



The Seniors Sentinel

September, October, November 2021

Volume 126



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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- Lynn Hoskins
Treasurer- Chris Forrest
Ass/Treasurer- Joyce Holmes
Committee
Cliff Rawlings
Carolyn Lynch
Gary Fidler
Committee: contacts page 7
Manager- Anita Griffiths
Assistant- Lisa Parnell
Accountant- Kelco Accountants.



Got up this morning and ran around the block five times. Then I got tired, so I put the block back in the toy box!



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

P residents Pen



Hello,

It's spring and one month closer to Christmas.

By the time you read this Newsletter I will be recovering from open heart surgery, so you won't be seeing me around for a few weeks yet. I have come through surgery very well and on the slow road to recovery. Should anyone like to know how I am going please ask Anita as Clarice and I will keep her informed of any updates.

We remain very fortunate here in CQ, considering the quarantine situations they are dealing with in many other parts of the country.

I hope you all enjoy the next 3 months with the program and show huge support for the many social and exercise activities.

I will close on that note , remember to take care and to enjoy each day with fun and laughter.

Until next time, Stuart.

BIBLE.....

A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages, "Mama, look what I found," the boy called out. "What have you got there, dear." With astonishment in the boy's voice, he answered. "I think it's Adam's underwear!"



A nita's Antics



Hello everyone,
What a great 3 months with the Program. Numbers are certainly on the increase with our activities which is great to see.

Relocating to the Victoria Tavern has turned out to be a great choice for Coffee & Conversation, the meal choice is excellent and the service is warm and friendly.

The next few months will be busy for us. We are having a "special event" on Thursday 30th September and really hope you the members will support the day. It promises to be a day with lots of fun and laughter! Check out page 12 for details. The AGM will also be held on the 6th October.

This year seniors week in once again "Seniors month" to be held through October, and yes, read on for the details of another exciting event.

On that I will close, enjoy the next 3 months, Take care, Anita.

AGM + Meet & Mingle Annual General Meeting 2021
Date **Wednesday 6th Oct.**

Time 10.30 am

Venue The Victoria Tavern.

Nominations are called for the following:

- ▶ **President**
- ▶ **Vice President**
- ▶ **Secretary**
- ▶ **Treasurer**
- ▶ **Assistant Treasurer**
- ▶ **Committee members (3)**

All nominees MUST be current members of the program. Nomination and Proxy forms are available through the office or can be mailed (emailed) on request. Nominations close on Wednesday 15th September.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| <p>9-10 am Tai Chi with Lynn \$ 5.00 Contact the office on 49140065 for info. Botanical Gardens , on the grassed area behind the kiosk.</p> | <p>8-10 am Golf Croquet \$ 7.00 (7AM from 25th Jan.) & Includes M/T. Botanical Gardens. Phone 49140065. Please check in March for change of times.</p> | <p>10.30 – 1 pm Coffee & Conversation \$20.00 – pg. 4 for details The Victoria Tavern-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 \$8.00. Includes M/T. Cap Silver Band Hall Diggers Lane. The Office Quay Street. Please call 49140065 for further information.</p> |
| <p>9-10 am Low impact exercise with Grace. Fred Fox Hall (Rocky City Band Hall.) Cost \$5 per person. Call the Office on 49140065 information.</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>Craft with Esme 12-2.30 pm. Cost 5.00 (extra if further materials required) The office Quay Street.</p> | |
| <p>8.30-12.30 pm Cards . \$3.00 (per person) Held at the office 1/248 Quay St. Contact Joyce on 49288417 for further info</p> | <p>12 noon-4 pm Cards \$3.00 afternoon tea included. Held in the Office 1/248 Quay St. Contact the Office on 49140065 further information</p> | | <p>FRIDAY in GRACEMERE 9-11.30 am. Friday Fun & Games with Alyson , cost \$5.00. Barry Street Community Centre . Proudly supported by R'ton Regional Council</p> | <p>12 noon-4 pm. Cards \$3.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office 49140065.</p> |
| <p>9 am -12 noon Newsletter folding next date Thursday 25th November.</p> | <p>Be sure to wear comfortable shoes & clothing for all low impact exercise sessions. Don't forget your water bottle!</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.

