



December, January, February 2017/2018

Volume 111

Contact Details

Phone 49 140065 (M) 0437 398 990
Email-better60inc@optusnet.com.au
www.60andbetterrockhampton.com.au
1/248 Quay Street Rockhampton 4700
PO Box 211 Rockhampton 4700
ABN 19507683254

Office Hours

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- Des Browne
Secretary- Joyce Messer
Treasurer- Mary Greenhill
Ass/Treasurer- Joyce Holmes
Committee
Cliff Rawlings
Committee: contacts page 5
Manager- Anita Griffiths
Accountant- Knight Accountants.

Christmas gift suggestions:
"To your enemy, forgiveness.
To an opponent, tolerance.
To a friend, your heart.
To a customer, service.
To all, charity.
To every child, a good example.
To yourself, respect."
~ Oren Arnold



**Free
to Join!**

**Over 50? Come along for...
companionship, exercise and social activities.**



P residents Pen



Hi Folks!

As another year comes to a close, and what a year it has been! Coffee & Conversation has been somewhat of a headache, but it seems we have settled our problems with yet another move to the Red Lion Hotel in Denham Street let's hope we have a lengthy and enjoyable time there.

The holiday goers are just back from our Terranova tour on the North Coast of N.S.W. It was indeed an enjoyable holiday for all who attended. The next rick is to find another destination which will satisfy the multitude, not an easy task with the price of everything increasing.

To all members of 60 & Better, have a Happy Christmas and healthy 2018.

To Anita , you've certainly had a few battles this year trying to keep everything under control, not an easy task, however on behalf of the Committee we thank you for all you do and wish you the very best for Christmas and the New Year. On behalf of Clarice and myself we wish you all the best for the coming year and looking forward to catching up with you. Cheers Stuart.

Anita's Antics



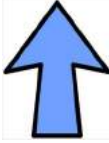
Hi All!

We have had a busy 3 months here in the office. Our Program is going through the accreditation process to secure our funding. Honestly, I don't know when I have ever completed so much paperwork, the poor trees must be suffering.

An interesting story for you regarding our office. The owners of the building kindly gave us the use of a nice table & 2 chairs for lunching whilst looking at the river, sadly around a month ago I came to work only to find some person had stolen them! This was devastating for all, however on telling a member (Grace) of this event she promptly offered us 2 lovely chairs, this was much appreciated and needless to say we take them in every afternoon! Further to this a few weeks ago I walked outside to see to green chairs (labelled 60 & Better), now we have 4 chairs! I thought the owners had given them to us however on thanking them they looked at me puzzled and said "what chairs"? So the mystery is who gave us the chairs? Rest assured, I will find out eventually. It was a lovely gesture & very much appreciated.

On that note I will sign off now letting you all know the office will close of 15th December & reopen on the 15th January. Have a wonderful Christmas & New Year with family and friends.

Until next time Anita.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| <p>9-10am Gentle Exercise with Pam \$5.00. Contact the office on 49140065 for info. Kent Street indoor Bowls Hall.</p> | <p>8-10.30 am Golf Croquet \$ 5.00 & Includes M/T. Botanical Gardens. Phone 49140065. 9.30-11.30 Computer Group no charge. R'ton Regional Library. Phone 49368212</p> | <p>10.30- 1 pm Coffee & Conversation \$16.00- pg. 4 for details Rockhampton Jockey Club. 1st Wednesday of the Month</p> | <p>YEPOON 10.30- 11.30 am Aqua cost \$5.00 held @ Oak Tree Village - 3 Kookaburra Drive. PLEASE CONTACT PAM ON 0414694011 TO CONFIRM</p> | <p>7.45-9 am Walking Program Details page 4.Contact Cliff a/h on 49284201 . 9-10am Yoga R' ton Jockey Club. Cost \$5.00 contact 49140065. No Yoga 14 Sep-3rd Oct. School Hols.</p> |
| <p>10.30-11.30 am Tai Chi with Lynn \$ 5.00 Contact the office On 49140065 for info. Kent Street Indoor Bowls Hall</p> | <p>1.30-3.30 pm Ten Pin Bowling \$7.00 Musgrave Street. Includes shoe hire and afternoon tea. Contact Clarry on 49225048</p> | <p>Attention: Aqua will continue with Affinity Swim. For information please call Sandy on 49262 882. RECOMMENSE 10/1/18</p> | <p>New exercise session </p> | <p>9.30-11.30am pg. 13 / details. Dance Alliance (Sitting Dance) with Lindy \$5.00. Includes M/T. Community Health Bolsover ST. Contact the Office on 49140065.</p> |
| <p>9-noon Cards . \$3.00 (per person) Held at the office 1/248 Quay St. Contact Joyce On 49288417 for further info.</p> | <p>1-4 pm Cards \$3.00 afternoon tea included. Held in the Office 1/248 Quay St. Contact the Office on 49140065 further information</p> | <p>1.30-3.30 pm. Indoor Bowls \$3.00 Includes A/T. Contact the office on 49140065 for further info. Kent St.</p> | | <p>Rumba-Sa with Pam Oak Tree Retirement Village, Glenmore Road. cost \$4.00 per person. Time 8.30-9.30 am</p> |
| <p>9 am -12 noon Newsletter folding next date 22nd February..</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>FRIDAY at GRACEMERE 10.30-11.30am Friday, Strength & Balance, cost \$5.00</p> | <p>1-4 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- Change of venue!

