



Gracemere Seniors News

March, April, May 2023

Volume 25

Hello everyone,



Welcome to another 60 & Better year. I hope you all had an enjoyable Christmas and New Year.

It has been good to see the numbers increasing with the activities in Gracemere. Please read on to see an update of a new low impact session for Gracemere.

We have decided on a holiday to Bundaberg and surrounds this year however, we are still waiting on the final details for excursions. I shall put the highlights on the back page for your perusal.

As usual if you are needing assistance with your mobile phones or help with iPads, Laptops or tablets you are more than welcome to make a time with Lisa who will assist you in any way she can. Likewise with signing up for My Gov or My Aged Care to assist with the completion of forms and uploading your documents for you.

Enjoy the next three months Should you have suggestions or ideas for us to investigate let us know as we are always looking for new ideas for you the members of the program.

I hope you all have a Happy Easter and for all those Mum's out there are very Happy Mothers Day.

Until next time, take care. Anita

Contact details

Rockhampton office:

Anita & Lisa

☎ 49140065


☎ 0437398990

Rocky60Better @outlook.com

**new
email address**

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

Yoga with Leesa

Leesa takes two yoga sessions for members in Rockhampton. We are now commencing a session on Wednesday the 5th April



Date Wednesday 5th April

Time 4-5pm

Cost \$5.00

Venue Gracemere Bowls Club.

1. Yoga improves strength, balance and flexibility.
2. Yoga helps with back pain relief.
3. Yoga can ease arthritis symptoms.
4. Yoga benefits heart health.
5. Yoga relaxes you, to help you sleep better.
6. Yoga can mean more energy and brighter moods.
7. Yoga helps you manage stress.
8. Yoga connects you to a supportive community.
9. Yoga promotes better self care.

Why not come along and give it a go, your 1st session is free .

*"Yesterday is but a dream,
Tomorrow is only a vision.
But today well lived makes every
yesterday a dream of happiness, and
every tomorrow a vision of hope."*

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

Friday Fun & Games on Fridays



Creamy Slow Cooker Potato Cheese Soup

Prep Time:30 mins Cook Time: 5 hrs Ingredients

- ¼ cup butter
- ½ white onion, chopped
- ¼ cup all-purpose flour
- 2 cups water
- 2 large carrots, diced
- 4 stalks celery, diced
- 1 tablespoon dried, minced garlic
- salt and pepper to taste
- 1 cup milk
- 2 tablespoons chicken soup base
- 1 cup warm water
- 5 pounds russet potatoes, peeled and cubed
- 1 bay leaf
- 1 cup shredded Cheddar cheese
- 6 slices crisp cooked bacon, crumbled



Directions

1. Melt butter in a large saucepan over medium heat. Cook onion in butter until translucent. Stir in flour until smooth, then gradually stir in 2 cups water, carrots, celery, garlic, salt, and pepper. Heat through, then stir in milk. Dissolve chicken base in 1 cup warm water, and pour into vegetable mixture.
 2. Place potatoes in slow cooker, and pour heated vegetable mixture into potatoes. Place bay leaf in pot.
 3. Cover, and cook 5 hours on High, or 8 hours on Low.
- Remove bay leaf. Puree about 4 cups of the soup in a blender or food processor, and then stir pureed soup into contents of slow cooker. Stir in cheese and bacon until cheese is melted.

Fun & Games on Friday with Alyson

Venue Barry St Community Hall

Time 9-11.30 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.

Call the Librarian.

A librarian is woken up in the middle of the night by a phone call. "What time does the library open?" the man on the phone asked. Annoyed, the librarian composed himself before he answered. "9 am," he said. "And what's the idea of calling me at home in the middle of the night to ask a question like that?" "Not until 9 am?" the man asked in a disappointed voice. The librarian began to get angry. "No, not until 9 am!" said the librarian. "You can't get in 'til then so you'll just have to wait!" "Who said I wanted to get in?" the man sighed sadly. "I want to get out."



Paddy was driving home absolutely hammered. Suddenly, he had to swerve to avoid a tree, then another, then another. Eventually, the police pulled him over and asked why he was driving like a lunatic. Paddy explained all about the trees in the middle of the road. The officer replied, "For Pete's sake Paddy, that's your air freshener!"

These Veggies have so much PROTEIN!

Vegetables are more affordable and healthier than animal sources of protein, so why are a lot of people still not eating enough of them? One reason is protein, as many believe that you can't get this macronutrient from vegetables. This is simply not true. In fact, some vegetables have upwards of 8 grams of protein per cup, and they're more filling too, which translates into greater slimming benefits for those who seek to lose weight. What's more, consuming high-protein vegetables is known to reduce the risk of certain diseases, notably, type 2 diabetes. Research by the British Journal of Nutrition even concluded that replacing 5 grams of animal protein for plant protein a day slashes the risk of diabetes by 18%. So, giving high-protein veggies a try will benefit your waistline and health! Read on for examples. **Note:**



For each vegetable, the protein content is shown per 1 cup.

Asparagus - 4.3 grams of protein

Asparagus is rich in vitamins A, C, B6, E, K, and folate, as well as iron, copper, magnesium, and phosphorus. Apart from that, the vegetable is packed with potassium - a nutrient that aids the body in clearing away sodium and water. This way, asparagus can help reduce or prevent bloating. And a type of fiber in asparagus called inulin offers prebiotic benefits, meaning that it promotes the growth of beneficial gut bacteria.

