



# The Seniors Sentinel

September, October, November 2019

## Contact Details

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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- Joyce Messer**

**Secretary- Janice Hoare**

**Treasurer- Chris Forrest**

**Ass/Treasurer- Joyce Holmes**

**Committee**

**Cliff Rawlings**

**Caroline Lynch**

**Committee: contacts page 7**

**Manager- Anita Griffiths**

**Accountant- Kelco Accountants.**

**Of course I talk to MYSELF.**

**Sometimes I need an  
expert's advice!**

**Over 50? Join now !!!**   
**companionship, exercise & social activities.**

**P** residents Pen

Hi Folks,

Well this year has been in a hurry to end with only 4 months left to go!

**2019  
Annual  
General  
Meeting**

Once again we have had plenty going on, and as usual the office has had a fair amount of ever mounting paper work. This being the case, the committee along with Anita have finally given in and employed Julie Mason to assist with the day to day running of the office. We welcome Julie Mason to the team. Sheila continues to give her ongoing assistance with the data base & collation of information required for reporting each 3 months. This all helps in the day to day running of the office. Last month we also welcomed aboard Janice Hoare to the Committee in the position of Secretary. Thank you Janice your assistance will be very much appreciated.

Seniors Week has come & gone for 2019. I must say it was a pretty impressive program, so many organisations put a lot of effort into their events, I trust which ever events you attended you enjoyed thoroughly.

Our AGM will be held on Wednesday October 2nd, we would welcome any inquiries regarding the positions available.

Finally Clarice & I are off to Canada & Alaska for an 18 day tour soon. We will be thinking of you all- Ha! Ha! I will give you an update in the next Newsletter.

Until next time keep happy & live well.

Stuart.

**A**nita's  
Antics



Hello to all members,

*They say change can be as good as a holiday! I certainly hope so.*

*The committee made a tough decision at the August meeting to give some of our exercise activities a huge shake up. These new activities will be well & truly up & running by the 1st September. New instructor's have commenced, Helen will now take the Gentle Exercise session and both Strength & Balance (Gracemere), & Rumba (now known as "Dance with Joy") will be instructed by Katie, (details page 4). We welcome you to come along & give these new sessions a try, for all those interested the 1st session will be at no charge.*

*It has been great having Julie working with me the last couple of weeks, she has settled in well and enjoying her role.*

*It is difficult to believe we are now working towards Melbourne Cup & Christmas Celebration's, both of which details are included in the Newsletter. Please check with the office for end/commencement dates for all activities for the year. Final dates will be included in the next Newsletter.*

*I hope we have a huge turnout for our Christmas Celebration's this year, we will be returning to the Allenstown Hotel & have been reassured that with the new equipment they have on hand no meals will be cold. Be sure to keep informed, let us know if you have any ideas or suggestions and please be sure to call should you require any information.*

