



60s Up Movement of NZ Inc.

BIRKENHEAD BRANCH

## MAY 2026 NEWSLETTER

President: Edna Bulkeley 4838497/021-1216646

Vice President: Sue Mulcahy 021725464

Secretary: Kathy Heke 0274953095, Treasurer: Pauline Smith 0212304976

Trips: Fiona Healey 027-4480702/483-6335

Meetings held second Tuesday of the month at 10.00am at the Cedar Centre 56A Tramway Road, Beach Haven

### PRESIDENTS REPORT

Good morning to you all. How lucky were we to have such a beautiful day for our trip to Highwic House. I can't imagine what it would have been like with 21 children living there. How would you remember all their names? Today we will be having our AGM followed by our regular meeting. We are lucky to have had all the previous Committee willing to stand again but it's not too late to put your name forward if you would like to join us. Subs are due and if you haven't already paid please see Pauline Smith who will be happy to take your money. Today we have Angel Flights to talk to us about the amazing work they do. I hope you all have a lovely morning and I look forward to seeing you all.

Edna

### TRIPS

#### May 19th

Trip to the Kereru Cafe at Pukekawa. Lunch to be confirmed. Bus leaves Verrans Corner at 9.00am, Beach Haven shops 9.05am, Cedar Centre 9.10am, Eskdale Road 9.15am, Onewa Road 9.20am. Cost \$40.

#### June 16th

A visit to the Orewa Surf Club where we will also have lunch. Bus leaves Verrans Corner at 9.00am, Beach Haven shops 9.05am, Cedar Centre 9.10am, Eskdale Road 9.15am, Onewa Road 9.20am. Cost \$40.

In future no trip money will be accepted on the bus.

Trips must be paid for at Branch Meetings, where possible, or via internet banking. The bank account number is **12-3035-0491-544-01**.

If paying at the meeting please put your money in an envelope with your name on it. Thank you for supporting the trips. A last minute cancellation may incur a \$10 refund deduction. Please leave the front 4 seats on the bus empty for people who are having trouble walking.

**HEALTH LINE 0800-611-116 is the number you ring** if you are in need of professional medical help at any time, day or night.

**Contact Sue Mulcahy** if there is someone you know that is unwell.  
Phone **021725464**.

### ENTERTAINMENT

**May 12th Angel Flights (Talk)**  
**June 9th - Julie Banks (Singer)**

### Coming Up

**June 1st - Kings Birthday**

### Our National website

<https://www.60supmovement.org.nz> Check out what other branches are doing.

### QUOTE

There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self. - Ernest Hemingway

You can pay your entry fee to the end of **March 2027** into Bank Account Number **12-3035-0491-544-00**



To pay for your trips the bank account Number is:-

**12-3035-0491-544-01**

Enter **your name, code** - put trip money and **Reference** -Where the trip is for.

### **AGM**

Today is our AGM. Nomination forms for Committee Members are available for members to vote. See Edna.

### **SUBS ARE NOW DUE**

Written receipts are to be phased out so there is no longer the need to issue receipts. Instead your Membership Form will be confirmation of your payment. This Year Subs remain the same at \$15.

Please ensure if nothing has changed tick the **'No Change'** box. For any changes tick the **"Details Change"** box.

### **CONFERENCE IN JUNE**

This year the Conference will be held in Rotorua in June. Accommodation will be available at the Novotel Rotorua. This is a great opportunity to get together and meet other club members. See Edna if you are interested in attending.



### **I AM NOT 60**

That's not my age; it's just not true. My heart is young; the time just flew. I'm staring at this strange old face, and someone else is in my place!

My body's not in disrepair. I've not much grey in my brown hair. I sometimes feel a little tired, but go for jogs when I'm inspired.

This old age thing is not for me. Concessions given, prescriptions free. I'll just pretend I'm in my prime. To age too fast would be a crime.

I'm just not 60 in my head. It's still so long till I am dead, So please don't see me in that way. I'm staying young, if that's OK!

### **JOKE**

### **Senior Citizens are the leading carrier of Aids**

Hearing Aids  
Band Aids  
Walking Aids  
Medical Aids  
Government Aids  
And especially Monetary Aids  
(To their Families)

### **DID YOU KNOW**

1. Cows have best friends they spend most of their time with.
2. Kangaroos Can't Walk Backwards.



OUR THANKS TO LOTTO FOR SUPPORTING OUR TRIPS