

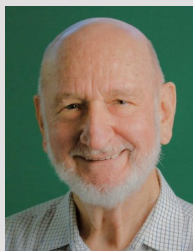


SWITCHED - ON SENIORS

Email : contact@computerpals.org.au

President

**Barry
Keen**



Dates to Remember

Seniors Festival
3-16 March

Seniors Festival
Morning Tea
Monday March 3rd
Club Lambton

Social Outing
21st March 2025

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PRESIDENT'S REPORT – February 2025

Hi everyone,

The Seniors Festival is almost upon us. The festival goes from 3-16 March.

Newcastle City Council has organised a **Festival expo at McDonald Jones Stadium on Tuesday 4th March - doors open 10 am - 1 pm.** ComputerPals Newcastle will have an information table there.

Free entry, free parking, easy access (elevator), exhibitors, free morning tea. It will be well worth the visit.

I look forward to seeing you there. Call in and say 'hello'!

YOU ARE INVITED TO

Shine with Technology

MONDAY 3rd MARCH

10:00 am

CLUB LAMBTON
(Bowling Club in Lambton Park)



Keep your body and mind active through use of technology.

Bring a friend and enjoy gentle exercise using online videos.

Exercise your brain with Apps designed to reduce ageing.

Enjoy Morning Tea!

Event is open to the public but bookings are essential.

Please book in: Reply to this Email
OR Phone 0478 219 220 & leave message



ComputerPals is also having a morning tea at Club Lambton on Monday 3rd March at 10am. This is a free morning tea with fun activities. Come along and enjoy our company, we'd love to see you. To help us with catering, please phone 0478219220 and let us know you are coming. It will be a lovely morning

We will also have our first social outing for 2025. See page 3 for details.

Cheers
Barry Keen
President

Contact Us



To contact
the Roster
Team or
the
Treasurer

regarding
class rosters or
payments use:

islingtonpals@gmail.com

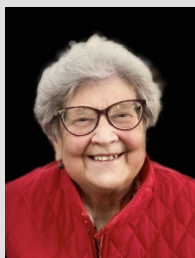
Committee

Carolyn
Keane



Wendy
Smith

Secretary



Mervyn
Pope



Brenton
Eley

Social



Margie
Olsen



Member Information

Remember: *please book in for the classes you want to attend..*

Note: BeConnected classes are free, but afternoon Assistance classes on Mondays are not (cost \$5 per 1½ hours) and are available only to ComputerPals financial members. Don't just drop in—we are restricted to the booked in numbers we can help.

How do I book in: **Phone: 0478 219 220** leave your name & phone number and the reason for your call– someone will get back to you.
See [club website](#) for more information

Memorypals, Writerpals and Digipals are temporarily suspended.

A suggested new format is Monday afternoon, once a month. Any interest and suggestions are welcome. Please email [ComputerPals](#).

NSW Seniors Festival Go to [Festival Website here](#)

The festival celebrates the role and contributions of older adults to our local communities. It's the largest of its kind in the southern hemisphere, with over 500,000 people attending each year.

Location: ICC Sydney Exhibition Centre in Darling Harbour

As a senior, what can I expect?

Seniors Festival includes hundreds of events across NSW including art classes, fitness and live music.

Most are **free** or low cost to attend.

There's also **online events**, so people at home, or in aged care can enjoy it 'live'.

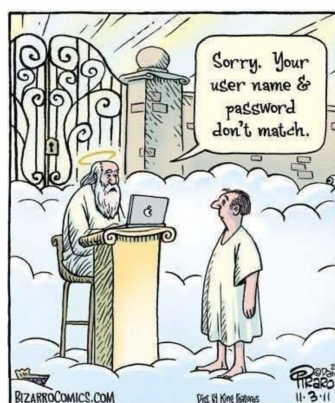
The festival offers great **opportunities and experiences**.

- Get together with **friends** or go out and meet new people.
- Discover new products and services to help improve your **quality of life**.
- **Learn new skills** in fitness, technology and home organisation.
- Enjoy live music and comedy from **popular performers**.

Who is the festival for?

- People over 60
- People over 50 with a lifelong disability
- Aboriginal or Torres Strait Islander people over 50.

