

**Kabra Hotel**

**Date** Thursday 24th  
**October**

**Time** 12 noon

**Cost** POD

Join us for a "catch up" with lunch at one of the 2019 award winning hotel's I the area. Today we will order off the menu, for numbers please let me know before 117th October.



**Gracemere Lunch Bunch.....**

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.

- ◆ September 9th Keith Ireland
- ◆ 14th October to be advised
- ◆ 11th November Cancelled "Remembrance Day" all welcome to RSL's services.



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

Please  
affix  
stamp



**It's that time of the Year!**

**Venue** Gracemere RSL Club

**Date** Monday 9th December

**Cost** \$20 per person

Please be sure to join us for a wonderful Christmas lunch with all the trimmings, entertainment, raffles, lucky door prizes. Please be sure to book & pay by the 2nd December.



**Gracemere Seniors News**

September October November 2019

Volume 11



Hello Readers!,

Spring is here, however I feel it's once again going to be more like our

summer -heat and humidity! Lets' all keep our fingers crossed for some much needed rain across CQ.

August saw Seniors Week enjoyed by many, with plenty of different events to attend. There have been a few changes across our exercise activities with the commencement of new instructors, Please be sure to contact the office should you require further information regarding all activities in either Gracemere or Rockhampton.

Take care Anita

**IF THE GRASS LOOKS GREENER IT'S PROBABLY ASTROTURF**

Interested in joining Rockhampton with-

- ✦ Bartlett's Tavern Luncheon 26th Sep
- ✦ Melbourne Cup at Willby's Training Restaurant 5th Nov.
- ✦ Rocky's Christmas Celebrations 4th Dec.

**Contact details**

**The office:**

☎ **49140065**

📞 **0437398990**

**Gracemere**

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PO Box 211 Rockhampton 4700

1/248 Quay Street R'ton

Office hours:

Monday-Thursday 9 am-3 pm

Friday- 9-12.30 Friday.

**New Program!**  
**"Dance with Joy."**



**Fridays 10.30-11.30 am**

**Venue Barry Street  
 Community Centre.**

**Cost \$5.00 per session.**

**Move with Joy is a dance fitness class for active older adults who are looking for a lower-intensity, high energy workout. How It Works: The design of the class introduces easy-to-follow movements that focus on balance, range of motion and coordination. It also helps with cardiovascular, muscular conditioning, flexibility and balance!**

**WORK AT YOUR OWN PACE!**

Contact the office on **49140065**.

Proudly supported by  
 Rockhampton Regional Council



**Oven-baked salmon in honey mustard**



**Ingredients:**

- 24 oz. (680 grams) salmon filet, cut into 4 strips
- 1½ tbsps. honey
- 1½ tbsps. whole-grain or Dijon mustard, according to preference
- 1½ tbsps. lemon juice
- A clove of garlic, minced
- 1 tbsp. extra virgin olive oil
- Salt and pepper to taste
- Toasted almond flakes

**Instructions:**

1. Preheat oven to 400°F (200°C)
2. Spray a baking sheet with non-stick spray and place the salmon strips on the sheet, skin-down
3. In a bowl, mix and whisk honey, mustard, lemon juice, garlic, olive oil, salt, and pepper. Using a basting brush, coat the top of the salmon strips in sauce.
4. Bake for 10-15 minutes and garnish with toasted almond flakes for some beautiful crunch.

*11th November 2019*



**REMEMBRANCE DAY**  
*Let's We Forget*

The key to happiness is letting each situation be what it is instead of what you think it should be!

**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.**

A man is going skydiving for the first time.

After listening to the instructor for what seems like days, he is ready to go.

The man goes up in the aeroplane and waits to get to the proper altitude.

Excited, he jumps out of the aeroplane.

After a bit, he pulls the ripcord. Nothing happens.

He tries again. Still nothing.

He starts to panic but remembers his backup chute.

He pulls that cord. Nothing happens.

He frantically begins pulling both cords but to no avail.

Suddenly, he looks down and he can't believe his eyes.

Another man is in the air with him, but this guy is going up!

Just as the other guy passes by, the skydiver, by this time scared out of his wits, yells, "Hey, do you know anything about skydiving?" The other guy yells back, "No! Do you know anything about gas stoves?"



**G**racemere



Homestead was one of the first settlements in the Rockhampton area, established by Charles and William Archer in 1858. In 1853, when the Archer brothers came over the Dee Range, they identified Gracemere (then named Farris) as the ideal site for a house and pastoral run. In 1854, the Archers took up twelve runs, including Gracemere, which was originally a sheep station.

The Homestead is centered around a large house, characteristic of an 1850s Central Queensland pastoral property. The house was constructed in stages, with the first wing (designed by Colin Archer) built in 1858, and the second L-shaped wing sometime between 1862-1874.

The construction of the main house included several features that were adapted to the hot CQ climate, including well-placed verandahs and verandah windows featuring shelf-like sills that held cool water (known as water monkeys) to catch the slightest breeze.

Other early buildings constructed include: servant's quarters, office and bookkeeper's quarters, carpenter and blacksmith's shop, stables and cattle yards.

Opposite these, on the southern side of the entrance roadway, were sited a number of worker's cottages and a woolshed. This collection of buildings supported a bustling community.

During the 1860's plant stock was brought from the Sydney Botanical Gardens to establish the Gracemere garden, to which many Central Queensland trees and shrubs can trace their origins.