




The Seniors Sentinel


July, August 2020

Volume 121

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Office Hours

Office Hours

Monday-Thursday 9.00 am-3.00 pm.

Friday 9 am-12.30 pm

If you are calling into the office, please phone first to ensure there is someone in, this will save you a wasted trip.

When phoning don't waste your call, leave your name and a short message and we will return your call as soon as possible. *Anita*

Management Committee



President- Stuart Thomasson

Vice President- vacant

Secretary- Joyce Messer

Treasurer- Chris Forrest

Ass/Treasurer- Joyce Holmes

Committee

Cliff Rawlings

Caroline Lynch

Committee: contacts page 7

Manager- Anita Griffiths

Assistant- Julie Mason

Accountant- Kelco Accountants.

“When life brings big winds of change that almost blow you over, Close your eyes, Hold on tight, and believe.”



Over 50? Join now !!!

companionship, exercise & social activities.

P residents Pen



Hello,

I am sure you are all enjoying a little more company with the ease of restrictions. It certainly was a long forced lay off.

How many of you tackled some extra gardening and repotting plants? Clarice and I certainly did. It was very rewarding using 200 litres of soil, breaking up plants and repotting into new pots. It kept us busy and there is still more to do.

We also had a huge success with our Jap pumpkin vine with well over 20 huge pumpkins. Hence there has been pumpkin soup, pumpkin scones, pumpkin fruit cake all of which were very nice.

Also my thanks to Anita & Julie for working on during this trying time, as well as their foresight putting together a DVD of Gentle Exercise, Tai Chi & Yoga to keep those requesting it fit and healthy. Probably wont recognise some of you now! Should you read this and would like a copy of the video on either USB or DVD just let them know & they will get one to you.

Before I go I must tell you the latest joke regarding Corona Virus.....

On second thought I don't think you will get it!

I will close for now and get back to potting plants. Stay healthy, all the best.

Stuart.

You never realize what you have
until it's gone.
Toilet paper is a good example.

Anita's Antics



Hello,

It's great to be compiling a Newsletter once again albeit only for 2 months.

All going well the restrictions may ease up further over this time and we can have a few more of our regular activities up & running by September.

A huge thank you to Lyn Zelmer & Leesa Olive for putting their tai chi & yoga sessions on video & allowing Julie & I to copy them to DVD for any member who would like it.

It was certainly devastating learning the Morning Bulletin will be no longer. Such a sad day. I'm not convinced local news can be captured as well digitally let alone the historical footprint it leaves. I know so many members who are not connected to the internet. What are your thoughts? Hoping we will catch up soon with little more "regular lifestyle"

Warm regards Anita



"Volunteering, a great way to help not only yourself, but others too!"

