



The Seniors Sentinel

Rockhampton, Cap Coast, Gracemere & Mt Morgan

September, October, November 2025

Volume 142

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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 ,Migaa*

***Join us for
companionship,
exercise & social activities.***

“Of all the means which are procured by wisdom to ensure happiness throughout the whole life, by far the most important is the acquisition of friends.”

Epicurus, Greek philosopher

Management Committee

Executives:

President- Lynn Hoskins
Vice President- Joyce Messer
Secretary- vacant
Treasurer- Chris Forrest

Committee

Bette Price
Esther Woollard
Karen Bartlett
Kaylene Oates
Debra Dziewicki
Pauline & Dennis Allsop
Ralda Stainkey
Office staff
Managers- Anita Griffiths & Migaa Farhger
Accountant- Prudential Business Solutions

ATONS

If we meet and I say “Hi,”

That’s a salutation.

If you ask me how I feel,

That’s consideration.

If we stop and talk a while,

That’s a conversation.

If we understand each other

That’s communication.

If we argue, scream and fight,

That’s an altercation.

If later we apologize,

That’s reconciliation.

If we help each other home,

That’s cooperation.

All these things added up

Make civilization.

(And if it was said what a wonderful poem, would that be exaggeration?)

Join us in celebrating Seniors Month

GREAT GATSBY BALL

DATE: 31ST OCTOBER

Venue: ROCKY LEAGUES CLUB

TIME 5.30-9.30PM

DRESS CODE: A DASH OF GATSBY GLAM

ENTERTAINMENT: ALMOST LEGENDS

2 COURSE MEAL

TICKETS SENIORS \$25 GENERAL ADMISSION \$40.00

P residents Pen

Hello everyone and welcome to spring, it seems to me it's been a very cold winter. Maybe it's because I've spent the last month in NSW where the temperature didn't go above 4deg for the first week we were down there. My mother decided it was time she went into residential care, so my sister and I had to go to Penrith to clear and sell her home. We then went to Parkes in NSW to celebrate her 100th birthday in August. I am pleased to say she is happy and settled now and rather chuffed that she is not the oldest resident there.

Migaa has settled into the office, and between Anita and Migaa everything in the office is running to perfection. Our member numbers continue to grow, and all the activities are running smoothly.

Our secretary Janet Shields unfortunately has left us, due to personal demands.

I would like to thank her for the dedication she put into the program. The committee becomes a very close group of people, as we all work towards keeping the program running. We will miss you greatly Janet and wish only the best for you in the future.

Unfortunately this leaves the position of Secretary open. If any of you reading this newsletter feel you would like to take on the challenge and join the team please contact Anita, Migaa or myself.

Until the next newsletter everyone stay safe and remember

Kindness doesn't cost a thing, yet it's the richest gift you can give.

