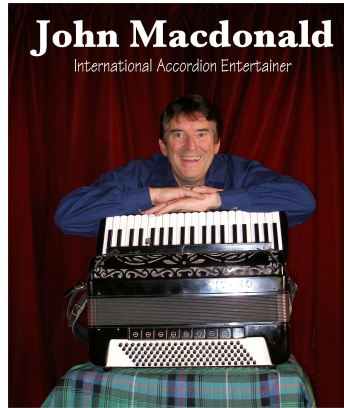


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## HELLO & WELCOME

Here we are at our second Golden Oldies Get Together for 2012. Our Entertainer this month is John Macdonald, an International Accordion who will wow us with some Scottish flavour. We have themed our



Golden Oldies today all things scottish. With this in mind we associate Scotland with the Highland games, Tartan, Golf, Bag pipes, Scottish heathers, whisky and of course the kilt.

Our Entertainer for the April Get Together will be Toni Stevens for some good times, melodies and laughs.

What's happening this month in the Centre and CBD ?

**Gosford City Markets** .... Are on again and you can kick up your heels at this month's market on this Saturday 10th March as there will be live music in Kibble Park from 8am and the award winning 'Round Mountain Girls' performing live from 9am. There is always something for everybody at the Markets including fresh produce, wines, a variety of meats, breads, plants, handmade jewellery, gifts, arts & crafts and more! The markets start from 8am to 1pm in Kibble Park—rain, hail or shine!

**Seniors Week** is in the month of March. 18th - 24th March 2012. The Centre has Seniors Expo on Thursday 22nd March at Centre Court from 10am to 2pm. There will be a number of exhibits here on the day who will have literature and staff on hand for any queries regarding

their service or product.  
The exhibits are:

Travelworld Gosford, Better Hearing Australia, chameleon Lifestyle Connections, Apia Insurance, Men's Shed, Central Coast Respite & Carelink Centre, Tarragal Glen Retirement Village, FiveOPlus Public Radio, Telex Hearing Care, TJ Andrew Funeral Services, Go Vita & Genesis Fitness & Phillips Pharmacy.

Entertainment of the day will be provided by Sing Australia and Central Coast Conservatorium.

Seniors week celebrates and thanks seniors for their valuable contribution to society and it also provides the opportunity for all generations to celebrate with our seniors. There is so much to do in Gosford City for Senior's Week! Some of the events include:

- Library activities
- Terrigal 50+ Centre BBQ
- National Parks 4WD
- Green Living Bus Tour
- Central Coast Cricket Match
- Computer open days & training
- Bus trips
- Reptile Park
- Sport & Recreation Activities
- Concert
- Brisbane Water Cruise
- Aqua & Exercise classes
- Seniors Gala Day
- Seniors Photography Competition

Please pick up a Seniors Week brochure from the membership desk at the Get Together today or phone Gosford City Council 50+ Leisure & Learning Centre on 43244749 for more information or log onto [www.gosford.nsw.gov.au](http://www.gosford.nsw.gov.au) and click on Seniors Week which will give you all the information you require on what's on during the week. There are still tickets available for some of the trips being organised throughout the week.

## *Donna's Dishes*

Keeping in with the scottish themed Get Together Donna has decided on a scottish dessert to tempt our taste buds.

### **Highland Flummery**



#### **Ingredients:**

225g double cream  
75g heather honey  
3 x 15ml spoon whisky  
1/2 x 5ml spoon lemon juice  
1 sprinkle of toasted medium oatmeal

#### **Method:**

Whip cream, add slightly heated honey, fold in whisky and lemon juice. Sprinkle oatmeal on top. Serve in sherry glasses with a little finger biscuit.

Flummery is a bland custard or pudding especially of oatmeal. There are numerous recipes where fruit can be added such as passionfruit, berries etc.

Scotland climate can be very cold so a traditional scottish Recipe is the Scotch (mutton) Pie . A large number of scotch pies are sold in Scotland every day—they are an original “fast food” and are often sold at the half-time interval at football (soccer) matches. The pies are made in special straight-sided moulds, roughly 3-3 1/2 inches in diameter and about 1 1/2 inches deep. A pastry lid, inside the pie, covers the meat about 1/2 inch (1cm) below the rim. This leaves a space at the top of the pie which can be filled, if required—with hot gravy, baked beans, mashed (creamed potatoes) etc. The meat is usually mutton. There is an annual competition for the best scotch pie. Grannie Black, in Candleriggs in Glasgow, was a popular pub for this traditional pie.

## **GET TOGETHER FOR LUNCH**

The following cafes offer special Golden Oldies discounts on delicious menu items.

### **My Cafe**

Level 2, Opp. Woolworths

### **Frangipani Café**

Level 1, William Street Entrance

### **Gloria Jeans Coffees**

Level 1, Mann Street Entrance

### **Michel's Patisserie**

Level 1, Food Court

### **Take Away**

#### **McDonalds Express**

Level 1, Food Court

### **The Orange Spot**

Offering a selection of hot dishes, delectable foccaccia's & bagels, variety of quiches, fresh salads & fresh juices

### **Hong Kong Star**

Offering an array of Chinese dishes

### **Imperial Kebab House**

Offering scrumptious Kebabs, Fafels, crepes,

### **J & N Takeaway**

A selection of sandwiches, foccacia's, roasts etc with a wide variety of sandwich fillings.

### **Snax 4 U**

A variety of donuts and temping treats to have with refreshments

### **New Retailers for the Centre**

Opening soon in the Centre is :

**Kapu Japanese Kiosk** on Level 2 next to Soul Pattinson Chemist. If you like sushi and other japanese food, Kapu will have a wide variety for you to try.