*Until next time take care. Anita*

# Rockhampton 60 & Better Program Inc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-10 am</p> <p>Gentle Exercise with Helen, \$5.00. Contact the office on 49140065 for info.</p> <p>Kent Street Indoor Bowls Hall.</p>	<p>7-9 am Golf Croquet \$ 5.00 &amp; Includes M/T.</p> <p>Botanical Gardens. Phone 49140065.</p> <p>9.30-11.30</p> <p>Computer Group no charge.</p> <p>R'ton Regional Library. Phone 49368212</p>	<p>10.30- 1 pm</p> <p>Coffee &amp; Conversation \$17.00- pg. 4 for details</p> <p>Red Lion Hotel-1st Wednesday of the Month</p>	<p>Management Meeting 2nd Thursday 9 am.</p> <p>Lunches &amp; social outing as arranged (see page 12.)</p>	<p>9.30-11.30 am pg. 13 / details.</p> <p>Dance Alliance (with Lindy \$5.00.</p> <p>Includes M/T. Community Health Bolsover ST. Contact the Office on 49140065.</p>
<p>10.30-11.30 am</p> <p>Tai Chi with Lynn \$ 5.00</p> <p>Contact the office on 49140065 for info.</p> <p>Kent Street Indoor Bowls Hall</p>	<p>1.30-3.30 pm</p> <p>Ten Pin Bowling \$7.00</p> <p>Musgrave Street. Includes shoe hire and afternoon tea. Contact Clarry on 49225048</p>	<p>8 am-9 am</p> <p>Chair Yoga with Leesa. \$5.00.</p> <p>Oak Tree Village, Glenmore Road.</p>	<p>FRIDAY in GRACEMERE</p> <p>10.30-11.30 am Friday, Strength &amp; Balance with Katie , cost \$5.00. Barry Street Community Centre . Proudly supported by R'ton Regional Council</p>	<p>Move with Joy, instructor Katie</p> <p>Oak Tree Retirement Village, Glenmore Road. cost \$4.00 per person. Time 8.45-9.45 am</p>
<p>9-noon</p> <p>Cards . \$3.00 (per person )</p> <p>Held at the office 1/248 Quay St. Contact Joyce on 49288417 for further info.</p>	<p>1-4 pm</p> <p>Cards \$3.00 afternoon tea included. Held in the Office 1/248 Quay St.</p> <p>Contact the Office on 49140065 for further information</p>	<p>1.30-3.30 pm.</p> <p>Indoor Bowls \$3.00</p> <p>Includes A/T. Contact the office on 49140065 for further info. Held at the RDIBAI in Kent St.</p>		<p>1-4 pm.</p> <p>Cards \$3.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office 49140065.</p>
<p>9 am -12 noon</p> <p>Newsletter folding next date Thursday 28th November 2019.</p>	<p>Be sure to wear comfortable shoes &amp; 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>9-10 am.</p> <p>Easy Yoga with Leesa cost \$5.00</p> <p>Grandstand Rocky Jockey Club.</p> <p>Contact the office 49140065 for further information.</p>
PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.				

## Coffee Conversation & Lunch

Is 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) doors open at 10.15 am. Please choose **YOUR** meal – **Fish or Roast** of the day when booking/ paying.



**4th September**

**Crime Prevention**

**QLD Police Service**

**2nd October**

**Calendars**

**Keith Ireland**

**6th November**

**Kidney Health**

**Jennifer & Helen**

**4th December**

**Christmas Celebrations**

**Allenstown Hotel**

## Meet Helen

New instructor- Mondays  
exercise class

**Class information: -**

Our Fun and Fitness class is low impact and caters to all ages and abilities. Working at your own pace, the class will focus on elements that will improve mobility, balance, strength and cardiovascular fitness in a safe and sociable environment. Your work out, your way!

**Personal Bio: -**

My name is Helen, but most people call me 'H'. I'm a certified personal trainer and group exercise instructor with more than ten years experience. In addition I am qualified to teach a wide range of classes including Les Mills, Boxing, Pilates, HIIT and Boot camps. My belief is in the great health benefits of an active life and I have a passion for fitness, but fitness has to be fun too! Consequently, I like to use functional training methods and exercises to help people of all ages and fitness levels to consistently improve themselves over the long term. Every class is different, but they all feature exercises for improving strength, endurance, balance and flexibility, whilst having some fun at the same time. To me, it's not just about how you look, but how you feel – fitter, healthier and stronger for life!

Outside of the gym I'm also known as the crazy cat lady because I have adopted four cats!



## Meet Katie

New instructor Friday's both Rocky & Gracemere.



Move with Joy is a dance fitness class for active older adults who are looking for a lower-intensity, high energy workout.

**How It works:** The design of the class introduces easy-to-follow movements that focus on balance, range of motion and coordination. It also helps with cardiovascular, muscular conditioning, flexibility and balance!

# 15 Tricky Riddles.

Can you solve them? Find the answers on page 6.