Lynn Hoskins & the Management Committee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-11 am Tai Chi with Lynn \$ 5.00 Botanical Gardens , on top of the hill on the grassed area in front of the Cenotaph . M/T (own cost) at the kiosk. Contact the office on 49140065 for further information.</p>	<p>7.30-10 am (approx.) Golf Croquet Cost \$ 7.00 8am start from 18th April. & includes M/T. Botanical Gardens. Phone 49140065. Dance Health Lindy 9.30-11.30am. Cost \$5.00 Scout Hall 187 Honor St. Frenchville. Contact the office on 49140065 for further info. Recommences 17th June.</p>	<p>Yoga session with Leesa 9-10 am Cost \$7.00 McNae's Martial Arts 6/35 Bridge St North Rocky. Phone the office on 49140065 for further information. No Yoga Wednesday 17th ,24th Sep. And 1st, 8th and 15th Oct. Monthly luncheons 1st Wednesday of the month.</p>	<p>9-12 Cards Gracemere/Board games 3rd April Cost \$5.00 Gracemere Bowls Club, 30 Brooks Street Gracemere. For further information please call the office on 49140065.</p>	<p>Yoga session with Leesa 9-10 am Cost \$7.00 McNae's Martial Arts 6/35 Bridge St North Rocky. Phone the office on 49140065 for further information. No Yoga 19th, 26th Sep. and 3rd, 10th Oct.</p>
<p>9-10.30 am Line Dancing with Susan. Fred Fox Hall (Rocky City Band Hall.) Cost \$7 per person. Call the Office on 49140065 information.</p>	<p>Chair Flex with Migaa. 1-2pm Cost \$5.00 The Hall-Talbot Estate Hall Lion Ck RD.</p>	<p>9.30-12.30 & 1-3 pm Glass Mosaic with Sally. \$12.00 per session unless further materials are required . For further information phone the office on 49140065. UFO's held 1-3pm no charge. NO MOASIC 17TH SEPTEMBER</p>		
	<p>12 noon-4 pm Cards \$5.00 afternoon tea included. Held in the Office 1/248 Quay St.</p>	<p>Creative Art & UFO'S. (see page 4) Time 1-3 pm. M/T included. The Office.</p>		
<p>9 am -12 noon Newsletter folding next date 27th Nov.</p>	<p>1.30-3.30 pm Ten Pin Bowling Cost \$10. Musgrave Street. Includes shoe hire and afternoon tea included. Contact the office on 49140065 for further information.</p>	<p>Creative Art & UFO's Unfinished objects (details page 4) Afternoon tea included</p>		<p>12 noon-4 pm. Cards \$5.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office on 49140065.</p>

PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.

Chair Flex change of venue.

Chair Flex is a gentle, accessible way to experience many benefits. Perfect for beginners, seniors, or anyone with mobility challenges.

Change of venue:

“The Hall” Talbot Estate Lion Ck. Rd. Wandal.

* Tuesdays 1-2 pm

* Cost \$5

Please wear comfortable clothes and closed in shoes.

Seniors Month BBQ

Date Wednesday 1st October

Cost \$10 per person

Time 11am

Venue Talbot Estate BBQ area.

This year we are also celebrating Seniors Month with the Residents of Talbot Estate. Join us to enjoy great company and a leisurely time outdoors.

Please be sure to spread the word, book and pay by the 22nd of September for catering purposes.

*“Age is merely the number of years the world has been enjoying you.
keep shining!”*

Cardboard Cartons

Request's have commenced once again for cardboard rolls , and egg cartons with no coloured print as they are not suitable to create enrichments for the animals . Thank you.

Crockery

Wanted for glass mosaic sessions, either delivered to the office or can be picked up, thanking you.

Glass Moasic/Creative Art

Now offering both morning and afternoon sessions 9-12am or 12-3pm. Cost \$12 per session, both sessions together \$17.

Please not: no Mosaic 17th September.

*If you want others to be happy, practice compassion.
If you want to be happy, practice compassion.*

Digital assistance

Should you require assistance please contact the office on 49140065, to make a mutually suitable time.

Cuppa & Chat

A monthly get-together to enjoy each other's company. This will be held the 4th Tuesday of every month.

Time: 9.30-10.30am

Cost: \$5

Dates:

September 23rd, 28th October, 25th November.

Please let us know if you will be attending for catering purposes.

Line Dancing with Suzie.

Morning tea, come and try dates.

Time: 9-11 am

Future morning tea dates (Mondays):

* October 13th, December 8th.

Did you know?

The first time you attend any of our low impact exercise sessions as well as some of our social activities there is no charge? Includes:

- ◆ Line Dancing
- ◆ Tai Chi
- ◆ Dance Health
- ◆ Yoga
- ◆ Card sessions
- ◆ Creative Art/UFO
- ◆ Chair Flex

You know you're getting older

when the bank sends you a free calendar on month at a time!

Dance Health come & try with morning tea

Dance Health is predominantly performed whilst sitting in a chair. *You are invited to join Lindy for a free trial with morning tea.*

- ✓ Improved Flexibility, Coordination, Strength & Balance
- ✓ Minimizes Stress and Improves Social & Emotional Health
- ✓ Increased Energy
- ✓ Improved Cardiovascular Health

Date: Tuesday 23rd September

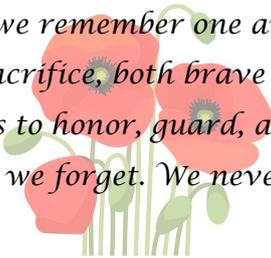
Time: 9.30-11.30am

Venue: Scout Hall Honor Street Frenchville

For catering purposes please call if you are joining us.

