

The Seniors Sentinel

March, April, May 2019

Volume 116

Contact Details

☎ 49 140065 📠 0437 398 990

,better60inc@optusnet.com.au

www.60andbetterrockhampton.com.au

1/248 Quay Street

Rockhampton 4700

PO Box 211 Rockhampton 4700

ABN 19507683254

Office Hours

Office Hours

Monday-Thursday 9.00 am-3.00 pm

Friday 9 am-12.30 pm

If you are calling into the office, please phone first to ensure there is someone in, this will save you a wasted trip.

When phoning don't waste your call, leave your name and a short message and we will return your call as soon as possible. *Anita*

Management Committee



President- Stuart Thomasson

Vice President- Joyce Messer

Secretary- Lyn Sisley

Treasurer- Allan Sisley

Ass/Treasurer- Joyce Holmes

Committee

Cliff Rawlings

Gillian Bennett

Caroline Lynch

Committee: contacts page 7

Manager- Anita Griffiths

Life was much easier when
APPLE & BLACKBERRY
were just FRUITS!

Over 50? Join now !!! 
companionship, exercise and social activities.

P residents Pen

Hi Folks!



Anita's Antics



Look's like we have started yet another "action packed year!" for 60 & Better. We celebrate 25 years for the Program in May, & having a huge party to celebrate. Details can be seen on the last page of the edition, we have decided to give each & every member a \$5.00 discount on the cost for the day. This is to acknowledge all members who enjoy/or have enjoyed the activities we have & also those contributed in small & big ways to the successful running of the Program. Your support with donations & the purchase of raffle prizes & attendance at our regular activities has made this possible, so please be sure to come along & celebrate the momentous occasion. On that note I will add a little bit of trivia concerning two of the very early steering committee members. Back in 1959 I boarded with Dave & Marj Bignell through to 1969. One of Dave's favourite trips was to the banks of Hedlow Creek; which at the time was owned by my brother-in-law Monty Beak. What a very small world. Dave & Marj joined the steering committee in early 1995, Dave as acting secretary & Marj as committee member. Anita will add a little more early history in her antics.

A reminder updated details on this years holiday are included (page 7). There are still vacancies so please let us know if you are interested, we require 34 members to make this holiday a reality. Until next time hoping all readers have a happy, healthy 2019. Live well & keep cool! Stuart.

Congratulations are in order for everybody who has a hand in making this possible over the years, in saying that this means all members past & present in all ways big or small!

I am heading into my 21st year as Manager & boy do I have some memories. I was 1st interviewed by Elizabeth Parker, Dot Williams, Dave Bignell & Les Briggs, to me it was a harrowing experience because I really wanted this position! I remember well when they rang & told me I was successful, I rang my father in tears & he said "What are you crying for?" I replied I was just so happy I was successful. Never in my wildest dreams did I think I would still be here, but then why would I leave a position I love & a program I truly believe in for seniors. (OOPS! I am nearly one myself! & I won't be going anywhere, anytime soon.)

Needless to say, although there have been a few ups & downs along the way, however I enjoy my position now just as much as I did then. One final note, please mark your calendar & let us know you will be there to celebrate with us. We would love to invite original members & exercise instructors so if you know of any one we may have missed let me know as soon as possible.

Joyce Messer has been going through our past Newsletters & has found some interesting tidbits & when we have put it together will publish in the Newsletter.

*Enjoy the next 3 months with your activities, read on for information, the occasional joke & of course social outing to also put on your calendar. Until next time, take care, stay happy & healthy
Anita.*