- 1) David's father has three sons: Snap, Crackle and ... ?
- 2) What room are ghosts not allowed to enter?
- 3) What belongs to you but is used more by other people?
- 4) What tastes better than it smells?
- 5) What is more useful once broken?
- 6) I am full of holes, yet I can still hold water. What am I?
- 7) Enter through one, exit through three. When you succeed, I am on thee. What am I?
- 8) No flesh, no feathers, no scales, no bone. Yet fingers and thumbs, I have my own. What am I?
- 9) Two fathers and two sons went fishing one day. They were there the whole day and only caught three fish. One father said, that is enough for all of us, we will have one each. How is this possible?
- 10) What goes up but never comes down?
- 11) My maker doesn't need me. My buyer doesn't want me. My user doesn't appreciate me. What am I?
- 12) Always in you. Sometimes on you. If I surround you, I can kill you. What am I?
- 13) As light as a feather, yet no man can hold me for long. What am I?
- 14) I have two hands, but I cannot scratch myself. What am I?
- 15) Poor people have me. Rich people need me. If you eat me, you will die. What am I?

Answers page 6

*How did you fare?*

## Lemon Butter Chicken (4 Servings)



- 4 chicken thighs or breasts–boneless
- 2 teaspoons smoked paprika
- Salt to taste
- Ground black pepper, to taste
- 1 Tablespoon salted butter
- 2 – 3 cloves garlic, minced
- ½ cup chicken broth
- ½ cup heavy cream
- ¼ cup grated Parmesan cheese
- 2 cups baby spinach, chopped
- Juice of 1 lemon (add the zest if you want extra lemon flavor)
- 1 Tablespoon chopped fresh thyme or 1 teaspoon dried thyme

### Method

1. Preheat the oven to 180°.

**Note :** if using a casserole dish pre warm whilst preparing other ingredients.

2. Season the chicken thighs or breasts with salt, pepper, paprika, and toss to coat.

3. Melt 1 tablespoon of butter in a large oven-safe skillet/or Fry pan over a medium-high heat. Add the chicken and sear for 2-3 minutes per side, or until it's golden brown. Remove the chicken and set aside. Drain the pan, leaving 1 tablespoon of fat in there.

4. Add the minced garlic and cook, stirring constantly, until fragrant – about 1 minute. Stir in the chicken broth, heavy cream, and parmesan cheese.

5. Bring the mixture to a simmer, and add the baby spinach. Cook until the spinach is wilted and the sauce has thickened slightly – about 3-5 minutes.

6. Stir in the lemon juice, thyme, and lemon zest (if using). Return the chicken to the skillet or casserole dish oven baked skillet, and transfer it to the oven. Bake for 15-25 minutes. Serve with rice.





**Rockhampton  
60 & Better  
Program Inc.**

Date Wednesday 2nd October 2019

Time 10.30 am

Venue Red Lion Hotel

Nominations are called for the following positions:

- ♦ President
- ♦ Vice President
- ♦ Secretary
- ♦ Treasurer
- ♦ Assistant treasurer
- ♦ Committee (2) members

All nominees MUST be current members of the program. Nomination & proxy forms are available through the office or can be posted/emailed on request. Nominations close at 10.30 am on the 19th September.

**Answers to Riddles**

**Page 5:**

1. David
2. The living room
3. Your name (alternative answer: your doorbell)
4. Your tongue
5. An egg
6. A sponge
7. A T-shirt
8. Gloves
9. There was a man, his son and his grandson
10. Your age
11. A coffin
12. Water
13. Your breath
14. A clock
15. Nothing



**Monday 11th November 2019**



Donations for Lucky door/raffle prizes to the program would be greatly appreciated!



**Wanted!**

**Any novels you no longer require  
would be much appreciated.**

**Thank you!**

### Muscle strength activity?



Muscle-strengthening exercises are counted in repetitions and sets. A repetition is 1 complete movement of an activity, like lifting a weight or doing a sit-up. A set is a group of repetitions.

For each activity, try to do 8 to 12 repetitions in each set. Try to do at least 1 set of each muscle-strengthening activity. You'll get even more benefits if you do 2 or 3 sets.

To gain health benefits from muscle-strengthening activities, you should do them to the point where you find it hard to complete another repetition.