We encourage carers of seniors to join the festival.



Social News

For our first outing for 2025, we will be staying cool and lunching at the Lakeside Village Tavern, 74 Benjamin Lee Drive Raymond Terrace.

Situated only 5 mins. from central Raymond Terrace and just a 'stones throw' from Grahamstown Dam, this good sized establishment offers all the usual hotel facilities, including bar and dining, indoor and outdoor seating, functions capabilities, live entertainment (Fri, Sat), a bottleshop and is wheelchair friendly. Ample parking is available in the hotel carpark, with a small shopping centre close by. Our booking is for lunch dining opening time of 11.30am to avoid the usual queues.

It is suggested that you consider making a round trip for this outing for a change of scenery, using both the routes via Williamtown and Raymond Terrace. Details are as follows:

When: Friday 21st March 2025

Where: Lakeside Village Tavern, 74 Benjamin Lee Drive Raymond Terrace

Time: 11.30am Lunch booking (perhaps meet up earlier for a drink or coffee?)

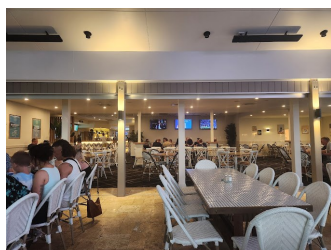
Cost: At your expense. Lunch specials @ \$16 available, along with regular menu

Please [click here](#) to download the attendance form, complete and submit. *If you have indicated your intention to attend, and then are unable to come, please advise me by phone* so I can adjust numbers with the hotel staff for our booking.

See you there.

Brenton Elsey
Social Secretary
0438 997 310

<http://www.computerpals.org.au>
computerpals2010@gmail.com



\$16 LUNCH SPECIALS

Available Monday - Friday 11.30am - 2.30pm
Not Available on Public Holidays

200g Rump Steak gfa
w/ Chips & Salad or Mash & Veg w/ a Complimentary Sauce

House Crumbed Chicken Schnitzel
w/ Chips & Salad or Mash & Veg w/ a Complimentary Sauce

Grilled Barramundi gf
w/ Chips & Salad or Mash & Veg w/ Lemon & Tortare

Crumbed Lamb Cutlets (2)
w/ Mash & Gravy

Beef Burger gfa
Beef Pattie, Lettuce, Tomato, Cheese & BBQ Sauce w/ Seasoned Chips

Corn Fritter Stack v, gf
Corn Fritters, Halloumi, Rocket, Smashed Avocado & Tomato Relish

Schnitzel BLT Sandwich
Crumbed Schnitzel, Bacon, Lettuce, Tomato & Aioli on Thick Toast w/ Seasoned Chips

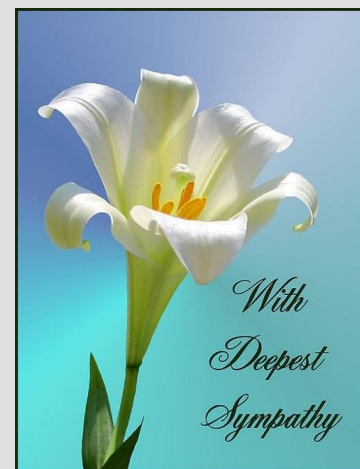
Best Wishes

For all our members who are celebrating birthdays and anniversaries - hearty congratulations !



To those who are ill we send our best wishes for a speedy recovery.

Condolences



To those of our members who have lost loved ones recently, please accept our sincere condolences. You are in our thoughts.

Australian Seniors
Computer Clubs Association **ASCCA**

Contact Us



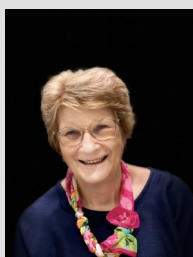
To contact
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islingtonpals@gmail.com

Committee

Sandra
Keen



Judy
Wallace

Jackie
Lampe

Vice
President



Lindsay
Threadgate

Ray
Hinton



Technology

Keep your tablet up to date

Keeping your tablets up to date is crucial because over time, the software on your device can become outdated, potentially leading to security vulnerabilities, performance issues, compatibility problems with newer apps, and even a higher risk of malware infections; updating ensures you have the latest security patches and features to protect your data and maintain optimal functionality on your device.

