



# The Seniors Sentinel

April, May 2022

Volume



## Contact Details

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**Rockhampton 4700**  
**ABN 19507683254**

 <https://www.facebook.com/Rockhampton60Better-120542552665574>

## 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  
Sheila Jones  
Manager- Anita Griffiths  
Assistant- Lisa Parnell  
Accountant- Kelco Accountants.

## 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*

"Live your life. Take chances. Be crazy. Don't wait.  
Because right now is the oldest you've ever  
been and the youngest you'll be ever again."



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

**P** residents Pen



Hi Folks!

Well things have been looking very grim again with a spike in COVID cases keeping us once again indoors. I am hopeful this could ease up before long and we will be able to resume all regular activities. You can be sure that if this occurs Anita and Lisa will be in contact to give you an update.

Once again I have been laid low with a pinched nerve in my back (Not Funny!) Hopefully the series of exercises I am doing will relax the muscles and allow them to stop pinching the nerve.

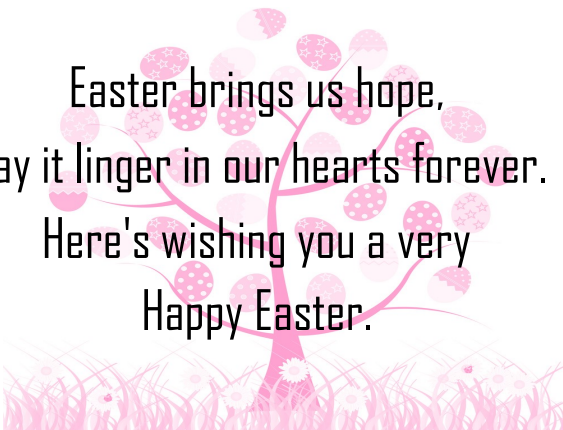
It goes without saying that it will be great when all our social and exercise activities are back up and running. I am sure many of you are getting sick of your own company.

Anita and Lisa have been keeping the office running and assisting members as needed.

I would like to think everything will be back to normal shortly and look forward to catching up with members. Until then stay safe.

All the best, Stuart.

Easter brings us hope,  
May it linger in our hearts forever.  
Here's wishing you a very  
Happy Easter.



**A**nita's Antics



Hello everyone,

Another bleak start for the year, however the restrictions are finally easing.

I am writing this following a "special meeting of management" held the last week in February. (Stuart had already put pen to paper prior to this.) As of Monday the 7th March all low impact exercise sessions and our cards groups will recommence. We now have a 2nd Yoga session on Tuesdays and are also commencing a "Fun & Fitness" session the first week in May.

At this stage we are commencing our social activities from the 1st of April. Please call the office for further updates as it gets closer to April.

Due to the slow start, this Newsletter will be April and May following this we will resume our quarterly Newsletters.

Be sure to read on for further updates, take care and enjoy returning to your chosen activities. Until next time. Anita

### Updates Required

Have your personal details changed since completing the last membership form? If so could you please contact us with the updated details on the below as soon as possible.



- \* Address
- \* Emergency contact.
- \* Phone number & email address

### Newsletter mail out.

**It's time to pay your annual subscription for mail out. Please ensure you pay the \$6.00 by the 31st May or we will assume you no longer require mail out.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-10 am Tai Chi with Lynn \$ 5.00 Botanical Gardens, on top of the hill in front of the cenotaph. Contact the office for further information on 49140065.</p>	<p>8-10 am Golf Croquet \$ 7.00 (7.30 am from 8th March.) &amp; Includes M/T. Botanical Gardens. Phone 49140065. <i>Be sure to bring your own Coffee/tea mug.</i></p>	<p>10.30-1 pm Coffee &amp; Conversation \$20.00 see pg. 4 for details The Victoria Tavern-1st Wednesday of the Month. Commencing back in April. Please call the office to book on 49140065.</p>	<p>Craft with Esme 12-2.30 pm. Cost 5.00 (extra if further materials required) The office Quay Street.</p>	<p>9.30-10.30 am Dance Alliance with Lindy \$8.00. Includes M/T. Cap Silver Band Hall Diggers Lane. Please call the office on 49140065 for further information.</p>
<p>9-10 am Fun &amp; Fitness with Alyson. 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 the office on 49140065</p>		<p>Lunches and Social outings as arranged. See page 12.</p>	<p>9-10 am Easy Yoga with Leesa. Cost \$5.00. YWCA Diggers Lane off Robinson St. Nth R'ton. Phone 49140065 for further information.</p>
<p>8.30-12.30 pm Cards - \$3.00 (per person )Held at the office 1/248 Quay St. Contact the office on 49140065 for further information.</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 for further information</p>		<p>GRACEMERE Cards 9 am-midday. Gracemere Bowls Club. Cost \$5 per person includes morning tea. Contact the office on 49140065 for further information.</p>	<p>GRACEMERE 9-11.30 am. Friday Fun &amp; Games with Alyson , cost \$5.00. Barry Street Community Centre . Proudly supported by R'ton Regional Council</p>
<p>9 am -12 noon Newsletter folding next date Thursday 26th May.</p>	<p>9-10 am Easy Yoga with Leesa. Cost \$5.00. YWCA Diggers Lane off Robinson St. Nth R'ton. Phone 49140065 for further information.</p>	<p>Be sure to wear comfortable shoes &amp; 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>12 noon-4 pm. Cards \$3.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office 49140065.</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.