There are many ways you can strengthen your muscles, whether at home or in the gym. Examples of muscle-strengthening activities include:

- ▶ carrying or moving heavy loads such as groceries
- ▶ activities that involve stepping and jumping such as dancing
- ▶ heavy gardening, such as digging or shoveling
- ▶ exercises that use your body weight for resistance, such as push-ups or sit-ups
- ▶ yoga
- ▶ lifting weights

Make a time to do specific strength exercises 2 or 3 times a week, and build some of them into your everyday activities.

Why not try 60 & Better's many exercise sessions. They are fun and friendly including

- Gentle exercise
- Tai Chi
- Yoga
- Chair Yoga
- Strength & Balance

Please phone or call the office for further information.

### What is Advocacy?



Advocacy is the process of standing beside someone and supporting them to:

- understand and exercise their rights
- have their voice heard on the issues that are important to them.

What is an Advocate?

**An advocate is an impartial person, who:**

- ◆ takes the time to listen and understand your views and wishes
- ◆ informs you of your rights and responsibilities
- ◆ assists you to explore your options and make informed decisions
- ◆ supports you to raise your concerns and work towards a resolution
- ◆ provides practical assistance such as help to write a letter or raise your concerns at a meeting
- ◆ speaks for you in situations where you don't feel able to speak for yourself
- ◆ increases your capacity to self-advocate

Aged and Disability Advocacy Australia (ADA Australia), is an independent service offering free, confidential and client-focused services including advocacy support for aged care and community care issues, Guardianship matters, and provision of education and information. For more information, visit our website at [adaaustralia.com.au](http://adaaustralia.com.au) or call

ADA Rockhampton on

**1800 818 338.**

## Computer Problems?

For prompt reliable  
affordable service

in YOUR Own Home." call

Michael O'Grady !!

on 0499760523



## How can I avoid telephone scams?

- If you're not sure that the person on the other end of the phone is legitimate, hang up and call the organisation by using their official contact details.
- Be wary of sharing personal, credit card or banking details over the phone - unless you've made the call or the phone number came from a trusted source this should be avoided.
- Never give an unsolicited caller remote access to your computer.
- Make sure your computer is protected with regularly updated anti-virus software.
- If your alarm bells are ringing or you think something's not quite right, just hang up.



## 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

**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.



**PETER BOODLES** A huge "thank you" goes  
**QUALITY MEATS** to Peter for donating a  
Christmas ham for our Christmas celebrations  
every year.



*My cousin died last week. He needed a blood transfusion but we didn't know his blood type. He just kept saying, "B positive, B positive". But it was hard to be positive when he was dying.*



## Tips for a healthy bladder

Good habits can help you avoid bladder control problems.

For a healthy bladder:

- urinate four to eight times a day, but no more than twice each night
- try not to go 'in case' – wait until your bladder is full (although going before bed is sensible)
- when you go, completely empty your bladder
- drink plenty of water – six to eight cups a day for most people include fibre in your diet so you don't strain when opening your bowels don't have too much caffeine, as it can irritate your bladder keep your pelvic floor muscles strong. Women should sit on the toilet seat, rather than hover over it.

### Bladder problems symptoms

Speak to your doctor if you're having problems with your bladder.

Symptoms include:

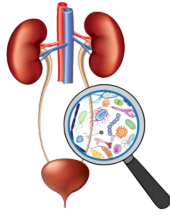
- ▶ wetting yourself (even a little) when you cough, sneeze, laugh or when active
- ▶ feeling an urgent need to urinate, or not getting there in time
- ▶ passing small amounts of urine more than eight times daily
- ▶ unexpected changes in your bladder habits

### Loss of bladder control

If you can't always control your bladder function, you may have urinary incontinence. Urinary incontinence is any involuntary (accidental) loss of urine from your bladder. It ranges from small 'leaks', to complete loss of control.

If you think you have incontinence, contact your doctor or the National Continence Helpline on

**1800 33 00 66.**



## Prunes May Promote Bone Health



Prunes may be beneficial for improving bone health.

Some studies have linked prune consumption with a reduced risk of debilitating bone conditions such as osteoporosis and osteopenia, which are characterized by low bone density.

