



# "Season's Greetings" The Seniors Sentinel

December 2019, January, February 2020

Volume 119

## Contact Details

☎ 49 140065 ☎ 0437 398 990

✉ [better60inc@optusnet.com.au](mailto:better60inc@optusnet.com.au)

[www.60andbetterrockhampton.com.au](http://www.60andbetterrockhampton.com.au)

📘 Rockhampton60&Better (no spaces)

1/248 Quay Street

Rockhampton 4700

PO Box 211 Rockhampton 4700

ABN 19507683254

## 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- Joyce Messer**

**Secretary- Janice Hoare**

**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.**

Gifts of time and love  
are surely the basic ingredients of  
a truly merry Christmas.

Over 50? Join now !!!  
companionship, exercise & social activities.



Residents Pen

Top of the world to you all, wherever you are!

With the year coming to an end, I have found it very hard to keep up with it's speed.

Once again we have had a mixed bag of problems pop up, however with the assistance of good Committee we managed to keep marching on ensuring members have a wide variety of exercise & social activities to enjoy.

Whilst we have a great range of activities it would be great to see an increase in attendance, in particular our exercise sessions. However it is pleasing to note numbers are up for Coffee & Conversation.

We continue to look into holiday destinations, but like everything the cost of some of the destinations makes it quite prohibitive for many. We have however found a holiday to the Gold Coast area with details on page 7. Please give Anita or Julie a call for more information or pop in & pick up an itinerary.

On that note I would like to sincerely thank both Anita & Julie for keeping the program ticking along. My gratitude is also extended to the Committee for their support & to the volunteers & instructors for their dedicated roles & support during the year.

Last but not least Clarice & I wish you all a safe & happy Christmas & look forward to catching up in 2020.

Stuart.



Anita's Antics

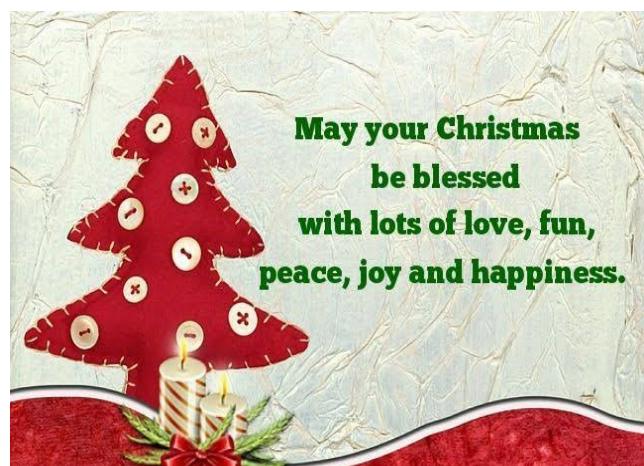
The end of 2019 is upon us! Please read the short verse below, as they are my thoughts for you all over the Christmas break.

It has been great working with Julie our new office recruit! She has settled in well & enjoys her work.

I have enjoyed working along side the committee throughout the year. It is also very rewarding to work with such dedicated volunteers and instructors. Without all of you, there would be no 60 & Better! So a huge amount of appreciation from myself & Julie.

The office will be manned from time to time over the break, so please phone & leave a message & we will contact you.

