



The Seniors Sentinel

Rockhampton, Cap Coast, Gracemere & Dee River Oldies-Mt Morgan

September, October, November 2024

Volume 138

Contact Details

☎ 49 140065 📞 0437 398 990

E: rocky60better@outlook.com

www.60andbetterrockhampton.com.au

1/248 Quay Street

Rockhampton 4700

ABN 19507683254



<https://www.facebook.com/Rockhampton60Better-20542552665574>

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*

Mission Statement:

To enable older people at a local community level to participate in decisions and activities which affect their health and well-being.

"friendly, fun, companionship."

Management Committee

President- Stuart Thomasson

Vice President- Joyce Messer

Secretary- Lynn Hoskins

Treasurer- Chris Forrest

Committee

Bette Price

Janet Shields

Esther Woolard

Karen Bartlett

Staff

Manager- Anita Griffiths

Accountant- Checkmate Accounting

"Snap, Crackle, Pop"

I feel like snap, crackle, pop

I wish my age would just stop.

I bend down and my knees do snap

Makes me feel like my legs will flap

Then my arthritis makes me crackle

I wonder what next I can tackle

And if I turn too fast I hear "pop"

My neck makes this noise like an old mop.

But let me tell you it's okay

A snap, a crackle, a pop, lets me know I am not decay

There is still some life in these old bones

I won't waste it with complaints and groans

And I am not going to shrivel up and die

If someone asks my age I will just lie!

by Catherine Pulsifer

We Will
Miss
You

Mr. President!

Hi Folks,

Well it's time to hand over the reigns. I have made my decision not to stand for a position on the Committee this year. I have enjoyed my role and the achievements the Committee has made over this time. You will still be seeing myself and Clarice around and enjoying the occasional social outings with you. I look back on my time as President with fond memories.

Looking back over the years the impact COVID had on the world, along the rising costs of day to day living it is understandable to see many being very careful what they spend their money on. At times it is difficult to source interesting fun outings that are affordable to all, we try our best.

The year is flying by. There is plenty for all to do not only with the program, but the community on the whole.

We are looking forward to seniors month this year, and hoping our event is as successful as last year.

Last but not least I have enjoyed working along side the Committee members and volunteers, and take this time to also thank Anita for her support.

Stay healthy, be happy

Stuart.

A 6th-grade teacher posed the following problem to one of her arithmetic classes: "A wealthy man dies and leaves ten million dollars. One-fifth is to go to his wife, one-fifth is to go to his son, one-sixth to his butler, and the rest to charity. Now, what does each get?" After a very long silence in the classroom, one little boy raised his hand. With complete sincerity in his voice, answered, "A lawyer!"

Anita's Antic's

Hello readers,

There comes a time when we all decide to actually retire! On behalf of the Committee, volunteers and members we thank Stuart for the many years he gave to the 60 & Better Program in his role as President. Stuart you will be missed. For myself things will certainly be different, however I wish you all the best with yet another retirement (surely your last one!).

Well, seniors month is fast approaching so read on to page 12 to see what we have to store for you, it promises to be yet another awesome seniors event.

With the changes to Coffee & Conversation we have seen an increase in attendance. It's great to still have the function room for our guest speakers and the option of now ordering from the menu and eating in the Bistro area has proven to be a change for the better. On the months we have no guest speaker we will arrive later, around 11.30am and have lunch together, we did this in July and it went off very well. As per usual you will be contacted with any changes. I would recommend if you have not tried the new regime, to join us in the near future.

We continue to collect cardboard rolls etc. for the Zoo animals, however they cannot use any egg cartons with stickers as they are not suitable for animal consumption. As you will read on page 4 we are also now seeking banksia and large gum nut pods.

On another note are there any members interested in Aqua Aerobics? Let us know your thoughts before we look into this.