We are seeking two members to join our Management Committee. The positions vacant are secretary and committee member. Meetings are held the second Thursday of the month from 9.30-10.30 am. We are a happy friendly committee with plenty of assistance provided by Anita and Julie. Should you be interested please give us a call. Thank you.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10.30-11.30 am Tai Chi with Lynn \$ 5.00 Contact the office on 49140065 for info. Kent Street Indoor Bowls Hall</p>	<p>7-9 am Golf Croquet \$ 7.00 & Includes M/T. Botanical Gardens. Phone 49140065. Please check in March for change of times. 9.30-11.30 Computer Group no charge. R'ton Regional Library. Phone 49368212</p>	<p>10.30- 1 pm Coffee & Conversation \$17.00- pg. 4 for details Red Lion Hotel-1st Wednesday of the Month</p>	<p>Management Meeting 2nd Thursday 9 am. Lunches & social outing as arranged (see page 12.)</p>	<p>9.30-10.30 am Dance Alliance (with Lindy \$5.00. Includes M/T. Community Health Bolsover ST. Contact the Office on 49140065.</p>
<p>9-noon Cards . \$3.00 (per person) Held at the office 1/248 Quay St. Contact Joyce on 49288417 for further info</p>	<p>1.30-3.30 pm Ten Pin Bowling \$7.00 Musgrave Street. Includes shoe hire and afternoon tea. Contact Clarry on 49225048</p>	<p>8 am-9 am Chair Yoga with Leesa. \$5.00. Oak Tree Village, Glenmore Road.</p>	<p>FRIDAY in GRACEMERE 10.30-11.30 am. Friday Fun & Fitness with Katie , cost \$5.00. Barry Street Community Centre . Proudly supported by R'ton Regional Council</p>	<p>Friday Fun & Fitness with instructor Katie Oak Tree Retirement Village, Glenmore Road. cost \$4.00 per person. Time 8.45-9.45 am</p>
<p>1-4 pm Cards \$3.00 afternoon tea included. Held in the Office 1/248 Quay St. Contact the Office on 49140065 for further information</p>	<p>1.30-3.30 pm. Indoor Bowls \$3.00 Includes A/T. Contact the office on 49140065 for further info. Held at the RDIBAI in Kent St.</p>	<p>No Friday funn & fitness 30th Oct</p>	<p>1-4 pm. Cards \$3.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office 49140065.</p>	<p>9-10 am. Easy Yoga with Leesa cost \$5.00 Grandstand Rocky Jockey Club. Contact the office 49140065 for further information.</p>
<p>9 am -12 noon Newsletter folding next date Thursday 27th August 2020.</p>	<p>Be sure to wear comfortable shoes & clothing for all low impact exercise sessions. Don't forget your water bottle!</p>	<p>BE AWARE ALL ACTIVITIES ARE SUBJECT TO RESTRICTIONS. CHECK WITH THE OFFICE BEFORE ATTENDING</p>	<p>Please be SURE to personally sign the attendance book for insurance purposes.</p>	<p>9-10 am. Easy Yoga with Leesa cost \$5.00 Grandstand Rocky Jockey Club. Contact the office 49140065 for further information.</p>
<p>PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.</p>				

Coffee Conversation & Lunch



Is held at the Red Lion Hotel in Denham Street. Cost for morning tea and lunch (main meal) \$17.00. Dessert available on request (to pay on the day) doors open at 10.15 am. Please choose YOUR meal –Fish, Roast or off the menu when booking/paying.

To be advised.
Once restrictions ease, please call for recommencement date.



Please be aware we have closed our PO Box. All correspondence is to be directed to the office at

Suite 1/ 248 Quay Street Rockhampton QLD 4700.

One day, while strolling down the boardwalk, John bumped into an old friend of his, Rob, from high school. “You look great John, how do you stay looking so young? Why you must be 60 already but you don’t look a day over 40!” Rob exclaimed. “I feel like I’m 40 too!” replied John. “That’s incredible” exclaimed Rob, “Does it run in the family? How old was your dad when he passed?” “Did I say he was dead?” asked John. “He’s 81 and is more active then ever. He just joined the neighborhood basketball team!” responded John. “Whoa! Well how old was your Grandfather when he died?” “Did I say he died” asked John. Rob was amazed. “He just had his 105th birthday and plays golf and goes swimming each day! He’s actually getting married this week!” “Getting married?!” Rob asked. If he’s 105, why on earth does he want to get married?! John looked at Rob and replied, “Did I say he wanted to?”



Moisturizing Soak for Dry and Cracked Heels



This recipe might surprise you, as one of the key ingredients in this concoction is Listerine - yes, the same stuff you use to as mouthwash. Listerine has an ingredient called *Methyl salicylate* that has antiseptic, gentle exfoliating and conditioning properties, as well as a weak analgesic effect, all of which are quite useful in a bath soak. Many people swear by this ingredient and say that it can prevent fungal and other infections of the feet, as well as soften the dry and hard areas of the feet. If you want to try it out, follow this recipe.

Ingredients:

- ½ cup Epsom salt
- ½ cup Listerine
- 5-10 drops of essential oil of your choice (optional)

Directions:

1. In a large bowl with warm water (about 1 gallon or 3.7 liters), dissolve the Epsom salts.
2. Add in the Listerine to the water, along with the optional essential oil of your choice. Soak your feet for at least 20-30 minutes, adding more warm water if it gets too cold.

