



CONTACT Bundoora Community Centre Inc

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**CONTACT BUNDOORA
COMMUNITY CENTRE**

*Cheers
to 50 years!*



Thursday 16th October 2025

11:00am to 3:30pm

The History of Contact Book launch at 1:00pm

Demonstrations in Annexe

- Cake Decoration
- Card Making
- Mahjong
- Jewelry
- Paper Tolle
- Tunisian Crochet
- Spinning

**Join us as we celebrate this
milestone**

BUNDOORA HALL,

NOORONG AVE, BUNDOORA 3083

For further information please call 9467 6305

To all who have kindly offered to loan items for display at the 50th celebration please:

- Clearly name all items
- Hand them to a front desk volunteer and ensure your details are recorded.
- Bring the items to Contact from the first week of term four (October 7th) up until the conclusion of classes on October 15th.

Thank you for your support. We hope you enjoy seeing your contribution to the day on display.

Caring and Sharing

Seniors Week, Come and Try Sessions

Want to try something new, or improve on skills you already have? Come along to Contacts **'Come and Try'** craft and wellbeing sessions during Seniors Week. These sessions are free of charge, all requirements are supplied, and you will take home your completed project.

Yoga with Nalini	Tuesday October 21 st 9.30am – 11.30am
Paper Tole demonstration	Tuesday October 21 st 9.45am – 11.45am
Yoga for Seniors	Wednesday October 22 nd 12.30pm – 1.30pm
Jewellery Group (make your own earrings)	Wednesday October 22 nd 9.45am – 11.45am
Beginner Cake Decorating with Irene	Wednesday October 22 nd 9.45am – 11.45am
No Brush Art	Thursday October 23 rd 9.45am – 11.45am
Tai Chi	Thursday October 23 rd 9.45am – 11.15am

Bookings for all classes are essential.

If you have friends, neighbours, family, or an acquaintance who you think may be interested (current members also welcome) please ask them to give Contact; a call, send an email, or direct them to the website: <https://contactbundooracomcen.com.au/>

Don't want to participate in a class? Come along and see all the classes on offer. No need to book to look. Refreshments provided.

Eating in the 50s

1. Pasta was not eaten
2. Curry was a surname.
3. A takeaway was a mathematical problem.
4. A pizza was something to do with a leaning tower.
5. Crisps were plain; the only choice we had was whether to put the salt on or not.
6. Rice was only eaten as a milk pudding.
7. A Big Mac was what we wore when it was raining.
8. Brown bread was something only poor people ate.
9. Oil was for lubricating, fat was for cooking.
10. Tea was made in a teapot using tea leaves and never green.
11. Sugar enjoyed a good press in those days, and was regarded as being white gold. Cubed sugar was regarded as posh.
12. Fish didn't have fingers.
13. Eating raw fish was called poverty, not sushi.
14. None of us had ever heard of yoghurt.
15. Healthy food consisted of anything edible.
16. People who didn't peel potatoes were regarded as lazy.
17. Indian restaurants were only found in India.
18. Cooking outside was called camping.
19. Seaweed was not a recognised food.
20. "Kebab" was not even a word, never mind a food.
21. Prunes were medicinal.
22. Surprisingly, muesli was readily available, it was called cattle feed.
23. Water came out of the tap. If someone had suggested bottling it and charging more than petrol for it, they would have become a laughing stock!
24. And the things that we never ever had on our table in the 50s and 60s: elbows or phones!



Thank you to everyone who supported the **soup days** this year. While we need to cover costs it is not offered as a fundraiser, but for the benefit members. In time we hope more will sit and chat over this warming lunch.

With the hotter weather is on its way the soup has finished for this year. It will resume again in 2nd term 2026.

Classes for 2025 will finish on Tuesday December 2nd and resume again on February 3rd 2026.

Remember to **keep your fluid levels up** over the warmer months ahead.

Water is your body's principal chemical component and makes up about 50% to 70% of your body weight. Your body depends on water to survive.

Every cell, tissue and organ in your body needs water to work properly. Lack of water can lead to dehydration — a condition that occurs when you don't have enough water in your body to carry out normal functions.

Jewellery for Good: In 2018, the students from Yani's Wednesday morning beading class decided to use some donated beads to make jewellery to sell at markets, etc. They called themselves Beads for Good. The aim was to donate the money raised to charity or people working with a charity. The Epping Poppy Ladies were the first group to benefit. The EPL make items for Great Big Hug and other children's charities, nursing homes, etc. The Eltham View Club (supporting children through school) has also been an excellent friend, where jewellery is sold to members and the money raised is donated back.

