

# Gracemere Seniors News



June July August Newsletter 2017

Volume 3

Here's  
What's  
Happening!

What an awesome day was had at the **"Lunch Buddies"** day.

This was our very first social event with a guest speaker, morning tea & lunch. Although we did not have a huge crowd it was thoroughly enjoyed by all! The guest speaker was very informative, and the social contact for all was great.

**Cheryl & Verla's** help with setting up was much appreciated, as was the excellent meal served by **Jean and Dianna**. The decision was unanimously to continue on the **second Monday of each month**. Please share the word to all, looking forward to seeing you there, read on for further information regarding future presenters.

Anything else you'd like to see happening? Well, give us a call and we will give it a go!

Until next time, take care.

Anita & Bronwyn



Join the fun!

## "Social Croquet Day"

Rockhampton Mallet Sports Club.

<i>Date</i>	<i>Tuesday 22nd August</i>
<i>Time</i>	<i>10am- 2pm</i>
<i>Cost</i>	<i>\$10.00 per person</i>
	<b>Includes morning tea &amp; lunch and your croquet game!</b>

Thanks to a successful seniors week application we are running (2) **Rod North Coaches** for pick up from the Capricorn Coast & Mt Morgan/Gracemere areas.

**Coach 1- Cap Coast- 9am depart Hill St bus terminal via Emu Park bus terminal.**

**Coach 2- Mt Morgan 9am bus stop via Conaghan Park in Gracemere. Both coaches return 2 pm. Bookings essential.**

*Bring your family, bring your friends & neighbor's. All ages welcome.*

**"A Queensland for all ages."**

**Proudly supported by :**





**Strength & Balance Sessions**  
**Fridays 10.30-11.30am**

**Venue** Barry Street Community Centre  
**Cost** \$5.00per session.

*Venue hire sponsorship thanks to  
 "Rockhampton Regional Council"*

***Cards & Board Games***

**2nd Saturday EVERY MONTH**  
**CWA Hall James Street**

**Time 12.45-4pm**

**Cost \$6.00 includes afternoon tea**

**Raffle tickets \$2.00**

**3rd Saturday EVERY MONTH**

**St Andrew's Anglican Church**

**Barry Street**

**Time 12.45-4pm**

**Cost \$6.00 includes afternoon tea .**

**Raffle tickets \$2.00**



**Games played**

**Bridge, Euchre, Hand & Foot, Mahjong,  
 Canasta, Crib, 500.**

**For more information please call**

**Dell on**

**0407 896 384**

**TAKING NAPS  
 SOUNDS SO CHILDISH.  
 I PREFER TO CALL  
 THEM HORIZONTAL  
 LIFE PAUSES.**

**What is Safehome?**



Safehome is an initiative of Queensland Fire and Emergency Services designed to assist all householders in recognising fire and safety hazards in and around the home. Once the hazards are identified you can then take steps to eliminate them. Firefighters will visit you upon request at a time convenient to you.

**What is the purpose of Safehome?**

The purpose of the program is to eliminate, as much as possible, any fire and safety hazards around the home. The intent is to reduce death and injury and property damage due to home fires and accidents. Firefighters will advise you on correct positioning of smoke alarms and discuss fire safety concerns.

**Who is Safehome available to?**

All Queenslanders who are concerned with improving safety in their home. If you live in an area serviced by volunteer firefighters, they will be unable to come to your home to conduct a Safehome visit. However, when you telephone 13 QGOV (13 74 68) you will receive both a Safehome kit and a Bushfire Preparedness package which will assist you make your home safer.

**What is the cost to the householder?**

This is a **free** service provided by Queensland Fire and Emergency Services in the interest of developing a safer community. How long will a visit take? All homes have different requirements but a visit should take no longer than 45 minutes.

**How to book a visit?**

If you would like to take the opportunity to invite a firefighter into your home for a visit, do so by phoning 13 QGOV (13 74 68) OR

**Book a visit online.**

For your  
Information.....