Now held at the **Victoria Tavern** in their new function room next door in little Musgrave Street. Morning tea, 2 course luncheon main meal off the menu and desserts of the day. **Cost \$20 per person.** Doors open at 10.15 am. Please choose **YOUR** meal from the menu on arrival.



| | | |
|---------------|--------------------------------------|---------------|
| 1st September | AFS Mobility | Kelly |
| 6th October | AGM and "Life as a Foster Carer | Chris Forrest |
| 3rd November | Musical Bingo (just for fun!) | |
| 1st December | Christmas Celebrations (see page 12) | |



End Start Dates for Activities

- * Cards continues.
- * Monday- Exercise 29th Nov-31st January.
- * Monday- Tai Chi 29th Nov-31st January.
- * Tuesday- Croquet 7th Dec-25th Jan at 7 am.
- * Ten Pin Bowling-14th Dec-1st Feb.
- * Gracemere-Cards continues.
- * Fun & Games Gracemere- 3rd Dec- 28th Jan.
- * Yoga- 26th Dec-7th Jan.
- * Dance Health-10th Dec-4th Feb



Are you needing Technical support?

Are you needing help with your mobile phone, computer, emails etc.? Pop into the office with misbehaving item Monday-Wednesday 9 am to 3 pm. Lisa will attempt to do her best to have it sorted for you. No question too silly and if Lisa is unable to sort it for you she will refer you to the right people who can.

If you can do what you do best AND be happy, you are further along in life than most people. L De Caprio.

Rotary Rockhampton Fitzroy Emergency

Medical information booklet.

Rotary Fitzroy has donated these booklets to the program. Should you like one or would like to update you old booklet please let us know. If necessary we will mail them out.



In conjunction with The Council of Ambulance Authorities

Rotary Rockhampton North



Keith Irelands 2021 Calendars.

Proceeds to "Cancer Research"

Calendars are available for purchase through the office and at some activities. Please let us know if you would like one put aside for you.

Cost is \$15.00.

DE-TARNISH ALL SILVER AT ONCE: line your sink with aluminum foil, add ½ cup table salt and ½ cup baking soda, fill sink with hot water. Then dump all of your tarnished silver, leave it sit for 30 minutes. The tarnish will transfer to the foil.

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.

The Amazing Pineapple.

A few weeks ago Jackie dropped in to share her amazing story regarding her home grown pineapples.



Jackie lives in Gracemere and grows her pineapples in 3 pots sitting in a bathtub. This year the pictured pineapple yielded an amazing 13 tops! In real life the pineapple was huge, the photo does really not do it justice. Jackie swears by keeping the soil moist and fertilizing with seasol! Well done Jackie.

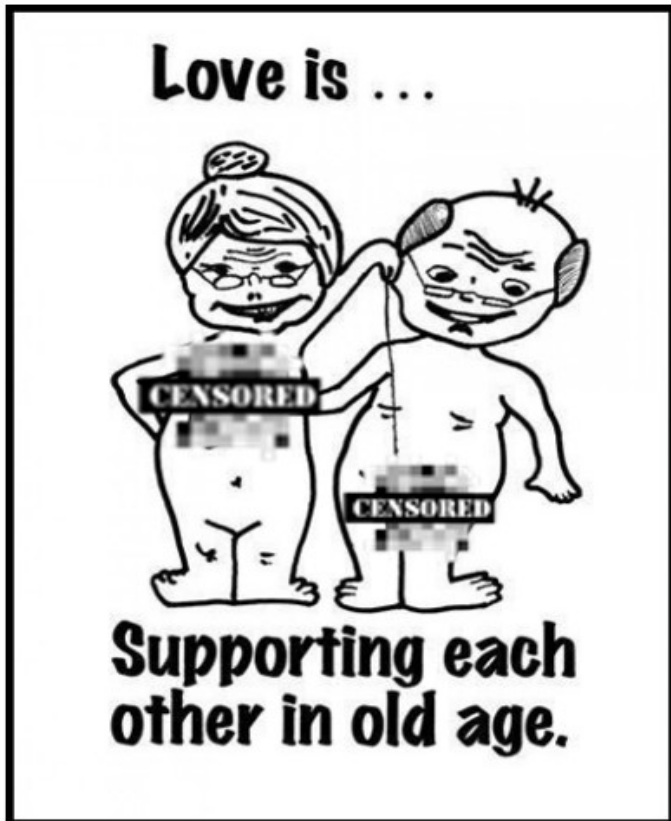
The First Battle CIRCA 1898.