Rockhampton 60 & Better Program Inc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-10 am Gentle Exercise with Pam \$5.00. Contact the office on 49140065 for info. Kent Street Indoor Bowls Hall.</p>	<p>7-9 am Golf Croquet \$ 5.00 & Includes M/T. Botanical Gardens. Phone 49140065. 9:30-11.30 Computer Group no charge. R'ton Regional Library. Phone 49368212</p>	<p>10.30- 1 pm Coffee & Conversation \$17.00- pg. 4 for details Red Lion Hotel-1st Wednesday of the Month</p>	<p>YEPPON 9-10 am Rumba Sa Friday. Cost \$5.00 held @ Oak Tree Village 3 Kookaburra Drive.</p>	<p>9.30-11.30 am pg. 13 / details. <i>Dance Alliance (Sitting Dance) with Lindy</i> \$5.00. Includes M/T. Community Health Bolsover ST. Contact the Office on 49140065.</p>
<p>10.30-11.30 am Tai Chi with Lynn \$ 5.00 Contact the office on 49140065 for info. Kent Street Indoor Bowls Hall</p>	<p>1.30-3.30 pm Ten Pin Bowling \$7.00 Musgrave Street. Includes shoe hire and afternoon tea. Contact Clarry on 49225048</p>	<p>Attention: Aqua aerobics with Pam held at Affinity Swim. For information please call Sandy on 49262 882.</p>	<p>FRIDAY in GRACEMERE 10.30-11.30 am Friday, Strength & Balance, cost \$5.00. Proudly supported by R'ton Regional Council</p>	<p>Rumba-Sa with Pam Oak Tree Retirement Village, Glenmore Road. cost \$4.00 per person. Time 8.30-9.30 am</p>
<p>9-noon Cards . \$3.00 (per person) Held at the office 1/248 Quay St. Contact Joyce on 49288417 for further info.</p>	<p>1-4 pm Cards \$3.00 afternoon tea included. Held in the Office 1/248 Quay St. Contact the Office on 49140065 for further information</p>	<p>1.30-3.30 pm. Indoor Bowls \$3.00 Includes A/T. Contact the office on 49140065 for further info. Held at the RDIBAI in Kent St.</p>	<p>FRIDAY in GRACEMERE 1.30-2.30 pm Aqua aerobics ,cost \$5.00 for further information please phone the office 49140065.</p>	<p>1-4 pm. Cards \$3.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office 49140065.</p>
<p>9 am -12 noon Newsletter folding next date Thursday 30th May 2019.</p>	<p>Be sure to wear comfortable shoes & clothing for all low impact exercise sessions. Don't forget your water bottle!</p>		<p>Please be SURE to personally sign the attendance book for insurance purposes.</p>	<p>9-10 am. Easy Yoga with Leesa cost \$5.00 Grandstand Rocky Jockey Club. Contact the office 49140065 for further information.</p>

PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.

Coffee Conversation & Lunch



Is held at the Red Lion Hotel in Denham Street. Cost for morning tea and lunch (main meal) \$17.00. Dessert available on request (to pay on the day) doors open at 10.15 am. Please choose **YOUR** meal –**Fish or Roast** of the day when booking/ paying.

6th March	Multi Cultural Association	Dawn
3rd April	Guardian Smoke Alarms	Naomi
1st May	25th Anniversary	The Allenstown Hotel (see back page.)
6th June	QLD Rail	Peter Brown

*They went with songs to the battle ,
 They were young, straight of limb,
 True of eye, steady & agile,
 They were staunch to the end against the odds,
 They fell with their faces to the foe,
 They shall not grow old,
 As we that are we grow old,
 Age shall not weary them, nor the years condemn,
 As the going down of the sun,
 And in the morning,
 We will remember them.*

As we

Lest We Forget

Salmon Mornay (Good Friday recipe)

Ingredients -Serves: 6

- 1 litre milk
- 3 tablespoons corn flour or arrowroot
- 1 onion, diced
- 1 1/2 cups grated cheese
- 1 large tin salmon (drained)
- 1/4 cup breadcrumbs
- 1/2 cup grated cheese, for topping

Directions

Preparation: 15 min > Cook: 15 min > Ready in: 30 min

1. In a large saucepan slowly bring the milk to near boiling. Mix the corn flour with some additional milk until fully combined. Stir into the milk while stirring and becomes thick and starts to boil, turn down.
 2. Add the onion and stir through. Add the cheese and stir until fully melted in. Gently stir in the tinned salmon.
- Transfer to a baking dish then sprinkle with the breadcrumbs and grated cheese. Bake in a moderate oven until the cheesy crust has melted, about 15 minutes.

(source Your Life Choices)



*Pull Your Troubles
 At night before you go to
 sleep,
 You must reach deep inside
 And pull your troubles out of your ears
 Wherein they like to lie*

*A trouble is the kind of thing.
 It's very often true
 That bothers you more than the soul
 Who passed it on to you. B Vance.*

Donations for lucky door/
 Raffle prizes to the
 program would be greatly
 appreciated!