Please join us for  
**Rainforest Ranch**  
**Day Trip Byfield**

Date **Thursday 31st August**

Cost **\$50.00**

Call 49140065 for information



## Jail

In a crazy kind of way... this makes a little sense!! Let's put the seniors in jail and the criminals in a nursing home.



This way the seniors would have access to showers, hobbies, and walks. They'd receive unlimited free prescriptions, dental and medical treatment, wheel chairs etc. and they'd receive money instead of paying it out.

They would have constant video monitoring, so they could be helped instantly if they fell, or needed assistance.

Bedding would be washed twice a week and all clothing would be ironed and returned to them. A guard would check on them every 20 minutes and bring their meals and snacks to their cell.

They would have family visits in a suite built for that purpose.

They would have access to a library, weight room, spiritual counseling, pool, and education. Simple clothing, shoes, slippers, P.J.'s and legal aid would be free, on request.

Private, secure rooms for all, plus an exercise outdoor yard with gardens.

Each senior could have a P.C., a T.V., radio, and daily phone calls.

There would be a board of directors, to hear complaints, and the guards would have a code of conduct that would be strictly adhered to. Since they're older people in the rooms, fewer guards would be required thus - saving the taxpayers millions.

The "criminals" would get cold food, be left all alone, and unsupervised.

Lights off at 8pm, and showers once a week. Live in a tiny room, pay \$5000.00 per month and have no hope of ever getting out.

## Easy Baked Chicken with Parmesan and Paprika

Serves: 4

Time: 50 minutes

### Ingredients

4 skinless boneless chicken  
breasts, trimmed

1/2 cup Parmesan cheese, grated (Fresh is better  
but not essential)

2 teaspoons paprika

1/4 cup plain flour

1/2 teaspoon salt

1/2 teaspoon pepper

1/2 teaspoon garlic powder

2 eggs, beaten

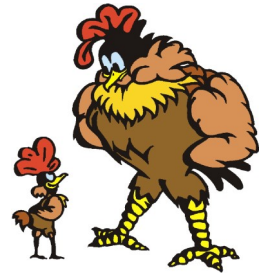
50g butter, melted

### Method

Preheat oven to 200°C. Prepare two, medium-sized bowls. Whisk two eggs in the first bowl. Combine the flour, Parmesan, paprika, garlic powder, salt and pepper in the second bowl. Place a wire rack on a large baking tray, brushing the rack with some oil. Dip chicken in the egg mixture, then follow with the Parmesan mixture. Take care to evenly coat the entire piece of chicken.

Place chicken onto the prepared baking tray and pour the melted butter evenly over all of the chicken.

Bake in the preheated oven for about 40-45



## The Do Not Call Register

provides Australians with the  
ability to opt out of receiving most  
unsolicited telemarketing calls,  
and marketing faxes. Australians



can put their tele-phone or fax numbers on the Do  
Not Call Register at [www.donotcall.gov.au](http://www.donotcall.gov.au)  
or by calling 1300 792 958.

**Please use Telstra 1223**

**This is a FREE sensis directory service**

## *Luncheon with Guest Presenter*

**Venue**     *Gracemere RSL Club*

**Date**     *Monday 12th June @ 10 am*

**Cost**     *\$15.00*

*Join us for a great morning tea and lunch and a few interesting topics on the 2nd Monday of each month. For catering purposes, please let us know if you will be attending the week before.*



**Presenters**

June 12th	Home Assist
July 10th	Gardening with Tom Wyatt
14th August	To be advised

**If undeliverable**

**Please return to**

**Rockhampton 60 & Better**

**PO Box 211 Rockhampton 4700**

Please  
affix  
stamp

Funded by



**Queensland Government**  
Department of **Communities**

## **celebrate!** Seniors Week with Gracemere & surrounds

**Venue**     **Kabra Hotel**

**Date**     **Thursday 24th August**

**Time**     **12 noon**

**Cost**     **\$12.00 (approx.) includes tea/coffee**

**Join us for a seniors week celebration. A wide choice for lunch, meet new members perhaps catch up with some old acquaintances and generally have a good time! For catering purposes please book by the 17th August.**