Corn - 4.21 g of protein That being said, corn is higher in calories than other protein-rich vegetables, so avoid making it your sole source of plant protein. What other nutrients does corn have to offer? Contains B vitamins and fibre, as well as zinc, iron, and magnesium. Last but not least, corn is full of antioxidants. Namely, the antioxidants lutein and zeaxanthin that give corn its yellow hue are known to maintain healthy vision.

Mushrooms

Although not technically a vegetable, mushrooms are often eaten together with vegetables or used in vegetarian dishes, so we tend to think of them as plant ingredients. Apart from their impressive protein content, mushrooms also serve as an excellent source of vitamin D.

Leafy Greens

Beet greens - 3.7 g (cooked), 0.84 g (raw) of protein Collard greens - 5.15 g (cooked), 0.9 g (raw) of protein Spinach - 5.35 g (cooked), 0.86 g (raw) of protein. We rarely think of greens as a source of protein, but many types of leafy veggies are quite rich in the stuff, especially if you cook them. Heat increases the availability of proteins in all greens - be it spinach, kale, or collard greens. Needless to say, leafy greens are also rich in a multitude of essential vitamins, minerals, and antioxidants that account for their many health benefits. For example, spinach

was scientifically proven to lower the risk of certain types of cancer, including breast cancer.

Broccoli and cauliflower

Broccoli - 3.7 g (cooked), 2.6 g (raw) of protein Cauliflower - 2.3 g (cooked), 2.1 (raw) of protein. Speaking of cruciferous vegetables, cauliflower and broccoli contain nearly 4 g of protein and plenty of vitamin C, K, and folate too. And don't forget that broccoli and cauliflower have potent cancer-fighting and anti-inflammatory properties to boot!

Brussels sprouts - 4 g of protein

Brussels sprouts are a known weight loss food. Rich in protein, vitamin C and K, and antioxidants, a serving of brussels sprouts makes a filling and tasty addition to any main dish. Just roast them in the oven cooked with a splash of olive oil and spices until soft on the inside and slightly charred on the outside.

Potatoes - both sweet and regular Like Sweet potato (baked) - 4 g of protein Russet potato (baked) - 7.86 g of protein. Don't look down on the humble potato... Sweet and regular potatoes may be high in calories, but they also contain up to 8 grams of protein per cup, and that has got to be worth something too. Depending on your tuber of choice, you'll also be getting carotenoid antioxidants and vitamin A from yams and potassium with vitamin C from regular use.

Potent verse
An elderly woman had just returned to her home from an evening worship service and was startled to find an intruder in her house! Catching the man in the act of burglarizing her home, she yelled, "STOP! Acts 2:38!" ("Repent and be baptized, every one of you, in the name of Jesus Christ so that your sins may be forgiven.") When the burglar heard this, he stopped dead in his tracks, blanched and raised two shaking hands. The woman quickly called the police and told them exactly what happened. They arrived minutes later with sirens blaring. Several officers strode in and took the unresisting man into custody. As he was placing the handcuffs on the burglar, one of the officers asked, "Why did you just stand there? All the lady did was mention a scripture verse." "Scripture? What scripture??" replied the confused burglar. "She said she had an axe and two 38s!"

A woman turns to her husband on their silver wedding anniversary and says, 'Darling, will you still love me when my hair turns grey?' Her husband replies, 'Why not? I stuck with you through the other six shades'

Gracemere Lunch Bunch

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



Upcoming guest speakers.

- 13th March Hands of Compassion Mal Holmes
- 10th April Easter holiday
- 8th May Donate life Josephine Reoch

What's happening at the Gracemere RSL?



The Gracemere RSL is open for "meal nights" on Fridays. Fridays with alternate weeks being either a cooked meal or a BBQ very affordable for the family. Children are 1/2 price. Entertainment on the night. To confirm dates and times please contact the RSL on 49332062 from midday Wednesday through to Friday.

Private hire for Functions.

If undeliverable
Please return to
Rockhampton 60 & Better
PO Box 211 Rockhampton 4700

Please
affix
stamp

Funded by



Queensland Government
Department of Communities

What's happening in Rockhampton...

28th Anniversary

Venue **Rocky Sports Club Lion Creek Road**

Date **Wednesday 3rd May Time 10.30 am-1.30 pm.**

Cost **\$23.00**

Malaysian House Bolsover Street

Thursday 20th April Midday POD

Declutter Party

A declutter party is when you gather with friends/family members, and each person brings some items to exchange or give to others.

Date **Thursday 20th April Time 10 am**

Morning tea provided with a declutter cake to celebrate the occasion.

Bundaberg Holiday

Monday 2nd-Friday 6th October.



We are still awaiting final costings, however potential highlights are listed below. Once again travelling by train. All meals will be included with breakfast and dinner at the Motel.

Some planned highlights:

- ★ Hinkler Hall of Aviation
- ★ Fairymead House & District Museum
- ★ Macadamias Australia
- ★ Alexandra Park Zoo
- ★ Lady Elliot island cruise
- ★ Mon Repos
- ★ Bundy Bell River cruise

Please contact the office for a full itinerary