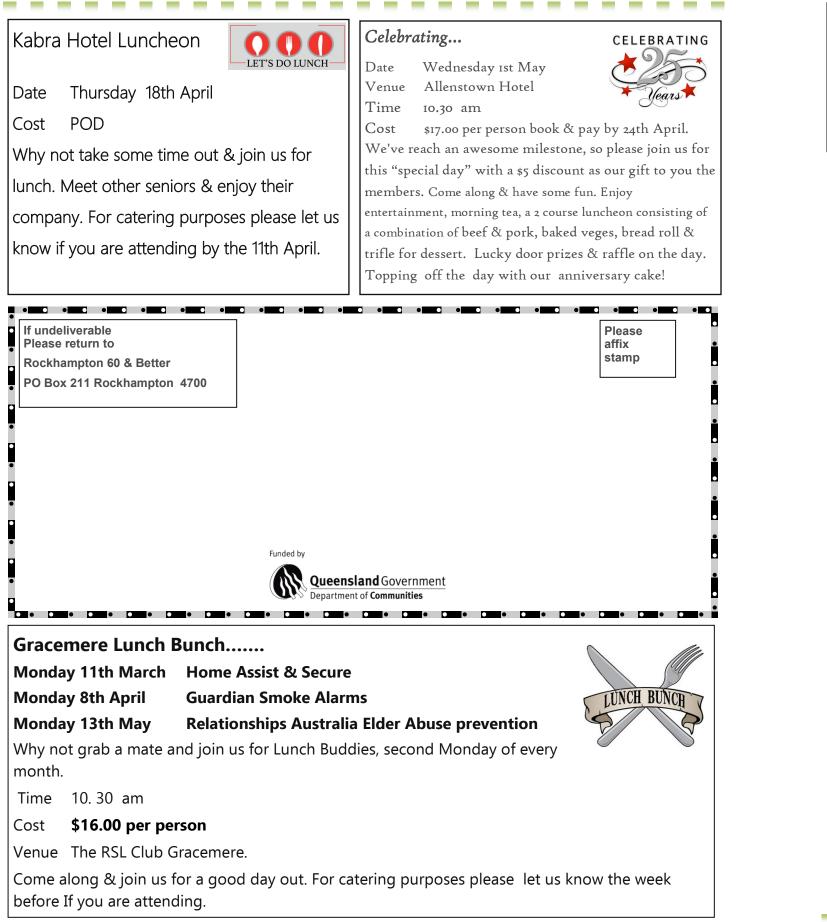
Rockhampton 60 & Better Program Inc.





March, April, May 2019



Welcome to the 1st Newsletter for 2019! T year we continue with our regular monthly

quest speaker sessions with morning tea & lunc at the RSL Club. It's a great way to gain update relevant information catch up with old friends & meet new ones.

The thought is still out there to perhaps start ca board game sessions, we only need a few peop to show interest & we will endeavour to make it happen, so please if interested let us know.

Strength & Balance continues at the Community Centre this year. We were once again fortunate with our grant submission to Rockhampton Regional Council for a reduction on the venue hire. Please read on for more information.

Until next time Anita

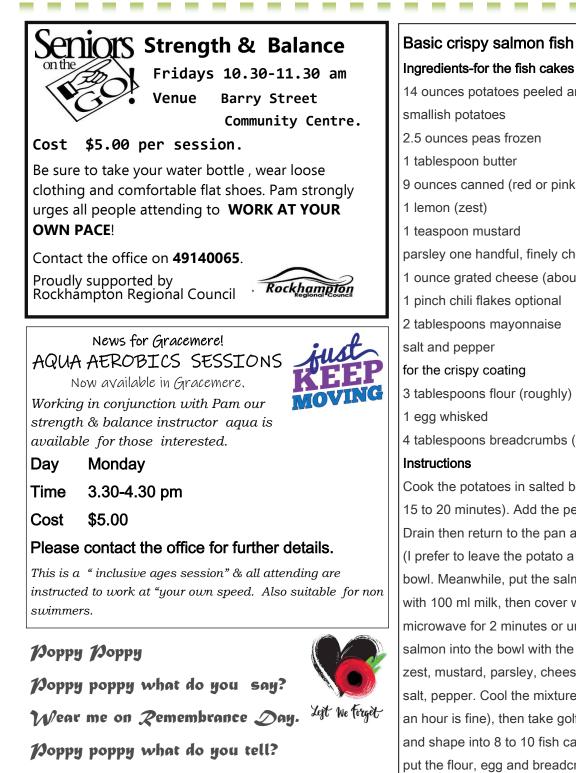
May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go.