**Select Credit Union** have started work on their store in the Centre on Level 2 Aldi wing. We will let you know in the next Newsletter of the their opening date. Other Retailers will also be opening in the near future and we will keep you updated nearer to the time.



Wishing all our Golden Oldies Members a very 'Happy Birthday' whose birthdays are this month.

We hope you have an enjoyable day on your day. We are celebrating two birthdays this month being Doris Hughes and Ron Riggs. Happy Birthday to you both.

Birthstone for March : Aquamarine  
Birthstone colour : Blue-green  
Symbolizes: Beauty, honesty, loyalty and happiness.

Birth Flower : Jonquil (aka Daffodil or Narcissus) the meaning of the March birth flower is friendship and domestic happiness.

### Golden Oldies Raffle

Tickets for the raffle are only 50c for one or 3 for \$1. Don't forget to support our raffle each month. The total raised at the February Get Together was \$161.00. Another great result.



### Some Scottish Trivia:

- The border between Scotland and England has been defended furiously for many Centuries, yet it is only 180 kms long.
- Most famous Loch. Loch Ness home of the legendary Loch Ness monster
- Guy Fawkes tried unsuccessfully to blow up the Houses of parliament with gunpowder. Every year on 5th November the scots along with rest of the UK celebrate the "gunpowder plot" with fireworks.
- Heather grows in abundance in central and eastern highlands, due to its acidic qualities which heather thrives on.
- The word Whisky comes from a Gaelic translation of "water for life".
- Scotland hosts over 300 castles, or one per every 100 square miles
- The word Clan (Gaelic clann) means

### Golden Oldies Get Together Dates for 2012

- Wednesday 7th March 2012
- Wednesday 4th April 2012
- Wednesday 2nd May 2012
- Wednesday 6th June 2012
- *No Get Together in July due to School Holidays - Day Trip Xmas in July will be organised*
- Wednesday 8th August 2012
- Wednesday 5th September 2012
- *No Get Together in October due to school Holidays*
- Wednesday 7th November 2012
- Wednesday 5th December 2012

**Please Note:** The August Get Together is will not be the first Wednesday of the month this is due to it coinciding with Charity & Community Week but will be the second Wednesday of August as noted above.

### Retailer Specials



Aldi have some great buys again for this week.

### Wednesday 7th March Baking Specials

Bread Maker	\$59.99
Convection Oven	\$32.99
Digital Kitchen Scales	\$14.99
Mini Food Chopper	\$17.99
Stick Mixer Set	\$19.99
Premium Cake Cover Container	\$ 9.99
3 Tier Capcake/Patty stand	\$3.99

See instore for other specials. More specials will be available on Saturday 10 March. Pick up copy of the Aldi brochure from their stands located throughout the Centre.

Aldi is the proud sponsor for the Golden Oldies Get Together morning tea and Donna's cooking segment.

## Your Views, News & Humor

Thank you to all the Golden Oldies for the many submissions we have received for this section. Remember to submit jokes, real life experiences, humorous or otherwise, special news (ie births, anniversaries, weddings, recipes and handy hints for the home and garden) For each article printed in the Newsletter the Imperial Shopping Centre will offer a \$10 Gift Voucher, so get those entries in. You can post them or drop them into the Centre Management office on Level 3 during office hours or before any of the Get Togethers.

### Blonde Moments .....



**Q:** What do you call a really Smart Blonde?

**A:** Golden Retriever

**Q:** Why did the blonde get fired from the M&M factory?

**A:** She was throwing all the W's away.

Courtesy of Margie Johnson—blonde & smart!!

A little girl was on her grandfathers lap as he read her a bedtime story. From time to time, she would take her eyes off the book and reach up to touch his wrinkled cheek. She alternated between stroking her own cheek, then his again.

Finally she spoke up, "Grandpa, did God make you?"

"Yes sweetheart," he answered, God made me along time ago. "Oh" she paused. "Grandpa, did God make me too?"

"Yes, indeed, honey," he said, God made you just a little while ago".

Feeling their respective faces again, she observed and said to her Grandpa, "God's getting better at it isn't he!"

Sweet innocence.....

**This contribution was sent in by Golden Oldie member Jill Fletcher who receives a \$10 Gift Voucher. Thanks Jill.**



**Hã, Há, Há...**

### Fun Facts:

- There is more than 25,000 km of neon tubing in the signs on the strip and downtown Las Vegas.
- A quarter of the bones in your body are in your feet.
- A pineapple is a berry.
- The average person falls asleep in 7 minutes.
- There are one million ants to every human in the world.
- At birth, a Dalmatian puppy is always pure white.
- Mosquitoes dislike citronella because it irritates their feet.
- Strawberries are the only fruit whose seeds grow on the outside.
- It takes about 20 seconds for a red blood cell to circle the whole body.

This contribution was sent in by Golden Oldie member Nora Riggs who receives a \$10 Gift Voucher. Thanks Nora.

And now for some Scottish Proverbs and old scottish sayings:

- Any port in a storm
- Danger and delight grow on one stalk
- Wink at small faults, for you have great ones yourself.
- Better bend than break
- Confessed faults are half-mended
- Open confession is good for the soul
- If the doctor cures, the sun sees it; if he kills, the earth hides it
- False friends are worse than bitter enemies
- Perfect love cannot be without equality
- Forsake not God till you find a better master
- Be happy while you're living, for you're a long time dead.
- A tread will tie an honest man better than a chain a rogue.
- One may survive distress, but not disgrace
- Were it not for hope the heart would break.
- May God bless you to live as long as you want to; and want to as long as you live!