6th April	Disaster Management	Rockhampton Region Council
4th May	28th Anniversary Celebrations	Victoria Tavern
1st June	Murray Court	Laurel (to be confirmed)



**Fun & Fitness With Alyson.**

*Alyson has been leading this session in Gracemere for quite awhile and it's proved to be very popular. A mixture of movements to music as well as interactive ball play makes it a fun choice of exercise for all. This will be a weekly session with the 1st at no charge for you to try.*

**Date** Monday 9th May.  
**Time** 9 am-10 am  
**Venue** Rocky City Band Hall  
 (parking behind the hall)  
**Cost** \$5.00

*Should you like to attend please contact the office on 49140065 to register.*

**Check out romance**

"I met my husband while I was working in a science library. He came in every week to read the latest journals and eventually decided to take out the librarian instead of the books. After a year-and-a-half of dating, he showed up at the library and started rummaging through my desk. I asked what he was looking for, but he didn't answer. Finally, he unearthed one of the rubber stamps I used to identify reference books. 'Since I couldn't find the right engagement ring,' he said, 'this will have to do,' and he firmly stamped my hand. Across my knuckles, in capital letters, it read NOT FOR CIRCULATION."

**Rockhampton Fitzroy**



**Emergency Medical information booklet.**

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

*In conjunction with The Council of Ambulance Authorities*

**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.

**Want to learn how to print your own Photos?**

Lisa is more than happy to meet with you at Officeworks photobooth area to show you how to do this. Please call the office to arrange a suitable time.

**\*An Irish Blessing: May your day be touched by a bit of Irish luck, brightened by a song in your heart, and warmed by the smiles of the people you love.**



**\*As you slide down the bannister of life, May the splinters never point in the wrong direction. Irish saying.**

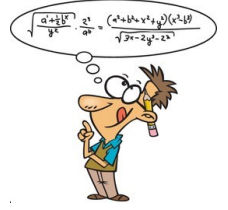
## Did you know these things had names?



1. The space between the eyebrows is called a glabella.
2. The way it smells after the rain is called petrichor.
3. The plastic or metallic coating at the end of your shoelaces is called aglet.
4. The rumbling of stomach is actually called a wamble.
5. The cry of a new born baby is called a vagitus.
6. The prongs on a fork are called tines.
7. The shine or light that you see when you close your eyes and press your hands on them is called phosphenes.
8. The tiny plastic table placed in the middle of a pizza box is called a box tent.
9. The day after tomorrow is called overmorrow.
10. Your tiny toe or finger is called minus.
11. The wired cage that holds the cork in the bottle of champagne is called agraffe.
12. The 'na na na' and 'la la la', which don't really have any meaning in the lyrics of any song, are called vocables.
13. When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an interrobang.
14. The space between your nostrils is called columella nasi.
15. The armhole in clothes, where the sleeves are sewn, is called armhole.
16. The condition of finding it difficult to get out of bed in the morning is called dysania.
17. Illegible hand-writing is called griffonage.
18. The dot over an "i" or "j" is called title.
19. That utterly sick feeling you get after eating or drinking too much is called crapulence.
20. The metallic device used to measure your feet at the shoe store is called Bannock device.

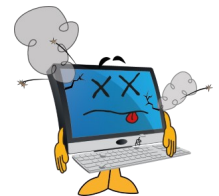
How many of the above did you already know?

