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Airport
Over 50s Club Inc

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AIRPORT OVER 50s CLUB NEWSLETTER
JUNE 2026

Good morning 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.

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

Jo Emms
Club President/Secretary and Newsletter Editor

Save the Dates

Annual General Meeting - Thursday 9 July at 11.00am

In accordance with our Club's Constitution, we will be holding our Annual General Meeting (AGM) at the Club. This meeting is an essential part of our Club's operations, and a minimum quorum of financial members is required for it to proceed.

Your attendance is vital to ensure we can continue moving forward with a newly elected Committee. Please make the time to attend and take part in shaping the future of our Club. Refreshments will be served after the AGM.

All Committee positions will be declared vacant at the AGM. Nominations are now open for the Executive Committee and the Committee roles.

We encourage any member interested in contributing to the running of the Club to submit a Nomination Form and volunteer for one of the positions below.

The following positions need to be filled:

- President
- Vice President
- Secretary
- Treasurer
- Committee Members

Your participation and support will help ensure the smooth and successful operation of our Club for the year ahead.

A Special Thank You to our Volunteers

I would like to sincerely thank all of our committee members and support volunteers for their ongoing support, dedication, and hard work throughout 2025-2026 financial year.

The time and effort generously given to the Club is greatly appreciated and plays an important part in making our activities and events successful. Whether assisting behind the scenes, helping at functions, or supporting members in many different ways, your contribution does not go unnoticed.

We are fortunate to have such a committed group of people who willingly give their time for the benefit of our Club and its members.

Thank you once again for your valued support and continued commitment to the Club.

THANK YOU
VOLUNTEERS!

Christmas in July lunch - Saturday 4 July at the Club

In previous years, the Committee organised this event at an external venue. However, this year the event will be held at our Club.

The Committee is organising a special roast lamb with vegetables lunch, dessert, tea and coffee for our Financial Members. This event is being subsidised by the Club as a way of thanking our Members for their continued support throughout the year. Financial Members will only need to pay the usual $10 to attend. Numbers will be limited due to the overall catering costs.

If places are still available, non-Financial Members may also attend, however they will be required to pay $20 per person due to the Club organising for the roast lunch to be catered by an external company.

We also have special entertainment organised - Polaris 71 Band, so don't miss out — ticket sales will be opened shortly in mid June.

The Club has a BYO liquor licence for this event.

Christmas in July

Your Contact Details

Have your contact details changed recently? Most of us now use a mobile phone rather than a landline, and email addresses can change from time to time.

To help us keep our records up to date, we would appreciate it if you could let us know of any changes to your phone number or email address.

Occasionally, we need to contact members by phone or email. If our records are not current, you may miss important information. Recently, we had to cancel an activity and needed to notify members. If your contact details were outdated, you may have made an unnecessary trip to the Club.

MEMBERSHIP

Correct Money, Bulk Tickets or Credit Card

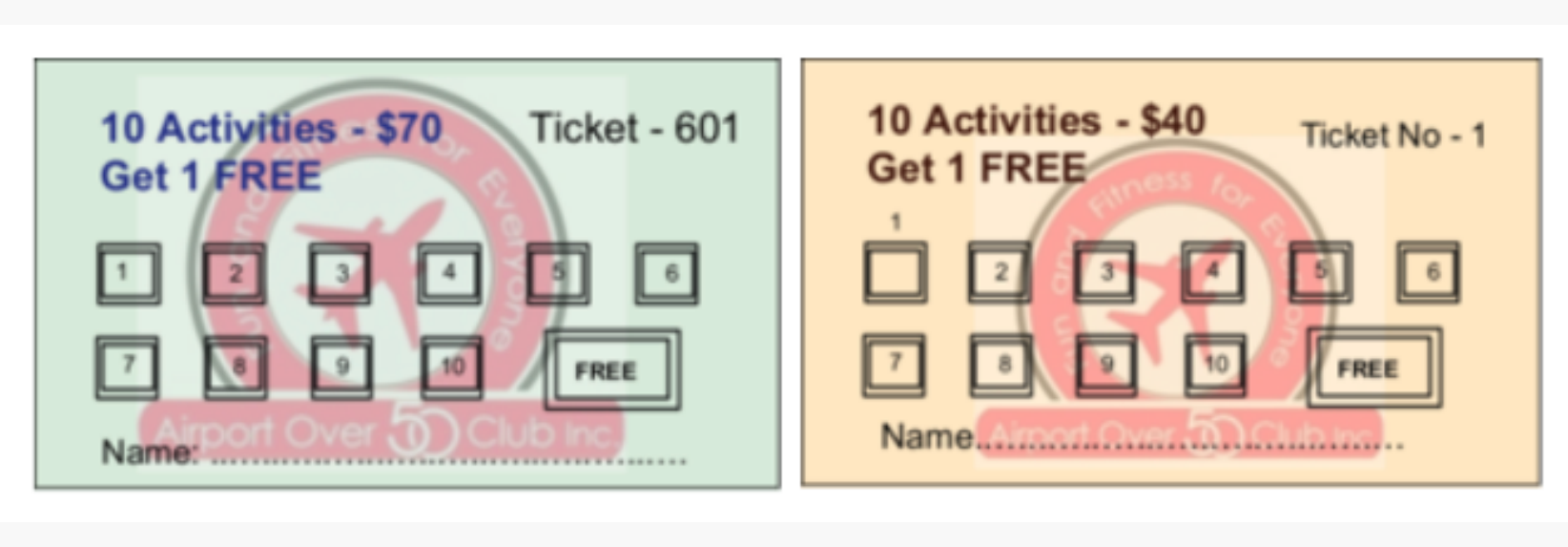
Help us to help you.
If you are paying for activities by **cash**, please try to bring the correct amount, as we do not always have reserve cash available to provide change.