The first location of the "Bulletin" was in Quay Street, not far from the site of present-day Rockhampton's most attractive edifice, the Customs House, and it may not be generally known that the roadway in front of the then "Bulletin" office was the scene of the first struggle against the apathy and encroachment of government from a distance, that had lasting effects. When the Government decided to build a customs house, the site selected was right on the road-way of what is now Quay Street, abutting on the river bank.

This was too much for the Editor of the "Bulletin," and calling in the aid of the Mayor (Captain R. M. Hunter), a man with Crimean War experience, it was decided to resist this encroachment on the public domain with force, if need be.

Several stalwarts, armed with shot guns, threatened the contractor for the new building that the first man who started work on the site would be shot. The contractor, deeming discretion the better part of valor, caught the first boat to Brisbane to get instructions. In due course he came back and started building, but this time on the right alignment, well off the street. So Quay Street was saved to the public, and the citizens of Rockhampton have that little band of stalwarts, incited by the "Bulletin," to thank for this perpetual right to the water



Wishing all the Grandies & Dads a.....

HAPPY
Father's
DAY

Computer Problems?

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

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Michael O'Grady !!
0499760523

The dog's diary:

8 am – Dog food! My favourite thing!
 9:30 am – A car ride! My favourite thing!
 9:40 am – A walk in the park! My favourite thing!
 10:30am – Got rubbed and petted! My favourite thing!
 12pm – Milk bones! My favourite thing!
 1pm – Played in the yard! My favourite thing!
 3pm – Wagged my tail! My favourite thing!
 5pm – Dinner! My favourite thing!
 7pm – Got to play ball! My favourite thing!
 8pm – Wow! Watched TV with the people! My favourite thing!
 11pm – Sleeping on the bed! My favourite thing!

The cat's diary:**Day 983 of My Captivity**

My captors continue to taunt me with bizarre little dangling objects. They dine lavishly on fresh meat, while the other inmates and I are fed hash or some sort of dry nuggets. Although I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep up my strength.

The only thing that keeps me going is my dream of escape. In an attempt to disgust them, I once again vomit on the carpet. Today I decapitated a mouse and dropped its headless body at their feet. I had hoped this would strike fear into their hearts, since it clearly demonstrates my capabilities. However, they merely made condescending comments about what a “good little hunter” I am. Buggers!

There was an assembly of their accomplices tonight. I was placed in solitary confinement for the duration of the event. However, I could hear the noises and smell the food. I overheard that my confinement was due to the power of “allergies”. I must learn what this means, and how to use it to my advantage.

Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow, but at the top of the stairs.