Until next quarter take care, enjoy the program. Anita



Caregivers go through more in one day than they will ever tell you. They give up a lot and rarely have a social life. They can get sick and emotionally worn out. It's a lot for one person and you will never know until you have walked the road of a caregiver.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-11 am Tai Chi with Lynn \$ 5.00 Botanical Gardens , on top of the hill on the grassed area in front of the Cenotaph . M/T (own cost) at the kiosk. Contact the office on 49140065 for further information.</p>	<p>7.30-10 am (approx.) Golf Croquet Cost \$ 7.00 8am start from 1st October. & Includes M/T. Botanical Gardens. Phone 49140065.</p>	<p>10.30- 1 pm Coffee & Conversation POD- page 4 for details The Rocky Sports Club. NO YOGA 11 & 13TH SEPTEMBER</p>	<p>Cards Gracemere Cost \$5.00 Gracemere Bowls Club, 30 Brooks Street Gracemere. For further information please call the office on 49140065.</p>	<p>Yoga session with Leesa 9-10 am Cost \$7.00 McNae's Martial Arts 6/35 Bridge St North Rocky. Phone the office on 49140065 for further information. NO YOGA 18TH 20TH SEPTEMBER</p>
<p>9-10 .30 am Line Dancing with Susan. Fred Fox Hall (Rocky City Band Hall.) Cost \$5 per person. Call the Office on 49140065 for further information.</p>		<p>Yoga session with Leesa 9-10 am Cost \$7.00 McNae's Martial Arts 6/35 Bridge St North Rocky. Phone the office on 49140065 for further information. Commencing Wednesday 28th Feb.</p>		<p>Chair Yoga with Leesa Time 10.30-11.15 (approx.) Cost \$5.00 Eureka Retirement Village Dean St North Rockhampton.</p>
	<p>12 noon-4 pm Cards \$5..00 afternoon tea included. Held in the Office 1/248 Quay St. Contact the Office on 49140064.</p>	<p>10.-12.30. Glass Mosaic with Sally. \$12.00 per session unless further materials are required . For further information phone the office on 49140065.</p>		<p>Dance Health Alliance with Lindy "Sitting Dance" 9.30-11.30am. Cost \$5.00 Held in the Activity room (office) Contact 49140065 for further details. Please call re venue changes.</p>
<p>9 am -12 noon Newsletter folding next date Thursday 28th November.</p>	<p>1.30-3.30 pm Ten Pin Bowling Cost \$10. Musgrave Street. Includes shoe hire and afternoon tea included. Contact the office on 49140065 for further information.</p>		<p>Please be SURE to personally sign the attendance book for insurance purposes.</p>	<p>12 noon-4 pm. Cards \$5.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office on 49140065.</p>
<p>PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.</p>				

Coffee Conversation & Lunch.

Rocky Sports Club, Lion Creek Road. As of August, please order and pay for your main meal off the menu on arrival. Morning tea will be provided \$2 per person on arrival to the function room prior to the guest speaker. Doors open at 10.15 am. Dates of lunches and guest speakers below.



4th September	Rock & Roll demo	Rocky Rockers.
2nd October	Office Fair Trading / Consumer Rights	Bernadette
6th November	Driver safety	Leyland Barnett

Technical support?

Needing help with computer or mobile phone. Please call to make an appointment with us for assistance.

Crockery Do you have any crockery you no longer need or use? We are seeking donations for our glass mosaic sessions, we can pick up if required. Please call the office on 49140065.

Cardboard Cartons & more!

The awesome lady who volunteers to create the enrichments for the Zoo animals is once again requesting cardboard rolls (of all types), egg cartons as well as **large gum nut seed pods and banksia cones**. Thank you for your ongoing support.

Please, egg cartons with colored printed labels, as the color is unsuitable for animal consumption, and cannot be removed.

Emu Park

Healthy Ageing Dancing

(Old-time/New Vogue Sequence Dancing)

Emu Park Cultural Hall

Thursdays-1pm till 4pm

Entry Fee -\$5

Come along and enjoy a fun afternoon of dancing with Terry's great music. For further information please phone

Dell : 0400 583 955

Dance Health Alliance

also know as



Come join Lindy & the group.

Why Dance?

Dance is inclusive any one can take part. Dance can be tailored to match the physical capabilities of an individual and the cultural diversity of a population. Dance promotes a sense of well-being and social inclusion.

Dance improves

- ☺ Balance
- ☺ Cardiorespiratory fitness
- ☺ Strength & agility
- ☺ Decrease body mass
- ☺ Improves mood
- ☺ Enhances memory

Benefits to medical conditions

- ✓ Arthritis
- ✓ Neurodegenerative diseases
- ✓ Sclerosis
- ✓ Dementia
- ✓ Depression
- ✓ Intellectual disabilities

When: Friday mornings 9.30 am followed by morning tea.

Cost \$5

Venue Activity room in the office.

Please call to check on venue updates.

Membership? Is your membership up to date?

It is important to ensure **ALL** memberships are up to date for **accident/falls insurance**.

Although there is no joining fee, **YOUR** completed form covers you for the unexpected whilst attending the services we provide. Please let us know if you are not sure. Thank you.