For payments of **$4 or $7**, we kindly ask that you use gold coins or a note rather than small change (5c,10c, 20c or 50c coins). This makes it much easier for our volunteers when counting the week's takings before banking.

Alternatively, the Club offers other convenient payment options:

- **Bulk Tickets** – $40 or $70
  Each time you purchase a bulk ticket, you receive **one FREE activity**.
- **Credit Card Payments** – We accept credit cards for activities.
  The Club absorbs all bank fees, so there is **no extra cost to you**.

Thank you for your understanding and for supporting our volunteers.



10 Activities - $70 Ticket - 601
Get 1 FREE
1 2 3 4 5 6
7 8 9 10 FREE
Name:..

10 Activities - $40 Ticket No - 1
Get 1 FREE
1 2 3 4 5 6
7 8 9 10 FREE
Name...

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!

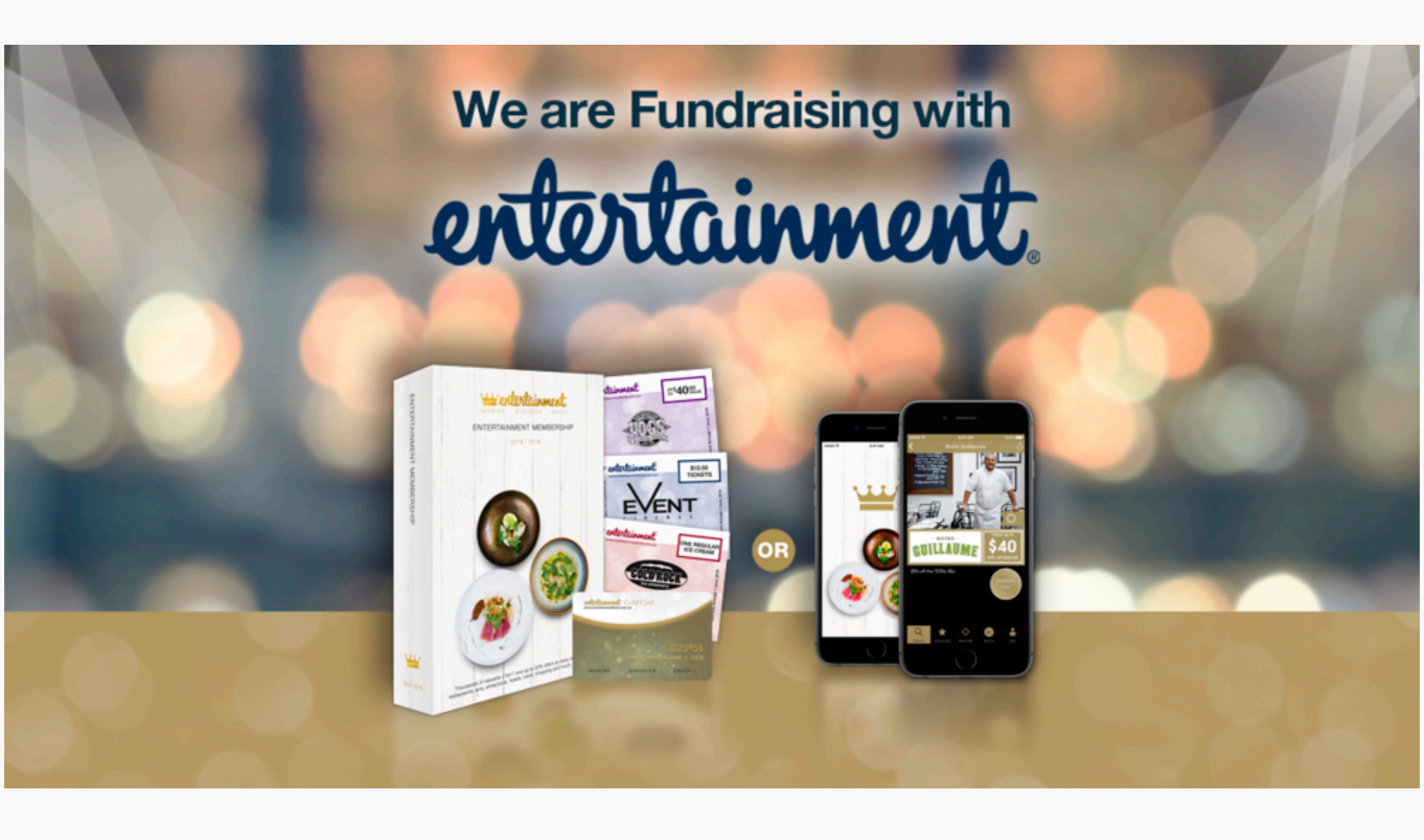
The Entertainment App is easy to use and packed with incredible offers — up to 50% off and 2-for-1 deals on takeaway, dining, shopping, groceries, gift cards, activities, and more.