Take care Anita



**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.

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|--|---|---|
| <p>9-10 am<br/>Fun &amp; Fitness with Helen,<br/>\$5.00. Contact the office on<br/>49140065 for info.<br/>Kent Street Indoor Bowls<br/>Hall.</p> | <p>7-9 am Golf Croquet \$ 7.00<br/>&amp; Includes M/T.<br/>Botanical Gardens. Phone<br/>49140065. Time changes 8am<br/>from Feb.<br/>9.30-11.30<br/>Computer Group no charge.<br/>R'ton Regional Library. Phone<br/>49368212.</p> | <p>10.30- 1 pm<br/>Coffee &amp; Conversation<br/>\$17.00- pg. 4 for details<br/>Red Lion Hotel-1st Wednesday<br/>of the Month</p>                          | <p>Management Meeting 2nd<br/>Thursday 9 am.<br/>Lunches &amp; social outing as<br/>arranged (see page 12.)</p>   | <p>9.30-11.30 am pg. 13 / details.<br/>Dance Alliance (with Lindy<br/>\$5.00.<br/>Includes M/T. Community<br/>Health Bolsover ST. Contact the<br/>Office on 49140065.</p> |
| <p>10.30-11.30 am<br/>Tai Chi with Lynn \$ 5.00<br/>Contact the office on<br/>49140065 for info.<br/>Kent Street Indoor Bowls<br/>Hall</p>       | <p>1.30-3.30 pm<br/>Ten Pin Bowling \$7.00<br/>Musgrave Street. Includes shoe<br/>hire and afternoon tea. Contact<br/>Clarry on 49225048</p>  | <p>8 am-9 am<br/>Chair Yoga with Leesa. \$5.00.<br/>Oak Tree Village, Glenmore<br/>Road.</p>   | <p>FRIDAY in GRACEMERE<br/>10.30-11.30 am Friday- Fitness<br/>Friday with Katie. Cost \$5.00.<br/>Barry Street Community Centre .<br/>Proudly supported by R'ton Re-<br/>gional Council</p> | <p>Fitness Fridays with Katie Oak<br/>Tree Retirement Village,<br/>Glenmore Road. cost \$4.00 per<br/>person. Time 8.45-9.45 am</p>                                       |
| <p>9-noon<br/>Cards . \$3.00 (per person )<br/>Held at the office 1/248<br/>Quay St. Contact Joyce on<br/>49288417 for further info.</p>         | <p>1-4 pm<br/>Cards \$3.00 afternoon tea<br/>included. Held in the Office 1/248<br/>Quay St.<br/>Contact the Office on 49140065<br/>further information</p>   | <p>1.30-3.30 pm.<br/>Indoor Bowls \$3.00<br/>Includes A/T. Contact the<br/>office on 49140065 for<br/>further info. Held at the<br/>RDIBAI in Kent St.</p> |   | <p>1-4 pm.<br/>Cards \$3.00. afternoon tea<br/>included. Held in the office<br/>1/248 Quay St. Contact the<br/>Office 49140065.</p>                                       |
| <p>9 am -12 noon<br/>Newsletter folding next<br/>date Thursday 27th<br/>February 2019.</p>   | <p>Be sure to wear comfortable<br/>shoes &amp; clothing for all low<br/>impact exercise sessions. Don't<br/>forget your water bottle!</p>   |  | <p>Please be SURE to personally<br/>sign the attendance book for<br/>insurance purposes.</p>  | <p>9-10 am.<br/>Easy Yoga with Leesa cost \$5.00<br/>Grandstand Rocky Jockey Club.<br/>Contact the office 49140065 for<br/>further information.</p>                       |
| PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.   |   |  |   |   |

**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 or Roast** of the day when booking/paying.



**4th December**                      **Christmas Celebrations**                      **Allenstown Hotel**  
**5th February**                      **Entertainment with Nick Jones to kick off the year.**  
**4th March**                              **To be advised.**

**2020**

**Exercise & Social activities commencement dates 2020**

- ★ Fun & Fitness                      3rd February
- ★ Tai Chi                                      3rd February
- ★ Croquet                                      28th January
- ★ Cards closed only Christmas day & New Years Day
- ★ Ten Pin Bowl                              21st January
- ★ Chair Yoga 5th February
- ★ Indoor Bowls                              22nd January
- ★ Fitness on Friday 7th February (both Gracemere & Rocky)
- ★ Dance Health                              7th February

 **Join us on facebook.**

To get up to date information about our activities and events join us on Facebook. Here's how...

Log into your existing Facebook account. (Or join Facebook by creating an account at [www.facebook.com](http://www.facebook.com)).

Click on Search: Rockhampton60&Better (no spaces)

Click on Like (or choose 'Follow')

Now, you'll be able to access lots of useful, exciting and fun information about the program, local and global events & communicate with other members.

