



The Seniors Sentinel

Rockhampton, Cap Coast, Gracemere & Mt Morgan

March April May 2025

Volume 140

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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*

***Join us for
companionship,
exercise & social activities.***

*“Ultimately the bond of all companionship
whether in marriage or in friendship, is*

Conversation”

Oscar Wilde

Management Committee

Executives:

President- Lynn Hoskins

Vice President- Joyce Messer

Secretary- Janet Shields

Treasurer- Chris Forrest

Committee

Bette Price

Esther Woollard

Karen Bartlett

Staff

Manager- Anita Griffiths

Accountant- Prudential Business Solutions

Friends...

They're the few people who accept silence over conversation.

A relationship like this denies silly promises and persuasion.

You don't feel the need to second guess thoughts or measure words.

Their love comes in wholes, not halves, not thirds.

They're the ones that guide you through when fate takes a turn.

Fights, small and large, end in forgiveness, never a burn.

You forget about first impressions and the feelings they brought.

You're grateful for who they are and you forgive 'em for what they're not.

Kayla Rae Pich.

P residents Pen



Welcome back everyone to 2025, I hope you all had a wonderful Christmas break with your friends and families.

We're starting the new year with many changes to both the management and our program. In the next few weeks you will get to meet the new staff, whom I will introduce to you in the next newsletter, as well as the changes that you will soon see in the office.

There will be two holidays on offer this year please check page 11 for details.

Please check out the other events and activities in the newsletter and contact us if you would like to attend.

After a lot of discussion at committee meetings we have decided that any exercise programs and swimming activities should be run by professionals. As we age the need to have proper guidance in these fields is imperative to avoid accidents and any damage to our bodies that become harder to get over as the years go by. Once again please check the timetable for times and days and venues for these new activities.

Board games have been added to Gracemere Thursday cards at the Bowls club, this will commence on 3rd April.

To all our members, if there is a particular activity you would like please contact our office staff and let us know. We will do our best to arrange what is required and have it added to our program.

With the constant rise in insurance premiums and all the extra paperwork involved, we have decided to add a **\$5.00 administrative fee** to all new membership forms. This will commence from March 2025. It will also apply to the update of members information form that is now required every 2 years.

Finally, please contact our office staff anytime they are always there to help, however they are not the ones to complain to. For urgent complaints contact the staff and they will make an appointment for you to sit down with the executive to discuss your complaints, all non-urgent complaints must be put in writing to be handled properly by the management committee.

Looking forward to a wonderful year ahead and remember:

The next chapter of your life is called "Healthy and Happy", that's the Vibes from this day forward.

Take care

Lynn Hoskins, and the Management Committee.




Anita's Antic's

Hello readers,

The New Year is well and truly underway. Hoping you all had a safe and enjoyable Christmas, New Year with family and friends.

This year will see changes to the activities in the Program, firstly the Committee has made the decision has been made to cease Coffee & Conversation due to low numbers and the increasing difficulty to secure guest speakers but also taking up their valuable time for so few attendees. We will now be holding monthly luncheons at different venues and would appreciate you checking page 4 for details and if interested and wish to attend please contact us to let us know for catering purposes.

Also for your consideration are the following ideas:

-  Dinner and theatre/movies
-  Joint OP shops trips with either morning tea/lunch
-  BBQs in the Park or at the Beach .

Your thoughts and ideas would be appreciated.

Until next time, take care and enjoy your chosen activities. Anita

I am old and I just realized I still have so many unanswered questions!!!! I never found out who let the Dogs Out...where's the beef...how to get to Sesame Street... why Dora doesn't just use Google Maps...why eggs are packaged in a flimsy paper carton, but batteries are secured in plastic that's tough as nails...why women can't put on mascara with their mouth closed... why "abbreviated" is such a long word... why lemon juice is made with artificial flavor yet dish-washing liquid is made with real lemons... why they sterilize the needle for lethal injections... and, why do you have to "put your two cents in" but it's only a "penny for your thoughts" where's that extra penny going to... why do "The Alphabet Song" and "Twinkle Twinkle Little Star" have the same tune... why did you just try to sing those two previous songs... and just what is Victoria's secret? ...and do you really think I am this witty?? ... I actually got this from a friend, who stole it from her brother's girlfriend's, uncle's cousin's, baby's momma's doctor who lived next door to my old class mate's mail man.