-60-BETTER Gracemere Seniors News

Volume 9

	Interested in joining Rockhampton with-
his	✤ Day trip 11th April -Alpaca Farm/
	Lunch/Tanby Garden Centre.
ch	🔅 Saleyards lunch 23rd May
ed	* 25th Anniversary 1st May-Allenstown
	Hotel.
rd/	* Annual Holiday Bellingen/Coffs Harbor
ple	September 8th-13th.
	Contact details
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Many soldiers in battle fell.

Poppy poppy what should we know?

That peace on earth should

grow, grow, grow.



Drain then return to the pan and lightly mash with the butter (I prefer to leave the potato a bit 'chunky'). Tip into a large bowl. Meanwhile, put the salmon in a microwavable dish with 100 ml milk, then cover with plastic wrap and microwave for 2 minutes or until just cooked. Flake the salmon into the bowl with the potato, then add the lemon zest, mustard, parsley, cheese, chili flakes, mayonnaise salt, pepper. Cool the mixture for a while in the fridge (half an hour is fine), then take golf ball-sized amounts of mixture and shape into 8 to 10 fish cakes. To coat the fish cakes, put the flour, egg and breadcrumbs in separate dishes, then roll the fishcakes first in the flour, then in the egg and lastly in the breadcrumbs. Place on a plate or baking tray ready to cook. Heat up a good drizzle of oil in a frying pan, then pan fry the fishcakes for about 5 minutes on each side or until golden and crispy. Serve immediately.

What's happening at the Gracemere RSL?

The Gracemere RSL opens for "meal nights" every second

Friday. Very affordable meals at \$8 for mains & \$2 for dessert. They also have BBQ nights with burgers at just \$3.00.

Another plus is the Country & Western nights with a \$3.00 BBQ every second Saturday of the month.

To confirm dates and times please contact the **RSL** on **49332062** from midday Wednesday through to Fridays.

They also offer Private hire for Functions.

After a week of

backpacking, a married couple were looking pretty



scruffy. The wife came to breakfast wearing a cap, with her hair sticking out at odd angles. She asked: "Does my hair make me look like a water buffalo?" The husband thought for a moment, "if I tell you the truth, do you promise not to charge?'

Everyone knows I'm a stickler for good spelling. So, when an associate e-mailed technical documents asking me to "decipher" them. I had to set him straight. I wrote, "Decipher is spelled with a ph, not and f. In case you've forgotten, spell checker comes free with your software." A minute later, I got this reply, "Mine must be dephective".

May

enefits of Honey Studies have D found that honey may help reduce risk factors for heart disease like blood pressure and cholesterol, improve

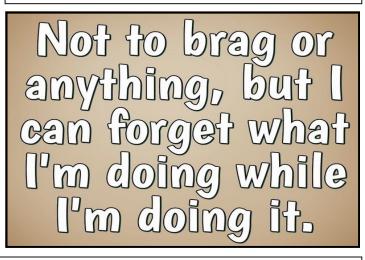


wound healing and even treat coughs. While some benefits -- like taking honey with drinks when you are suffering from cold and flu symptoms -- are well known, there are some lesser known health benefits. Here are two of the best.

Lowers blood pressure

The antioxidant properties in raw honey have been linked to lowering blood pressure. Honey has a calming effect on the blood vessels, which will reduce blood pressure levels. Simply eat two teaspoons of raw, organic honey on an empty stomach every morning. You can also mix lemon juice and honey together for a double dose of blood vessel relaxation. Improve cholesterol

Honey is emerging as a healthy, non-drug option to help reduce cholesterol numbers. Not only is honey free of cholesterol, it has been reported that adding small amounts of it in the daily diet could even help keep cholesterol levels in check. High in minerals such as potassium, calcium, sodium and B complex vitamins, honev is known to lower cholesterol in our blood.



Lunch, Tanby Garden Centre 23rd May. Celebrate our 25th Anniversary- Allenstown Hotel 1st