



Gracemere Seniors News

June, July, August 2023

Volume 26

Hello everyone,

I am sure for the most part, you are all enjoying the cooler weather.

It has been great to see regular attendance at Lunch Buddies, and our card sessions in Gracemere. Yoga with Leesa is slowly picking up, please spread the word to friends and family regarding this new session.

There are still spots for the Bundaberg holiday in October. Let us know if you are interested and we will send an updated itinerary to you.

Don't forget Lisa is available to assist with your mobile phones or help with iPads, Laptops or tablets. Just call to make a time.

It must be a relief to see much of the road work in the main street completed for both residents and the businesses along the main through road.

I have included events happening in Rockhampton should they be of interest to you. Until next time take care Anita

The Road To Laughter town

Would ye learn the road to Laughter town,

O ye who have lost the way?

Would ye have as young heart though your hair be gray?

Go learn from a little child each day.

Go serve his wants and play his play,

And catch the lilt of his laughter gay.

And follow his dancing feet as they stray;

For he knows the road to Laughter town,

O ye who have lost the way.

Poet: Katherine D. Blake



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**new
email address**

www.6oandbetterrockhampton.com.au

 <https://www.facebook.com/Rockhampton60Better-120542552665574>

Address

1/248 Quay Street R'ton

Office hours:

Monday-Thursday 9 am-3 pm

Friday- 9-12.30

Golden Park Retreat Goovigen

Date Thursday 22nd June

Pick up **Barry Street Community Centre 8.40am**

Time 8.30am return 4pm (approximately)

Cost \$75.00 per person (Based on 40 members)

Travelling to Goovigen to enjoy a day at a the beautiful Golden Park Retreat. Included in your day morning tea of Damper and tea/coffee a camp oven roast, baked vegetable , ice cream and fruit salad for dessert.

Great Western Hotel Luncheon

Date Thursday 27th July

Time Midday

Cost POD

St Aubins Village Luncheon

Date Thursday 24th August

Time Midday

Cost \$15-\$22.00 pay & pre order by the 17th August.

Cards in Gracemere

Venue Gracemere Bowls Club.
 Date Thursdays
 Time 9 am - Midday
 Cost \$5.00 and includes morning tea.



Come along and join a great group. Should you be interested in giving this social activity in Gracemere a go, please ring the office on 49140065 or Kevin (cards convener) on 49340776

The Best Baked Chicken Breasts

Ingredients

1 small bunch parsley
 1 lemon, sliced 1/4 inch thick
 1 cup dry white wine, such as Sauvignon Blanc or chicken stock

Four boneless, skinless chicken breasts

1 tablespoon olive oil

1/4 teaspoon paprika

Salt and freshly ground black pepper

Directions

Preheat the oven to 180 ° degrees C.

Place the parsley in the center of a baking dish and top with the lemon slices. Pour the wine around the parsley. Brush the tops of the chicken with the olive oil and season with the paprika, 1 teaspoon salt and a few grinds of black pepper. Arrange the chicken breasts on top of the lemon slices. Cut an 8-by-10-inch piece of parchment and place it on top of the chicken.

Bake until the chicken registers 165 degrees F on a digital thermometer, 40 to 45 minutes. Let sit for 5 minutes before serving. The chicken can be refrigerated in an airtight container for up to 5 days.

Clean sponges You washed the pan, but are now left with a black and dirty sponge? Just fill a small container with 2 cups of water and a quarter cup of salt, put the sponge in and leave it in there overnight. When you take it out in the morning, it'll be like new. It's recommended doing this at least once a week, whether the sponge is stained or not.

Friday Fun & Games on Fridays Fun & Games on Friday with Alyson

Venue Barry St Community Hall

Time 9-11.30 am.

Cost \$5.00



This session starts with 15 minutes of drumming followed by light exercise for strength & balance. It's all about out having some fun, laughter and exercise on Friday morning. Please call for further information.

Yoga with Leesa

Date Wednesday's

Time 4-5pm

Cost \$7.00

Venue Gracemere Bowls Club.

Why not come along and give it a go, your 1st session is free.

★Due to increases in costs involved we have had to increase this session to \$7.00 per person.



A politician, 3 doctors and 3 engineers decided to climb Mount Everest. They arrive there and start climbing the long way up the tallest climb on Earth. It's a grueling climb and they have to stop many times to rest and pull each other up. Halfway into the climbing, the rope starts to break. The doctors say they should all hang on and wait for help. Nobody believes they will arrive on time. The engineers, with their quick physics skills tell everyone "One of us has to jump or else we all die!" Nobody wanted to jump. Everyone held onto the rope with their hands tightly. Then, the politician let out a sigh. "You people are valuable resources for the country. A doctor can save so many lives. An engineer can build so many innovative things. But what am I? A useless politician. What do I do for society? Nothing. I just give speeches and that's it." - he gives out a very heartfelt sigh. The others were so touched, they all started clapping for the politician.

*Before someone's tomorrow has been taken away,
 Cherish those you love,
 Appreciate them today.*

Stay connected

One of the greatest challenges of aging is maintaining your support network. Staying connected isn't always easy as you grow older-even for those who have always had an active social life. Career changes, retirement, illness, and moves out of the local area can take away close friends and family members. And the older you get, the more people you inevitably lose. In later life, getting around may become difficult for either you or members of your social network.