Why Your Feet Get Bigger as You Age

By the time you reach your 50th birthday, you've probably also reached another milestone: you've put 75,000 miles on your feet. You may reach this milestone much earlier if you've led a foot-active life-style. By age 50, you may have lost nearly half of the fatty padding on the soles of your feet. And you may be wearing a shoe that's a size bigger than what you wore in your 20s, in part because of weight gain that puts greater pressure on your feet, and in part because your ligaments and tendons have lost some of their elasticity (which also predisposes them to potentially painful ruptures or micro-tears). If you've given birth, you have another reason for the increase in shoe size: hormones released during pregnancy also cause ligaments to relax.

Menopause, too, can affect foot health. Unless countered by medications or exercise, the loss of oestrogen and other hormonal changes generally lead to lower bone density, resulting in osteoporosis if enough bone mass is lost. This condition can raise the risk of stress fractures (hairline breaks) in any of the bones of the foot. Unless treated appropriately, stress fractures can worsen and cause the bones to shift out of place. Source www.health.harvard.edu



Does physical activity reduce depression, or does depression reduce physical activity?

It's a quintessential chicken and egg scenario — and a question that's plagued scientists for some time. Now, thanks to the power of modern genomics, a new study published in JAMA Psychiatry provides the "strongest evidence" yet that exercise has a protective effect against depression. Using the genetic data of 300,000 adults, researchers at Massachusetts General Hospital found people with higher levels of physical activity had lower odds of major depressive disorder, according to lead researcher Karmel Choi.

"We found evidence that higher levels of physical activity may causally reduce risk for depression," Dr Choi said. In fact, the research shows that replacing sedentary behavior with 15 minutes of vigorous activity each day can reduce depression risk by roughly 26 per cent. "On average, doing more physical activity appears to protect against developing depression ... and any activity appears to be better than none." While the study showed physical activity could prevent depression, it found no evidence that being diagnosed with depression affected a person's ability to exercise.

But people diagnosed with depression are still at an increased risk of reduced physical activity, according to Joseph Firth, a senior research fellow at Western Sydney University who was not involved in the study. It's still the case that people with depression are less active than the general population, but [the study] is saying it's not necessarily the depression itself that's driving that relationship," Dr. Firth said. "It could be social factors, rather than the actual genetics of depression. So, it's still worth thinking about physical activity interventions for people with depression." From <https://www.abc.net.au/news/health/>



I took my three-year-old Lilli and her little friend to visit their great grandpa at his age-care home and when we arrived he was asleep in his chair, drool spilling from his mouth. My daughter's friend piped up and asked Lilli why he was drooling. Without missing a beat, Lilli replied: "He must be getting teeth."



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WHAT IS HAPPENING TO OUR MILK?

One may well ask the question when confronted by the myriad of milk varieties offered for sale from the stores. The thought that first entered my head was - **I was not aware of the presence of so many different breed of cows in our dairies.**

When as a lad I delivered milk direct from a Rockhampton dairy to customers there was nothing like that many cows in our dairies. This leads me to thinking that perhaps natural milk from cows may be over massaged in a similar way that natural honey from bees has now been proven to be over massaged. It was still marketed as natural honey. Milk it also appears can still be marketed as full cream or full cream taste milk. However I fail to notice that thick layer of cream on the top of our milk to-day that



people young and old used to fight over during the years past.

Is our milk now healthier? It is pasteurised, homogenised, sterilised, biased, all in the interest of better health. However I am amazed to find and I quote the ingredients of one manufacturer's product that states.

Ingredients. "Skim milk, Milk solids, stabilisers (460,466,407), milk calcium, dextrose (maize), vitamin D." Pasteurised skim milk with added milk calcium and vitamin D. NOT SUITABLE AS A COMPLETE MILK FOOD FOR CHILDREN UNDER 2 YEARS OF AGE. This milk I understand was previously marketed as fat free milk and is now marketed as skim milk? As for the ingredients "Milk Solids" does this come directly from cows? In my day if milk solids came from cows it was called mastitis and that milk went on to the ground not into bottles. Stabilisers 406,466,407 and maize do not come from cows. This product confuses me because when the liquid contents are used, I often wonder what the white residue is that remains undissolved resolutely fixed to the bottom of the plastic bottle. A lot of physical effort is needed to prepare this bottle for recycling standards. Has too much been added or should the directions of use include a statement to indicate the product need shaking prior to each use. Read the! RDI statement and join me in becoming more confused.