We need your input! Happy with us? Let us know what we do well! Unhappy with us? Let us know what we need to improve on! Let us know by visiting, phoning, emailing. If you wish to remain anonymous, pick up a form and pop your concerns in to our feedback box in the office.

Working in aviation, I was doing the night shift at the airport directing the planes in and out. All of a sudden the radio crackled and I heard a your voice request permission to land. I asked for a name, and he replied “guess who?” I turned off the runway lights and said “guess where?” *submitted by Ray*



Sedgeman

Types of Gemstones

R	R	B	T	U	E	T	N	K	T	E	R	O	P
X	Y	N	O	A	T	N	O	U	T	E	R	E	A
T	A	O	U	Y	I	T	R	D	R	T	N	E	Q
S	E	D	A	J	R	Q	A	O	I	I	L	R	U
Y	E	Q	N	S	U	X	R	A	L	R	E	I	A
H	T	N	A	O	Z	L	R	A	E	P	E	H	M
T	E	I	I	K	A	K	M	D	H	R	L	P	A
E	M	S	E	U	U	R	E	A	I	R	M	P	R
M	E	T	M	E	U	N	T	A	U	Z	G	A	I
A	R	O	R	O	I	A	Z	B	O	P	O	S	N
T	A	E	T	R	L	A	Y	I	O	E	I	Y	E
A	L	I	T	G	A	R	N	E	T	P	G	A	Y
L	D	I	M	Z	A	P	O	T	I	E	A	E	A
D	C	U	Q	J	A	S	P	E	R	N	M	L	U

- RUBY
- TURQUOISE
- AQUAMARINE
- CITRINE
- SAPPHIRE
- AMETHYST
- GARNET
- OPAL
- ONYX
- PEARL
- PERIDOT
- TOURMALINE
- EMERALD
- JADE
- KUNZITE
- TOPAZ
- AZURITE
- JASPER

Ten Minute Tomato Soup

Ingredients

- 6 sun-dried tomatoes in oil
- 2 garlic cloves, crushed
- 3 x 400g tin chopped tomatoes
- 500ml/18fl oz chicken or vegetable stock
- 1 tbsp caster sugar
- 150ml/5fl oz double cream
- salt and freshly ground black pepper
- 3-4 tsp basil pesto, to serve



Recipe tips

Method

Set a large, deep pan over a medium heat and add 1 tablespoon of oil from the sun-dried tomatoes. Add the garlic and stir-fry for a few seconds, or until it just starts to colour.

Add the sun-dried and tinned tomatoes, stock and sugar and bring to the boil, stirring constantly. Season with salt and freshly ground black pepper, then cover with a lid, reduce the heat and simmer for 10 minutes.

Remove from the heat and, using a hand blender, blend the soup in the pan. Stir in the milk and cream and season with salt and freshly ground black pepper before heating through on the hob. Serve hot with 1/2 teaspoon basil pesto swirled on the top of each bowl of soup.

For most of their lives, your windscreen wipers sit silently, waiting for their moment to spring into action at the drop of rain. But then one day, as the raindrops begin to fall, instead of gliding smoothly across the windscreen, the wipers judder and cause streaks instead.



Believe it or not you should inspect or replace your wiper blades every six months.

Windscreen wipers are constantly subjected to heat, UV light, dirt and bugs which overtime cause damage and affect their ability to wipe smoothly and quietly. Chips or cracks in the windscreen can also significantly reduce their lifespan.

If your wipers are looking a bit worse for wear, they can be replaced easily at home or during your next service, and don't forget to top up your washer fluid while you're at it.

Giving your wipers some regular TLC means you'll see clearly after those storm clouds have formed and raindrops have begun to fall.

“There should be no boundaries to human endeavor. We are all different. However bad life may seem, there is always something you can do, and succeed at. While there's life, there is hope.” - Stephen Hawking

*Go into this week
with the attitude that
your peace,
your health of mind,
and your heart
mean more than
getting everything else done.*

*That your smile matters,
That feeling rested matters.*

*That holding the hand
of your loved ones matter.*

*So pause lots,
function at a pace
that doesn't pull you apart.*

*Honour the things that
make you feel good inside,*

the things that make you feel alive.