Key reasons to keep your tablets updated:

- **Security:**
Updates often include security patches that fix known vulnerabilities, protecting your device from hackers and malicious software.
- **Performance:**
New updates can optimize system processes, leading to smoother operation, faster loading times, and improved battery life.
- **Compatibility:**
Updates often ensure compatibility with newer apps and services, allowing you to access the latest features and functionality.
- **Bug Fixes:**
Updates frequently address bugs and glitches that may be causing issues on your device, enhancing overall user experience.

Key steps in updating a tablet:

- **Access Settings:** Open the Settings app on your tablet.
- **Find Software Update:** Scroll down and select "System" or "About Device" then choose "Software Update".
- **Check for Updates:** The system will automatically check for available updates.
- **Install Update:** If an update is available, tap "Download and install" or a similar option to begin the update process.

Important points to remember:

- **Wi-Fi Connection:** Ensure you're connected to a stable Wi-Fi network before updating.
- **Battery Life:** Make sure your tablet has enough battery power to complete the update.
- **Storage Space:** Check if you have enough storage space on your tablet to download and install the update.
- **Backup Data:** Consider backing up important data before starting a major software update.

ComputerPals Mission

Our mission is to educate seniors in the use of computers as a way of enriching their lives and making them more self-reliant. We bridge the generation gap and assist seniors to find ways to benefit the community through their collective experience and knowledge.

Contact Us

To contact the Roster Team or the Treasurer regarding class rosters or payments use:

islingtonpals@gmail.com

Committee



Fred Neal

Graham King

Treasurer



Denise Hayes

Mitzi Gordon



Carmel Smith

These people are all volunteers and most also teach classes at Computerpals. We ask that you take this into consideration when your phone call is not answered immediately.

Scam Watch

<https://www.scamwatch.gov.au/>



Linkt – Latest scams and security alerts.

These scams are pretending to be from Linkt or Transurban, using scam tactics to gain personal and financial information.

Not every type of scam will be listed here .

Linkt branded unpaid toll scam email

The scam email claims that you have an unpaid toll invoice and asks you to click on a link to pay. The link looks correct on the surface, but links to a scam website where your personal and payment details can be stolen.

Linkt branded scam SMS

The SMS claims that toll payments are overdue and includes a link, asking you to use the link to payment, or to verify the unpaid bill. Often, the text claims you will receive fines, penalties, or fees if you do not pay immediately.

Collection House Scam SMS

The SMS claims that toll payments are overdue and asks you to pay via the link in the message or to verify the unpaid bill. Some of the texts claim you'll receive fines, penalties or fees if you do not pay immediately.

Link branded toll relief scam email

This scam email claims that you are eligible for a toll relief rebate and aims to steal personal and financial information through a fake claims portal.

Think you've received a scam?

Follow these 3 simple steps



Check your Linkt account

If you have received a suspicious communication claiming to be Linkt, check your **Linkt account**.



Report it to Linkt

If it seems suspicious, before you delete, **report it** to help us prevent future scams.



Delete it

Once you've taken a screenshot, delete the message.

You can also report a scam message to the Federal Government's ScamWatch website at [scamwatch.gov.au](https://www.scamwatch.gov.au), where you'll find information about other scams reported across Australia.

**2025 Term 1 - 3rd Feb to 4th Apr.****Ph: 0478 219 220**

(updated 16/01/2025)

