

Gracemere Seniors News



March April May 2017

Volume 2

60 & Better update!

Hello everyone. What an exceptional welcome the program is having in Gracemere! We are very excited with the prospect of introducing even more activities in your area, and welcome all suggestions and ideas, please read on for further updates.



For those unfamiliar with the program and pick up this Newsletter and feel you would enjoy being involved please call us. It's **FREE** to join.

A huge thank you goes to **Rockhampton Regional Council** for approving our grant application to offset the cost of hire for our Strength & Balance session at the Community Hall in Barry Street.

I would also like to acknowledge the contribution of Dulcie, a member who lives in Gracemere & assists with the distribution of the newsletters! Thank you Dulcie!

Should you be interested in assisting us in any way please let us know, your support would be very welcome.

Until next time, take care Anita.

Are you interested in?

- ◆ **Strength & Balance session.**
- ◆ **Guest speakers, morning tea & lunch.**
- ◆ **Croquet.**
- ◆ **Gardening.**



Read on to find out what's happening in your area.

Contact details

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PO Box 211 Rockhampton 4700

1/248 Quay Street Rockhampton

Office hours:

Monday-Thursday 9am-3pm

Friday- 9-12.30 Friday.



Strength & Balance...

Continues!

Fridays 10.30-11.30am

Venue Barry Street Community Centre

Cost \$5.00 per session.

Be sure to take your water bottle, wear loose clothing and comfortable flat shoes.

Pam strongly urges all people attending to **WORK AT YOUR OWN PACE!**

Please contact us on **49140065**.



Proudly supported by
Rockhampton Regional Council

New activity trial!

Golf Croquet

Proposed date

Wednesday 5th April

Cost \$ 6.00 per person.

Time 9am - 10.30am.

Venue Ian Besh Drive (beside Bowls Club.)

(\$5.00 directly to the club / \$1.00 for morning tea, please use "Honour jar.")

This is a **60 & Better Activity**. We are hiring the facilities & equipment from the Gracemere Croquet Club. Drive It doesn't matter whether you are a regular player or a newcomer! Coaching will be available. **Please register YOUR interest by calling us on 49140065.**



My husband and I were dressed and ready to go out for a lovely evening of dinner and theatre. Having been burgled in the past, we turned on a 'night light' and the answering machine, then put the cat in the backyard. When our Cab arrived, we walked out our front door and our rather tubby cat scooted between our legs inside, then ran up the stairs. Because our cat likes to chase our budgie we really didn't want to leave them unchaperoned so my husband ran inside to retrieve her and put her in the back yard again. Because I didn't want the taxi driver to know our house was going to be empty all evening, I explained to him that my husband would be out momentarily as he was just bidding goodnight to my mother. A few minutes later he got into the cab all hot and bothered, and said (to my growing horror and amusement) as the cab pulled away. "Sorry it took so long but the stupid witch was hiding under the bed and I had to poke her butt with a coat hanger to get her to come out! She tried to take off, so I grabbed her by the neck and wrapped her in a blanket so she wouldn't scratch me like she did last time. But it worked! I hauled her fat butt down the stairs and threw her into the backyard ... she had better not #?@!.. in the vegetable garden again." The silence in the taxi was deafening .



"None are so old as those who have outlived enthusiasm" - Henry David Thoreau

Cheesy Herb Tarts

For a tasty, easy-to-prepare pastry that's ideal for a quick dinner, or made into smaller portions and served cold for lunch, you can't ignore our Cheesy Herb Tarts.



Ingredients

- 3 eggs, lightly beaten
- 1 large sheet of shortcrust pastry
- 1 tablespoon olive oil
- 2 onions, thinly sliced
- 1 tablespoon brown sugar
- 2 teaspoons balsamic vinegar
- 1/3 cup chopped fresh herbs (eg. tarragon, basil, chives, parsley)
- 3 tomatoes, halved and seeded (drained on paper towel)
- 120g crumbled soft goats cheese
- 2 tablespoons grated parmesan
- 1/2 cup each of milk and cream

Method

Preheat oven to 200°C, grease a tart pan and line with pastry. Top with baking paper and rice, bake for 20 minutes. Remove paper and rice, discard and bake for a further 10 minutes. Cool.

Meanwhile, heat the oil in a pan, add the onion, season and cook (stirring regularly) for 20-23 minutes. Stir in sugar and vinegar and cook for a further two to three minutes. Set aside.

Spread onion over the base of the tart. Sprinkle with half the herbs, followed by tomatoes, cheeses and remaining herbs. Whisk eggs, milk and cream together. Season and pour onto tart. Bake for 40-45 minutes. Leave to cool for 10 minutes before serving.

**garden
time**

Interested in Gardening?

Want to share you ideas , enjoy morning tea. Should this appeal to you please let us know. We may have just the group for you.

Our group began in July 2013, we currently have 12 members (including 2 gents) and would love to increase our membership. Sing Australia is a national organisation and there are groups all over the country who get together and sing. The beautiful part is that sometimes people from other groups from all over Australia who have been in our area either passing through or on holidays have visited us and joined in song. We have a cuppa and chat and a sing a long and it is so much fun. There is no pressure for anyone to sing in public if they do not wish to, they can just join us when we meet and sing together for fun and friendship. There is also no expectations of being there each and every week, just come when you are able to. There are no auditions and all anyone requires is enthusiasm and a smile. **Please contact Lynette Anstey on 0419358485 / 49333661 / anstey.family@bigpond.com if you require further information.** “



Sherlock Holmes and Dr Watson were going camping. They pitched their tent under the stars and went to sleep.

Sometime in the middle of the night Holmes woke Watson up and said: “Watson, look up at the stars, and tell me what you see.”??

Watson replied: “I see millions and millions of stars.” ??

Holmes said: “And what do you deduce from that?” ??

Watson replied: “Well, if there are millions of stars, and if even a few of those have planets, it's quite likely there are some planets like earth out there. And if there are a few planets like earth out there, there might also be life.” ??

And Holmes said: “Watson, you idiot, it means that somebody stole our tent.”

Gracemere Lunch Bunch

Something new!

Come along to morning tea (tea coffee & a slice) & lunch roast with vegetables, dessert, tea & coffee, all for \$14.00.

This will be a day to listen & interact with other seniors as well as the guest speakers. We have two great guest speakers.

One on health strength & balance, the other on fun & games of a motor bike riding fund raiser, Michael Schinkel.

Date Monday 8th May

Time 10.30am

Cost \$14.00 per person

Venue The RSL Club Gracemere.

We hope you will support this day and it will lead to a regular occurrence. Please be sure to let us know you are attending by the 4th may. Thank you.



Rockhampton 60 & Better contact number 49140065

If undeliverable

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Rockhampton 60 & Better

PO Box 211 Rockhampton 4700

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