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 18th April. & includes M/T. Botanical Gardens. Phone 49140065.</p>	<p>11.30– 1 pm Monthly Luncheon. Details page 4.</p>	<p>9-12 Cards Gracemere/Board games 3rd April Cost \$5.00 Gracemere Bowls Club, 30 Brooks Street Gracemere. For further information please call the office on 49140065. NEW 10 April The Office Digital assistance 10-11.30am Cost \$5 M/T included.</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.</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 information. Back 15th January.</p>	<p>New 9.30-11am Cuppa & Chat—The Office \$5</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.</p>	<p>NEW 10 April The Office 12.30-2.30 Rock Painting \$5 includes M/T.</p>	<p>Dance Health Lindy 9.30-11.30am. Cost \$5.00 Scout Hall 187 Honor St. Frenchville. Contact the office on 49140065 for further info.</p>
<p>9.30– midday NEW The Office New Board Games cost \$5 includes M/T</p>	<p>12 noon-4 pm Cards \$5..00 afternoon tea included. Held in the Office 1/248 Quay St. Contact Joyce on 49288417.</p>	<p>10.-12.30. Glass Mosaic with Sally. \$15.00 per session unless further materials are required . For further information phone the office on 49140065.</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>9 am -12 noon Newsletter folding next date Thursday 22nd May.</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>NEW 24th April The Office Digital assistance 10.-11.30am Cost \$5 includes M/T New 24 April Rock Painting</p>	<p>Please be SURE to personally sign the attendance book for insurance purposes.</p>

PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.

Monthly luncheons

let's do
lunch

Meeting at 11.30 for a midday lunch.

5th March- Rocky Golf Club Anne St

2nd April- Rocky Leagues Club

7th May- Berserker Tavern

This will be in celebration of 31 years of the program with raffles, lucky doors and "a pick a box" for a surprise."

4th June-Hong Kong Chinese Restaurant

Please be sure to call and book your place a week prior to the dates. Thank you.

Cardboard Cartons

Request's have commenced once again for cardboard rolls , and egg cartons with no coloured print as they are not suitable for the animals to create enrichments for the Zoo animals . Your support with this is appreciated.

Crockery *wanted for glass mosaic sessions, either delivered to the office or can be picked up , thanking you.*

Rock Painting (Trial craft 8 weeks)

Dates 2nd & 4th Thurs. commences on April 10.

Time 12.30–2.30pm.

Cost \$5 includes M/T /Materials supplied.

Interested in trying this activity? The 1st day will be a discussion regarding styles, examples being mandala or an aboriginal emphasis. For information please call the office.

Rocky Nat's Road Closures

Due to this annual event the Office will be inaccessible from Monday 31st March through to Wednesday 9th April. No activities will be held that week due to lack of entry.



Digital assistance

When: 1st and 3rd Thursdays on every month.

Venue: Activity room the Office.

Time: 10.-11.30am commencing on April 10.

Cost \$5 M/T

Need assistance with anything and everything digital? We will be holding group sessions to assist you with your requirements. To book your spot please call the office on 49140065.

"Cuppa & Chat"

Date: Tuesday 22nd April.

Time: 9.30-10.30am

Cost: \$5

A monthly get-together to enjoy each other's company. This will be held the 4th Tuesday of every month.

Line Dancing with Suzie.

Monday 28th April

Time: 9-11am

Cost: Introduction no charge

Venue: Rockhampton City Brass Band Hall Gladstone Road.

Interested in joining the line dancing group or perhaps coming along have morning tea and a chat and watch the session? Please let us know for catering purposes.

Board Games

Date Monday 14th April

Cost \$5

Venue Activity room (office)

Please call to express your interest and ideas of what board games would be of interest.

*Chess *Scrabble *Other?

- 1) Birds don't urinate.
- 2) Horses and cows sleep while standing up.
- 3) The bat is the only mammal that can fly.
The leg bones of a bat are so thin that no bat can walk.
- 4) Even when a snake has its eyes closed, it can still see through its eyelids.
- 5) Despite the white, fluffy appearance of the Polar Bear's fur, it actually has black skin.
- 6) The average housefly only lives for 2 or 3 weeks.
- 7) For every human in the world there are one million ants.
- 8) A small amount of alcohol placed on a scorpion will make it go crazy and sting itself to death!
- 9) Alligators and sharks can live up to 100 years.
- 10) A honeybee has two stomachs- one for honey, one for food.
- 11) Elephants weigh less than the tongue of a blue whale. The heart of a blue whale is the size of a car.
- 12) Blue whales are the largest creature to ever roam the Earth.
- 13) A cockroach can survive for about a week without its head before dying of starvation.
- 14) When a dolphin is sick or injured, its cries of distress summon immediate aid from other dolphins, which try to support it to the surface so that it can breathe.
- 15) A snail can sleep for 3 years.
- 16) The fastest bird, the spine-tailed swift, can fly as fast as 106mph. (Peregrine falcon is actually 174km / hr. or 108mph)
- 17) A cow gives nearly 200,000 glasses of milk in her lifetime.
- 18) The leech has 32 brains.
- 19) The average outdoor-only cat has a lifespan of about three years. Indoor-only cats can live for sixteen years and longer.
- 20) Sharks are the only animals that never get sick. They are immune to every type of disease including