Another product from the same processor states.

Ingredients "Reduced fat milk (2% fat), milk solids)" NOT SUITABLE AS A COMPLETE MILK FOOD FOR CHILDREN UNDER 2 YEARS OF AGE. Yes I am confused about the milk that is available for sale to-day. I am confused by the way it is massaged. Perhaps our regulations, labelling, and marketing of milk products need some massaging so that we may better understand the product we buy. *Annon.*



AN APPLE A DAY

KEEPS ANYONE

AWAY IF YOU THROW IT

HARD ENOUGH!

**Holiday 2019
Bellingen &
Coffs Coast**

8th - 13th September 2019.



Six day Coach Holiday package including:

* 5 nights' accommodation at the Bellingen Valley Lodge
* Hearty breakfasts & delicious evening meals in the Motels Restaurant plus light lunches.
The Bellingen Valley Lodge is set in this rural paradise on 16 acres, with views of the valley and mountains. All rooms have a walk in shower recess. The Lodge has a Swimming Pool, Guest laundry, and acres of lawn and garden. The fully licensed restaurant & bar is rich in history and tradition. The Bellingen Valley Lodge is an ideal location for an enjoyable & memorable escape to the country.

Tours Highlights include:

Waterfall Way-Bellingen, Uranga & Kalang River-Urangas Honey Place, Grafton , Carobana (Carob factory)- Korora Beach, Woolgoola, Dorrigo & West Ebor, Dutton Rainbow & Brown trout breeding facility, Guy Fawkes River, Dorrigo Rain Forrest Centre, Coffs Harbour– Pet Porpoise Center, Thursday Tea Tree Plantation.

Cost \$1120.00 (based on 34 members)
Single sup-\$275.00
Administration \$10.00 per person
Airmfares \$360.00 P.P- Brisbane return flights

(75.00 airfare deposit nonrefundable)

Total cost \$1490.00 If applicable- \$275.00 single sup.

Deposit \$300.00 due by 29th March.

Please note: Due to previous concerns, all members travelling will be required to sign and date a pro forma advising them that 60 and Better will not be liable for costs incurred when a member chooses not to travel. All members will be asked to consider what the process will be should they become ill or deceased during a holiday. Members sharing with other members should consider the single supplement being reimbursed to the remaining member in the

event one member forfeits on the trip. This is NOT the responsibility of the Tour Organisers. We strongly urge you to take out insurance before travelling.



Please have a safe happy enjoyable Easter with family & friends.

The Deaf Book Keeper



A Mafia Godfather finds out that his bookkeeper of 20 years, Guido, has cheated him out of \$10 million. Guido is deaf which is why he got the job in the first place. The Godfather assumed that since Guido could not hear anything, he could never testify in court. When the Godfather goes to confront Guido about his missing \$10 million, he takes along his personal lawyer because he knows sign language. The Godfather tells the lawyer, "Ask him where the money is!" The lawyer, using sign language, asks Guido, "Where's the money?" Guido signs back, "I don't know what you are talking about." The lawyer tells the Godfather, "He says he doesn't know what you are talking about." The Godfather pulls out a pistol, puts it to Guido's head and says, "Ask him again or I'll kill him!" The lawyer signs to Guido, "He'll kill you if you don't tell him." Guido trembles and signs back, "OK! You win! The money is in a brown briefcase, buried behind the shed at my cousin Bruno's house." The Godfather asks the lawyer, "What did he say?" The lawyer replies, "He says you don't have the guts to pull the trigger." *Wynnum News*




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NBN Co launches medical alarm discount scheme

