



The Seniors Sentinel

June, July, August 2022

Volume 129



Contact Details

☎ 49 140065 📞 0437 398 990
E: better60inc@optusnet.com.au
www.60andbetterrockhampton.com.au
1/248 Quay Street
Rockhampton 4700
ABN 19507683254

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

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

If someone wants a word with you,
Be patient and stand still,
You never know how hard life is
for those grown old or ill,
To let them have their little say
it may give them comfort
for the day. "



Over 50? Join now !!!

companionship, exercise & social activities.

P residents Pen



Hi Folks!

Once again everything seems to be showing a little more normality with everyday life. All activities are back up and running again which is good to see and numbers attending are on the increase.

As for me, I am slowly seeing some improvement with my back but it has been and still is a long and slow process.

It's good to see the numbers for our Bundaberg Maryborough holiday in September on the rise if you are still thinking about going along, just let Anita or Lisa know.

Looking forward to catching up you over the coming months.

All the best, Stuart.

Anita's Antics



Hello everyone,

Welcome to another 3 months of your program. It has been good to see a bit more rain around Central Queensland, however very concerning for those further south who are having a really rough time with this unprecedented weather.

It is great to see the activities up and running again, and our 2 new sessions of an additional yoga class with Leesa and fun and fitness with Alyson are being well attended.

I would like to say a huge thank to the Lisa, Committee and volunteers for the support you have shown me over the past few weeks when I was unwell, it is very much appreciated.

From all accounts the anniversary celebration went off well and all those attended enjoyed their lunch at St Aubins. Should you have any ideas for further outings please let us know. Until next time. Anita



"Valz"

Mrs. Dorothy (Dot) Williams

25th January 1925-23rd April 2022

Dot was one of the original founding members of the Rockhampton 60 & Better Program. Dot commenced as secretary on the 1st Committee in September 1994, before taking on the position of President October 1996.

Dot was also instrumental with the process of incorporation in 1996. Dot gave so much time and dedication and was an active member of program for many years.

We extend sincere condolences to her family.

"Sometimes you will never know the true value of a moment until it becomes a memory"

"My mother used to say to say:

The older you get the better you get unless you are a banana." B White

Updates Required

If you haven't already done so please be sure to advise us if you still require your Newsletter posted out to you. The cost will be \$6 annually.



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

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 491 40065.</p>	<p>8-10 am Golf Croquet \$ 7.00 (7.30 am from 8th March.) & Includes M/T. Botanical Gardens. Phone 49140065. Be sure to bring your own Coffee/tea mug.</p>	<p>10.30-1 pm Coffee & 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 491 40065.</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 & 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>.</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. Leesa away 23-31st July</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 491 40065 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 & 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. Leesa away 23-31st July</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>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 **Kalka Hotel Lakes Creek Road** . Morning tea, and Main Meal. Choice of either Roast or Fish, Baked Vegetables or salad and chips. Desert is optional and can be ordered and paid for on the day. **Cost \$20 per person.** Doors open at 10.15 am.



1st June	PACT –Protect all children today.	Tania
6th July	Antique Road Show	Kevin Langford
3rd August	District Crime Prevention	Ashley Hull
7th September	Vector Health exercise benefits for seniors	Brittany

Please ring and pre book your meal choice.



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.

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.

A stingy old lawyer who had been diagnosed with a terminal illness was determined to prove wrong the old saying, "You can't take it with you." After much thought and consideration, the old ambulance-chaser 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. He then directed her to take the bags of money to the attic and leave them directly above his bed. His plan: When he passed away, he would reach out and grab the bags on his way to heaven. Several weeks after the funeral, the deceased lawyer's wife, up in the attic cleaning came upon the two forgotten pillowcases stuffed with cash. "Oh, that old fool," she exclaimed. "I knew he should have had me put the money in the basement."



Technical support?

Are you needing help with your mobile phone, computer, emails etc.? Pop into the office with the misbehaving item Monday-Wednesday 9 am to 3 pm. Lisa will attempt to do her best to have it sorted for you. **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.

Riddles

1. What word in the English language does the following: the first two letters signify a male, the first three letters signify a female, the first four letters signify a great man, while the entire word signifies a great woman. What is the word?
 2. I come from a mine and get surrounded by wood always. Everyone uses me. What am I?
 3. What is seen in the middle of March and April that can't be seen at the beginning or end of either month?
 4. What English word has three consecutive double letters?
 5. First, think of the colour of the clouds. Next, think of the colour of snow. Now, think of the colour of a bright full moon. Now answer quickly what do cows drink?
- Answers page 6

4 Types of Foods to Support Memory



If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity and lifestyle and environmental factors. However, there's no doubt that diet also plays a role in brain health.

The best menu for supporting memory and brain function encourages good blood flow to the brain much like what you'd eat to nourish and protect your heart. Research is finding the Mediterranean Diet may help keep aging brains sharp, and a growing body of evidence links foods such as those in the Mediterranean diet with better cognitive function, memory and alertness.

Strengthen Recall by Adding These Foods to the Rotation

Eat your veggies. You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap. Broccoli stir-fry also is an excellent option for lunch or dinner.

Be sweet on berries and cherries. Berries especially dark ones such as blackberries, blueberries and cherries are a rich source of anthocyanins and other flavonoids that may support memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

Get adequate omega-3 fatty acids. Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid, or DHA, in particular, may help improve memory. Seafood, algae and fatty fish including salmon, bluefin tuna, sardines and herring are some of the best sources of the omega-3 fatty acid, DHA. Substitute fish for other meats once or twice a week to get a healthy dose. Grill, bake or broil fish for ultimate flavour and nutrition. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss other food options or supplementation with your doctor or registered dietitian nutritionist. You can get DHA omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

Work in walnuts. Well known for a positive impact on heart health, walnuts also may improve cognitive function. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or a salad for crunch or mix them into a vegetable stir-fry for extra protein.