**A** mathematician, an accountant and an economist apply for the same job. The interviewer calls in the mathematician and asks: "What does two plus two equal?" The mathematician replies: "Four." The interviewer asks: "Four, exactly?" The mathematician looks at the interviewer incredulously and says: "Yes, four, exactly." Then the interviewer calls in the accountant and asks the same question. "What does two plus two equal?" The accountant says: "On average, four - give or take ten percent, but on average, four." Then the interviewer calls in the economist and poses the same question. "What does two plus two equal?" The economist gets up, locks the door, closes the shades, leans close to the interviewer and whispers: "What do you want it to equal?"



### Computer Problems?

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



call

**Michael O'Grady !!**

### Happy Mothers Day.

**"A Garden of love grows in a**



**Grandmother's heart."**





April 25<sup>th</sup> a long time ago,  
 You went to battle at dawn,  
 Many lost their lives that day,  
 Together we will mourn.  
 More than that though,

We will march and remember those brave men,  
 For they went to war and battled on,  
 They fought for our freedom then.  
 Through the darkest nights and the longest days,  
 Through the muddy grounds you go,  
 You marched on and looked behind,  
 And you saw the poppies grow.  
 We will wear one on this day,  
 To remember your courage - so strong,  
 We want you to know that in our hearts,  
 Your memory still lives on.

*Imagination was given to us to compensate for what we are not; a sense of humor was given to us to console us for what we are.* MMcGinnis.

A man and a giraffe walk into a bar, after a few drinks, the giraffe falls over and dies. The man begins to walk out when the bartender stops him "Hey you can't leave the lyin' there!" The bartender yells out. The man turns around: "It's not a lion it's a giraffe."

1. In 1916, 25 April was officially named Anzac Day.
2. There is no town called "Gallipoli" however, it is the name of the area. Visitors to Gallipoli usually stay at nearby towns.
3. The site where the Anzac's landed at Gallipoli was renamed Anzac Cove.
4. The Anzacs were all volunteers.
5. The first dawn service for Anzac Day was in 1923.
6. The original Anzac biscuit was known as an Anzac wafer and was part of the rations given to the Anzac soldiers during World War I.
7. The most significant time to remember the Anzacs is at dawn as this is when the original Gallipoli landing happened.
8. The last surviving Anzac was Alec Campbell who died on May 16, 2002.

## Holiday 2022



*Bundaberg Maryborough, Whale Watching and so much more!*  
 The costing includes accommodation at the Carriers Arms, with breakfast. All morning teas, lunches and afternoon teas included. Evening meal not included.

**Dates 12th- 16th September.**

**Cost \$ 1,050.00 per person twin share.  
 \$ 1,240.00 Single . Based on Rail concession.** (except evening meal)

**Commencing in Bundaberg**

✧ Bundaberg-rum distillery, Bundaberg Barrel (soft drink factory.)

**Maryborough and surrounding areas:**

✧ Hervey Bay Whale watch, Tin Can Bay Dolphin feeding, Rainbow Beach Museum, Childers winery tours, Mammino ice-cream (Yum!), Tiaro Christmas Cottage, Bauple Bopple Nut Museum.

Please call the office for a full itinerary and other costings as required. (Cost based on 30 members)

**Deposit \$200.00 per person by 30th May.**

**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.

## 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
Sheila Jones	0427283013

## 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.**



**T**wo older ladies were sitting on a park bench outside the local town hall where a flower show was in progress. One leaned over and said, "Life is so boring. We never have any fun anymore. For \$5 I'd take my clothes off right now and streak through that stupid flower show!"



"You're on!" said the other old lady, holding up a \$5 note.

As fast as she could, the first little old lady fumbled her way out of her clothes and, completely naked, streaked through the front door of the flower show.

Waiting outside, her friend soon heard a huge commotion inside the hall, followed by loud applause. The naked lady burst out through the door surrounded by a cheering crowd.

"What happened?" asked her waiting friend. "Why, I won first prize for Best Dried Arrangement."

"I opened a book and I strode.

Now nobody can find me.

I've left my chair, my house my road, my town  
and my world behind me.

I'm wearing the clock, I've slipped on a ring,  
I've swallowed the magic potion.

I've fought with a dragon, dined with a king  
and dived in a bottomless ocean.

I opened a book and made some friends.

I've shared their tears and laughter  
and followed their roads with bumps and bends  
to the happy ever after.