Cost-of-living relief to support Queenslanders traveling to access healthcare. Excerpt from Joint Media Statement 16th July 2024.

From 1 August 2024, Queenslanders travelling to access healthcare under the PTSS won't have to pay for accommodation, in full, thanks to the removal of the four-night rule.

The good news comes after Minister Fentiman called an administrative review into the scheme last year, to ensure Queenslanders were able to access the healthcare they needed, no matter where they live. Currently, people pay out-of-pocket for their first four nights of accommodation each financial year, unless they can access an exemption.

Queensland is a large and decentralised state, which means some people need to travel to access complex treatment, such as cardiology or oncology services, to ensure that they have the best chance of recovering and can receive the best possible quality of care.

The PTSS provides financial support to subsidise the costs of accommodation and transport for more than 95,000 Queenslanders each year.

The removal of the four-night rule comes after the Queensland Government provided an additional \$70.3 million over four years to increase the existing PTSS concession rates for accommodation and travel costs. For more information visit: The Patient Travel Subsidy Scheme | Health and wellbeing | Queensland Government (www.qld.gov.au)

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. Thank you!



Its paradoxical that the idea of living forever appeals to everyone, but the idea of getting older doesn't appeal to anyone. Andy Rooney.

A man walked into a bar. He sat down and asked the bartender "If I impress you, can I have a free drink?" The bartender said sure, so the man reached in his pocket and pulled out a tiny piano. He then pulled out a small rat and set it near the piano. It climbed onto the bench and began playing music. The bartender was amazed, so he gave the man a beer. Next, the man said, "If I impress you even more, can I have free drinks for life?" The bartender didn't think it was possible, so he agreed. The man pulled a frog out of his pocket, and it began to sing by the piano. The bartender smiled and told the man that he was impressed. A man in a suit with a cane walked into the bar, saw the small animals, and offered to buy them for \$2 million. The owner said no, but he offered to sell the frog for \$500k. The rich man agreed, took the frog, and left. The bartender couldn't believe the owner just did that and said "Why did you just sell the frog?! There is no singer now!"



Wouldn't it be great if we could put ourselves in the drier for 10 minutes and come out wrinkle free and 3 sizes smaller!

Olympic Regatta Australia 2000.

BOB, after driving all day pulled up at a posh Hotel close to the Rowing course in Penrith, so he could get up early for a good seat at the Olympic Regatta. I'd like a room for the night he told the clerk at the reception desk. Sorry the clerk said we don't have a room to spare. BOB thought for a moment. I bet if the Pope walked in here right now you'd find a room for him he said. Of course said the clerk. Right said BOB, well the Pope is not coming so I'll have his room.

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



Gracemere News

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. Cost \$25.



9th September Vallis Backhouse Entertainment
12th October Office Fair Trading
11th November Scam awareness

Cards in Gracemere

Venue Gracemere Bowls Club.
Day 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 a go, please ring the office on 49140065 or Kevin (cards convener) on 49340776.

Misconceptions about wills can lead to very costly mistakes

Everyone is urged to have a valid Will, but as one of the documents that make up a comprehensive estate plan, it is also frequently misunderstood. Misconceptions can lead to very costly mistakes – emotionally and financially.

Here's five of the most common misconceptions we come across:

1. Family Executors don't get paid

Many people believe that nominating a family member or friend as the Executor of their Will means the responsibility can be treated as a favour rather than a paid service. This isn't always the case however, and especially if matters become complicated or burdensome, an Executor may feel they should be compensated for their time. An Executor may try to negotiate payment with beneficiaries or apply to the Supreme Court for commission.

2. Beneficiaries cannot challenge a Will

A Will is widely believed to be the final word on 'who gets what', but this simply isn't true. There are legal avenues for some disgruntled parties to challenge a Will, even if they are already a beneficiary – in fact, leaving someone a nominal amount rather than nothing can bolster their argument to receive more. Important questions such as: Who are you responsible for, and how much is enough? - are not always easily answered and legal advice will be important.

3. Giving your reasons in a Will prevents challenges

Including reasons for why someone has been left out (no matter how reasoned or heartfelt) does not necessarily protect against a challenge by that person. Doing so in the open format of a Will may even provoke them into challenging. It may be better to express such reasons in a private letter that can be referred to only if necessary. However everyone is different, and an experienced Wills Lawyer can help in how best to tell your story.

4. The estate pays for challenges

Another common misconception is that the estate will cover the costs of any challenges raised. This is not necessarily the case, and courts can actually compel parties who fail in their challenge to pay not only their own costs but also those of the estate.