Not only have prunes been shown to prevent bone loss, they may also have the potential to reverse bone loss that has already occurred. It's still unclear why prunes appear to have these positive effects on bone health. However, their content of antioxidants and ability to reduce inflammation are thought to play a role.

Additionally, research suggests that consuming prunes may increase levels of certain hormones that are involved in bone formation.

Prunes also contain several vitamins and minerals that have bone-protective effects, including vitamin K, phosphorus, magnesium and potassium. While all these findings are positive, most of the evidence regarding prunes and bone health is based on results from animal and test-tube studies.

However, the minimal amount of human research conducted on prune intake and bone health has produced promising results. Compared to other fruits, prunes appear to be the most effective at preventing and reversing bone loss. *Myhealthinsight*

*A little  
progress  
each day  
adds up to big results.*



# 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:.....

Marital 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](mailto:fmckfunerals@live.com.au)

# Leave your legacy

Protect what you love with an  
Enduring Power of Attorney



Contact the  
Public Trustee

1300 360 044  
[www.pt.qld.gov.au](http://www.pt.qld.gov.au)



## MY AGED CARE

To register and for information on  
MyAgedCare Phone 1800 200 422  
or visit-<http://www.myagedcare.gov.au/>  
for Information on:

- ☐ Household help, transport, home modification and maintenance
- ☐ Personal and Nursing care
- ☐ Carer support and counselling
- ☐ Aged care homes
- ☐ Community aged care packages
- ☐ Powers of attorney, enduring powers of attorney and enduring guardians
- ☐ Guardianship and administrators
- ☐ And much more .....

Please ensure you are registered, it will save you time  
if & when you need their assistance.

A local business was looking for office help. They put a sign in the window saying:  
"HELP WANTED. Must be able to type, must be good with a computer and must be bilingual. We are an Equal Opportunity Employer."



A short time afterward, a dog trotted up to the window, saw the sign and went inside. He looked at the receptionist and wagged his tail, then walked over to the sign, looked at it and whined. Getting the idea, the receptionist got the office manager. The office manager looked at the dog and was surprised, to say the least.

However, the dog looked determined, so he led him into the office. Inside, the dog jumped up on the chair and stared at the manager. The manager said, "I can't hire you. The sign says you have to be able to type."

The dog jumped down, went to the typewriter and proceeded to type out a perfect letter.

He took out the page and trotted over to the manager and gave it to him, then jumped back on the chair. The manager was stunned, but then told the dog, "The sign says you have to be good with a computer."

The dog jumped down again and went to the computer. The dog proceeded to demonstrate his expertise with various programs and produced a sample spreadsheet and database and presented them to the manager.

By this time the manager was totally dumbfounded! He looked at the dog and said, "I realize that you are a very intelligent dog and have some interesting abilities. However, I still can't give you the job." The dog jumped down and went to a copy of the sign and put his paw on the part about being an Equal Opportunity Employer.

The manager said, "Yes, but the sign also says that you have to be bilingual."

The dog looked at him straight in the face and said, "Meow."



**Bartlett's Tavern**

Date Thursday 26th Sep.

Time Midday

Cost Pod

A variety of meal choices from \$8-\$11.00 with a choice of 7 different meals. Please let us know are attending by the 21st September.



**Willby's Training Restaurant**

Date Tuesday 5th November

Time 11 am

Cost \$35.00

Something different this year as we head to Willby's for a 3 course luncheon with all the atmosphere of Melbourne Cup. Please book & pay by the 29th October.



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

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Queensland Government  
Department of Communities

**Christmas Celebrations**

Venue The Allentown Hotel

Date 4th December

Time 10.30 am

Cost \$20.00

Join us to celebrate Christmas 2019. Morning tea on arrival. A scrumptious lunch consisting of combination ham/chicken roast vegetables, bread roll. Dessert of Christmas pudding with custard. Raffles lucky door prizes & entertainment on the day. Please book & pay by the 27th November.

**Footnote: We have spoken with the staff at Allies regarding the meals. They have assured us with the updated equipment no meals will be cold.**