cancer.

21) A mosquito's proboscis has 47 sharp edges on its tip to help it cut through skin and even protective layers of clothing.

22) The human brain has memory space of over 2.5 Petabytes which is 2,500,500 Gigabytes

Air Fryer Chicken Fry's Bone in

- Big chicken thighs (bone in and skin on)
- ¼ teaspoon salt or less
- ¼ teaspoon black pepper
- 1 teaspoon onions powder
- ¼ teaspoon garlic powder
- ½ teaspoon dry thyme
- 2 teaspoons paprika
- ½ - 1 teaspoon Mater Cajun spice blend
- 1 chicken stock cube crushed
- 1 tablespoon extra virgin olive oil
- 1 lemon

Instructions

1. Wash the chicken thighs very well using ½ of one lemon (juiced). Pat dry with paper towels to remove as much moisture as possible.
2. Add seasonings and olive oil to the thighs, wear gloves, and rub the dry rub on every part of the chicken thigh using your hands. Cover and allow the thighs to marinate for 2 hours or cook immediately if in a hurry.
3. Preheat the Air Fryer to 400, place chicken skin up, flip/turn after 10 minutes, and cook for another 5 minutes. Then reduce the heat to 350, and cook for another 10 - 15 minutes. I cooked these big thighs for a total of 27 minutes.
4. Please note that cooking time can vary due to the chicken size of your chicken thigh or the type of air fryer. I have big chicken thighs, and they cooked at a good time.

1st day as a pilot.....

Control tower: what are your coordinates?

Me: I'm by a cloud that looks like a lion

Control tower: can you be more specific?

Me: Simba



Gracemere News

Gracemere Lunch Bunch

Held every 2nd Monday of the month. Commencing at 10 am.

Held at the Gracemere Golfs Club.

10th March

14th April

12th May

As of March there will not be regular guest speakers due to lack of numbers attending, and the increasing difficulty of accessing speakers on relevant topics as well as taking up their valuable time. Lunch will continue. We would appreciate you letting us know if you are attending so Gloria knows the numbers for catering purposes.



What is Sarcopenia?

What is the biological phenomenon that appears in human gradual loss of muscle mass, strength and function when they are growing older?

This is known as *Sarcopenia*!

'Sarcopenia' is a gradual loss of muscle mass, strength and function... the loss of skeletal muscle mass and strength as a result of aging... The situation may be terrible, dependable on individual. Let's explore & analyze multiple ways to prevent 'sarcopenia' thus:

1. Develop the habit, if you're able to stand... just don't sit, and don't lie down if you can sit!
2. Whenever an elderly person falls ill, and get admitted to the hospital, do not ask him/her for more rest, or to lie down, relax and/or not get out of bed... It's not helpful. Help them take a walk... Except if they lost stamina to do so. Lying down for a week causes loss of at least 5% of muscle mass! And unfortunately, the elderly can't recover the loss muscles! Usually, most seniors/elderly who hire assistants loses muscle faster than the active ones!

3. 'Sarcopenia' is more terrifying than osteoporosis! With osteoporosis, one just need to be careful not to fall, while sarcopenia not only affects the quality of life but also causes high blood sugar due to insufficient muscle mass!

4. The fastest loss of muscles (atrophy) is through idleness in muscles of the legs, because when in sitting or lying position, the legs do not move, and the strength of the muscles of the legs are directly affected. This is especially important to pay utmost attention to!

Going up and down stairs... walking, running and cycling are all great exercises, and can increase muscle mass! For a better quality of life at old age... Move... & don't waste your muscles!!

Ageing starts from the feet upwards. Keep your legs active and strong. As we grow older on a daily basis, our feet should always stay active and strong. If you don't move your legs for just 2 weeks, your real leg strength will decrease by 10 years. Therefore, regular exercises such as walking, cycling etc. are very important.