Zucchini Quiche with Rice crust**Ingredients:**

Olive or canola oil spray
 3 cups cooked rice (from 1 cup uncooked rice)
 5 eggs
 1 medium zucchini, sliced into 0.5 cm rounds
 2 tablespoons wholegrain mustard
 2 medium tomatoes, diced
 ½ red onion, finely chopped
 ¼ cup fresh mint, chopped
 1 cup low-fat milk
 freshly ground or cracked black pepper
 ½ cup low-fat cheddar cheese, grated
 garden salad, to serve

**Method:**

1. Preheat the oven to 200° C (180° C fan forced). Lightly spray a 22 cm oven dish with oil spray.
2. Mix rice with one egg and press firmly into the base and sides of the dish. Bake for 10-15 min until base is crusty and has started to go golden.
3. Place zucchini in a microwave proof dish and cover with cling wrap or a lid. Microwave for 5 minutes on high or until zucchini has softened and released some of its liquid. Drain and dab away any excess moisture with a paper towel.
4. Spread mustard over the rice base. Lay out the zucchini slices on the rice base and sprinkle with the tomato, onion and mint.
5. Whisk the remaining 4 eggs with the milk and pepper and pour over the base. Sprinkle with cheese.
6. Bake for 30-40 minutes until the quiche is firm and the cheese is golden brown. Serve hot or cold with a garden salad.

Gluten free

Management Committee

Contact numbers

President Stuart Thomasson 49277774
 V/President Joyce Messer 49283688
 Secretary Lyn Hoskings 0407283800
 Treasurer Chris Forrest 0403272429
 A/Treasurer Joyce Holmes 49288417

Committee

Cliff Rawlings 49284201
 Carolyn Lynch 49227928
 Gary Fidler 0407759748

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.

Wanted!

Any novels you no longer require would be much appreciated.



Please come in and look through the collection, any books taken do not need to be returned. Share them around.

Breast Cancer Awareness October

"Friends don't let friends fight cancer alone."

Facebook Cent Sale



Date 24th October

Time 11 am-1 pm

Entry Cards -\$20.00 (14 cent sale tickets, 5 mystery box tickets, 1 lucky door.)

If you can't watch it live the winning numbers will be put up on my face book page :

Friends don't let friends fight cancer alone.

Please contact me by the 8th November if you have a winner. Items not collected by the 8th November will be redrawn on the 14th November, so keep your tickets on hand.

To purchase your tickets ring/text Debbie on 0400261111.

I successfully raised \$1,700 last year, let's see if we can beat that in 2021.

All proceeds to the Cancer Council.

ART WITH ESME

Come along and create some Christmas

ornaments with the "Arty Crafty Crew."

Meeting every Thursday from 12 midday.



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

Wanted!!

Egg cartons for a lady making enrichment's for the birds at animals at the zoo.



Desperate for Grandchildren....

Scene: With a patient in my medical exam room Me: How old are your kids? Patient: 44 and 39 from my wife who passed away, and from my second wife, 15 and 13. Me: That's quite the age difference! Patient: Well, the older ones didn't give me any grandkids, so I made my own. -M Murillo



What is iron deficiency?

Iron deficiency is when there is not enough iron in the body. Iron is an essential mineral that is needed to produce red blood cells, which are important for a healthy immune system, mental function, muscle strength and energy. Its main role is in red blood cells, where it helps make a protein called haemoglobin. Haemoglobin carries oxygen in the blood from the lungs to all the cells in the body so they can work properly.



The body can't make iron, so you need to get it from food. If you do not eat as much iron as you use each day, you develop iron deficiency.

What are the symptoms of iron deficiency?

If you have iron deficiency, you may not realise it as you may just feel tired and run down.

Low iron symptoms include:

feeling tired, listless and weak
breathlessness
poor memory and concentration
poor performance at school or work
getting infections
finding it difficult to do aerobic exercise
fatigue (feeling very tired)

These symptoms can also be caused by other conditions.

What causes iron deficiency?

There are 3 main causes of iron deficiency.

Not eating enough iron-rich foods. Your body can store iron but it cannot make it. Iron must come from food.

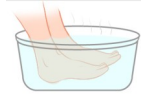
Trouble absorbing iron. Iron in food is absorbed through the stomach and bowel. Some health conditions affect how much iron is absorbed, such as coeliac disease. If you've had stomach surgery, that can also affect how much iron you can absorb.