What's even better — 20% of every membership purchased 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://subscribe.entertainment.com.au/fundraiser/9r57063



7 Tips for Staying Healthy over Winter

Whether you're seeking winter sun in the north, or trying to stay warm in the south; it's important to keep up your healthy eating habits and get your 30 minutes of physical activity a day.

1. Enjoy winter seasonal vegetables and fruit
Grapefruit, kiwifruit, mandarins and oranges are all delicious and in season over winter. Try involving fruit in your breakfast if you're not already, and add an extra serve of vegetables to each main meal. Broccoli, carrots and cauliflower are great winter vegetables, particularly for soups.

While fresh is best, don't be afraid to stock the freezer up with cheap and easy additions to any meal.

2. Take time for tea
Drinking tea dates back to ancient China, and in recent years the spotlight has been on its health benefits. Black and green tea are rich in plant chemicals, some of which are called flavonoids, which have antioxidant effects. In studies of people who drink tea regularly, their blood vessels were healthier and their risk of heart disease lower. Of course, many people who drink tea do other healthy things too, like eating more vegetables and doing more exercise so it can be hard to pinpoint the effect to tea-drinking alone. But why not take on all of these healthy things this winter: more vegetables, taking time to enjoy tea, and going for a walk every day.

3. Stews, casseroles and leftovers
A great winter warmer! Make your casseroles and stews with lots of vegetables to boost your meals with heart healthy foods. When cooking stews and casseroles remember to trim fat off meat before cooking and add kidney beans, chickpeas, soy beans or lentils for fibre, and use reduced salt stock. Making extra means lunch is sorted too. For winters desserts, stew some fruit and save some for breakfast for the next day.

4. Choose the right amount
Winter is a great time to re-think the size of your meal, especially with foods such as rice, pasta and potatoes which, while delicious, can be easy to over-serve. Choosing a healthy amount for you can help to manage your weight, and free up space on your plate for more vegetables! Try using smaller plates when dishing up and waiting 20 minutes before heading back for seconds.

5. Get active indoors
Join a team or a physical activity program. There's lots of indoor activities to embrace over winter, such as yoga, bowling, dancing, soccer and so on. The key is making your winter activity enjoyable and social. Try out your local indoor swimming pool; if you're not a great swimmer try some simple aerobics moves in the shallow end.

6. Sit less
Get active around the house. Don't want to miss your favourite show? Try jogging or skipping on the spot or even just stretching while you watch. Try getting active gardening, cleaning, washing the dog or dancing. Have fun getting physical in the comfort of your warm home. Use an activity tracker to make sure you're still getting your steps up. Set a target to achieve the same amount of steps you would complete over the warmer months.

7. Rug up
Keep an eye on the weather and if it's not raining, get out outside and go for it. Once you get moving you'll warm up. When you're out and about look for incidental ways to exercise walk or cycle to the local shops instead of driving the car. Use the stairs instead of the lift or escalator. Join a Heart Foundation Walking group, or download our Walking app and get active with friends to keep you motivated.

Source: Health Foundation website

Thank you to our Sponsor

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

Some photos from our events held during the year.

Happy birthday

44th Anniversary

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