Is now held at the Red Lion Hotel in Denham Street. Cost for morning tea and lunch (main meal) \$17.00. Dessert available on request (to pay on the day) open at 10.15 am. Main meal menu below. Doors open at 10.30 am. Early arrivals may wait in the lounge area. Please choose **YOUR** meal when booking/paying.



6th Dec Christmas Celebrations Red Lion Hotel
 7th February Bob Blair
 7th March Dietician Elizabeth Henderson



Coffee & Conversation
Lunch Choice

- * Chicken Schnitty-*salad & fries*
- * Beef Lasagne-*salad*
- * Crumbed Steak- *salad, fries, choice of sauce (see below)*
- * Rump Steak-*salad & fries, choice of sauce (see below)*
- * Tempura Fish Fillets-*salad & fries*
- * Mongolian Beef- *jasmine rice & sautéed Chinese broccoli*
- * Bangers & Mash *served with Creamy mashed potatoes, beef jus, Baby spinach & caramelised Guinness onions. PLEASE CHOOSE WHEN BOOKING.*



Start dates for
Activities.

| Activity | Start |
|--------------------------------|----------|
| Exercise | 22nd Jan |
| Tai Chi | 5th Feb |
| Cards all days continue | 1st Jan |
| Croquet | 20th Feb |
| Ten Pin Bowling | 23rd Jan |
| Indoor Bowls | 11th Jan |
| Dance Alliance | 2nd Feb |
| Rumba Sa | 12th Jan |
| Yoga | 2nd Feb |
| Strength & Balance (Gracemere) | 12 Jan |

JOIN the Walking Group
 Walks start at 7.45am.
 Please contact Cliff on
 49284201 a/h for further
 information.



The walking group is growing in size! Why not join them for the River front walk and a cuppa and chat at the office. It's a great way to exercise and meet new people.

Meet: in front of the office 1/248 Quay Street.

Dates

- ◆ 2nd, 16th February
- ◆ 2nd, 16th, 30th March

60 & Better Name Badges
 available for order. Cost \$ 14.00
 each.



“Hope smiles from the threshold of the year to come, whispering “it will be happier.”



It's Christmas Time Again

*Put your problems on probation
 Run your troubles off the track,
 Throw your worries out the window
 Get the monkeys off your back,
 Silence all your inner critics
 With your conscience make amends,
 And allow yourself some happiness
 It's Christmas time again!
 Call a truce with those who bother you
 Let all the fighting cease,
 Give your differences a breather
 And declare a time of peace,
 Don't let angry feelings taint
 The precious time you have to spend,
 And allow yourself some happiness
 It's Christmas time again!
 Like some cool refreshing water
 Or a gentle summer breeze,
 Like a fresh bouquet of flowers
 Or the smell of autumn leaves,
 It's a banquet for the spirit
 Filled with family, food and friends,
 So allow yourself some happiness
 It's Christmas time again!*

Bob Lazzar-Atwood




Committee Contact details

| | |
|------------------|--------------|
| Stuart Thomasson | 49277774 |
| Joyce Messer | 49283688 |
| Cliff Rawlings | 49284201 |
| Joyce Holmes | 49288417 |
| Des Browne | 49281191 |
| Mary Greenhill | 0428 380 141 |

What could be more important than having an up to date...