BeConnected classes are free. #4. Zoom Classes - register \$10 (covers all ZOOM Term sessions on Thur).**Computerpals Club Assistance classes are cost at \$5 per 1½ hours**

| Wk | Monday Morning Club Lambton | Monday Afternoon for ComputerPals Members Club Lambton | Tuesday Wallsend Library | Wednesday Afternoon Adamstown Library | Thursday Zoom session (see your email for the link) |
|----|---|---|---|---|--|
| 1 | 3/2 10:00 to 11:30 am Enrolment Day Introduction to 2025 BeConnected Using a Smartscreen | 3/2 12:30 to 2:00 pm # 5 Assistance class | 4/2 10:00 to 11:30 am BeConnected Using a Smartscreen | 5/2 1:00 to 2:30 pm BeConnected Using a Smartscreen | 6/2 10:00 to 11:30 am Online ZOOM class #4. Zoom fee \$10 is now due (covers all sessions for Term 1) |
| 2 | 10/2 10:00 to 11:30 am BeConnected Smartphone Quick Settings | 10/2 12:30 to 2:00 pm # 6 Assistance class | 11/2 10:00 to 11:30 am Safer Internet Day BeConnected Smartphone Quick Settings | 12/2 1:00 to 2:30 pm BeConnected Smartphone Quick Settings | 13/2 10:00 to 11:30 am Online ZOOM class |
| 3 | 17/2 10:00 to 11:30 am BeConnected Using Voice to Write Text | 17/2 12:30 to 2:00 pm # 7 Assistance class | 18/2 10:00 to 11:30 am BeConnected Using Voice to Write Text | 19/2 1:00 to 2:30 pm BeConnected Using Voice to Write Text | 20/2 10:00 to 11:30 am Online ZOOM class |
| 4 | 24/2 10:00 to 11:30 am BeConnected Staying Safe / Scams | 24/2 12:30 to 2:00 pm Committee Meeting | 25/2 10:00 to 11:30 am BeConnected Staying Safe / Scams | 26/2 1:00 to 2:30 pm BeConnected Staying Safe / Scams | 27/2 10:00 to 11:30 am Online ZOOM class |
| 5 | 3/3 10:00 to 11:30 am SENIORS FESTIVAL MORNING TEA BeConnected | 3/3 12:30 to 2:00 pm # 8 Assistance class | 4/3 10:00 to 11:30 am SENIORS FESTIVAL BeConnected | 5/3 1:00 to 2:30 pm SENIORS FESTIVAL BeConnected | 6/3 10:00 to 11:30 am Online ZOOM class |

| Wk | Monday Morning Club Lambton | Monday Afternoon for ComputerPals Members Club Lambton | Tuesday Wallsend Library | Wednesday Afternoon Adamstown Library | Thursday Zoom session (see your email for the link) |
|----|--|---|--|--|---|
| 6 | 10/3 10:00 to 11:30 am BeConnected Smart Device Voice Recording | 10/3 12:30 to 2:00 pm #9 Assistance class | 11/3 10:00 to 11:30 am BeConnected Smart Device Voice Recording | 12/3 1:00 to 2:30 pm BeConnected Smart Device Voice Recording | 13/3 10:00 to 11:30 am Online ZOOM class |
| 7 | 17/3 10:00 to 11:30 am BeConnected Using Camera on Smart Device | 17/3 12:30 to 2:00 pm #10 Assistance class | 18/3 10:00 to 11:30 am BeConnected Using Camera on Smart Device | 19/3 1:00 to 2:30 pm BeConnected Using Camera on Smart Device | 20/3 10:00 to 11:30 am Online ZOOM class |
| 8 | 24/3 10:00 to 11:30 am BeConnected Google Lens | 24/3 12:30 to 2:00 pm Committee Meeting | 25/3 10:00 to 11:30 am BeConnected Google Lens | 26/3 1:00 to 2:30 pm BeConnected Google Lens | 27/3 10:00 to 11:30 am Online ZOOM class |
| 9 | 31/3 10:00 to 11:30 am BeConnected Location Services - Maps | 31/3 12:30 to 2:00 pm #11 Assistance class | 1/4 10:00 to 11:30 am BeConnected Location Services - Maps | 2/4 1:00 to 2:30 pm BeConnected Location Services - Maps | 3/4 10:00 to 11:30 am Online ZOOM class |
| 10 | 7/4 10:00 to 11:30 am BeConnected Location Services - Transport Apps | 7/4 12:30 to 2:00 pm #12 Assistance class | 8/4 10:00 to 11:30 am BeConnected Location Services - Transport Apps | 9/4 1:00 to 2:30 pm BeConnected Location Services - Transport Apps | 10/4 10:00 to 11:30 am Online ZOOM class |