

Gracemere Hotel

Date Thursday 18th July

Time 12 noon

Cost POD

Join us for a "catch up" with lunch.
Today we will order off the menu, for numbers please let me know before 11th July.



Did you know.....

History shows The Archer brothers on descending from the Dee range and on their way to the Fitzroy river, encountered a lake which they decided would be a good location for a settlement should they decide to return. They named it Gracemere; Grace being the name of their brother Thomas' new bride, and 'mere' meaning lake. *(history continues next Newsletter)*



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Gracemere Lunch Bunch.....

Monday 10th June Australian Hearing

Monday 8th July Crime Prevention QLD Police

Monday 12th August Kidney Health Tobe confirmed

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

June July August 2019

Volume 10



Time for the Winter edition of the Gracemere News .

Sadly the number have been down with "Lunch Buddies". It is a great day to get out & a chance to meet new people & gain some interesting information & enjoy the great meal they served so please pass the word around & encourage others to come along.

This newsletter includes the usual activities and also highlights some to the activities available in Rockhampton should you be interested.

Please give some thought to what other activities you may like to have in Gracemere & let us know. We will endeavour to give them a trial .

Until next time keep warm & flu free.! Take care Anita



When you are stressed you eat ice-cream, cake, chocolate & sweets. BECAUSE stressed spelt backwards is DESSERTS!

Interested in joining Rockhampton with-

- * *Mandella Pottery workshop (page 2 details)*
- * *25th July Military Museum, Malaysian House lunch*
- * *22nd August Seniors Week BBQ lunch with entertainment*

Contact details

The office:

☎ **49140065**

📞 **0437398990**

Gracemere

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1/248 Quay Street R'ton

Office hours:

Monday-Thursday 9 am-3 pm

Friday- 9-12.30 Friday.



Strength & Balance

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.**



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.



The average age of people living in our military retirement community is 85. Recently, a neighbour turned 100, and a big birthday party was thrown. Even his son turned up. "How old are you?" a tenant asked. "I'm 81 years old," he answered. The tenant shook her head. "They sure grow up fast, don't they?"



Healthy Veggie Slice



Ingredients

- 2 medium carrots, grated
- 2 medium zucchini, grated
- 100g baby spinach, chopped
- 1 red onion, finely sliced
- 1 cup freshly chopped herbs (your choice)
- 1 cup cottage cheese
- 3 eggs
- 1/2 cup self-raising flour
- 1 & 1/2 cups milk

Method

Sprinkle vegetables with a pinch of salt and leave in the fridge for 15 minutes. Remove from the fridge and squeeze the liquid from the vegetables. Preheat the oven to 200°C and lightly grease a pie dish. Combine the flour, cheese and mixed vegetables. Mix milk and eggs together and add the mixture gradually into the vegetables. Pour into the pie dish and bake for 30 minutes. Serve with salad or crusty bread

Is the honey your eating the real deal?

Place a spoonful of honey in a bowl and then pour hot water over it and spin the bowl gently. If it is honey it will form honeycomb hexagonal shapes if not its sugared. It's fascinating - give it a go. *Your life Choices*

What's happening at the Gracemere RSL?



The Gracemere RSL opens for "meal nights" every Friday. Very affordable meals at \$8 for mains & \$2 for dessert. They also have BBQ nights with burgers at just \$5.00.

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

They also offer Private hire for Functions.

Airport Transfers


Are you heading to Brisbane for a medical appointment? If so you are eligible to utilise

"Smarter Transfers" offering:


- Personal service
- Assistance with luggage
- Prompt & reliable

For further information & bookings please phone: **0487 949 968**

I AM NOT AN EARLY BIRD OR A NIGHT OWL. I AM SOME FORM OF PERMANENTLY EXHAUSTED PIGEON.



Mandela Pottery Workshop.



Join us in the activity room at the office for this "fun relaxing workshop." Choose a design, then transpose onto a terracotta pot. Paint the design using different implements to create the dot design. Interesting and mesmerizing, allows for reflection time, creates a form of meditation. A stress relieving exercise that is easy and simple to do. "Mandalas allows the creator to capture true self-expression. It is both therapeutic and symbolic. Art therapy is not about the end result but the process of achieving it."

Date Thursday 27th June
Time 10 am 12 noon.
Cost \$20.00- All materials are provided.

An elderly man visited the doctor for a check-up. "Mr. Smith, you're in great shape," said the doctor afterward. "How do you do it?"

"Well," said Mr. Smith, "I don't drink, I don't smoke, and the good Lord looks out for me. For weeks now, every time I go to the bathroom in the middle of the night, he turns the light on for me."

Concerned, the doctor found Mrs. Smith in the waiting room and told her what her husband had said.

"I don't think that's anything to worry about," she said. **"And on the bright side, it does explain who's been peeing in the fridge."**