The feet are a kind of columns that bear the entire weight of the human body.... So, Walk every day!

Cards in Gracemere

Venue Gracemere Bowls Club.

Day Thursday's.

Time 9 am - Midday.

Cost \$5 and includes morning tea.

Come along and join a great group.

For further information contact the office on 49140065 or Kevin (cards convener) on 49340776.

Board games

Date 3rd April

Cost \$ 5

Time 9am-midday

Venue Gracemere Bowls Club.

Interested in joining the card group with a social morning of Board games? Please let us know your ideas on what to play.

Dee River Oldies Mt Morgan.

News from Dee River Oldies

Dee River Oldies members are looking forward to their first bus trip for the year down to Bauhinia House for the St Patrick's Day celebrations on Friday 7 March 2025. It is always a good day with music and a nice lunch of Irish stew or cold meat and salad served. The bus leaves the Morgan Street bus stop at 8.30 am. We do have a limit on numbers for the bus.

This is our first bus trip for the year with more to come. Getting our members out and about and catching up for a cuppa and a chat is what we aim to do. Our meetings and morning teas are held in St Mary's Hall, Gordon Street, Mount Morgan. (Behind the Anglican Church).

At our morning teas we have a guest speaker one month and the following is music.

February Morning Tea speaker will be by Stephanie from Aged care and disability Advocacy.

Our March Morning Tea is on Wednesday 26 March, 2025 starting at 10 am. The cost is \$5. Raffle and lucky door prizes.

March Monthly Meeting is on Tuesday 18 March, 2025 at 2 pm. We welcome new and existing members to come along. Members must be aged 50 years and over. There is no cost for membership.

We thank all our members for helping our group make it what it is today.

We look forward to what 2025 brings our way.

Stay happy and healthy.

The Steering Committee

Carol Glover 49 381 995

Colleen Constable 0427 161 131



I caught a lively leprechaun with stubble on his face

He promised loads of buried gold and led me to the place

But when I let him loose to dig he leaped and led a chase

That lively laughing Leprechaun had left without a trace!

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). Meetings commence at 2 pm.

Meetings (Starting at 2 pm)

- Tuesday - 18 March 2025
- Tuesday - 15 April 2025
- Tuesday - 20 May 2025

Morning teas (Starting at 10 am)

- Wednesday - 26 February 2025
- Wednesday - 26 March 2025
- Wednesday - 23 April 2025
- Wednesday - 28 May 2025

Bus trip to Bauhinia House.

Friday - 7 March 2025 leaving at 8.30 am

A stingy old man was determined to prove wrong the old saying, "You can't take it with you when you die." After much thought, he 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 pillow cases full of money to the attic and leave them directly above his bed. His plan was to reach out and grab them on his way to heaven. Several weeks after the funeral the deceased man's wife, up in the attic cleaning, comes upon the two forgotten pillowcases stuffed with cash. "Oh, that old fool," she exclaims. "I knew he should have had me put the money in the basement."

The Importance of sleep.

Between 10pm and 2am we produce the greatest amount of Melatonin. Melatonin influences HIGH levels of HGH secretion. HGH is used to help the body burn fat, repair collagen, regenerate the body tissue, improve bone density, enhance immunity, and repair cells.

Smoke Alarms

Legislation introduced on 1 January 2017 requires all smoke alarms to comply with Australian standard



3786-2014, and requires pre-existing smoke alarms to be replaced with interconnected smoke alarms. All homes must have interconnected photoelectric smoke alarms installed in bedrooms and other locations by 1 January 2027.

Smoke alarms must: be photoelectric.; comply with the Standard. (The body of the alarm must be marked with AS3786-2014.); be hardwired (e.g. 240v) to the mains power supply with a secondary power source (i.e. non removable 10 year battery) or; be powered by 10 year non-removable batteries type photoelectric smoke alarm; be interconnected with every other smoke alarm in the dwelling so all activate together.; must not contain an ionization sensor. Avoid buying smoke alarms, they are not photoelectric. Smoke alarms must be installed: on each storey; in each bedroom; in hallways that connect bedrooms and the rest of the dwelling- if there is no hallway, between the bedroom and other parts of the storey; and- if there are no bedrooms on a storey, at least one smoke alarm must be installed in the most likely path of travel to exit the dwelling.

Smoke alarms should be regularly dusted or vacuumed to make sure they continue working properly.