Encourages owners of unmonitored medical alarms to upgrade NBN Co has released details of a subsidy scheme to help households upgrade unmonitored medical alarm systems that rely on the copper network to call for help. Unmonitored medical alarms can be used to call emergency services or a person’s emergency contact. NBN connections rely on premises having access to power; as a result, during power outages older unmonitored medical alarm systems may not function. Some newer medical alarms can connect over the NBN and also offer cellular-based backup connections if mains power is lost. The new subsidy will cover up to 80 per cent of the cost of a new alarm, up to a maximum discount of \$300. Currently two providers, CareAlert and the INS Group, are participating in the scheme. To be eligible an individual needs to own an existing unmonitored medical alarm that relies on their landline connection and live in the fixed-line NBN footprint (the copper network is not being disconnected in areas served by NBN Co’s fixed wireless and Sky Muster satellite services). “It’s important to remember the move to the NBN access network is not automatic – Australians will need to take action to migrate services such as medical alarms over to the new network,” NBN Co’s chief customer officer – residential, Brad Whitcomb, said in a statement. “We’re encouraging all users of unmonitored medical alarms, or family or friends of those with an alarm, to register their details on our Medical Alarm Register so they can be provided assistance with their household’s migration, and also understand if they are eligible for up to an 80 per cent discount on upgrading a new alarm.” The company plans to launch a national awareness campaign targeting people who have unmonitored medical alarms. Full details of the offer are available from NBN Companies website. <https://www.computerworld.com.au/article/646228/nbn-co-launches-new-medical-alarm-discount-scheme>. Or contact Call **1800 003 095** to have your eligibility for the upgrade offer assessed.

Mary rang the doctor and said “could you come around because my husband has died.?” The doctor said he would be there straight away. When the doctor arrived he said he was so sad that her husband had died. The doctor then said “did he have any last words Mary?” “Yes Doctor” she said. He said “Mary put the gun



- MY AGED CARE**
- To register and for information on MyAgedCare Phone 1800 200 422 or visit-<http://www.myagedcare.gov.au/> for Information on:
- Household help, transport, home modification and maintenance
 - Personal and Nursing care
 - Carer support and counselling
 - Aged care homes
 - Community aged care packages
 - Powers of attorney, enduring powers of attorney and enduring guardians
 - Guardianship and administrators
 - And much more

Please ensure you are registered with them whether needed or not!!

What should you believe about sunscreen?



Most people living in Australia are pretty savvy about sun protection and the need to wear sunscreen, but is this just a marketing ploy?

What are the common sunscreen myths?

Being tanned protects you from the sun

There is no such thing as a safe tan, and being naturally darker skinned will not protect you from skin cancer.

Higher SPFs are a waste

There are significant differences in the protection offered between SPF 15, 30 and 50. The biggest difference, it turns out, is in making up for your poor sunscreen application. Based on how people actually apply sunscreen, studies have shown that an SPF 50 sunscreen will give you the protection of an SPF 20. The lower the SPF, the less margin for error you have. The two biggest application mistakes people make are applying too little, and not reapplying often enough (or at all).

You don't need sunscreen on a cloudy day

While UV levels are usually lower in winter, you are just as likely to get a bad burn on a cloudy day in summer as one that is bright and sunny. If you're considering not wearing sunscreen, you're better off checking the UV rating for the day, instead of looking at the clouds, to help make your decision.

Sunscreen causes vitamin D deficiency

Just 15 minutes of incidental sun on your skin (the kind you might get throughout the day getting in and

out of your car, or walking to the shops) is enough to give you all the vitamin D you need. It is nearly impossible to sunscreen and cover up well enough to avoid getting enough sun to process all the vitamin D your body needs. If you are concerned about being deficient, you are better off taking a supplement than not wearing sunscreen.

Skin cancer isn't so bad because you can see it and get it removed

Skin cancer kills nearly 2000 Australians every year. Skin cancers can metastasize, move around the body, cause permanent scarring when removed, or require chemotherapy for a treatment.

And a truth: Sunscreen prevents ageing

Your regular old sunscreen might actually be the fountain of youth. Australian researchers have found that sunscreen not just slows, but completely prevents photo ageing – that is, the skin damage caused by ultraviolet radiation from the sun that causes wrinkles and sun spots. So, as summer approaches, whip out the sunscreen and remember to slip, slop and slap. *Your Life Choices.*

Ah the beauty of linguistics...!!