It's important to find ways to reach out and connect to others, regardless of whether or not you live with a spouse or partner. Along with regular exercise, staying social can have the most impact on your health as you age. Having an array of people you can turn to for company and support as you age is a buffer against loneliness, depression, disability, **hardship**, and loss.

Connect regularly with friends and family. Spend time with people you enjoy and who make you feel upbeat. It may be a neighbor who you like to exercise with, a lunch date with an old friend, shopping with your children, or playing with your grandkids. Even if you are not close by, call or email frequently to keep relationships fresh.

Make an effort to make new friends. As you lose people in your circle, it is vital to make new connections so your social life doesn't decline. Make it a point to befriend people who are younger than you. Younger friends can reenergize you and help you see life from a fresh perspective.



The Avocado Seed

It turns out that more than 70% of the anti-oxidant capacity attributed to avocados is found inside the seed, which until now we used to remove and throw away.



1. Treats infections Avocado seeds can reduce infections that can develop and lead to many chronic diseases such as; arthritis, heart disease, stroke and even cancer, all

associated with acute inflammation within the body that causes the disease. Both avocado and its seeds contain higher levels of antioxidants than most fruits and vegetables, such as catechins that act as anti-inflammatory, analgesic, treat swelling, and maintain joint function.

2. Contributes to a sense of satiety over time The avocado seeds are rich in fiber, which can keep you full for a long time. Moreover, they can help control blood sugar, and once your blood glucose level is stable throughout the day, you are less likely to be tempted to eat foods that are unhealthy and even harmful.

The Texas Farmer

There was once a very successful farmer from Texas who started gaining interest in his ancestry. After doing some digging, he traced his lineage back to a small town in Ireland. And lo and behold, they were a family of farmers. So he packed his bags and took a trip to Ireland to visit the small town to see if he could track down some of his kin. After landing in Dublin, and driving an hour outside of the city, he stopped in a pub to grab a drink and start asking around about his family. The Texan sat down, ordered a pint, and started talking to the Irishman sitting at the bar. After explaining his story and the purpose of the trip, the Irishman responded, "You don't say! I've never heard of your family, but I'm a farmer as well. Tell me, what's it like farming in Texas?" "Gladly," the Texan said, "farming in Texas has been quite lucrative for me. If you started out in the morning, and drove west, you could drive all day before you reached the end of my property. And if you started the next day and drove East all day, you wouldn't reach the end of my property. Same thing North and South, you could drive either direction all day and you wouldn't reach the end of my farmland." "Ahh, I know what you mean," said the Irishman, "I've got a tractor like that as well."



3. Destroys cancer cells A study conducted at Columbia University found that avocado seed extract had pro-apoptotic effects on leukemia cells. Meaning, this extract causes the leukemia cells to destroy themselves, leaving the healthy and stable cells in the body. In addition, avocado seeds contain flavonoids, which are powerful antioxidants that can thwart the growth and spread of tumors.

Avocado Shake

Ingredients: 1 cup nut milk (of your choice) (can be swapped for a glass of water) 1 pear 2 handfuls fresh spinach ½ an avocado seed ½ an avocado ½ an apple A little bit of grated ginger (to taste) How to prepare the avocado shake: 1. Put all the ingredients in the blender, blend until you reach a uniform and thick mixture, pour the drink into the cup, and enjoy its exquisite taste full of health.

Vegetarian (n.) A bad hunter Someone who survives by consuming not food, but the stuff that food eats.

Gracemere Lunch Bunch

Held every 2nd Monday of the month.
Commencing at 10 am. Held at the
Gracemere Golf Club. We start the day
with morning tea followed by a guest speaker and then a 2
course lunch.

**Upcoming guest speakers.****12th June****10th July****Musical Bingo****14th August****Financial adviser Centrelink****11th September****Bush Poet Bob Pacey****What's happening at the Gracemere RSL?**

Meals are served from 6pm Friday nights with live music.

Main (adult) \$15 Dessert \$5.00 per person

Main Child \$5 Dessert \$4 (under 12)

If a caterer is not available Burger night replaces regular meal menu.

Steak burger (adult) \$10

Hamburger (adult) \$8.00 -rissole sausage.

Hamburger (child) \$5 (under 12)

Please contact the RSL on 49332062 from midday

Wednesday through to Friday to book.

Available for private functions

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

Please
affix
stamp

Funded by



Queensland Government
Department of Communities

Bundaberg Holiday

Monday 2nd-Friday 6th October.

All breakfasts/3 dinners included with breakfast and dinner at the Motel

**Highlights include:**

Hinkler Hall of Aviation, Fairy mead House & District Museum, Macadamias Australia, Alexandra Park Zoo, Lady Elliot Island cruise, Mon Repos, Splitters Farm, Bargara Berries, Bundy Bell River cruise.

✧Single pension \$1,285.00

✧Pension twin share \$ 1,055.00

✧Single Free rail \$1,235.00

✧Twin share free rail \$1 ,005.00

✧Seniors Card Single \$1,355.00

✧Seniors Card twin \$1,125.00

Deposit \$400.00 by 15th July.

Please call the office for direct debit details.

Insurance is strongly recommended.