

Kabra Hotel Luncheon



Date Thursday 18th April
 Cost POD

Why not take some time out & join us for lunch. Meet other seniors & enjoy their company. For catering purposes please let us know if you are attending by the 11th April.

Celebrating...

Date Wednesday 1st May
 Venue Allentown Hotel
 Time 10.30 am
 Cost \$17.00 per person book & pay by 24th April.
 We've reach an awesome milestone, so please join us for this "special day" with a \$5 discount as our gift to you the members. Come along & have some fun. Enjoy entertainment, morning tea, a 2 course luncheon consisting of a combination of beef & pork, baked veges, bread roll & trifle for dessert. Lucky door prizes & raffle on the day. Topping off the day with our anniversary cake!



If undeliverable
 Please return to
 Rockhampton 60 & Better
 PO Box 211 Rockhampton 4700

Please affix stamp



Gracemere Lunch Bunch.....

Monday 11th March Home Assist & Secure
 Monday 8th April Guardian Smoke Alarms
 Monday 13th May Relationships Australia Elder Abuse prevention



Why not grab a mate and join us for Lunch Buddies, second Monday of every month.

Time 10.30 am
 Cost \$16.00 per person
 Venue The RSL Club Gracemere.

Come along & join us for a good day out. For catering purposes please let us know the week before If you are attending.



Gracemere Seniors News

March, April, May 2019

Volume 9



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

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

The thought is still out there to perhaps start card/board game sessions, we only need a few people 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

Interested in joining Rockhampton with-

- ☀ Day trip 11th April -Alpaca Farm/ Lunch/Tanby Garden Centre.
- ☀ Saleyards lunch 23rd May
- ☀ 25th Anniversary 1st May-Allentown Hotel.
- ☀ Annual Holiday Bellingen/Coffs Harbor September 8th-13th.

Contact details

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Gracemere

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Office hours:


Monday-Thursday 9 am-3 pm

Friday- 9-12.30 Friday.

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



Seniors Strength & Balance

on the  **Fridays 10.30-11.30 am**
Venue Barry Street Community Centre.

Cost \$5.00 per session.

Be sure to take your water bottle, wear loose clothing and comfortable flat shoes. Pam strongly urges all people attending to **WORK AT YOUR OWN PACE!**

Contact the office on **49140065.**

Proudly supported by Rockhampton Regional Council



Basic crispy salmon fish cakes

Ingredients-for the fish cakes

- 14 ounces potatoes peeled and diced -4 smallish potatoes
- 2.5 ounces peas frozen
- 1 tablespoon butter
- 9 ounces canned (red or pink) salmon
- 1 lemon (zest)
- 1 teaspoon mustard
- parsley one handful, finely chopped
- 1 ounce grated cheese (about a handful)
- 1 pinch chili flakes optional
- 2 tablespoons mayonnaise
- salt and pepper
- for the crispy coating
- 3 tablespoons flour (roughly)
- 1 egg whisked
- 4 tablespoons breadcrumbs (roughly)

Instructions

Cook the potatoes in salted boiling water until tender (about 15 to 20 minutes). Add the peas for the last few minutes. 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.



News for Gracemere!

AQUA AEROBICS SESSIONS

Now available in Gracemere. Working in conjunction with Pam our strength & balance instructor aqua is available for those interested.



Day Monday

Time 3.30-4.30 pm

Cost \$5.00

Please contact the office for further details.

This is a "inclusive ages session" & all attending are instructed to work at "your own speed. Also suitable for non swimmers.

Poppy Poppy

Poppy poppy what do you say?

Wear me on Remembrance Day. *Left We Forget*

Poppy poppy what do you tell?

Many soldiers in battle fell.

Poppy poppy what should we know?

That peace on earth should

grow, grow, grow.



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".

Coming events..... Saleyards Hotel Lunch 23rd May. Day trip- Alpaca farm/Pacific Hotel Lunch, Tanby Garden Centre 23rd May. Celebrate our 25th Anniversary- Allenstown Hotel 1st May.

Benefits of Honey Studies have 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, honey is known to lower cholesterol in our blood.

Not to brag or anything, but I can forget what I'm doing while I'm doing it.