



Gracemere Seniors News

March, April, May 2021

Volume 17

Hello everyone,

Autumn is Here!

It's great to see a more positive outlook for us in Queensland, with the easing of restrictions members are now able to get out and about and enjoy some regular social and exercise activities.

This quarter we are keen to commence a card group in Gracemere. Please read on for the details.

Fun & Games with Allyson is being enjoyed by those attending, they have now decided to include bocce, a game I have always enjoyed. Should you be looking for a fun time and companionship get yourself along to the Barry Street Community Centre on Fridays from 9 am.

A reminder also that it is time to renew your membership for the next 3 years. Please let us know if you need a membership form mailed to you.

In this issue you will also find the details of a short get a way planned for September. Let us know if you are interested.

Until next time take care Anita & Julie.

Contact details

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Gracemere

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Rockhampton60Better-120542552665574

Address

1/248 Quay Street R'ton

Office hours:

Monday-Thursday 9 am-3 pm

Friday- 9-12.30 Friday.

Cards in Gracemere

We have secured the Gracemere Bowls Club.



Date Thursday 15th April

Time : 9 am - 11.30 am

Cost will be \$5.00 and includes refreshments.

Ideally, we would like a keen member to teach others and/or oversee this activity. If you are interested in giving this new social activity in Gracemere a go, please ring the office on 49140065.

**A little thought
and a little
kindness are
often worth
more than a
great deal of
money.** - John Rush

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. Please call for further information.



*This project received assistance from
Rockhampton Regional Council's
Community Assistance Program.*

Maryborough Break-away

Dates 7th-9th September



Cost \$372.00 per person
per person twin share. (pension concession)

\$429.00 (single supp)

* extra for senior rail pass. An ideal time for a short break from the normal day to life and the restrictions we have been under.

Staying at the Carriers Hotel Motel-cooked breakfast included. Purchase own evening meal in the Bistro.

Train

Tuesday 7.10 am Train to Maryborough

Cost \$50.00 Pension
\$85.00 Senior

Motel Cost

\$159.00 per person. Twin Share
\$252.00 single.

Day excursion Itinerary (all inclusive)

Cost \$163.00 (based on 30 people)

Please call the office for a full itinerary

Break it Up, People! A rookie police officer was assigned to ride in a cruiser with an experienced partner. A call came over the car's radio telling them to disperse some people who were loitering. The officers drove to the street and observed a small crowd standing on a corner. The rookie rolled down his window and said, 'Let's get off the corner.' No-one moved, so he resorted to the loudspeaker. 'Let's get off the corner!' it boomed. Still, no-one seemed to take any notice. 'Alright folks, if you don't move after I count to three, I'm breaking out my baton!' the rookie cried. Intimidated, the group of people began to leave in a hurry, casting puzzled glances in his direction. Proud of his first official act, the young policeman turned to his partner and asked, 'Well, how did I do?' 'Pretty good,' replied the veteran, 'especially since this is a bus stop.'



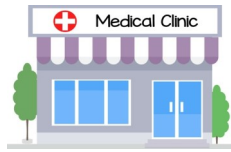
Trivia.....



•The first toothpaste recipe was invented in Ancient Egypt. It consisted of rock salt, mint, pepper, and dried iris flowers crushed into a fine paste and mixed with a bit of water. Just like modern-day toothpaste, Ancient Egyptians incorporated mint and other herbs to get fresh breath.

•With nine letters and eight of them being consonants, "strengths" is the longest word in the English language with only one vowel, according to the Guinness World Records. Which, on reflection, makes it a really weird looking word. ²

What is Functional Medicine?