I finished the book and out I came.

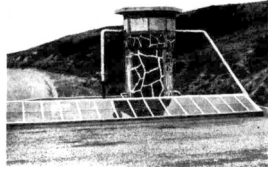
The Clock can no longer hide me.

My chair and my house are just the same,

But I have a book inside me." - Julia Donaldson

### Rita Mada 1938

Solar Heating System:  
Simple Plant For Home Or Farm  
Mr A. A. Boyd's Successful Experiment At Emu Park.



The utilisation of the sun's energy for man's needs and comfort become more and more overlooked in this age when electricity and oil have superseded most other forms of power. The newer powers invade home as well as industry, and are applied to almost everything, from making breakfast toast to propelling ocean tramps.

At the same time the user of an electric machine or an internal combustion engine must be something of a mechanic and almost an engineer to keep everything running efficiently, and without much expense.

Such qualifications are not necessary when the sun's energy is employed to heat water for bath, laundry, and general household purposes, as has been demonstrated by Mr A. A. Boyd at his Emu Park home.

Mr Boyd has adopted a system by which a continuous supply of heated water required for domestic purposes is obtained solely by solar energy. It is no invention of Mr Boyd's. In conversation with a "Bulletin" representative, he said that he had read of a similar system operating in Southern Queensland 20 years ago, and the installation at his residence was based upon what he remembered of it. That the system is all that is claimed for it was convincingly demonstrated by an examination of the home constructed solar water heater last week.

The plants consists of two parts, the heating unit and the heated water storage tank. The heating unit consists of a frame 17 ft. long with 1½ inch hardwood bottom and side. The wooden floor is insulated with a thickness of celotex, above which is a 1½ inch layer of concrete into which is half embedded a coil of galvanised water pipes. The coil is constructed of ten 10 ft. length, ¾ inch diameter pipes joined together with malleable

bends. The entire unit is covered by an airtight glass roof placed ½ inch above the pipes. The coil and the interior of the heating unit is painted black to absorb the greatest amount of heat. The second portion of the assembly, the heated water storage tank is a cylinder of one-eighth inch plate, seven feet high, and 28 inches in diameter. It is assembled in a six inches' thick concrete outer jacket and to prevent radiation and loss of heat is protected by a four-inch thickness of pumice insulating material collected from the beach, and placed between tank and jacket. The heating unit is placed in a northerly aspect upon a flat concrete roof, and the angle at which it is set is most suitable for the latitude of its location. The water in the storage tank, is by the thermo-siphon principle, continuously circulating, and on each round gains heat, until if no water is used, that in the tank equals in temperature that in the heating coils.

The plant is connected to the domestic water main with a three-quarter inch pipe which delivers water into the storage tank through a pipe in which are numerous small holes to break down current. The water circulates from the base of the tank through the heating unit from where it is delivered to the top of the storage tank. All pipe connections between tank and heating unit are insulated.

*A fun fact on how "Ritamada" got its name. It was Rita and Adam Boyd. Mada is Adam backwards.*

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



### Wanted!!

Egg cartons, cardboard rolls for a lady making enrichment's for the birds and animals at the zoo. (A huge "thank you to all members who have sent in their cardboard items!")





## Buggy Revolution Counter

*circa 1800's* (carriage odometer)



This counter was fitted to the wheel of a horse drawn vehicle, sulky or hansom cab. The heavily weighted counter hangs vertically, as the wheel revolves it records the number of single revolutions of the wheel on the outer scale and the numbers of 100's of revolutions on the inner scale. This could have been used to show the mileage driven or perhaps to indicate when servicing was required.

On the back of the heavy brass weight it is inscribed "Weisener Sydney" Buggy revolution counter.

When Hendricks purchased Avonleigh in the 1950's, the stables were removed to make way for the parking of their trucks.

The buggy revolution counter was to go to the dump with the rest of the contents of the stables. I thought it was too good a piece of engineering to be dumped so I rescued it and still have it today.

It is possible the counter could have belonged to Fred Morgan but more likely to be Dr O'Brien, a later occupant of Avonleigh who drove a handsome cab.

Submitted by Kevin Langford (member)

### Footnote:

Carriage odometers were also used by surveyors and transport operators to calculate distances travelled. The carriage odometer attached to a wheel spoke counted the number of wheel revolutions. Distance travelled equaled this number by the wheel circumference.