We Will Remember

*They stood where fear and fire met,
 With hearts of steel and no regret.
 They fought not for the fame or prize,
 But for the hope in others' eyes.
 In mud-soaked fields and skies once torn,
 A quiet kind of strength was born.
 Young lives were offered, dreams were stilled,
 Yet courage rose, and duty filled.
 We wear the poppy, bright and red,
 For those who served, for those now dead.
 For every name, both known and lost,
 We count the gain-and know the cost.
 So let the silence gently fall,
 As we remember one and all.
 Their sacrifice, both brave and deep,
 Is ours to honor, guard, and keep.
 Lest we forget. We never will.*



Monthly Luncheons



Meeting at 11.30 for a midday lunch.

1st Wednesday of the month.

- **4th September-Lionleigh Hotel**
- **1st October– Senior's month BBQ see pg.4**
- **5th November-Red Lion**

Please be sure to call and book your place a week prior to the dates. Thank you.

Insurance update

Any activities held out of hours and off premises does not cover members with insurance for accident and/or injuries.

Florist mix-up

A new business was opening and one of the owner's friends wanted to send him flowers for the occasion. They arrived at the new business site and the owner read the card, which said: "Rest in Peace." The owner was angry and called the florist to complain. After he had told the florist of the obvious mistake and how angry he was, the florist replied: "Sir, I'm really sorry for the mistake, but rather than getting angry, you should imagine this - somewhere, there is a funeral taking place today, and they have flowers with a note saying: "Congratulations on your new location!"

The Hidden Upside of Boredom

Boredom isn't just an annoying pause in your day-it's your brain's way of saying, "I need something more." In a world packed with constant noise and digital distractions, we've trained ourselves to avoid boredom at all costs. But maybe we shouldn't.

Psychologists say boredom serves a purpose: it pushes us to seek new challenges, reflect, and even spark creativity. When we're bored, our minds begin to wander-and that's where fresh ideas and personal insights often appear.

In fact, studies show that boredom can lead to:

- ✓ **More creative thinking**
- ✓ **Better problem-solving**
- ✓ **Increased self-awareness**
- ✓ **Motivation for change**

Instead of fearing boredom, we can embrace it. Try putting your phone down, letting your thoughts drift, or journaling the next time boredom creeps in. You might be surprised what your mind comes up with when it has room to breathe.

So don't fight boredom-use it. Sometimes doing nothing leads to something truly meaningful.

Listerine and Baking Soda Foot Soak for Fungus

Why Listerine and Baking Soda?

Listerine: Contains antiseptic ingredients like thymol and menthol, which have antifungal and antibacterial properties.

Baking Soda: Helps neutralize foot odor and creates an alkaline environment that may inhibit fungal growth.

How to Prepare the Soak

Fill a basin or tub with enough warm water to cover your feet.

Add about 1 cup of Listerine (any variety, though original or cool mint is common).

Add 1/2 cup of baking soda and stir until dissolved.

Soak your feet for 15-30 minutes daily.

Dry your feet thoroughly afterward, especially between toes.

Important Tips

This soak can help reduce symptoms and may support antifungal treatment but is **not a substitute for medical treatment** if the infection is severe or persistent.

Always dry your feet completely after soaking to prevent moisture buildup.

If you have sensitive skin, test a small area first to avoid irritation.

Avoid soaking if you have open sores or wounds without consulting a doctor.

Gracemere News

Gracemere Lunch Bunch

Held every 2nd Monday of the month. Commencing at 10 am. Held at the Gracemere Golf Club.

* 8th September

* 13th October

* 10th November

* 8th December

Be sure to call the office to let us know if you are attending.

Cards in Gracemere

Venue Gracemere Bowls Club.

Day Thursday's.

Time 9 am - Midday.

Cost \$5 and includes morning tea.

