



Merry Christmas Gracemere Seniors News

November, December 2020, January 2021.

Volume 16

Hello everyone,

2020

Our last Newsletter for the year, with the hope the New Year will look brighter for all!

We've had a few enquiries regarding the proposed card group in Gracemere. And we are looking towards February/March 2021. If you are interested please contact us to include your name to our list.

On another note, we have commenced a Friday morning session of "fun & games" at the Barry Street Community Centre. Please see page 2 for details.

It's hard to believe but it has been 3 years since we updated our membership database, so it's renewal time! You will find a membership form with your Newsletter and it would be appreciated if you could fill it in & return it by the end of March 2021.

*We look forward to seeing you at the RSL for Christmas celebrations on the 14th December. If we don't catch up with you have a safe & happy Christmas and we will see you in 2021.
Anita & Julie.*

Contact details

Rockhampton office:

Anita & Julie

☎ 49140065

☎ 0437398990

Gracemere

Gillian 0429 332 311

Cheryl 49333689

better60inc@optusnet.com.au

f www.60andbetterrockhampton.com.au

https://www.facebook.com/

Rockhampton60Better-120542552665574

Address

1/248 Quay Street R'ton

Office hours:

Monday-Thursday 9 am-3 pm

Friday- 9-12.30 Friday.

Year-Round Joy

Christmas is full of shiny things
That sparkle, gleam and glow.
These holiday pleasures dazzle us,
And yet, deep down, we know...

That Christmas has its special gifts,
But our year-round joy depends
On the cherished people in our lives,
Our family and friends.

Silence & Smile

Are two powerful tools.

*Smile is the way to solve
many problems.*

&

*Silence is the way to avoid
many problems.*

HA HA HA HA HO HO HA HA HO HO HA HA HA HA HO HO HA HA



Fun & Games on Friday with Alyson

Venue Barry St Community Hall

Time 9 am-10 am.

Cost \$5.00

It's time to get out & about have some fun & laughter and exercise on Friday morning. This session will run until the 11th December and resume on the 22nd January 2021. Please call for further information.

Asparagus and Tarragon Quiche

Ingredients

- 2 sheets puff pastry, thawed
- 3 bunches asparagus, ends trimmed
- 8 eggs, lightly whisked
- 1/2 cup parmesan cheese, grated
- 1 tablespoon cream
- 1 bunch fresh tarragon, chopped
- Salt and pepper



Method

Preheat oven to 180°C. Line quiche tin with pastry, blind bake for 20 minutes. Boil a pot of water, add asparagus and cook until just slightly soft and refresh under cold water, then drain. Alternatively, you could barbecue the asparagus for added flavour. Arrange asparagus over pastry base. Whisk eggs, cream and parmesan cheese together. Add tarragon and season with salt and pepper. Bake for 35 minutes at 180°C.

Three house pets - a golden retriever, a parakeet, and a cat - all die and go to heaven. As with all the good animals, God decides to have a personal discussion with each one to see where they will stay in heaven. God turns to the dog and says "The Book of Life indicates that you have been a very good boy. But tell me, in your own words, what are your ultimate principles? What do you believe in?" The dog says "I believe in loyalty, companionship, and love. I have been a cherished part of my owner's family for many years." God smiles. "Truly, you have a pure and loving heart. You shall sit at my right hand." He then turns to the parakeet. "What do you believe in?" "I believe in color, flamboyance, and music," the parakeet says. "For many years I have displayed my beautiful feathers and filled my owner's house with song." "Your beauty is truly magnificent," God says. "And your song shall echo through the universe. You shall sit at my left." God finally turns to the house cat. "And you, majestic little predator, what do you believe in?" The cat lazily surveys God's throne and says, "I believe you are in my seat."



*Youth expects fun in the getting,
Age reflects on the fun of
having given.*

Rose Water

Rose water is one of those products many of us know about, but aren't sure how to use. You probably saw it in store a few times, and you may even know that it's an ingredient you can use in desserts, but what the vast majority of people don't realize is that rose water is a real multitasker, capable of making your skin become healthier, younger and more radiant, but also to lift your mood after a stressful day, soothe a sore throat and even help with digestive issues. If you'd like to learn more on how to use rose water, what it's good for and even how to prepare it at home, simply continue reading.



Rose water shouldn't be confused with rose oil or rosehips, both of which are remarkable in their own right but aren't quite the same as rose water. Rose water is a by-product of the production of rose oil, which is more concentrated and has somewhat different uses, whereas rosehips are the fruit of the dog rose plant, which is a different species of rose altogether. Rose water is used to prepare rose syrup and rose jelly as well, both of which are popular confectioner's ingredients.

You can apply rose water on a cotton pad a swipe across your face as a hydrating toner. Finally, you can also transfer the rose water into a mister bottle and spray to rehydrate your skin or on your pillow or clothing to relieve stress and lift your mood.

Rose water is very mild and can even be used by those suffering from inflammatory skin conditions, such as eczema, rosacea, acne or psoriasis to soothe and decrease the redness in their skin.

But everyone's skin, regardless of your age or skin concerns, can benefit from the soothing and hydrating properties of rose water, so just use it before you apply a moisturizer on clean skin and you'll see how your skin becomes more balanced, less puffy, dry, red or inflamed over time.

A sore and inflamed throat can be remedied

by a rinse with rose water, which has known anti-inflammatory and antimicrobial properties that can help soothe the lining of the throat.

Of course, this doesn't mean that rose water can replace the treatment prescribed by your doctor, but it's a good extra remedy to keep in mind. One study also showed that it can release muscle tension in one's throat, so it might even help relieve a hoarse voice.

The Secret to Having No Enemies

The preacher, in his Sunday sermon, used "Forgive Your Enemies" as his subject. After a long sermon, he asked how many were willing to forgive their enemies. About half held up their hands. Not satisfied he harangued for another twenty minutes and repeated his question. This time he received a response of about 80 percent. Still unsatisfied, he lectured for another 15 minutes and repeated his question. With all thoughts now on Sunday dinner, all responded except one elderly lady in the rear. "Mrs. Jones, are you not willing to forgive your enemies?" asked the preacher. "I don't have any." Said the old lady. "Mrs. Jones, that is very unusual. How old are you?" "Ninety seven." "That is incredible! Mrs. Jones, please come down in front and tell the congregation how a person can live to be 97, and not have an enemy in the world." The little sweetheart of a lady tottered down the aisle, very slowly turned around and said: "It's easy, I just outlived them."



May You Have.....

May you have the gladness of
Christmas which is hope;
The spirit of Christmas which is peace;
The heart of Christmas which is love.



— Ada V. Hendricks

Christmas Celebrations

Venue Gracemere RSL
Date Monday 14th December
Time 10 am
Cost \$20.00



Come & join us for Christmas Celebrations. Full roast lunch with dessert. Raffles, lucky door prizes and entertainment with Nick Jones. Please be sure to book and pay by Monday 7th December.



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

Please
affix
stamp

Funded by



Queensland Government
Department of Communities

What's happening at the Gracemere RSL?

The Gracemere RSL has reopened for "meal nights" on Fridays. Very affordable meals at \$10 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. Due to the current restrictions it is important to book your table. To confirm dates and times please contact the RSL on 49332062 from midday Wednesday through to Friday. Private hire for Functions.



Resuming in February 2021 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 (where possible) then enjoy lunch together.

