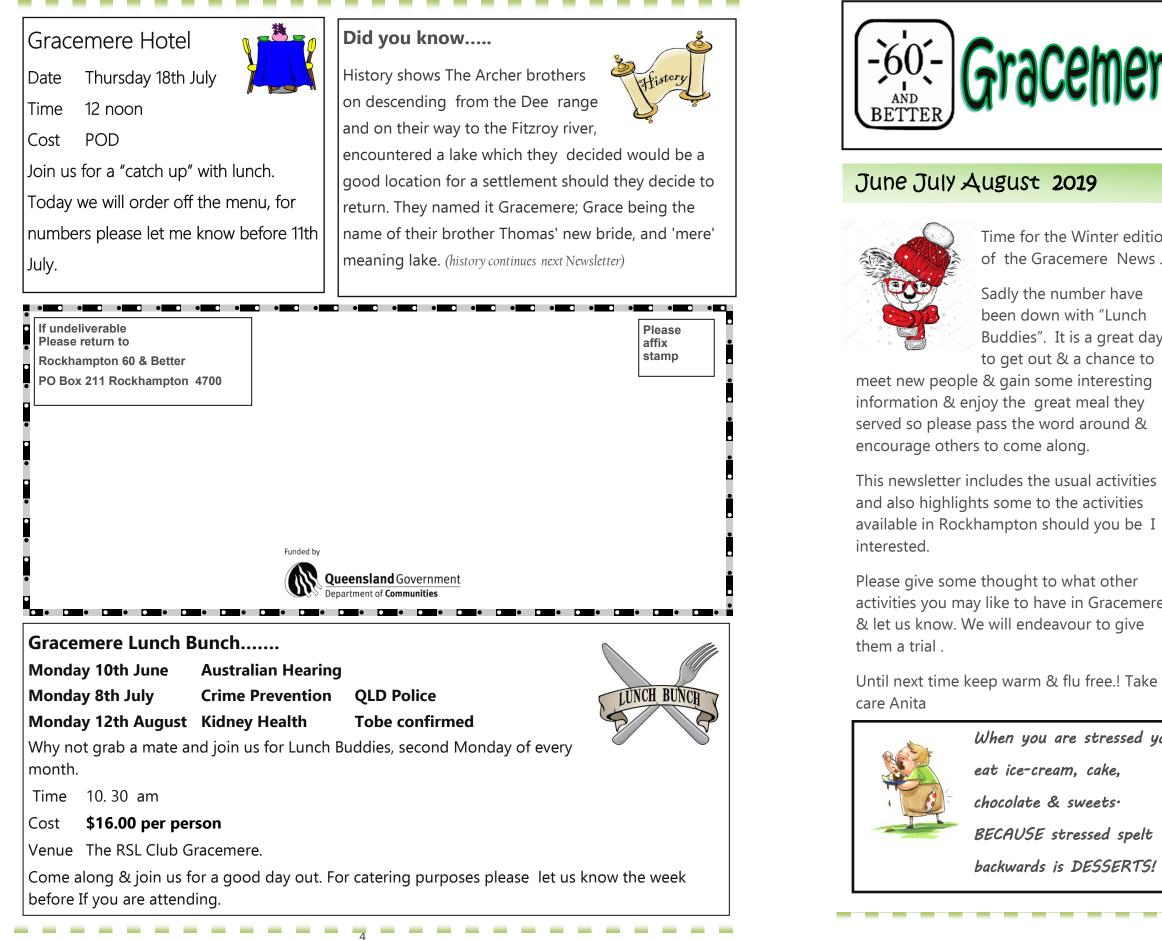
#### Rockhampton 60 & Better Program Inc.



# -60-BETTER Gracemere Seniors News

|   | Volume 10   |
|---|---|
|   | Interested in joining Rockhampton<br>with-                                      |
|   | <ul> <li>Mandella Pottery workshop</li> <li>( page 2 details)</li> </ul>        |
|   | <ul> <li># 25th July Military Museum,</li> <li>Malaysian House lunch</li> </ul> |
|   | #22nd August Seniors Week BBQ<br>lunch with entertainment                       |
|   | Contact details   |
|   | The office:   |
|   | 會 49140065  |
|   | D 0437398990  |
|   | Gracemere   |
|   | Gillian 0429 332 311  |
|   | Cheryl 49333689   |
|   | , 🕞 better 60 inc@optusnet.com.au   |
|   | www.60andbetterrockhampton.com.au   |
|   | PO Box 211 Rockhampton 4700   |
|   | 1/248 Quay Street R'ton   |
| l | Office hours:   |
| l | Monday-Thursday 9 am-3 pm   |
|   | Friday- 9-12.30 Friday.   |
|   |   |

#### Rockhampton 60 & Better Program Inc.

1 cup freshly chopped herbs ( your choice)

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  $200^{\circ}C$ 

and lightly grease a pie dish. Combine the

flour, cheese and mixed vegetables.



& 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. Monday Dav

3.30-4.30 pm Time

\$5.00 Cost

#### 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

2 medium carrots, grated

2 medium zucchini, grated

100g baby spinach, chopped

1 red onion, finely sliced

1 cup cottage cheese

1/2 cup self-raising flour

1 & 1/2 cups milk

3 eggs

Method

#### Ingredients



#### 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.

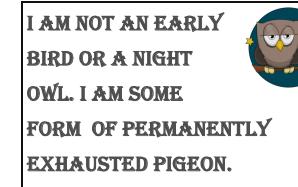
#### **Airport Transfers**

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

#### "Smarter Transfers" offering:

- 6 Personal service
- Assistance with luggage 6
- Prompt & reliable 2

For further information & bookings please phone: 0487 949 968



mixture gradually into the vegetables.

Pour into the pie dish and bake for 30 minutes. Serve with salad or crusty bread

Mix milk and eggs together and add the

Is the honey your eating the real deal?

Place a spoonful of honey in a bowl and then poor 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

Rockhampton 60 & Better Program Inc.

## 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."

Thursday 27th June Date

10 am 12 noon. Time

\$20.00- All materials are provided. Cost

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."