Blood loss. If you lose blood through any sort of bleeding, this means you lose iron too. The main causes of excess blood loss are having heavy menstrual periods and bleeding in the stomach or bowel, which may be associated with taking

medicines such as aspirin or other anti-inflammatory medicines, ulcers, bowel polyps or cancer. Other causes can include giving blood too regularly, losing blood due to surgery, some gut conditions such as inflammatory bowel disease, and infection with parasites such as hookworms.

Listerine and Vinegar Foot Soak

This Listerine and vinegar foot soak recipe will help you wipe off the dead skin cells with ease. If you have layers of crusts and scales in the feet, you can remove it without struggling.



How it works?

Listerine is an antibacterial and antifungal product. Thymol is an important ingredient that kills the hidden germs in your feet.

In a small basin:

1/2 cup Listerine (original with
1/2 cup apple cider vinegar
Just enough warm water to cover toes, soles and heels of your feet.

❖ This article has been repeated as there was so much positive feedback a couple of years ago.

FUN FACTS

? A woodpecker's tongue actually wraps all the way around its brain, protecting it from damage when it's hammering into a tree.

? Some blood vessels in a blue whale are actually big enough for humans to swim through.

? A sneeze shoots through the air at 100 miles per hour, sending 10,000 germs flying.

? Sea otters like to hold each other's paws when they sleep, so they don't drift apart while dreaming. How sweet is that?!

I swallowed a dictionary, it gave me thesaurus throat I've ever had.

Dragon Fruit

“Dragon fruit is indigenous to Central America,” says Dr. Woolbright.

It grows on the Hylocereus cactus, which is often found in Mexico but can grow all over the globe.



What does dragon fruit taste like?

Different varieties of this exotic fruit have different tastes.

“The white variety tends to be a very mild flavor, while the dark pink/red varieties tend to have more flavor—similar to a watermelon,” Bowerman says.

Nutrients in dragon fruit

Dragon fruit packs a lot of essential nutrients. Here’s the nutrition line up and percent of recommended daily value for 100 grams of dragon fruit cubes (at daily values)

Calories: 60, **Protein:** 1.2 g 2 percent, **Fat:** 0 g

Carbohydrates: 13 g, **Fiber:** 2.9 g,

Calcium: 18 mg, **Vitamin C:** 2.5 mg),

Iron: 0.74 mg, **Magnesium:** 6.3 mg ,

Phosphorus: 60.2 mg.

The amount of health-promoting nutrients in your dragon fruit will depend on the variety. “Fruits with a deeper-hued flesh may have higher nutritional value,” says Dr. Woolbright.

Dragon fruit benefits

“Although dragon fruit has not been directly linked with disease prevention, foods rich in antioxidants and fiber can support heart health while fighting inflammation that can increase the risk of future disease,” says Erin Palinski-Wade, a registered dietitian and author of *Belly Fat Diet For Dummies*.

Dragon fruit contains good amounts of vitamin C and magnesium (more on those later), plus carotenoids, lycopene, manganese, phosphorus, iron, and calcium.

Other benefits:

- ✓ Low in calories
- ✓ High in fibre
- ✓ High in magnesium
- ✓ Packed with vitamin C
- ✓ Contains probiotics

What’s the best way to eat dragon fruit?

If you’re the type of person who likes to enjoy fruit whole, go for it. “To eat, slice the dragon fruit in half and scoop out the flesh..

Add pieces of dragon fruit to green salads.

Freeze dragon fruit cubes. (for later use)

“You can enjoy dragon fruit as often as you would like, in addition to other fruits and vegetables as part of a balanced diet,” says Dr Woolbright.

Zoo News.

Animal Enrichments

Most of you are aware we started collecting egg cartons for a volunteer who devotes her time putting together these nutritious enhancements for the animals and birds at our Zoo. The birds have fun getting to the treats inside the paper mâché toilet rolls.