We want you to enjoy access to our Facebook page however there are things to remember:

- As always , we expect people to be respectful, kind and courteous. Hate speech or bullying, promotions or spam is not allowed. Respect and protect other's privacy. Do not post photos of members without their permission. Any breach of these will result in the immediate blocking of access to the page and a review of membership.

**Management Committee**

**Contact numbers**

|                            |            |
|----------------------------|------------|
| President Stuart Thomasson | 49277774   |
| V/President Joyce Messer   | 49283688   |
| Secretary Janice Hoare     | 0438315576 |
| Treasurer Chris Forrest    | 0403272429 |
| A/Treasurer Joyce Holmes   | 49288417   |

**Committee**

|                |          |
|----------------|----------|
| Cliff Rawlings | 49284201 |
| Carolyn Lynch  | 49227928 |

**Computer Problems?**

For prompt reliable affordable service in YOUR Own Home." call



**Michael O'Grady !!**

**on 0499760523**

***J wish you joy all through your holidays***

***J wish you good that stays forever***

***J wish you love of family & friends***

***J wish you happy days***

***That never ever end***

***Merry Christmas.***



## Blood Pressure



The next time you have your blood pressure checked, ask your health care to check it in both arms, rather than just in one. Why? A big difference between the two readings can give you an early warning about increased risk of cardiovascular disease, a new study suggests.

Researchers at Harvard-affiliated Massachusetts General Hospital and colleagues measured blood pressure—in both arms—in nearly 3,400 men and women age 40 or older with no signs of heart disease. The average arm-to-arm difference was about 5 points in systolic blood pressure (the first number in a blood pressure reading). About 10% of the study participants had differences of 10 or more points. Over the next 13 years or so, people with arm-to-arm differences of 10 points or more were 38% more likely to have had a heart attack, stroke, or a related problem than those with arm-to-arm differences less than 10 points. The findings, which appear in the March 2014 *American Journal of Medicine*, uphold earlier work on arm-to-arm differences in blood pressure.

Small differences in blood pressure readings between the right and left arm are normal. But large ones suggest the presence of artery-clogging plaque in the vessel that supplies blood to the arm with higher blood pressure. Such plaque is a signal of peripheral artery disease (cholesterol-clogged arteries anywhere in the body other than the heart). When peripheral artery disease is present, there's a good chance the arteries in the heart and brain are also clogged, boosting the odds of having a heart attack or stroke.

While most cardiologists routinely measure blood pressure in both arms as part of an initial evaluation, most primary care doctors don't. "Our study suggests that a baseline blood pressure measurement in both arms by primary care clinicians may provide additional information about cardiovascular risk prediction," says study co-author Dr. Christopher O'Donnell, a cardiologist at Massachusetts General Hospital and associate professor of medicine at Harvard Medical School.

Here's another reason to check blood pressure in both arms: if the pressure in one arm is higher, that arm should be the one upon which to base any treatments and to check your blood pressure in the future. (The current guidelines for managing high blood pressure are discussed here).

This study didn't look at whether more aggressive treatment in people with high arm-to-arm blood pressure differences would help protect them from heart attack or stroke. Still, it's worth finding out if you face a high risk of heart disease.  
*Harvard Health*



*Some people try to turn back their odometers. Not me. I want people to know why I look this way. I've travelled a long way and some of the roads weren't paved.*

### A few more words of wisdom

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

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



**T**wo senior ladies were out for a Sunday drive in a huge car. Neither of them could really see too much over the dashboard.



When they came to an intersection, the light was red yet they kept on cruising through.

The passenger thought to herself, "I feel like I'm losing it, but I swear we just drove through a red light."

A few minutes later, they drove through another red light. The passenger was almost certain that the light had been red but was still slightly concerned that she might be going mad, so she decided to give the driver one last chance.

As they were approaching the next intersection, the passenger paid a great deal of attention. This time the lights were certainly red, yet just as before they just sped past.

"Susan!" the passenger yelled. "Do you know we just ran 3 red lights in a row? We could have been killed!"

"Oh, am I driving?" came the reply.



An old couple haven't been intimate in a long time. The husband has an idea. He takes his chances and climbs into bed butt naked and cuddles up to his wife in an attempt to get things going. "Why are you naked?" she asks. "I'm not naked, I'm wearing those special 'environmentally friendly' pajama's," he says, coyly. She shudders. "You could have at least ironed them."

