



August 2025 Newsletter

Greetings to all our fantastic volunteers

Support group dates: I will be holding another support group meeting on the 28th August at the Uniting Church Hall in Merimbula. There will be a webinar on Supporting Those Greiving A Loss 12 noon start.

Information sessions: This is a reminder for the information sessions being made available by the Red Cross ACVVS for our volunteers in the area.

Seniors Rights Information Session

Monday 4th August 10:30am -11:30am Tura Beach Library

Dementia Awareness Information Session

Tuesday 2nd September 10:30am - 11:30am Bega Meals on Wheels

Clean Jokes For Old Folks: Some more giggles coming your way.

What is a prize old people can win for Ageing?



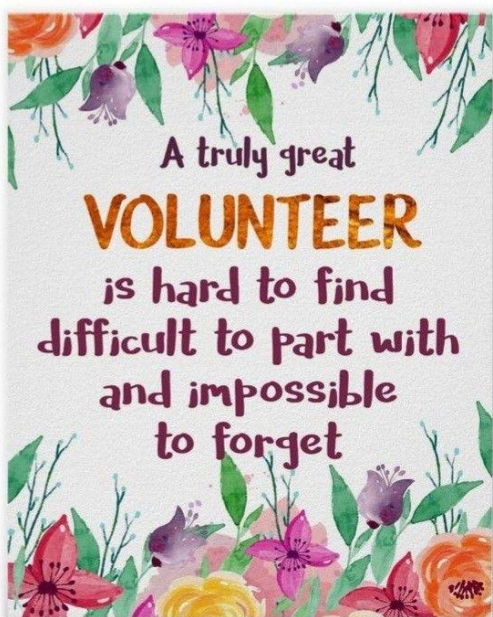
Atrophy

These are not grey hairs! They are wisdom highlights

One benefit of old age is that your secrets are always safe with your friends ... because they can't remember them!

Age is an issue of mind over matter. If you don't mind getting older, then it really doesn't matter.

Now that I've gotten older, everything's finally starting to click for me.
My knees, my back, my neck ...



I would love to see as many as possible at the support group meeting and we will enjoy getting to know each other a bit more.

Sincerely, Lee