



# GRACEMERE SENIORS NEWS

April, May 2022

Volume 21

Hello everyone,

We've had yet another "rocky" start to the year, let's hope we will see more normality as time goes by.

All of our regular activities are up and running and April will see our first "Lunch Buddies" recommence.

We are still going ahead with our Bundaberg/ Maryborough holiday in September, places are filling fast so get in quick to book your place.

I am sure many of you are happy to be out and about enjoying your regular activities. Until next Newsletter stay safe, be happy and enjoy everyday. Anita



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### Gracemere

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### Address

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### Office hours:

Monday-Thursday 9 am-3 pm

Friday- 9-12.30 Friday.

***Do not stand at my grave and weep***  
*I am not there, I do not sleep.*  
*I am a thousand winds that blow*  
*I am the diamond glints on snow.*  
*I am the sunlight on ripened grain,*  
*I am the gentle rain.*  
*When you awaken in the morning hush*  
*I am the swift uplifting rush.*  
*Of quiet birds in circled flight.*  
*I am the soft stars that shine at night.*  
*Do not stand at my grave and cry*  
*I am not there,*  
*I did not die.*



This poem by an unknown author was found in an envelope left by a soldier killed by an exploding mine near Londonderry in 1989.

**Fun & Games on Friday with Alyson**



**Venue Barry St Community Hall**

**Time 8.45-10.15 am.**

**Cost \$5.00**

This session starts with 15 minutes of drumming followed by light exercise for strength & balance. It's all about out having some fun, laughter and exercise on Friday morning. Please call for further information.

## 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 social activity in Gracemere a go, please ring the office on 49140065 or Kevin [cards convener] on 49340776

## Spinach & Mushroom Baked Eggs

Serves: 4

Ingredients

80g butter

200g mushrooms, thinly sliced

100g baby spinach leaves

4 slices prosciutto, finely chopped

8 eggs, lightly beaten

1/2 cup cheese, grated

Method

Grease four ramekins and place in a baking dish. Heat the butter in a frying pan and cook the mushrooms until golden brown. Add the spinach and cook for a further minute until wilted.

Divide the mixture between the ramekins and top with prosciutto. Pour the lightly beaten eggs over the top and sprinkle with cheese.

Pour boiling water into the baking dish to come halfway up the sides of the ramekins. Bake for 20 minutes at 180°C and serve with fingers of buttered toast.



## A series of coincidences



*A chicken farmer went to the local bar. He sat next to a woman and ordered champagne. The woman said: "How strange, I also just ordered a glass of champagne." "What a coincidence," said the farmer, who added, "It is a special day for me. I am celebrating." "It is a special day for me too, I am also celebrating!" said the woman. "What a coincidence!" said the farmer. While they toasted, the farmer asked, "What are you celebrating?" "My husband and I have been trying to have a child for years, and today, my gynecologist told me that I was pregnant." "What a coincidence," said the man. "I am a chicken farmer and for years all my hens were infertile, but now they are all set to lay fertilized eggs." "This is incredible," said the woman. "What did you do for your chickens to become fertile?" "I used a different rooster," he said. "What a coincidence." smiled the woman.*

Albert

*An old man was grocery shopping with his grandson.*

*The toddler was crying, and at times, screaming at the top of his lungs.*

*As the old gentleman walked up and down the aisles, people could hear him speaking in a soft voice... 'We are almost done, Albert...try not to cry, Albert... Life will get better, Albert...'*

*As he approached the checkout stand, he carefully brushed the toddler's tears from his eyes and said again, 'Try not to cry, Albert... We will be home soon, Albert...'* As he was paying the cashier, the toddler continued to cry and scream. A young woman in line behind him said, 'Sir, I think it is wonderful how sweet you are being to your little Albert.'

*The old gentleman blinked his eyes a couple of times before saying: 'My grandson's name is John.....I'm Albert....'*

**One minute of anger weakens the immune system for 4 to 5 hours. One minute of laughter boosts the immune system for 24 hours.**

**P**lease keep your life stories coming in , we have extended this mini competition through till the end of May.

## 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 April.**

**S**tatic balance is important for everyday life and involves the ability to maintain control whilst stationary. To test your static balance, try and stand on one leg. Make sure you are standing next to a sturdy item, such as the kitchen bench or the sink. If this is too easy, try testing your balance further by closing your eyes whilst balancing on one leg. Without the ability to maintain static balance, your chances of falling with movement or increased loading are high.



## Advanced Care Planning

Advance care planning is the process of planning for your future health care. It relates to health care you would or would not like to receive if you were to become seriously ill or injured and are unable to communicate your preferences or make decisions. This often relates to the care you receive at the end of your life. Advance care planning gives you the opportunity to think about, discuss and record your preferences for the type of care you would receive and the outcomes you would consider acceptable. It helps to ensure your loved ones and doctors know what your health and personal preferences are and that these preferences are respected.

**Advance care planning benefits everyone: you, your family, carers and health professionals.**

- It helps to ensure you receive the care you actually want
- It improves ongoing and end-of-life care, along with personal and family satisfaction
- Families of people who have undertaken advance care planning have less anxiety, depression, stress and are more satisfied with care

**For healthcare professionals and organisations, it reduces unnecessary transfers to acute care and unwanted treatment. Everyone should consider advance care planning, regardless of your age or health. Ideally, you should start planning when you're healthy - before there's actually an urgent need for a plan.**

**In Queensland there are three ways you can record your choices for future health care:**

1. Complete an Enduring Power of Attorney
2. Complete an Advance Health Directive
3. Complete a Statement of Choices

Completing these documents is the best way to make your preferences known about the type of treatment you would prefer if you are unable to participate in decisions, and to ensure that family and health professionals respect your preferences.

Source: <https://www.advancecareplanning.org.au/create-your-plan/create-your-plan-qld>

## Gracemere Lunch Bunch



Held every 2nd Monday of the month. Commencing at 10 am. Held at the Gracemere Golfs Club. We start the day with morning tea followed by a guest speaker and then a 2 course lunch.

### Upcoming guest speakers.

11th Aril	Disaster Management	RRC
9th May	to be advised.	
6th June	District Crime Prevention	Ashley Hull

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## 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. Entertainment on the night. 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.



## What's happening in Rocky?

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

Date Thursday 21st April.

Cost on pre-ordered meal selection (available through the office.)

**28th Anniversary Celebrations– Victoria Tavern**

Date Wednesday 9th May Cost \$20 per person.