Come along and join a great group. For further information contact the office on 49140065 or Kevin (cards convener) on 49340776.

Slow Cooked Meatballs.

1kg beef mince

2 eggs

3/4 tablespoon mixed herbs

1 cup breadcrumbs

3/4 cup grated tasty cheese

Cornflour to coat meatballs,

salt and pepper

Sauce :

2 tablespoons Sweet Chilli

3/4 tablespoon Soy Sauce

1 tablespoon BBQ Sauce

1 Tablespoon honey

1 tablespoon Tomato sauce

3/4 tablespoon Hoisin

(may need more sauce, just make enough to cover)

Roll ingredients for meatballs altogether and form shape, coat in cornflour brown in pan and place in slow cooker, smother sauce on top and cook for 5 hours on low serve with mash potatoes and greens.

“Life’s like a camera-focus on the good times, develop from the negatives, and if things don’t work out... take

Challenging Riddles. Answers page 7

1. Two in a corner, one in a room, zero in a house, but one in a shelter. What am I?
2. A plane crashed between the border of France and Belgium. Where were the survivors buried?
3. Poor people have it. Rich people need it. If you eat it you die. What is it?
4. What runs, but never walks. Murmurs, but never talks. Has a bed, but never sleeps. And has a mouth, but never eats?
5. Spelled forward, I’m what you do every day; spelled backward, I’m something you hate. What am I?
6. The person who makes it has no need for it; the person who buys it has no use for it. The person who uses it can neither see nor feel it. What is it?
7. You walk into a room that contains a match, a kerosene lamp, a candle and a fireplace. What would you light first?
8. No matter how little or how much you use me, you change me every month. What am I?
9. If your uncle’s sister is not your aunt, what relation is she to you?
10. What starts with a T, ends with a T, and has T in it?

The Queensland Government

Is now offering a Seniors and Accessibility Assistance grant of up to \$5,000 to help seniors with home repairs or upgrades, according to Architecture And Design.com.au. This grant is part of the Home Assist Secure program, which provides financial help, advice, and referrals to eligible seniors who are struggling to afford necessary home maintenance or modifications.

Here's a more detailed look at the \$5,000 grant:

Purpose:

The grant can be used for home repairs or upgrades to improve safety and accessibility.

Eligibility:

The program is for seniors aged 60 or older, or those with a disability, who are struggling to afford or lack the skills to fix their home.

Application Process:

The application process involves contacting Home Assist on 49368522. According to the Queensland Government, they can guide you through the eligibility requirements and application process.

Dee River Oldies-Mt Morgan.

News from Dee River Oldies

The Dee River Oldies Group have had some very successful morning teas. Members have turned up and we thank them for their support, help and donations.

We welcome the new members who have recently joined our group.

Members enjoyed the music by Dianne Coburn who sung for us in May. Our guest speaker in June was from Public Trust telling our members about what they offer in services. In July instead of having our usual breakfast tray raffle we had mystery boxes. With our scaled back 'Christmas in July' this was something different. Members were asked to put something e.g. a pair of socks or something in an empty cereal box then tape it up. When your ticket was drawn out you could choose a box. This was really popular and with the musical bingo all added to make it a good morning.

On Wednesday 27 August was our Damper Morning Tea. We did not have the lunch of mince and rice as we have had in previous years. It is always a good morning catching up with friends for a chat while enjoying damper and some goodies. The guest speaker on the day was from the Office of State Revenue letting our members know about what scams are out there.

Our next bus trip is planned for Wednesday 17 September 2025. With the Calliope Markets being put on hold until March 2026 we are now looking at going to Biloela for the day. The cost is \$50 for the day so if you haven't paid, please get your name down to secure your seat. The bus leaves at 8.30 am from the bus stop in Morgan Street, Mount Morgan.

With the year rolling along It won't be long before we have our Christmas lunch in November.

Stay happy and healthy.

The Steering Committee

Dee River Oldies Group

Carol Glover 49381 995

Colleen Constable 0427 161 131

Upcoming events

Monthly meetings.....

(January the exception).