Accidental alarms go off when there is no fire. They can be a nuisance and become dangerous if homeowners remove the alarm batteries or disable an interconnected system to silence the alarm.

The fire service is not permitted to disable sounding alarms in unattended residences.

Make sure you regularly test to ensure they are working correctly. Vacuum to ensure no dust affects the sensors. Source: <https://www.fire.qld.gov.au/prepare/fire/smoke-alarms>

Two brothers who lived on adjoining farms fell into conflict. It was the first serious rift in 40 years of farming side-by-side, sharing machinery and trading labor and goods as needed without a hitch.

Then the long collaboration fell apart. It began with a small misunderstanding and it grew into a major difference and finally, it exploded into an exchange of bitter words followed by weeks of silence.

One morning there was a knock on John's door. He opened it to find a man with a carpenter's toolbox. "I'm looking for a few days' work," he said. "Perhaps you would have a few small jobs here

and there I could help with? Could I help you?"

"Yes," said the older brother. "I do have a job for you. Look across the creek at that farm. That's my neighbour. In fact, it's my younger brother! Last week there was a meadow between us. He recently took his bulldozer to the river levee and now there is a creek between us. Well, he may have done this to spite me, but I'll do him one better. See that pile of lumber by the barn? I want you to build me a fence - an 8- foot fence - so I won't need to see his place or his face anymore."

The carpenter said, "I think I understand the situation. Show me the nails and the post-hole digger and I'll be able to do a job that pleases you."

The older brother had to go to town, so he helped the carpenter get the materials ready and then he was off for the day. The carpenter worked hard all that day - measuring, sawing and nailing. About sunset when the farmer returned, the carpenter had just finished his job.

The farmer's eyes opened wide, his jaw dropped. There was no fence there at all. It was a bridge ... a bridge that stretched from one side of the creek to the other! A fine piece of work, handrails and all! And the neighbour, his younger brother, was coming toward them, his hand outstretched.

He said to the older brother: "You are quite a fellow to build this bridge after all I've said and done."

The two brothers stood at each end of the bridge, and then they met in middle, taking each other's hand. They turned to see the carpenter hoist his toolbox onto his shoulder.

"No, wait! Stay a few days. I've a lot of other projects for you," said the older brother.

"I'd love to stay on," the carpenter said, "but I have many more bridges to build."

Computer Problems?

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

Michael O'Grady !!

on 0499760523



*I'm so thankful I had my childhood before
Technology took over.*

Management Committee

Executives

Contact numbers

President Lynn Hoskins	0407283800
V/President Joyce Messer	49283688
Secretary Janet Shields	0457477397
Treasurer Chris Forrest	0403272429

Committee

Bette Price	0409572708
Esther Woollard	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., 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.

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.

*The flag's half-mast – my mate is gone – the grief's too raw to share.
My mind is blank – I cannot think – his loss is all that's there.*

*To family that he left behind, I'm sorry for this day.
I want to share how much he meant, but don't know what to say.*

*They say he died for freedom sake – in part this may be true.
I really feel his sacrifice was meant for me and you.*

*It's hard to talk about a mate and sum up all he is,
Those traits the ANZAC diggers had - these virtues all were his.*

*He was a soldier through and through - he stood beside the best.
With things that mattered on the field, be sure he passed the test.*

*I always knew he had my back- he was a dinkum friend.
His loved ones were upon his mind until the very end.*

*We shared good times, we shared some bad, we laughed and reminisced.
My mate sure was a lot of things – but most of all he's missed.*

*I never told him what he meant – for this I do regret.
But always will I honour him, 'MY MATE – LEST WE FORGET'.*

25th April.

A strong young man at a construction site was bragging that he could out do anyone in a feat of strength. He made a special case of making fun of one of the older workmen. After several minutes, the older worker had enough. 'Why don't you put your money where your mouth is,' he said. 'I will bet a week's wages that I can haul something in a wheelbarrow over to that building that you won't be able to wheel back. 'You're on, old man,' the braggart replied. Let's see you do it.' The old man reached out and grabbed the wheelbarrow by the handles. Then, nodding to the young man, he said, 'All right, smart-aleck, get in.'



"Easter is the one time when it's perfectly safe to put all your eggs in one basket."

Happy Easter to all.

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

Holiday Escapes 2025



Gold Coast 2nd -6th June

Traveling with QRail. Below is an outline of the itinerary (Please note all prices are approximate.) Tour/ Coach travel and cost to be advised once we have numbers. Tentative costings:

Rail advised on booking

Staying just a short walk from Pacific Fair at the Tropicana Motel. All costings are an approximate.