5. The government gets it all if there is no Will

This worrying prospect is not true at all. In reality, the legal position is that an administrator has to give the estate to next of kin working through levels of relatives, in some States even distant ones. If none are found then the government can get its hands on an estate.

A Will is rarely as basic or as straightforward as many think it is. By engaging professional estate planning services, you can avoid the missteps, ensure your estate is handled according to your wishes, and make your Will the effective and comprehensive document it needs to be.

Find out more about Equity Trustees' wills and estate planning here. Speak to us about all your estate planning needs, including protection for your beneficiaries and ensuring specific arrangements of how our will and super can work together.

Dee River Oldies Mt Morgan.

News from Dee River Oldies Group

With bus trips to Emu Park and Yeppoon in May and another bus trip planned for September to Baralaba our Dee River Oldies members have been enjoying their time and taking in what our region has on offer.

Our Morning Teas have been well supported and we have had a mini cent sale in May, entertained by Cameron Evers in June, 'Christmas in July' and 'Christmas Carols' bingo. We have had lots of winners for the mini cent sale and bingo as well as our popular breakfast tray raffles. We thank our members for their donations and the help in setting up and the packing up afterwards. It makes a difference.

Each year in August we have Damper Day at the Hall. It is on Wednesday, 28 August starting at 11 am. It is always popular and members have damper on arrival followed by savoury mince and rice for lunch. The cost is \$5. There are raffles and lucky door prizes on the day.

Wednesday 11 September 2024 at 9 am the bus leaves the Morgan Street bus stop and we are travelling to Baralaba. We will have morning tea at the Baralaba Historical Village then on to the Baralaba Hotel for lunch. The cost is \$50 which includes lunch. We have a choice of a Baralaba Burger, Beer Battered Red Emperor or Chicken Schnitzel all served with chips. Money is to be paid at the August Morning Tea. If interested, members are asked to check if there are seats still available.

Looking forward to our days ahead and seeing our members catching up enjoying a cuppa and a chat.

The Steering Committee.

The Steering Committee

President Carol Glover 49381995

Secretary Colleen Constable 0427161131

Correspondence:

Postal Address PO Box 170

Mount Morgan 4714

Secretary's Email:

constable54@bigpond.com

Meetings:

Saint Mary's Church Hall- behind the Anglican Church.
Every 3rd Tuesday of the Month at 2 pm.

Dee River Oldies is a sub group of the
Rockhampton 60 & Better Program Inc.

It's FREE To JOIN!

Upcoming events.



Monthly meetings start at 2 pm and are held the 3rd Tuesday of each month and morning teas are held the 4th

Wednesday of each month both held at Saint Mary's Church Hall behind the Anglican Church. (With December and January the exception).

Monthly Meetings commence at 2 pm.

☺ 20 August 2024

☺ 17 September 2024

☺ 15 October 2024

☺ 19 November 2024

☺ 10 December 2024 (Held a week earlier)

Morning Teas commence at 10 am.

The cost is \$5. Raffles and lucky door prizes.

☺ 28 August 2024 - 'Damper Day at the Hall' with savoury mince and rice for lunch starting at 11 am

☺ 25 September 2024

☺ 23 October 2024

☺ 29 November 2024 - Christmas Lunch (Date to be confirmed).

Bus Trip to Baralaba

Wednesday 11 September 2024 - Leaves Morgan Street bus stop at 9 am.

Travelling to Baralaba Historical Village for morning tea, then on to the Baralaba Hotel for lunch.

The cost is \$50.

Please check with the steering committee to see if there are seats still available.

Two Irishmen are traveling to Australia. Before they leave home, one of their dads gives them both a bit of advice: "You watch them Aussie cab drivers. They'll rob you blind. Don't you go paying them what they ask. You haggle." At the Sydney airport, the Irishmen catch a cab to their hotel. When they reach their destination, the cabbie says, "That'll be twenty dollars, lads." "Oh no you don't! My dad warned me about you. You'll only be getting fifteen dollars from me," says one of the men. "And you'll only be getting fifteen from me too," adds the other.

Is Maltitol a Safe Sugar Substitute?

Maltitol is part of a family of bulk sweeteners called sugar alcohols (polyols). It is about 90% as sweet as sugar (sucrose) and is very similar in taste, but boasts significantly less calories (only 2.1 calories per gram). For these reasons, maltitol is commonly used in the production of a variety of low-calorie, low-fat and sugar-free foods. Produced by the hydrogenation of maltose, which is obtained from starch, maltitol produces a noticeable cooling sensation in the mouth and, does not brown or caramelize when heated.

