



Gracemere Seniors News

September, October, November 2021

Volume 19

Hello everyone,

Another 3 months has passed in a blur, with very little of winter insight! As usual we will all be expecting very little of spring before we bound in those hot humid summer months.



As usual there are always a few upheavals in life. It is with sadness that let you all know we will not be returning to the RSL Club in the foreseeable future. However, we have been fortunate with the Gracemere Bowls Club coming to our rescue. We will be having our "Lunch Bunch" there from September. It is a little more expensive (20.00 2 course meal) however, I am sure they will look after us well.

Seniors month should hold a few surprises for you all to enjoy. Please read on to find out what we will be getting up to.

Until next time, take care. Anita

IT'S SO HARD
TO FORGET PAIN
BUT IT'S EVEN HARDER
TO REMEMBER SWEETNESS
WE HAVE NO SCAR TO
SHOW FOR HAPPINESS.



Contact details

Rockhampton office:

Anita & Lisa

(49140065

0437398990

Gracemere

Cheryl 49333689

better60inc@optusnet.com.au

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.

Cards in Gracemere

Venue Gracemere Bowls Club.

Date Thursday 's

Time : 9 am – Midday

Cost will be \$5.00 and includes refreshments.

Come along and join a great group. Should you be interested in giving this new social activity in Gracemere a go, please ring the office on 49140065.





**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.

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.

Wonderful Vinegar uses.....

Fruit & Vegetables- When you purchase new fruits and veggies from the store, take a moment to wash your produce in vinegar. Simply fill your sink with warm water and add half a cup of vinegar. Then allow the product to sit for roughly ten minutes. Rinse them off before storing them in your fridge.

Flowers- When you get your new bouquet, add two tablespoons of vinegar and one teaspoon of sugar to the water in the vase. The vinegar mix acts as flower food, allowing your bouquet to stay healthier for a longer period of time.

Weeds-To keep your home a chemical-free zone, use vinegar as a weed killer. Look for a high acidity vinegar and pop it in a spray bottle to rid yourself of the pests in your garden. Use the vinegar on its own, or combine one gallon of white vinegar with a tablespoon of dish soap and a cup of salt for an even more effective mixture. Using this method, your garden will be both weed and chemical-free.



An Irish farmer named Seamus had an accident with a truck and was suing the trucking company. In court the trucking company's hot-shot solicitor was questioning Seamus.

Solicitor: Now didn't you say to the Police at the scene of the accident "I'm fine?"

Seamus: Well, I'll tell you what happened. I had just loaded my favourite cow, Bessie, into the...

Solicitor: I didn't ask for any details, Just answer the question. Did you not tell the police officer, at the scene of the accident, "I'm fine?"

Seamus: Well, I had just got Bessie into the sidecar and I was driving down the road....

Solicitor: Your Honour, I am trying to establish the fact that, at the scene of the accident, this man told the police on the scene that he was fine. Now several weeks after the accident, he is trying to sue my client. I believe he is a fraud. Please tell him to simply answer the question.

By this time, the Judge was fairly interested in Seamus's answer and said to the solicitor: "I'd like to hear what he has to say about his favourite cow, Bessie" Seamus thanked the Judge and proceeded.

Seamus: Well as I was saying, I had just loaded Bessie, my favourite cow, into the sidecar and was driving her down the road when this huge lorry and trailer came through a stop sign and hit me right in the side. I was thrown into one ditch and Bessie was thrown into the other. I was hurt very bad like, and didn't want to move. However, I could hear old Bessie moaning and groaning. I knew she was in terrible pain just by her groans.

Shortly after the accident, a policeman on a motorbike turned up. He could hear Bessie moaning and groaning so he went over to her. After he looked at her, and saw her condition, he took out his gun and shot her between the eyes. Then the policeman came charging across the road, gun still in hand, looked me up and down, and said, "How badly are you hurt?"

Now what would you have said?

**I did a push up today.
Well, actually I fell down,
But I had to use my arms to get back
up, so close enough....
Now I need chocolate.**

Recommended Sodium Intake for Older Adults

Sodium is another important mineral. In most diets, sodium primarily comes from salt (sodium chloride). Whenever you add salt to your food, you're adding sodium. But the Dietary Guidelines shows that most of the sodium we eat doesn't come from our saltshakers — it's added to many foods during processing or preparation. We all need some sodium, but too much over time can lead to high blood pressure, which can raise your risk of having a heart attack or stroke.



