



Gracemere Seniors News

September, October, November 2022

Volume 23

Hello everyone,

The last 3 months has gone by so fast. Another reminder for members requiring the Newsletter posted, subscription is \$6 per year. This subscription will continue until November 2023.



This year we are celebrating seniors month with a BBQ luncheon and entertainment at Norbridge Park. Details on the back page. Once again The guy's from the AFS Men's Shed "Snag Wagon" will be cooking up a storm with steak and sausages. It should be a great day.

Out of interest is there any other activities you would like to see in Gracemere such as a walking group?

Enjoy the next 3 months with your program, before we know it Christmas will be on our door step!

Until next issue take care. Anita

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Monday-Thursday 9 am-3 pm

Friday- 9-12.30

In Flanders Fields
In Flanders fields the poppies blow
Between the crosses, row on row,
They mark our place; and in the sky, fly
Scarce heard amid the guns below.
We are the dead. Short days ago
We lived, felt dawn, saw sunset glow.
Loved, we were loved, and now we lie
In Flanders fields.
Take upon our quarrel with the foe:
To you from ailing hands we throw
The torch; be yours to hold it high.
We shall not sleep, though poppies grow
In Flanders fields. J McRae

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.

"Common sense and a sense of humor are the same thing, moving at different speeds.

A sense of humor is just common sense, "dancing." William James

Cards in Gracemere

Venue Gracemere Bowls Club.
 Date Thursday 's
 Time : 9 am – Midday
 Cost \$5.00 and includes morning tea..



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

Italian Baked Chicken Thighs

Ingredients

6 bone-in, skin-on chicken thighs (about 2 lbs)
 2 tablespoons avocado oil (or olive oil)
 2 teaspoons garlic powder
 2 teaspoons onion powder
 1 1/2 teaspoons salt
 1 teaspoon pepper
 1 teaspoon Italian seasoning
 1 teaspoon poultry seasoning
 1/2 teaspoon paprika



Instructions

Make It Now:

Preheat oven to 200°C. Line a large, rimmed baking sheet with foil.

In a small bowl, mix together the garlic powder, onion powder, salt, pepper, Italian seasoning, poultry seasoning, and paprika.

Arrange the chicken on the baking sheet. Pat dry with paper towels and trim off any excess skin/fat. Drizzle the oil evenly over the chicken and rub in on all sides. Sprinkle the seasoning evenly over the chicken and rub in on all sides.

Bake the chicken, skin side up, for 40-45 minutes, until done. Chicken should reach an internal temperature of 85°C and/or have no more pink inside.

I've entered the snapdragon part of my life. Part of me has snapped and the other part is draggin.....

The Dilemma...

To laugh is to risk appearing a fool. To weep is to risk appearing sentimental. To reach out for another is to risk involvement. To expose feelings is to risk rejection. To place your dreams before a crowd is to risk ridicule. To love is to risk not being loved in return. To go forward in the face of overwhelming odds is to risk failure.

But risks must be taken because the greatest hazard in life is to risk nothing.

The person who risks nothing does nothing, has nothing, is nothing.

He may avoid suffering and sorrows, but he cannot learn, feel, change, grow, or love.

Chained by his certitudes, he is a slave - he has forfeited his freedom.

Only a person who takes risks is FREE

Improve Balance & Avert Falls in 5 Minutes



1. Sit in a chair with your feet back, **NOT** in front of the knees.
2. Your knees should be about hip-width apart or slightly wider to give you a stable base.
3. With a straight spine and pushing with your legs upwards, stand up and then sit down. Try to keep the center of balance on your legs at all times in order to exercise the leg and core muscles and avoid hurting your lower back. Repeat the exercise 8-10 times or less if you feel tired. You can also use a chair with armrests to make the exercise easier.

This exercise will help you strengthen and maintain the stability of the ankles, which is sure to improve your balance over time. In addition, this exercise strengthens the calf muscles and the arches of the feet.

Follow these steps...

1. Place a chair in front of you to hold onto and make it easier for you to balance.
2. Raise your heels and stand up on your tiptoes. Hold for up to 15 seconds, and then place your heels back on the ground.
3. Now lift your toes, and hold once again for up to 15 seconds. Alternate between the two positions, repeating each cycle 3 times.