- Queen \$140 per night- 4 nights \$560
- Single- \$120 per night- 4 nights \$480
- Twin Share (2 single beds) \$120.00-4 nights \$480.00

Monday June 2nd- travelling day arrive at motel enjoy an evening meal together one of the many choices of eateries.

Tuesday June 3rd

- 7.30-8am Breakfast, your choice of eatery. A free day to explore, check out the shopping centres and beaches. 7 pm Dracula's Theatre Restaurant with a 3 course meal included. Cost \$115 the show runs for approximately 4 hours. This is within walking distance from the motel.

Wednesday June 4th

- 7am Breakfast. 9.30-Midday enjoy a river cruise and lunch on the Spirit of the Gold Coast cost \$79. Free time in the afternoon.

Thursday 5th June

- 7-8am Breakfast. 10-midday am time to be captivated by the "Wax Works Museum" cost \$33.00. Midday lunch, venues of choice followed by "Ripley's Believe It or Not" for a one hour plus interactive tour, cost \$30.00.

Friday 6th June

- 7 am Breakfast . Coach transfer to Rail 8am for an 11am departure from Brisbane to Rocky, arriving 7.05 pm.

Check out Marketta Miami Markets is an eclectic night market, open free to the public Wednesday through to Saturday from 5pm .

Cania Gorge Nature Getaway

Relaxing in a tranquil setting.

Dates- Monday 15th to Friday 19th September.

The drive to Cania Gorge is approximately 3 hours.

Accommodation at Cania Gorge Retreat.

Deluxe/Self contained:

- 2 bd/room-1/Q & 1/D \$90 person per night.
- 1 bd/room- Q-\$71 person/ per night.
- 1bd/room- 1 Q-\$71 person per night.

Economy tea/coffee & fridge only:

- 1 bd/room-D-\$50 person/per night.

Powered van sites- \$25 person/per night.

Extra person per cabin/site- \$20 per night.

Amenities

- Full Camp Kitchen with BBQs, a stove, oven, fridge, freezer, microwave, and toaster.
- stunning walking trails, incredible rock formations, and scenic lookouts.
- Two pools, daily bird feeding, and plenty of open space to soak up the peaceful environment.
- This will be self catered.
- Be sure to bring along your favourite card/board games and musical instruments if you play.

South Rockhampton Cemetery Tour

Rockhampton's historic Southside Cemetery tours offer an hour long tour about the amazing history of the town and visit the troubled, soldiers, victims and other oddities that occupy the cemetery.

Join us as we pull apart mysteries and murders from Rocky's long, dark past. Commencing with dinner at the Allenstown Hotel at

Date 8th May

Time 6pm for dinner at the Allenstown, tour at 7pm.

Cost \$20 per person.

Please wear closed in shoes (sneakers) and don't forget insect repellent.

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!

"They say age comes before wisdom, therefore I don't have wrinkles, I have wise cracks."

Dementia Australia

Will be visiting Rockhampton to provide an introduction to dementia including an overview of different types of dementia, diagnosis, planning ahead and how to support someone living with dementia. Suitable for: People living with dementia, their family carers, family members, and people who are concerned they or someone they know may have dementia. The venue is yet to be arranged, please be sure to check when you are registering.

Date: Thursday 13th March

Time 1-2.30pm

Contact phone number: 1800 588 699

Contact email address: qld.booking@dementia.org.au



If undeliverable please
return to
60 & Better
1/248 Quay Street
Rockhampton QLD 4700

Postage Paid
Australia

Funded by



Queensland Government
Department of Communities

Exercise options:

CQU gym 49232159

Call for an appointment, mention 60' Better for 2 weeks free trial

Classes everyday 7.30 and 8.30

Gym Facilities also available.

Prices

10 pack \$80.00

20 pack \$140.00

6 months membership \$250.00

12 months Membership \$450.00

Family options available.

Water exercises- Affinity Swim

Lap swimming and Hydro

- Monday, Wednesday and Friday 7-8.30 am ,Thursday 1-2pm
No instructor \$4.00

Exercise and Recovery, with instructor \$10.00

- Wednesday 11am, Thursday 12 noon

Water workout with instructor \$10.00

- Thursday 12 -1 pm

Movement with water. With instructor \$10.00

- Wednesday 11 am - 12 noon. 49263882