## Leave your legacy

Protect what you love with an Enduring Power of Attorney



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Public Trustee

1300 360 044  
[www.pt.qld.gov.au](http://www.pt.qld.gov.au)



### 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.



## Seasons Greetings!

### A Quiet Thought

For those we will miss this Christmas  
For those who will not be here  
Let us set aside a quiet thought  
Amidst this time of cheer

Submitted By **Hilda Mullinger**

Wishing you all a safe and happy Christmas

New Year with family & friends....

**Finlayson & McKenzie's Funeral Directors**

56 William Street Rockhampton

**Telephone- 4922 1269**



### Winning gold for the environment .

A year out from the Tokyo 2020 Olympics, the official organising committee has revealed its medal designs with a sustainable twist – all medals will be made entirely from recycled mobile phone parts.

Launched in 2017, the Tokyo Medal Project encouraged the public to donate small electronic devices such as used mobile phones to produce the Olympic and Paralympic medals. Across Japan, 90 per cent of towns and cities participated in the project, donating nearly 80,000 tons of gadgets, including six million mobile phones.

Around 32 kg of gold, 3,500 kg of silver and 2,200 kg of bronze was extracted from the donations for the 5,000 medals needed .



## Holiday 2020

### Terranova

#### Gold Coast Adventure

Coach pick up from Brisbane Airport, making our way to the Gold Coast. **A MYSTERY TOUR** along the way, before checking in for the next 6 nights stay – unpack just once. Time to explore the golden beach before a drink at the bar and the welcome dinner. Sit back, relax and let the fun begin!

#### Tour highlights:

- ★ Gold Coast Explorer/Australian Outback Spectacular.
- ★ Northern New Sth. Wales. Byron Bay/ Ballina
- ★ Sanctuary Cove/Palazza Versace
- ★ Currumbin Valley/Murwillumbah
- ★ Mount Tambourine

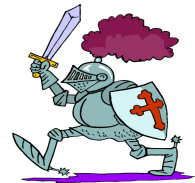
**Dates 13th -19th October** (7 days 6 nights) includes breakfasts and dinners & 4 lunches.

|             |                       |
|-------------|-----------------------|
| Cost        | \$ 1,399.00           |
| Airfares    | \$ 380.00 (approx.)   |
| Admin       | \$ 10.00              |
| Total       | \$ 1,789.00 (approx.) |
| Single supp | \$400.00              |

#### Based on 35 people.

**Deposit \$400.00 be aware \$80 of the initial Airfare deposit is non-refundable, please ask for the cancellation clause policy for airfares when paying your deposit. Please let us know if you would like a detailed itinerary.**

**A** knight and his footmen were holding a castle during a war. One of the footmen guarding the gatehouse calls out: "Sire, we can see a battalion approaching in the distance." The knight orders the men into defensive positions and rushes up the wall to where the footman points at the distant mass of men.



"What do you think, friends or foe?" the knight asks.

"I think they're friends, sire," answers the footman.

"What makes you think that?" the knight asks.

"Well, they wouldn't be huddling together like that if they hated each other."

## Christmas Celebrations

Venue *The Allenstown Hotel*  
Date *4th December*  
Time *10.30 am*  
Cost *\$20.00*



*Join us to celebrate Christmas 2019 . Morning tea on arrival. A scrumptious lunch consisting of combination ham/chicken roast vegetables, bread roll. Dessert of Christmas pudding with custard. Raffles lucky door prizes & entertainment on the day. Please book & pay by the 27th November.*



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

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Australia

Funded by



Queensland Government  
Department of Communities

## COCOBREW (formerly the Masonic Club)

Date *Thursday 26th March*  
Time *12 noon*  
Cost *POD*



*Our first luncheon for 2020 ! Lets head to the New venue in William Street, the refurbished Masonic Club. Please choose from the menu on the day. Be sure to book with us for catering purposes.*

**H** **a** **p** **p** **y** *New* **Y** **e** **a** **r** **!**