Benefits of Maltitol

Maltitol's advantages include it being non-cariogenic and having fewer calories than sugar

Does not contribute to tooth decay

Like other polyols, maltitol is non-cariogenic-i.e. is not metabolised by oral bacteria which break down sugars and starches to release acids that may lead to cavities or the erosion of tooth enamel.

Fewer calories than sugar

Because maltitol is slowly absorbed by the body, part of the ingested substance reaches the large intestine where metabolism yields fewer calories. As a result, maltitol has just 2.1 calories per gram (kcal/g), nearly half of the caloric value of sucrose (4.0 kcal/g), and is therefore useful in the production of sugar-free products, especially sucrose-free chocolate, confectionery and ice cream.


Beneficial for people with diabetes

Maltitol significantly reduces the rise in blood glucose and insulin levels associated with the ingestion of glucose as it is slowly absorbed. This combined with its low calorie value makes maltitol-sweetened, sugar-free food a good option for people with diabetes (control of blood glucose, weight and lipids are the main targets of diabetes management). Before opting for foods sweetened with sugar alcohols such as maltitol, diabetics should discuss the usefulness of these polyols with their GP/diabetes specialist as some of these products may contain other ingredients which may not be suitable for a diabetes-based diet

Safety

In 1985, a comprehensive assessment of sweeteners was produced by the Scientific Committee for Food of the European Union (EU), which concluded that maltitol is

safe for use as a food additive. While there is no daily intake limit placed on its use, very high consumption of the substance (over 100 grams per day) may cause a laxative effect.




Do you feel like your hearing isn't quite what it used to be?


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Rockhampton 4700

Visiting Mount Morgan Tuesdays,
and Yeppoon Wednesdays

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*Did you know that butterflies rest when it rains,
because it damages their wings.*

*It's okay to rest during the storm of life,
you'll fly again when it's over.*

Submitted by Vickie Muldoon.

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	Lynn Hoskins	0407283800
Treasurer	Chris Forrest	0403272429

Committee

Janet Shields	0457477397
Bette Price	0409572708
Esther Woolard	0427764713
Karen Bartlett	0439775850

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., 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.

An Italian, a Mexican, and a redneck construction worker were sitting on top of their construction site during their lunch break. When the Italian opened his lunch, he said, "Dammit! If I get spaghetti again, I'mma gonna jump off this building and kill myself." The Mexican opened his lunch and said, "Dammit! If I get tacos again, I'm going to jump off this building and kill myself." The redneck also opened his lunch and said, "Dammit! If I get another damn hamburger, I'm gonna jump off this building and kill myself." The next day they all got the same thing in their lunchboxes and killed themselves. At the funeral, the three widows were at the graves crying. The Italian widow said, "I'm so sad because I forgot to pack him something else!" The Mexican widow sobbed, "I did the same thing!" The redneck's wife said, "That damn idiot packed his own lunch!"

Computer Problems?

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on 0499760523



15 Weirdest and wackiest facts on the human body.

Did you know that 206 bones make up the human skeleton?

1. Your eyes blink around 20 times a minute. That's over ten million times a year!
2. Your ears never stop growing!
3. Earwax is actually a type of sweat!
4. The tongue is covered in about 8,000 taste-buds, each containing up to 100 cells helping you taste your food!
5. You produce about 40,000 litres of spit in your lifetime. Or to put it another way, enough spit to fill around five hundred bathtubs – yuck!
6. The average nose produces about a cupful of nasal mucus every day!
7. You are about 1cm taller in the morning when you first get up than when you go to bed. This is because during the day the soft cartilage between your bones gets squashed and compressed.
8. If you walked for 12 hours a day, it would take the average person 690 days to walk around the world.
9. The only muscle that never tires is the heart.
10. The entire surface of your skin is replaced every month, which put another way means you have about 1,000 different skins in your life!
11. The body has 2.5 million sweat pores.
12. Every minute you shed over 30,000 dead skin cells.
13. If you live to age 70, your heart will have beat around 2.5 billion times!
14. Spread across their lifetime, most people spend an average of one whole year sitting on the toilet.
15. We wee enough wee every month to fill a bath!

A SENSE OF HUMOR IS A MAJOR DEFENSE AGAINST MINOR DETAILS.

Finlayson & 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 Sandi or Heather

Finlayson & McKenzie

56 William Street

Rockhampton

Telephone– 4922 1269

Or email to fmckfunerals@live.com.au

Dementia Australia is here to provide support for living with dementia or cognitive changes.