Give time to those things this week.

*Make time the gift it is,
by giving it to what really matters
to you.*

— S.C. Lourie of Butterflies and Pebbles

The National Institute on Ageing offers these questions for older drivers to ask themselves about their capacity to continue driving:



- ? Do other drivers often hoot at me?
- ? Have I had some accidents, even if they were only 'fender benders'?
- ? Do I get lost, even on roads I know?
- ? Do cars or people walking seem to appear out of nowhere?
- ? Do I get distracted while driving?
- ? Have family, friends, or my doctor said they're worried about my driving?
- ? Am I driving less these days because I'm not as sure about my driving as I used to be?
- ? Do I have trouble staying in my lane?
- ? Do I have trouble moving my foot between the accelerator and the brake pedals, or do I sometimes confuse the two?
- ? Have I been pulled over by a police officer about my driving?

The institute says that if you answered 'yes' to any of these questions, it may be time to talk with your doctor about driving or have a driving assessment. Do you think we should have regular skills testing for older drivers?

*Donations for Lucky door/
raffle prizes to the program
would be greatly appreciated!*



Wanted!

**Any novels you no longer require
would be much appreciated.**



*A doctor, a dentist and a lawyer were
in a boat together when a wave came
along and washed them all overboard.
Unable to get back into the boat, they
decided two of them would hold on to the boat and
the third would swim to shore for help.
They noticed that there were hundreds of sharks
between them and land.
Without a word the lawyer took off. As he swam,
the sharks move aside.
The dentist yelled, "It's a miracle!"
"No", said the doctor, "That's professional"*

Management Committee

Contact numbers

President Stuart Thomasson 49277774
 Secretary Joyce Messer 49283688
 Treasurer Chris Forrest 0403272429
 A/Treasurer Joyce Holmes 49288417

Committee

Cliff Rawlings 49284201
 Carolyn Lynch 49227928

Rockhampton 60 & Better Program Inc.

Philosophy

Rockhampton 60 & Better Program Inc. deems:

The right of people to dignity, respect, privacy and confidentiality; the right of people to be valued as individuals; The right of people to access services on a non-discriminatory basis; The right of the community to have accountable and responsive services; The right of people to make choices in their own lives.

DISCLAIMER:

The Rockhampton 60 & Better Program Inc. management committee reserves the right to edit all articles as necessary. While all care has been taken in the preparation of this material, no responsibility is accepted by the publisher i.e. Rockhampton 60 & Better Program Inc., its staff or volunteers, for any errors omissions or inaccuracies. The material contained in this newsletter has been prepared to provide general information only. It is not intended to be relied upon or be a substitute for legal, health or any other professional advice. No responsibility can be accepted by Rockhampton 60 & Better Program Inc. for any known or unknown consequences that may result from reliance on any information provided in this publication.

The wind is my enemy
You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy. Hard riddles want to trip you up, and this one works by hitting you with details from every angle. The big hint comes at the end with the wind. What does wind threaten most? You have to stretch your brain to come up with something tiny and unexpected. Answer: page 9

Adding aspirin to your laundry can do wonders!



Even with the best laundry detergents and wash cycles on modern washing machines, it's nearly impossible to make sure white clothes stay white. Luckily, there's such a thing as aspirin, and you've probably already got that in your medicine cabinet! It sounds weird, but it works!

Dull

Even if you use those laundry detergents that promise you your white clothes will come out whiter than white, you can't avoid greyish spots and yellow armpits. With every wash, white clothes seem to become duller and greyer. So, how do you stop this process? It's very simple; all you need is a type of medicine everyone probably has in their medicine cabinet. The only thing you need to make sure your laundry comes out perfectly white again is five aspirin tablets of 325 milligrams each.

Aspirin

Put the tablets in a large bowl or tub of hot water to let them dissolve. Stir this aspirin water until all of the tablets have completely dissolved. To make sure the tablets dissolve faster, you can also crumble them up before putting them in the water. Next, place the dull, white clothes in the bowl or tub with the aspirin water and leave them to soak there for eight hours. You can also just add a few aspirins to the washing machine, but the soaking method works better. After you've let the clothes soak, you still have to wash them in the washing machine like you normally would.

