



Gracemere Seniors News

March, April, May 2020

Volume 13

Hello Readers!

It was great to see members return to our 1st Lunch Buddies for the year.



The recent rain has certainly made a huge difference to our landscape however, (not that we should grumble) but the humidity following the rain has been horrendous!

We have decided to trial a card group at the Gracemere Bowls Centre. We hope it will be yet another source for social connection for existing & new members. Please read the details in this issue.

Until next time take care. Anita

Notice how the trees
do not cling to their leaves.
fall is about releasing
the old to make way for the
New.

Interested in joining Rockhampton with-

- ◆ Port Scallywag Luncheon. 23rd April.
- ◆ Keppel Island Day trip 21st May

"Back in the day we didn't have so many warning labels.

People weren't so stupid!"

Contact details

The office:

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Gracemere

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Cheryl 49333689

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Rockhampton60Better-120542552665574

PO Box 211 Rockhampton 4700

1/248 Quay Street R'ton

Office hours:

Monday-Thursday 9 am-3 pm

Friday- 9-12.30 Friday.

"Fitness on Friday"

Fridays 10.30-11.30 am

Venue Barry Street

Community Centre.

Cost \$5.00 per session.

SeniorFit



Fitness on Fridays is a fun dance & fitness class for 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!

Due to elections there will be no class on 27th March & 30th November.

Contact the office on 49140065.

Proudly supported by
Rockhampton Regional Council



Texan in Australia

A Texan farmer comes to Australia for a vacation. He meets an Aussie farmer & gets talking. The Aussie shows off his big wheat field and the Texan says, "Oh! We have wheat fields that are at least twice the size!" Then they



walk around the farm a little, and the Aussie shows off his herd of cattle. The Texan immediately says, "We have Longhorns that are at least twice as large as your cows." The conversation has, meanwhile almost died when the Texan sees a herd of kangaroos hopping through the field. "And what are those?" The Aussie replies with an incredulous look, "Don't you have any grasshoppers in Texas?"



Update from

Gracemere Pensioner & Superannuant's League QLD Inc.

Meetings commence at 9 am at the Barry Street Community Centre. Next meeting **Monday 23rd March**. (subsequent meetings 4th Monday of the month.) All welcome.



Mad Hatters morning tea

Date Thursday 19th March commencing 10 am.

Venue RSL James Street.

Cost \$5.00 includes morning tea.

Morning included-Lucky door prizes, lucky spot prizes, Multi Draw Raffle, tickets \$1 each, written competition. **Please book by 12th March.**

Contact Cheryl on 49333689 or Nola on 49333868

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.



People born in the 50's have lived in 7 decades, 2 centuries & 2 millenniums. We had the best music, fastest cars, Drive-in theaters, soda fountains & happy days. And we are not even that old yet, we're just that cool.

Cards Board Games.

We have secured the Gracemere Bowls Club for possible card/board game sessions.



This can either be morning or afternoon (not Tuesday) with refreshments. The cost will be &5.00 per person.

Ideally we would appreciate a couple of people to oversee this activity. We are at the stage of booking once we have a show of interest & define a suitable time for you.

Please ring the office should you be interested.

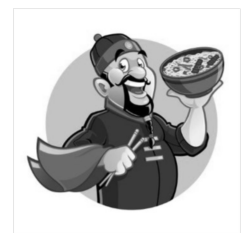
Thank you Anita

Chow Mein

Easy 0:15 Prep 0:20 Cook 4 Servings

Ingredients

- * 500g beef mince
- * 45g chicken noodle instant soup
- * 3 cups hot water
- * 1/2 tsp curry powder
- * 3 tbs soy sauce
- * 3 tbs tomato sauce
- * 2 tbs rice uncooked
- * 1/2 cabbage shredded
- * 1 cup fresh French beans
- * 2 onions sliced
- * 1 carrot diced
- * 1 pinch salt and pepper to taste



Method

Brown the mince in a large pan. Add water and soup, and bring to the boil. Add all other ingredients and simmer until vegetables are tender .

HUSBANDS ARE THE BEST PEOPLE TO SHARE SECRETS WITH.

THEY'LL NEVER TELL ANYONE, BECAUSE THEY AREN'T EVEN LISTENING.



A positive attitude may not solve all your problems, but it will annoy enough people to make the effort.

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 10.00 am

Cost **\$16.00 per person**

Venue The RSL Club Gracemere.

Please let us know you are attending for catering purposes.

- ◆ 9th March Leyland Barnett Driver- safety update.
- ◆ 13th April Public Holiday

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

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Queensland Government
Department of Communities

Great Keppel Escape

Date Thursday 21st May

Time Central Park 7.00 am

Stocklands 7.15 am
(Yaamba Rd)

Cost \$ 65.00 (all inclusive with lunch)

Let's cruise to Keppel Island, enjoy lunch and take look around. Promises to be a relaxing fun day. Please be sure to book & pay by 14th May. Home approx. 5 pm.



Celebrating 26 years!

Venue **Allenstown Hotel**

Date **Wednesday 6th May**

Time **10.30 am**

Cost **\$ 20.00**

Please join us to celebrate another great 60 & Better Year. Morning tea, 2 course roast lunch & dessert. Entertainment, raffles & lucky door prizes .

Please book & pay by the 29th April.