"Live life as though nobody is watching and express yourself as though everyone is listening."

Farmer John lived on a quiet rural highway.

But, as time went by, the traffic slowly built up at an alarming rate. The traffic was so heavy and so fast that his chickens were being run over at a rate of three to six a day.

So one day farmer John called the sheriff's office and said,

- "You've got to do something about all of these people driving so fast and killing all of my chickens."

- "What do you want me to do?" asked the sheriff.

- "I don't care, just do something about those crazy drivers!"

The next day he had the county workers go out and erected a sign that said: SLOW--SCHOOL CROSSING.

Three days later Farmer John called the sheriff and said, - "You've got to do something about these drivers. The 'school crossing' sign seems to make them go even faster."

So, again, the sheriff sends out the county workers and they put up a new sign: SLOW: CHILDREN AT PLAY.

That really sped them up. So Farmer John called and called and called every day for three weeks. Finally, he asked the sheriff, "Your signs are doing no good. Can I put up my own sign?" The sheriff told him, - "Sure thing, put up your own sign." He was going to let Farmer John do just about anything in order to get him to stop calling everyday to complain.

The sheriff got no more calls from Farmer John. Three weeks later, curiosity got the better of the sheriff and he decided to give Farmer John a call.

- "How's the problem with those drivers. Did you put up your sign?" "Oh, I sure did. And not one chicken has been killed since then. I've got to go. I'm very busy." He hung up the phone. The sheriff was really curious now and he thought to himself, I'd better go out there and take a look at that sign... it might be something that WE could use to slow down drivers...

So the sheriff drove out to Farmer John's house, and his jaw dropped the moment he saw the sign. It was spray-painted on a sheet of wood:

NUDIST COLONY.

GO SLOW AND WATCH OUT FOR THE CHICKS



Practicing Wellness.

"Wellness is the optimal state of health of individuals and groups" – WHO (World Health Organisation.)

Wellness is distinct from health and wellbeing.

Wellness is a positive and holistic approach to living: it is an active process of becoming self-aware and proactively pursuing healthier choices to prevent illness and disease. It has many different dimensions which are all linked to health, including physical, emotional, social, spiritual, occupational, and environmental wellness.

Not all dimensions can always be equally balanced. It is about striving for "personal harmony" to thrive in our own body and mind. Just like you need to get your blood pressure and heart rate checked periodically, it's important you check your level of wellness too. Ask yourself these questions and see what areas you're doing well in and where you're not. The challenging part is being honest with yourself.

Physical Wellness

Am I getting a good night's sleep?

What kind of physical activities do I do on a weekly basis?

Am I as healthy as other people my age?

Emotional Wellness

How can I express my gratitude today?

Am I content and at peace in this present moment?

How well do I manage my stress levels?

Social Wellness

Have I recently made a new friend or called up an old friend just to say, "How's it going"?

Am I interacting with others outside of family frequently?

Have I gone out with friends and/or family recently?

by Christine Ondoy



Improve your memory- 10 to 15 minutes of sitting in silence can boost your memory. A 2014 study on patients with amnesia showed that a ten-minute rest in a quiet, darkened, room boosted recall from 14 to 49 per cent.

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.

12th Sep Benefits of dance Justin Manderson
 10th Oct Antiques Kevin Langford
 14th Nov

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. To confirm dates and times please contact the RSL on 49332062 from midday Wednesday through to Friday. **Private hire for Functions.**



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What's happening in Rocky?

Seniors Week BBQ at Nobridge Park.

Date 20th October (Thursday)
 Time 10.30 am
 Cost \$10

Wilby's at TAFE.

Date 23rd Nov. (Wednesday)
 Time midday
 Cost \$16.50

Christmas lunch at Allenstown Hotel.

Date 7th December (Wednesday)
 Time 10.30 am



Christmas Celebrations

Gracemere Golf Club.

Date Monday 12th December
 Time 10.30 am
 Cost \$25.00



Join us for some Christmas fair. Morning tea a 2 course lunch with all the trimmings.

Raffles, lucky door prizes and entertainment.

Please book by the 5th December.