Care Army



The Care Army is about bringing

Queenslanders together to lend a hand to seniors and people most at-risk during this pandemic, while continuing to practice physical distancing techniques.

Do you or someone you know need some support?

You can call the Care Army on the Community Recovery Hotline 1800 173 349 for assistance.

The Community Recovery Hotline is available to support vulnerable Queenslanders in home quarantine/ self-isolation who have no other means of support and provides information to the community about COVID-19 supports and services.

Do you want to lend a hand?

The easiest way to be a part of the Care Army is to check in on family, friends and neighbours who may need support. www.covid19.qld.gov.au/carearmy

Are generic medicines the same as brand-name medicines?



In the way they work, yes. In other ways, maybe not. Every medicine has two names:

- a brand name, which is given by the pharmaceutical company that markets the drug.
- A generic name, which is the drug's 'active ingredient' that makes it work .

When a medicine with a new active ingredient first appears, it is protected by a patent for several years. The patent is designed to allow the company to make enough profits to recover the money it spent developing the medicine, or on buying the rights to market it.

While the medicine is covered by patent, other companies cannot sell a similar medicine containing the protected active ingredient. After the patent expires, other companies are allowed to develop medicines based on the active ingredient. These are known as 'generic' medicines. There may be several of them with different brand names, but the same active ingredient as the original.

Generic medicines may be different from the brand name version in shape, size and colour and packaging and 'inactive ingredients' that do not contribute to the treatment effect of the medicine

Are generic medicines as effective and safe as brand-name medicines?

Yes. Because they contain the same active ingredient and dose, they will work in the same way. Generic medicines can only be sold in Australia if they meet the same strict standards of quality, safety and effectiveness as the original.

Why are generic medicines often less expensive?

Generic medicines cost less than brand-name medicines because the manufacturers have not spent money on research and development of the medicine, or buying the rights to sell it.

What to consider when offered a generic medicine

- A generic medicine will cost you less than the

original and will have the same effect as the original.

- You may choose not to switch to avoid confusion, especially if you take several different medicines.

If you have allergies, you would want to check whether or not the generic medicine contains something you are allergic to. Sources: NPS MedicineWise <https://www.healthdirect.gov.au/generic-medicines-vs-brand-name-medicines>



A man

suffered a serious heart attack while shopping in a store. The store clerks called 000 when they saw him collapse to the floor. The paramedics rushed the man to the nearest hospital where he had emergency open heart surgery. He awakened from the surgery to find himself in the care of nuns at the Catholic hospital. A nun was seated next to his bed holding a clipboard loaded with several forms, and a pen. She asked him how he was going to pay for his treatment. "Do you have health insurance?" she asked. He replied in a raspy voice, "No health insurance." The nun asked, "Do you have money in the bank?" He replied, "No money in the bank." "Do you have a relative who could help you with the payments?" asked the irritated nun. He said, "I only have a spinster sister, and she is a nun." The nun became agitated and announced loudly, "Nuns are not spinsters! Nuns are married to God." "Perfect," the man replied. "Send the bill to my brother-in-law."



Home Assist Secure COVID-19 support

Our extra services for Queenslanders affected by COVID-19 – delivery of essential items and regular welfare checks.

Seniors and Accessibility Assistance – one-off assistance of up to \$5000 for larger home repairs or upgrades to improve home safety or security.

Home Assist Secure is a service for Queenslanders aged 60 years and over, or people of any age with a disability, who can't undertake or pay for critical home maintenance without assistance.

This service provides safety-related information, referrals and subsidised assistance.

Your local Home Assist Secure service can provide information about:

- home maintenance
- repairs
- minor modifications
- safety and security upgrades
- other assistance that the Queensland Government provides.

Staff can also help you:

- employ tradespeople to do repairs or modifications plan future work.