As the trusted partner in dementia care for healthcare professionals, we provide free services to enable you to support .

Here's how we can help:

National Dementia Helpline: Free and confidential, our helpline provides expert support, information and advice on dementia care and services. It's available 24/7, 365 days a year. Call 1800 100 500 or contact us via webchat or email.

Online referrals: Need to refer someone in your care to Dementia Australia? You can do this quickly and easily through our website.

For further information about our services and resources, call us through The National Dementia Helpline

Morning Melodies 11 am

2nd September

Melinda Schneider's, A Farewell To Doris, is a heartfelt tribute to Doris Day. This nostalgic concert celebration will include such timeless hits as Que Sera, Sera, Sentimental Journey, Everybody Loves a Lover and Secret Love plus classic songs from the movies Calamity Jane, Love Me or Leave Me and The Pajama Game, as well as a number of Doris' big band standards.

7th October Livvy & Pete

Helpmann award winner Michael Griffiths and acclaimed cabaret darling Amelia Ryan celebrate the songbooks of Aussie icons Olivia Newton-John and Peter Allen in our October Morning Melodies, Livvy & Pete.

9th December

Our Christmas Morning Melodies, **Andrews & Bing Christmas Swing**, is a stroll down memory lane of the beautiful, 1940s, bright and engaging Christmas songs of the Andrews Sisters and Bing Crosby.

Divorce Hearing in Italy.

A man and his wife were getting a divorce at a local court in Italy, but the custody of their children posed a problem.

The mother jumped to her feet and protested to the judge that since she had brought the children into this world, she should retain custody of them.

The man also wanted custody of his children, so the judge asked for his side of the story.

After a long moment of silence, the man rose from his chair and replied:

"Your Honor, when I put a coin into a vending machine, and a Coke comes out, does the Coke belong to me or to the machine?"

DON'T LAUGH.. HE WON

Make the right call.....

Call 000

In a life-threatening emergency

Call 131 444

For non-urgent police assistance or visit www.police.qld.com.au

Call 1800 333 000

To share information about non-urgent crime anonymously or visit crimestoppersqld.com.au

- Artificial intelligence is no match for natural stupidity.
- My idea of housework is to sweep the room with a glance.
- It is easier to get forgiveness than permission.
- For every action, there is an equal and opposite government program.
- If you look like your passport picture, you probably need the trip.
- A conscience is what hurts when all of your other parts feel so good.
- No man has ever been shot while doing the dishes.
- Middle age is when broadness of the mind and narrowness of the waist change places.
- Opportunities always look bigger going than coming.
- Junk is something you've kept for years and throw away three weeks before you need it.
- Never, under any circumstances, take a sleeping pill and a laxative on the same night.

Two mental patients were walking next to a swimming pool. One jumped into the pool and the other jumped in to save him. Their doctor saw the rescue and called the rescuer to his office. "Due to your actions, it appears your mental state is fine," the doctor said to the patient, "You can go home to your family, but before you do, you should know that the person you saved hung himself today." The patient replied, "He didn't hang himself; I hung him there to dry."

Willby's CQU/TAFE

Date Wednesday 9th Oct.

Cost \$25.00 per person

Time Midday

Join us for a Buffett Luncheon at Willby's.

Please be sure to book & pay by the 2nd October.

Bookings limited so please book early.

Pick a Box

We are hoping to hold a fun day February 2025 for C&C. Pick a Box with entertainment. Looking for small/medium boxes that have contained (for example biscuits or snacks) to disguise prizes. Donations of items \$10 & under for the event would be appreciated. Please let us know if you are interested & would like to donate and partake.

The woman customer was both belligerent and demanding.

As she confronted the Butcher behind the counter she said, "Now look here I don't want any of your usual old rubbish. I want a nice piece of prime beef without any fat or any bones".

The butcher didn't bat an eyelid. Lady he replied "we tried to grow em like that but they kept falling over."



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Seniors Month 2024- "Love getting older in Queensland!"

"Almost Legends"

Date *Thursday 24th October*

Time *9 am*

Cost *\$15.00*

Venue *Country Music Hall Digger's Lane Berserker.*

It's that time of year again to enjoy seniors month! Join us and enjoy the incredible music with "Almost Legends." Morning tea & lunch included. There will lucky doors and raffles on the day. Unfortunately we have had to cap the numbers to 100 to allow for easier access and distribution of meals. Please book and pay by the 17th October.