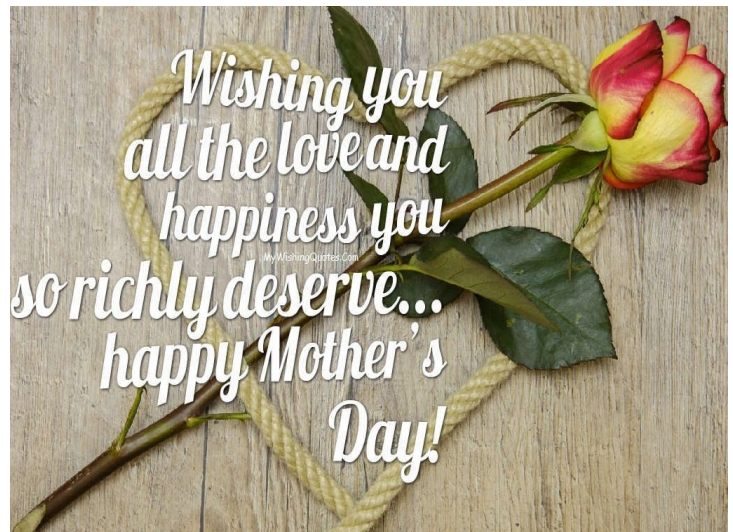


Functional medicine embraces much of the philosophy of Integrative medicine as described above but also employs a systems-oriented medical approach that works to identify and understand the underlying or root causes of a disease. This discipline takes into account the personalisation of healthcare, as each patient care plan is distinct and unique. The relationship between patient and practitioner effectively becomes a partnership; every aspect of a patient's medical history is reviewed in detail. Much like integrative medicine, functional medicine treats the individual rather than the disease.

Often, individual genetic and environmental research is conducted to obtain a deeper knowledge of the patient's health status. Understanding the biochemical individuality of a patient can lead to the underlying causes of disease and furthermore, the prevention of additional health risks in the future. Functional Medicine has gained much popularity, even spurring the creation of the Institute for Functional Medicine. Personalised medicine is without a doubt, the future model of medical care.

Although integrative medicine and functional medicine have similarities, there is one important distinction. Both practices focus on supporting the patient as a whole person; however, functional medicine strives to determine the root cause of each and every disease, particularly chronic diseases such as autoimmune and cardiovascular diseases as well as, diabetes and obesity. Rather than simply making a diagnosis and then determining which drugs or surgery will best treat the condition, Functional Medicine practitioners dive deep into the patient's history and biochemistry and ask why this patient is ill. Functional medicine is highly personalised and often includes a detailed

analysis of an individual's genetic makeup. Healthcare is undergoing drastic changes in the 21st century. In as few as five years we will look back and ask ourselves how we could have been practicing medicine so primitively. Those practitioners who embrace the Functional and Integrative Medicine paradigms will be at the forefront of healthcare in the 21st century. Would you like more information on either integrative medicine or functional medicine? Contact the professionals at Patronus Medical.



The Stingy Lawyer & the Pillowcases.

A stingy old lawyer who had been diagnosed with a terminal illness was determined to prove the saying about money, "you can't take it with you", wrong. After much thought and consideration, the man finally figured out how to take at least some of his money with him when he died. He instructed his wife to go to the bank and withdraw enough money to fill two pillowcases. Then, he directed her to take the bags of money to the attic and leave them directly above his bed. His plan was to reach out and grab the bags when he was ascending to heaven. Several weeks after the funeral, the deceased lawyer's wife, up in the attic cleaning, came upon the two pillow cases stuffed with cash. "Oh, that darned old fool," she exclaimed. "I knew he should have had me put the money in the basement."



Let's Celebrate 26th Anniversary

Venue The Allenstown Hotel.

Date Wednesday 5th May.

Time 10.30 am.

Cost 20.00 per person.

Join us to celebrate another 60 & Better year . Morning tea & a baked lunch consisting of 2 meats chicken & beef, bread rolls, and trifle for dessert. A fun day with entertainment, raffles & lucky door prizes. Please book 28th April.

Fitzroy River Cruise.

Date Thursday 22nd April

Time 5 pm for 5.30 boarding.

Cost \$35.00



Enjoy a interesting & informative evening with a light snack on board. You will board at the the new Northside Boat Ramp, located behind Callaghan Park. Return time 7.30 (approximately)

Please book & pay by Thursday 15th April.

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 is open 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 \$2 mains and \$2 for dessert. 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.



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. Please call 49140065 to book.