Seniors and Accessibility Assistance

Home Assist Secure has been temporarily enhanced, during the COVID-19 recovery, to provide one-off assistance of up to \$5000 for larger home repairs or upgrades to improve home safety and security. This work will also deliver local opportunities for tradespeople and contractors across the state.

Repairs and upgrades can include:

- electrical work (e.g. upgrading electrical safety boxes and smoke alarms to meet safety standards)
- plumbing works (e.g. to minimise water wastage, including replacement of hot water systems)
- building works to improve accessibility (e.g. building or repairing ramps and steps, improving driveway and property access)
- replacing unsafe floor coverings
- installing internal stairs or chair lifts, and



security doors and screens

- major repairs (e.g. roofing repairs, guttering replacement, stump replacement and replacement of rotting timbers on floors and decks)

necessary modifications to kitchens and bathrooms.

To find out if your are eligible or have concerns please contact: .

Central Qld Home Assist Secure

Phone: 07 4936 8522

outside Rockhampton 1300 22 33 01

Email: info@rcc.qld.gov.au



Great News!

Library reopens

Southside 29th June 9 am-5 pm

Northside, Mt Morgan & Gracemere on reduced hours. Please contact council for opening times.

Zoo Reopens on Monday 29th June operating between 9 am-4 pm **weekdays** only.

2nd World War Memorial Pool, skate parks, public BBQ, playgrounds, fishing platforms will be open as well.

❖Please remember all reopening's are subject to the State Government Roadmap to Easing Restrictions as planned.

The man told his doctor that he wasn't able to do all the things around the house that he used to do. When the examination was complete, he said ;"Now, Doc, I can take it. Tell m me what's wrong with me. "Well in plan English, "The doctor replied, "You're lazy." "Okay," "now tell me the medical term so I can tell my wife.

Answer-The wind is my enemy

A Candle.

Finlayson & McKenzie Funeral Directors



*“Meeting your needs
with quality and
compassion”*

QUICK PRE-ARRANGED FUNERAL PLAN

- Quick and Easy to do
- In your own time
- In the comfort of your own home
- All information is kept in strict confidence

Once your information has been stored, a letter of confirmation will be sent to the address provided. This is completely FREE to pre-arrange and feel at ease, knowing that your wishes are organised.

Pre- Arranged Funeral Plan for:

First Names:.....
 Surname:.....
 Address:.....
 Town:.....Postcode:.....
 Phone:.....
 Martial Status:.....
 Date of Birth:..... Place of Birth:.....
 Normal Doctor:.....

Next of Kin Details

Names:.....
 Address:.....
 Town:.....Postcode:.....
 Phone :.....
 Relationship:.....
 Other Details

Funeral Plan with:.....

Life Insurance with:.....

Please Tick your preferred choices

Direct Cremation (no service)
 Cremation Service Private Public
 Venue: Church Chapel Our Chapel
 Other

Viewing: Yes No Family to Decide
 Clergy Celebrant None

Clergy Religion.....

Coffin: Basic Middle Range Top Range

Flowers: Casket Spray Wreaths Single
 Flowers Amount:.....

Press Notices: None Death Notice

Funeral Notice Placed in:.....

Pallbearers: Yes No

Flag Required: Yes No

RSL Service Required: Yes No

Audio / Visual Display Yes No

RSL/Clubs/Associations to be
 Notified Name:

Name:

What would you like to do with the Ashes?
 Please specify.....

Other options: Memorial cards

Other Requests:.....

Please Sign Here.....

Date

Please contact Sandi or Heather

Finlayson & McKenzie

56 William Street

Rockhampton

Telephone– 4922 1269

Or email to fmckfunerals@live.com.au

Leave your legacy

Protect what you love with an Enduring Power of Attorney



Contact the Public Trustee | 1300 360 044
www.pt.qld.gov.au



MY AGED CARE

To register and for information on MyAgedCare Phone 1800 200 422 or visit <http://www.myagedcare.gov.au/> for Information on:

- Household help, transport, home modification and maintenance
- Personal and Nursing care
- Carer support and counselling
- Aged care homes
- Community aged care packages
- Powers of attorney, enduring powers of attorney and enduring guardians
- Guardianship and administrators
- And much more

Please ensure you are registered, it will save you time if & when you need their assistance.