Pictured- Egg cartons containing herbs, nuts or greens and then decorated with blossoms or leaves to engage birds.

Other enrichments are :

*Cylinders covered in paper mâché then filled with popcorn and nuts. The birds enjoy them

*The wombats, kangaroos and emus enjoy different grasses put into egg cartons.

Be sure to keep bringing in your egg cartons, they are very much an essential part of making these enrichments.



Finlayson & McKenzie Funeral Directors



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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:.....

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

 **PETER BOODLES** *A huge "thank you" goes to Peter for donating a Christmas ham celebrations every year.*
QUALITY MEATS

UPCOMING events

Pilbeam Theatre

Celtic Illusion Reimagined- A breathtaking array of experiences, fusing Irish Dance, Magic and influential flavours of Fosse, Michael Jackson, with a Broadway style. Celtic Illusion is a show like no other.

When: Sunday, 12 September-7:30 PM

The Sound of Music-Rockhampton Musical Union Choir's presentation, The Sound of Music

When: Friday, 29 October-7:30 PM to 10:00 PM

3 Legends in Concert Normie Rowe, Dinah Lee, Jade Hurley

When: Friday, 15 October 2021- 8:00 PM

Don't miss the chance to relive all the great memories and all the great songs when these three music legends come together for one show only!

John Williamson

When: Tuesday, 02 November. 7:30 PM

In 2021 Australian music icon John Williamson will celebrate his 51st anniversary in the entertainment industry and foresee closing the book on his regular touring.

Bloom sings Nicks, King and Ronstadt

When: Monday, 08 November-11:00 AM to 12:30 PM.

Stevie Nicks, Carole King and Linda Ronstadt are arguably three of the world's most recognizable voices. In this Morning Melodies concert, Melbourne singer/songwriter, Bloom, will perform a tribute to these three Grammy Award winning artists with a selection of the incredible hits that span several decades.

Other Events

Rockhampton Cultural Festival

When: Saturday, 18 September 2021 | 04:00 PM to 09:00 PM. Stay for dinner and enjoy delicious food from all over the world.

Location: Rockhampton Heritage Village.

Capricorn Food and Wine Festival

When: Friday, 24 September 5:00 pm – 11:30 pm/ Saturday, 25 September 2:00 pm - 11:30 pm.

Access to purchase meals, wine tastings, cocktails, beers and beverages. Boutique themed bars and areas to sit and enjoy the scene. Cooking demos in the Chef's Table Marquee. Live music the Festival Main Stage.

Rockin' 60's Cup!

Date Thursday 30th September
 Time 10 am-1.30 pm
 Venue Bartlett's Tavern (function room)
 Cost \$17.00



Starting with an auction of the horses, followed by a fun time racing & betting to see if you can back the winner! Morning tea & lunch included (beef or chicken schnitzel or, battered fish with chips & salad.) Prizes for best head wear and best dressed. Raffles & lucky door. Let us know your meal choice, please book by 14th Sep.

"Spectacular Seniors Royale"

Date Thursday 21st October
 Time 10 am-1.30 pm.
 Venue Bauhinia House
 Cost \$10



A seniors week special! Come & join the fun of a "circus atmosphere!" Tricks and treats galore. Morning tea & lunch included. Raffle & lucky door. Please book and pay by the 14th October.



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

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Funded by



Queensland Government
 Department of Communities

Christmas Celebrations

Date Wednesday 1st December
 Time 10 am
 Venue Victoria Tavern (function room)
 Cost \$20.00



Join us in celebrating Christmas 2021! Enjoy morning tea a sumptuous Christmas feast including Bourbon Glazed ham, roast pork with crisp golden crackling, baked vegetable with pork & pistachio stuffing followed by 2 choices of dessert, sticky date pudding with toffee sauce or Christmas trifle. Entertainment, raffles, lucky door prizes. Please book & pay by the 25th December.