the season, a sense of hope, light, and connection during the winter months.

Key aspects of the Christmas spirit

- **Generosity and kindness:** This includes giving gifts, volunteering, and being compassionate towards others.
- **Festiveness:** Spending quality time with family and friends is central to the spirit.
- **Festive traditions:** Activities like decorating the home, listening to Christmas music, and attending events like "Carols by Candlelight" help build a cheerful atmosphere.
- **Nostalgia and hope:** The season evokes feelings of nostalgia and is associated with hope, light, and warmth, especially as the days grow shorter.
- **Light and decorations:** Lights and evergreen decorations symbolize hope and drive away the darkness of winter.
- **Ways to experience the Christmas spirit**
 - Decorate your home and put up a Christmas tree with loved ones.
 - Listen to Christmas music.
 - Go to a local Christmas market.
 - Watch classic Christmas movies.
 - Bake festive treats like a gingerbread house.
 - Give to those in need or volunteer.
 - Organize a Secret Santa with friends or family.
 - Attend a local "Carols by Candlelight" event.

From all of us on the Management Committee, we wish you a Christmas filled with the true spirit of the holiday. May it bring warmth and joy to your family gathering.



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