While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

Computer Problems?

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



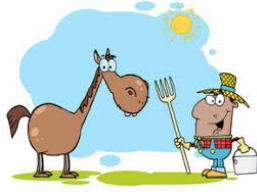
call

Michael O'Grady !!

A ccording to the Knight-Rider News Service, the inscription on the metal bands used by the U.S. Department of the Interior to tag migratory birds has been changed. The bands used to bear the address of the Washington Biological Survey, abbreviated, "Wash. Biol. Surv". Until the agency received the following letter from an Arkansas camper: "Dear Sirs: While camping last week I shot one of your birds. I think it was a crow. I followed the cooking instructions on the leg tag and I want to tell you it was horrible."

"Buffet" is a French word that means "get up and get it yourself."

A farmer got pulled over by a state trooper for speeding, and the trooper started to lecture the farmer about his speed, and in general, began to throw his weight around to try to make the farmer uncomfortable. Finally, the trooper got around to writing out the ticket, and as he was doing that he kept swatting at some flies that were buzzing around his head. The farmer said, 'Having some problems with circle flies there, are ya?' The trooper stopped writing the ticket and said, 'Well yeah, if that's what they are, but I never heard of circle flies.' So the farmer says, 'Well, circle flies are common on farms. See, they're called circle flies because they're almost always found circling around the back end of a horse.' The trooper says, 'Oh,' and goes back to writing the ticket. Then after a minute he stops and says, 'Hey...wait a minute, are you trying to call me a horse's ass?' The farmer says, 'Oh no, officer. I have too much respect for law enforcement and police officers to even think about calling you a horse's ass.' The trooper says, 'Well, that's a good thing,' and goes back to writing the ticket.



- * Improve your energy levels and increase your stamina.
- * Reduce anxiety or depression. Improve your social life – walking is a great way to get out and meet people or socialise with your friends.

Being able to walk without help is one of the strongest indicators of whether someone can live independently. Older people who exercise regularly are more likely to walk without assistance and do things for themselves around the house.

Exercise doesn't need to be strenuous to be beneficial for your health. In fact, the Australian Physical Activity and Sedentary Behaviour Guidelines recommend older people aged over 65 do 30 minutes of moderate intensity activity each day.

You could choose to walk at a steady pace for longer periods, or in shorter, quicker bursts, or up and down hills or stairs. It all helps.

But before you begin, talk to your GP about the level of exercise that's right for you.

Walking has so many benefits for seniors.

It can improve your health and wellbeing in many ways, and it can help you to live independently for longer.

Walking can:

- * Strengthen your muscles.
- * Help keep your weight steady.
- * Lower your risk of heart disease, stroke, colon cancer and diabetes.

Strengthen your bones, and prevent osteoporosis and osteoarthritis (regular walking could halve the number of people over 45 who fracture their hip).

Help reduce blood pressure in some people with hypertension.

Improve your balance and coordination, and decrease your likelihood of falling.

Keep your joints flexible.

Increase your confidence and mood, and help you feel better all round.

Update

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.

Final payments is due on the 8th August.



Riddles: 1. Heroine 2. Pencil lead 3. The letter "R" 4. Bookkeeper 5. Water

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.



French chicken rissoles

Ingredients

500g chicken mince
1 cup mashed potato
1 carrot, grated
40g sachet French onion soup mix
1 tsp seeded mustard
1 tbsp flour
1 tbsp cream
1 tbsp oil

Method

In a large bowl, combine chicken mince, mashed potato, carrot and 30g (3/4 sachet) of French onion soup mix. Using damp hands, form into 8 rissoles.

In a small saucepan, whisk together remaining 10g French onion soup mix with 1 cup water, seeded mustard and flour. Bring to the boil, then reduce heat and simmer for 1-2 minutes until slightly thickened. Stir through cream.

Heat oil in a nonstick frypan over medium heat. Cook rissoles for 3-4 minutes each side until cooked through. Place cooked rissoles and sauce into oven proof dish. Keep warm in a low oven until ready to serve.

Serve with a green salad and warm sauce on the side.



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.

A farmer plays a prank on Easter Sunday. After the egg hunt, he sneaks into the chicken coop and replaces every white egg with a brightly coloured one. Minutes later, the rooster walks in. He spots the coloured eggs, then storms out and beats up the peacock.

Rocky Sports Club Luncheon

Date *Thursday 23rd June*

Cost *pay on day*



Please join us for lunch. The Sports Club has an extensive menu with a meal to suite everyone. Meal prices range from \$16-20 dollars.

Please be sure to book and pay by Thursday the 16th of June to secure your place.

A good way to be aware of what's going on is to be part of it.



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Rockhampton QLD 4700**

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Department of Communities



Surprising the Taxi Driver Last Wednesday a passenger in a taxi heading for the airport leaned over to ask the driver a question and gently tapped him on the shoulder to get his attention. The driver screamed, lost control of the cab, nearly hit a bus, drove up over the curb and stopped just inches from a large plate glass window. For a few moments everything was silent in the cab. Then, the shaking driver said "Are you OK? I'm so sorry, but you scared the living daylights out of me." The badly shaken passenger apologized to the driver and said, "I didn't realize that a mere tap on the shoulder would startle someone so badly." The driver replied, "No, no, I'm the one who is sorry, it's entirely my fault. I've been a driver for 25 years but today is my very first day driving a cab." "What did you drive before that?" "A hearse."

I won't be impressed with technology until I can download food.