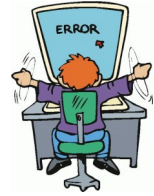
Computer Problems?

“For prompt reliable affordable service

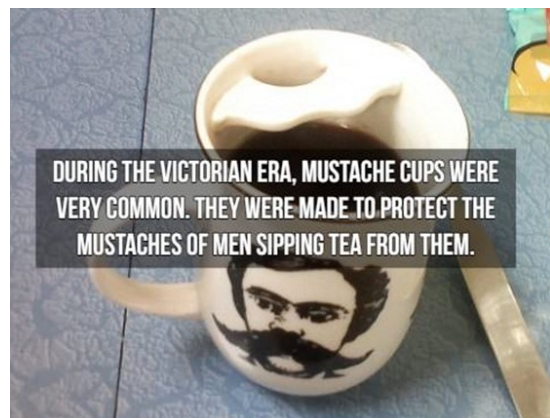
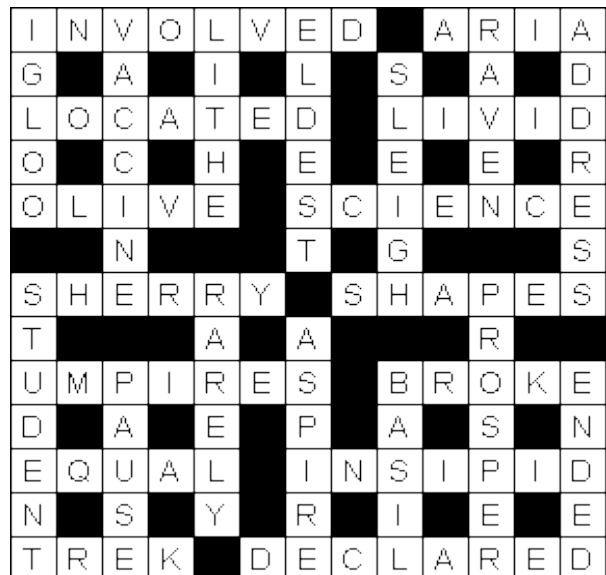
in YOUR Own Home.” call

Michael O’Grady !!

0499760523



A huge “thank you” goes to Peter for donating a Christmas ham for our Christmas celebrations every year.



DURING THE VICTORIAN ERA, MUSTACHE CUPS WERE VERY COMMON. THEY WERE MADE TO PROTECT THE MUSTACHES OF MEN SIPPING TEA FROM THEM.

“Doubt is useful, it keeps faith a living thing. After all, you cannot know the strength of your faith until it is tested.” – Pi Patel



Due to the closure of the Morning Bulletin we will endeavour to include upcoming events in Rocky & surrounds. Please be sure to check the venue regarding any restrictions before hand.

The Pilbeam Theatre -Morning Melodies } 49274111

24th August- Love Sick. 11 am

19th October -Darren Cogan's Campfire. 11 am

4-6th September Wicked R'ton Grammar School. 7 pm

14th November –The Songs of Dolly Parton. 7.30 pm

The Walter Reid Cultural Centre } 0466074668

11, 12, 18, 19th September-The Blue Aussies

13,14,20,21 November- 4 Comedy Plays each Night



If undeliverable please return to
60 & Better
1/248 Quay Street
Rockhampton QLD 4700

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Australia

Funded by



Queensland Government
Department of Communities

Recommencement of activities

With restrictions easing we are pleased to announce the commencement of a few of our regular sessions.



Ten Pin Bowling 18th June

Tai Chi Botanical Gardens (meet at the kiosk for directions.)

- ◆ Date Monday 6th July Time 9 am. (not the regular time due to concerns we may be still there as it warms up.) Due to restrictions we are unable to use the hall at present. Don't forget your hat, water bottle , sun screen .

Yoga

- ◆ Date Friday 7th August 9 am Grandstand Callaghan Park.

Please keep in contact with us for further updates.