How much sodium is okay? People 51 and older should reduce their sodium intake to 2,300 mg each day. That is about one teaspoon of salt and includes sodium added during manufacturing or cooking as well as at the table when eating. If you have high blood pressure or prehypertension, limiting sodium intake to 1,500 mg per day, about 2/3 teaspoon of salt, may be helpful. Preparing your own meals at home without using a lot of processed foods or salt will allow you to control how much sodium you get. Try using less salt when cooking, and don't add salt before you take the first bite. If you make this change slowly, you will get used to the difference in taste. Also look for grocery products marked "low sodium," "unsalted," "no salt added," "sodium free," or "salt free." Also check the Nutrition Facts Label to see how much sodium is in a serving.

Eating more fresh vegetables and fruit also helps - they are naturally low in sodium and provide more potassium. Get your sauce and dressing on the side and use only as much as you need for taste.

A touch of history.....10 November 1888 - An Inebriated Horse.

Yesterday morning the horse belonging to a Chinese fruit-hawker took a fit and fell down. John, who evidently regards gin as a panacea for every evil, rushed into the Imperial Hotel, which was close at hand, and procured a bottle of the precious liquid. He quickly poured the contents down the animal's throat, and was rewarded by seeing it get upon its legs in double quick time. He thought it advisable, however, to detach him from the cart and ride him home. Securing his cart, which had already been looted to a considerable extent by the juvenile population, he improvised a saddle with an old bag and mounted the quadruped. The animal, which if not drunk was in a state of unusual exhilaration, found itself incapable, of walking in the decorous fashion in which it had jogged through so many years of its existence. For once in its life it found itself possessed of spirit, and in the exuberance of its joy it indulged in all the varieties of buck-jumping which are fashionable in equine circles. John hung on to the horse's neck in desperation for some time, but at length he found himself upon the ground, not greatly injured. He wisely decided to lead the animal home, and he now observes with celestial sapience that "too much gin" is good for neither man nor beast.



Spicy Lemon Ginger Chicken

Time: 1 hour, plus 2 hours for marinade

Ingredients

- ✱ 700g chicken wings or drumettes (or any chicken pieces of your choice)
- ✱ juice from 2 lemons
- ✱ 2-3 tablespoons honey
- ✱ fresh ginger, about 1-2 tablespoons grated
- ✱ fresh red chillies, 1-2 or more, depending on preference

salt

Method

Combine lemon juice and the rind of one lemon, finely grated ginger, finely chopped or pounded chillies (or sweet paprika if a less spicy dish is desired), honey and salt. Place chicken in freezer bag with marinade. Marinate for a minimum of 2 hours or overnight in fridge. Make sure the chicken is well covered with the marinade by turning the bag a few times.

Heat oven to 150 degrees C. Place chicken in a single layer in a lightly oiled baking dish. Bake covered for 40-50 minutes.

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.

Seniors Month 2021

"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
 Rockhampton 60 & Better
 PO Box 211 Rockhampton 4700

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Funded by



Queensland Government
 Department of Communities

RSL Burgers & Band Nights.

The RSL will open every second Friday for Burgers and entertainment. Next date will be the Friday **17th September**.



Cost
 ♦ Meat Patty burger with a sausage and salad \$7.00. Steak Burgers with sausage & salad \$10.00. Children 1/2 price. To confirm phone **49332062**.

Gracemere Lunch Bunch.....



Why not grab a mate and join us for Lunch Buddies, second Monday of every month. We meet at the **Gracemere Golf Club** and start the day with a great morning tea followed by a guest speaker then enjoy a 2 course lunch together. Cost \$20.00 Please call **49140065** to book.

Christmas Celebrations

Venue Gracemere Golf Club.
Date Monday 13th December
Cost \$20.00



Come along and enjoy the celebrations with a great Christmas lunch, entertainment, raffles and lucky door prizes.
 Please book by Monday the 3rd December. Phone 49140065.