



Gracemere Seniors News

December, January, February 2020

Volume 12

Hello Readers!

Certainly not a good start to Spring/ Summer, no rain and catastrophic bushfires! Be sure to take extreme care and keep up your fluid intake.



It has been a great year for the Gracemere members, and I am sure 2020 will be even better. Please encourage family, friends & neighbours to join in with the activities, it's a great way to socialise and meet new people.

Have a wonderful Christmas & Happy New Year . Take care Anita

Interested in joining Rockhampton with-

- ♦ Rocky's Christmas Celebrations 4th Dec.
- ♦ COCOBREW (formerly the Masonic Club) Thursday 26th March

*"Be who you are , and say what you feel
Because those who mind don't matter
And those that matter ,don't mind."*

Contact details

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Gracemere

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Office hours:

Monday-Thursday 9 am-3 pm

Friday- 9-12.30 Friday.



Wishing you all

The timeless treasures of

Christmas.....

The warmth of home,

The love of family,

And the company of good friends.

What's happening at the Gracemere RSL?

The Gracemere RSL opens for "meal nights" every Friday. Very affordable meals at \$8 for mains & \$4 for dessert, Children 1/2 price. They also have BBQ nights with burgers at just \$5.00 adults and Children \$3.00.

To confirm dates and times please contact the RSL on **49332062** from midday Wednesday through to Friday. **Private hire for Functions.**



A young boy enters a barber shop and the barber whispers to his customer, "This is the dumbest kid in the



world. Watch while I prove it to you."

The barber puts a dollar bill in one hand and two quarters in the other, then calls the boy over and asks, "Which do you want, son?" The boy takes the quarters and leaves. "What did I tell you?" said the barber. "That kid never learns!"

Later, when the customer leaves, he sees the same young boy coming out of the ice cream store. "Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?" The boy licked his cone and replied, "Because the day I take the dollar, the game is over!"



"Character, not circumstance, makes the person."

Balsamic marinated chicken

Ingredients

Serves: 4

3/4 cup (190ml) balsamic vinegar

1/2 cup (125ml) water

1 onion, chopped finely minced onion

1 clove garlic, minced

1/4 teaspoon salt

1/4 teaspoon ground black pepper

1/4 teaspoon paprika

1/4 teaspoon crushed dried rosemary

1/4 teaspoon dried parsley flakes

1/4 teaspoon chilli powder

1/4 teaspoon dried oregano

4 (180-200g approx each) skinless, boneless chicken breast halves



Preparation: 1 hour 15 min > Cook: 40 min > Ready in: 1 hour 55 min

Mix together the balsamic vinegar, water, onion, garlic, salt, pepper, paprika, rosemary, parsley, chilli powder and oregano in a bowl, and pour into a resealable plastic bag. Add the chicken breasts, coat with the marinade, squeeze out excess air and seal the bag. You can also marinate in a covered bowl. Marinate in the refrigerator 30 minutes to overnight.

Preheat oven to 200 degrees C. Lightly grease a baking dish. Remove the chicken breasts from the marinade and shake off excess. Discard the remaining marinade and place the chicken breasts in the baking dish. Bake in the preheated oven until the chicken breasts are golden brown and no longer pink in the middle - about 40 minutes.

Movie Tuesdays!

Why not join our group of movie goer's. Most times we have lunch together as well.

Day Tuesday

Time & details:

Please ring Cheryl on 49333689. Be sure to leave a message if Cheryl is not home, she will return your call.



Gracemere Lunch Bunch.....

Why not grab a mate and join us for Lunch Buddies, second Monday of every month. We start the day with a great morning tea followed by a guest speaker then we enjoy lunch together.

Time 10.30 am

Cost **\$16.00 per person**

Venue The RSL Club Gracemere.

- ◆ 9th December Christmas Lunch
- ◆ 10th February QLD Rail

Please let us know you are attending for catering purposes.



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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.