Completed jewellery items have been donated to charities such as Fitted For Work and Bags for Dignity. Over the past eight years, over \$5500.00 and 100 items of jewellery have been donated.

On November 11, 12 and 13, Jewellery for Good is having a sale of jewellery in the hall at Contact. Please support them by purchasing from their stall. 😊

MINI MARKET

Tuesday and Wednesday, November 18th & 19th

The Mini Market provides members and non-members with an opportunity to sell items made throughout the year, and for buyers to purchase unique gifts. This is a great opportunity to buy Christmas gifts.

- All items submitted for sale must have the items clearly labelled with the seller's name and selling price. A supervisor on the day will allocate an area to display the items. 10% commission is deducted from all member sales. Non-member commission is 20%. Funds from sales are returned to the member upon collection of unsold items at the end of market day (Wednesday).
- Items to be dropped off at 9.30am Tuesday and collected at 1.00pm Wednesday.
- The mini market sells **new or un-used** handmade craft items. If the supervisor feels the items are unsuitable, they have the right to remove them from the display.
- Although Contact will supervise all items, no responsibility is taken for any loss or theft.
- The market is open to all members and people in the wider community.

The following recipes are great as a Christmas treat or a lovely gift for someone special.

White Chocolate Pistachio Bark

½ cup whole shelled salted
500g good white chocolate (finely chopped)
¼ cup dried cranberries
¼ cup medium diced dried apricots



- Place pistachios on baking paper in moderate oven for 8 minutes to roast.
- Place ¾ of the white chocolate in a heatproof bowl and melt in microwave stirring after each 30 seconds. When chocolate is melted stir in remaining chocolate and continue to stir until it is completely smooth. Place in microwave for a further 15 seconds if needed.
- Using a pencil, draw an 8-by-10-inch rectangle on a piece of parchment paper. Turn the parchment paper over so the pencil mark doesn't get onto the chocolate and place it on a sheet pan. Pour chocolate onto parchment paper and spread to fill rectangle. Sprinkle the top evenly with the cooled pistachios, the cranberries, and apricots. Press the nuts and fruit lightly so they will set in the chocolate. Set aside for at least 2 hours until firm or refrigerate for 20 minutes. Cut or break the bark in 16 pieces and serve at room temperature.

Victorian Senior's Festival:

Victoria's largest seniors' festival is returning from 1–31 October 2024, with thousands of opportunities for older Victorians to take part in free and low-cost entertainment and events across the state. Victorian Senior Card holders can enjoy Victoria with eight days of free public transport from 5 to 12 October 2025. Jump on public transport for free to visit attractions across Melbourne as well as regional and rural locations.

Christmas Mint Slice Balls

Ingredients

- 200 g Arnott's Mint Slice cookies
- 125 g cream cheese softened
- 150 g milk chocolate melted
- 1 tbs coconut oil (optional) or vegetable oil/copha
- 20 red M&Ms
- 10 spearmint leaf lollies see notes



1. Crush the Mint Slice biscuits in a food processor until they resemble fine crumbs. Place into a large bowl.
2. Add the softened cream cheese and mix until combined.
3. Roll the mixture into heaped teaspoon-sized balls and place onto a baking paper lined tray. Place into the fridge or freezer for 30 minutes to firm up.
4. Slice the spearmint leaves into tiny slithers (you'll get about 5 out of each leaf) and set aside.
5. Melt the chocolate and coconut oil (optional) in a microwave-safe bowl in 30 second bursts for 2-3 minutes, stirring each time, until just melted. Use a bowl deep enough to dip cheesecake balls in.
6. Carefully dip your mint slice cheesecake balls into the chocolate mixture with a fork (or two small spoons) and place back onto the tray - allowing any excess chocolate to drip off.
7. Place one red M&M and two spearmint leaf slithers onto the top of each of the balls.
8. Place back into the fridge to set for 3 hours and then store in an airtight container in the fridge for up to 5 days.

Dates to remember:

Tuesday	October 7	Term 4 commences
Thursday	October 16	50th Celebration of Contact
Tuesday/Wed/Thurs	October 21, 22, 23	Senior's Week, Come & Try Sessions
Tuesday	November 4	Cup Day, No Contact
Tues/Wed/Thurs	November 11, 12, 13	Jewellery for Good sales
Tuesday/Wednesday	November 18/19	Mini Market
Wednesday	December 3	Contact Break-up
Tuesday	February 3	Contact resumes for 2026

The tickets for the end of year raffle will go on sale over the last three weeks of term. Up until then the normal session raffles will remain. During this period we will also be asking for suitable donations for the end of year hampers. This raffle is the major fundraiser for Contact for the year.

Thank you to Colin Brooks and his staff for the printing of this newsletter.