Will & Enduring Power of Attorney?



At The Public Trustee we realise that you probably already have a Will. We are also aware that situations and families change and that from time to time a Will made more than five years ago may not reflect your current wishes. Why not take advantage of our free service and have your Will updated?

Having an Enduring Power of Attorney (EPA) is just as important as having a Will. An EPA allows you to choose someone you trust to make financial, personal and health decisions on your behalf should you become unable to do so yourself.

For a FREE WILL or to make an EPA contact:
 The Public Trustee of Queensland
 69 East Street, Rockhampton
 Telephone: 07 4999 3600
 Email: pt_rockhampton@pt.qld.gov.au



plans for life
peace of mind

Computer Problems?



For prompt
reliable
affordable
service
"IN YOUR
OWN HOME"

Call Michael O'Grady !!
on 0499760523



Holiday 2018

This year why not

“Linga Longa in Yarrawonga!”

Sunday 23rd September- Saturday 29th September 2018.

The package includes 4 Star Luxury Accommodation, Entrance fees to all Venues and Attractions, Cooked or Continental Breakfasts daily, Delicious morning & afternoon teas & lunches specified in the itinerary, dinners at some of the best restaurants in Yarrawonga, Modern 50 seater 5 Star Coach (seat belts fitted and toilet equipped.) Full Itinerary available at the office or please call for one to be mailed out to you.

Total Cost: \$1716-Airfares \$611, Admin \$10, Tours Accommodation \$1095

Deposit to secure our flight and accommodation \$300 per person due by Monday 28th May 2018.

Day 1 Tea break at **Seymour** on the Goulburn River, **Vietnam veterans Commemorative** walk, arrive **Central Motor Inn** Dinner at the Oriental Pearl Restaurant

Day 2 Yarrawonga, Mulwala, split by the Murray river border with a local guide. Tour **Byramine Homestead**, Glenrowan homestead for the Ned Kelly experience Head to Dinner aboard the **PS Cumberona** . A traditional Steam Driven Paddle Boat to enjoy the **Skippers grill dinner**.

Day 3 A fabulous day planned in the Highlands visiting the beautiful **Ovens River, Mt Buffalo, Eurobin, Red Stag Deer and Emu Farm**. We visit **Bright and Wandiligong, Great Alpine Rd Myrtleford , Michelini Wine cellars**

Day 4 Murray River twin towns of Echuca and Moama travelling along the **Murray River** on the Paddle steamer enjoy the scenery and morning tea free time and lunch in Echuca , **The Big Strawberry, Tame Café for a delicious dinner**.

Day 5 Today we head to **Dookie, Dookie Agricultural College** ,visit the **Botanical Gardens Rose Gardens , the Memorial Statue of Weary Dunlop, The Benalla Art Gallery** .

Day 6 travel back in time to **Beechworth, The Historic Vine Hotel, Beechworth Bakery, The Town of Chiltern and Rutherglen**. Before heading home we enjoy **The Chocolate Apple Factory at Shepparton**.

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 our concerns in to our feedback box in the office.

2018 Membership updates.....

Please let us know if you have a change of details including:

✓ **Phone contact** ✓ **Address** ✓ **Next of Kin**

It is extremely important to keep your records up to date should we need to contact you.

In lieu of membership fees donations are very much appreciated. Thank you Anita

Finlayson & McKenzie Funeral Directors



*“Meeting your needs
with quality and com-
passion”*

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

Christmas Lunch 2017- **“New Venue!”**

It's getting close to that time of year again, we hope you can join us for the celebrations!

Venue The Lionleigh Tavern

Date Wednesday 6th December

Cost \$23.00 per person

Time 11am

A great day with a delicious lunch consisting of baked ham/roast chicken, baked vegetable, side salad, bread roll. Dessert will be a Christmas Pudding, Tea & coffee with morning tea. Great entertainment, raffles, lucky door prizes galore. Please book & pay by



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

Postage
Paid
Australia

Funded by



Queensland Government
Department of Communities

Malaysian House Luncheon

Bolsover Street (opposite Pilbeam Theatre area)

Date Thursday 22nd February

Time 12 midday

Cost POD

Why not join us for the 1st luncheon for 2018! Please book before the 14th February.



Happy New Year