I called an old friend who graduated from MIT and asked what he was doing.

He replied that he was working on "*Aqua-thermal treatment of ceramics, aluminum and steel under a constrained environment.*"

I was impressed...

Upon further inquiring, I learned that he was washing dishes with hot water under his wife's supervision

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 Marital Status:.....
 Date of Birth:..... Place of Birth:.....
 Normal Doctor:.....

Next of Kin Details

Names:.....
 Address:.....
 Town:.....Postcode:.....
 Phone :.....
 Relationship:.....
 Other Details

Funeral Plan with:.....

Life Insurance with:.....

Please Tick your preferred choices

Direct Cremation (no service)
 Cremation Service Private Public
 Venue: Church Chapel Our Chapel
 Other

Viewing: Yes No Family to Decide
 Clergy Celebrant None
 Clergy Religion.....
 Coffin: Basic Middle Range Top Range
 Flowers: Casket Spray Wreaths Single
 Flowers Amount:.....
 Press Notices: None Death Notice
 Funeral Notice Placed in:.....
 Pallbearers: Yes No
 Flag Required: Yes No
 RSL Service Required: Yes No
 Audio / Visual Display Yes No
 RSL/Clubs/Associations to be
 Notified Name:

Name:

What would you like to do with the Ashes?
 Please specify.....
 Other options: Memorial cards
 Other Requests:.....
 Please Sign Here.....
 Date

Please contact Sandi or Heather

Finlayson & McKenzie

56 William Street

Rockhampton

Telephone– 4922 1269

Or email to fmckfunerals@live.com.au



“My Teacher say little girls can grow up to be anything they choose! Why did you choose to be an old Lady?”

A huge “thank you” goes to Peter for donating a Christmas ham for our Christmas celebrations every year.



Saleyards Hotel/
Distillery Lunch



Date Thursday 23rd May

Join us for lunch at this unique award winning distillery/hotel for lunch & a little information regarding their distillery. Please indicate your meal choice when booking & paying by the 14th May.

Your meal choices-

Fish ,chips & salad, Chicken Parma (20.00), Hamburger,(15. 00) Steak is available (25.00).



Mothers Day

Have a wonderful day with your families!

Rockhampton 60 & Better Program Inc.

Philosophy

Rockhampton 60 & Better Program Inc. deems: The right of people to dignity, respect, privacy and confidentiality; the right of people to be valued as individuals; The right of people to access services on a non-discriminatory basis; The right of the community to have accountable and responsive services; The right of people to make choices in their own lives.

DISCLAIMER:

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We need your input! Happy with us? Let us know what we do well! Unhappy with us? Let us know what we need to improve on! Let us know by visiting, phoning, emailing. If you wish to remain anonymous, pick up a form and pop your concerns in to our feedback box in the office.

Two blondes suddenly got into bird hunting and were eager to try it out for themselves. They had read that a bird dog is a



great and useful accessory in bird hunting, so they decided to go to the pet shop and buy one. They purchased a well-trained bird dog and headed home. The two blondes immediately went to the woods to try it out. The dog didn't work. No matter how hard they tried, it just didn't follow their commands. They became frustrated and one of the blondes said to her friend, “Okay, we'll give him one more try. We'll throw him in the air one more time and if he doesn't fly, we're taking him back to the store!”

Alpaca Farm, Pacific Hotel Lunch, Tanby Garden Centre

Date Thursday 11th April
Cost \$ 46.00
Time Central Park 9.00 am
Stockland's Yyamba Road 9.15 am



A treat before Easter! This promises to an interesting fun great day out! Starting off at the Alpaca Farm with a tour & informative (includes morning tea.) Following this we head to the Pacific Hotel for lunch (please ask for choices on booking) Something a little different after lunch with a trip to Tanby Garden Centre (Kinca Beach) where you can purchase something for afternoon tea. Please book & pay by the 4th April. (home approx. 4 pm)



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

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Australia

Funded by



Queensland Government
Department of Communities

Celebrating.....

Date Wednesday 1st May
Venue Allenstown Hotel (function room upstairs.)
Time 10.30am
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. There's no excuse, so 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. A day NOT to be missed.