~~The rule is you have to dance a little in the morning before you leave the house because it changes the way you walk out in the day.~~



**No one ever injured their eyesight by looking on the bright side.**

## Turmeric chicken and mango curry (Gluten free)

### Ingredients

700g chicken thigh fillets, trimmed, quartered  
 3 tsp ground turmeric  
 1 tbsp olive or vegetable oil  
 1 brown onion, cut into thin wedges  
 2-3 tbsp gluten-free yellow curry paste, to taste  
 1 zucchini, halved lengthways, thickly sliced crossways  
 400 ml can coconut milk  
 1 mango, sliced  
 2 tsp caster sugar  
 1 tbsp fresh lime juice  
 Fresh Thai basil sprigs, to serve

Step 1- Combine chicken and turmeric in a shallow dish. Season.

Step 2 -Heat oil in a large deep frying pan over high heat. Cook the onion, tossing, for 2-3 minutes or until soft. Stir in curry paste for 30 seconds or until aromatic. Add the chicken and cook, stirring occasionally, for 3 minutes or until golden. Add zucchini, coconut milk (or cream) and 250ml (1 cup) water. Bring to the boil. Reduce heat to medium. Simmer, stirring occasionally, for 10 minutes or until slightly reduced.

Step 3- Stir in mango, sugar and lime juice. Top with basil to serve.

Serve on a bed of rice.

## Smoke Alarms for Existing Dwellings

Existing Dwellings for Owners / Occupiers



### From 1 January 2017

- Existing smoke alarms manufactured more than 10 years ago must be replaced with photoelectric smoke alarms which comply with Australian Standards (AS) 3786-2014. (Note: the date should be stamped on the back)
- Smoke alarms that do not operate when tested must be replaced immediately.
- Existing hardwired smoke alarms that need replacement, must be replaced with a hardwired photoelectric smoke alarm.

# **F**inlayson & McKenzie **Funeral Directors**



*“Meeting your needs with 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:.....

Martial 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](mailto: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.**

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



**PETER BOODLES**  
QUALITY MEATS



### Pilbeam Theatre

**3 Legends in Concert** - rescheduled show from October 2021

Jade Hurley, Normie Rowe, Dinah Lee  
Sunday, 03 April 2022 | 02:00 PM  
Pilbeam Theatre

**Morning Melodies** - Mambo Italiano  
Be swept up in the ambiance of an evening in Roma

Monday, 04 April 2022 | 11:00 AM  
Pilbeam Theatre

### Honky Tonk Angels

Celebrating the women of Country Music  
Friday, 13 MAY 2022 | 7:30PM  
Pilbeam Theatre

### The Robertson Brothers 1960s Variety TV Show

The boys are back with a brand new show!  
Sunday, 29 May 2022 | 02:00 PM  
Pilbeam Theatre

### Morning Melodies

A musical celebration of contemporary music's golden hits

Monday, 30 May 2022 | 11:00 AM  
Pilbeam Theatre

### Dishwasher tablets...

#### Wash the Washing Machine

Few appliances take more abuse than the washing machine, which can get pretty stinky from time to time thanks to mold, mildew and bacteria buildup. Easily clean and deodorize this all-important household tool by dropping two dishwasher tablets and commence the wash cycle.

#### Brighten Those Whites

If your white towels, sheets and clothes are looking sorta dingy, simply turn to dishwasher tablets and breathe new life into them. All you have to do is add a tablet to the wash, in addition to regular detergent. The bleach in the dishwasher tabs will remove stains and generally brighten those whites back up to "like new" status in no time.

**Luncheon at Saint Aubin's Village.**

Canooka Road

Date Wednesday 21st April

Cost POD (please pre order when you book.)



Now the restrictions have lifted why not join us to a delightful lunch at the beautifully refurbished St Aubin's Village. After ordering from the menu, there will be time to take a walk around the village and admire the transformation. Please be sure to book before the 13th April to secure you place.



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

Postage  
Paid  
Australia

Funded by



Queensland Government  
Department of Communities

**60 & Better's 28<sup>th</sup> Anniversary**

Venue **Victoria Tavern**

Date **Wednesday 4th May**

Time **10.30 am**

Cost **\$20.00**

**Please join us to celebrate our anniversary this year. Morning tea, followed by a 2 course luncheon with entertainment, raffles and lucky door prizes on the day.**

**Please be sure to book and pay by the 27th April.**