Meetings (Starting 2 pm)

Tuesday - 16 September 2025

Tuesday - 21 October 2025

Tuesday - 18 November 2025

Tuesday - 9 December 2025 (held one week earlier)

Morning Teas (Starting at 10 am)

Wednesday - 24 September 2025

Wednesday - 22 October 2025

No Morning Tea held in November 2025

Christmas Lunch Wednesday 26th November

Proposed Bus Trip to Biloela

Wednesday - 17 September 2025 leaving the Morgan Street bus stop Mount Morgan at 8.30 am.



Challenging Riddles

1. The letter "R." 2. They weren't- Survivors don't need to be buried 3. Nothing, 4. A river, 5. Live, 6. A coffin, 7. The match 8. A calendar. 9. Your mother, 10. A teapot.

Trauma Teddies.

The Red Cross ladies require donated 8 ply yarn. Should you be able to assist lease drop off at Red Cross House, 1 Canning St, next door to the Op Shop. Even small amounts would be appreciated. Thank you.



Spring in Straya

Spring has come, the sun's turned up,
We swap hot drinks for a stubby cup.
Magpies dive like feathered jets,
Locals wear bike helmets as safety nets.

Wattle's out, the bees go wild,
Flies photobomb every selfie filed.
Thongs on feet, the grass gets mown —
It's Aussie spring, mate, fully grown!

Strategies for maintaining a healthy brain

While certain changes in cognitive function are inevitable as we age, there are several strategies that can help maintain a healthy brain and promote optimal cognitive function. Regular physical exercise is one of the most effective strategies. Exercise has been shown to promote neuroplasticity, improve memory function, and enhance cognitive flexibility. It can also help mitigate the effects of aging on the brain by improving cardiovascular health, which is closely linked to cognitive health.

Healthy nutrition is another crucial factor. A diet rich in fruits, vegetables, whole grains, and lean protein can provide the nutrients necessary for optimal brain function. In particular, omega-3 fatty acids, antioxidants, and B vitamins have been shown to support cognitive health.

Mental stimulation is also essential. Engaging in mentally stimulating activities, such as reading, puzzles, or learning a new skill, can help keep the brain active and promote cognitive flexibility. It can also help improve the rate of relearning in older adults.

Finally, maintaining strong social connections can also support cognitive health. Social interaction has been shown to stimulate the brain and can also provide emotional support, which can have a positive impact on cognitive function.

Understanding the processes of learning, forgetting, and relearning as we age is crucial for maintaining a healthy brain. While aging can bring about changes in these processes, adopting strategies such as regular physical exercise, healthy nutrition, mental stimulation, and strong social connections can help optimize cognitive function throughout our lives.

Remember, it's never too late to start taking care of your brain. By understanding how your brain changes as you age and taking proactive steps to support your cognitive health, you can ensure that your brain remains healthy and vibrant for years to come.

*“Yes with age you may have to adjust a bit.
But it doesn't mean have to sit and knit”*

Computer Problems?

For prompt reliable affordable service
in YOUR Own Home. ”

call

Michael on 0499760523



The Charming Story of Chickens

Long before chickens became our breakfast companions and backyard buddies, they were wild birds roaming the jungles of Southeast Asia. Believe it or not, today's chickens are descended from a bird called the red junglefowl, native to India and surrounding countries, and domesticated over 8,000 years ago!

At first, chickens weren't raised for meat or eggs -they were admired for their beauty and even used in religious ceremonies. Ancient Egyptians believed hens were a symbol of rebirth, and in Greece, chickens were seen as bold, brave animals, often kept for cockfighting (not quite as cuddly as today's backyard hens!).

By the time chickens reached Europe and then the Americas, they had become household staples. Colonists brought them to North America, where they became an essential part of farm life. Why? Because they're easy to raise, they eat almost anything, and they give eggs - nature's little miracle package- almost daily!

Today, chickens come in hundreds of breeds, with quirky names like Silkie, Rhode Island Red, and Buff Orpington. Some people even keep them as pets, complete with names, outfits, and Instagram pages!

And here's a fun fact: A hen turns her egg about 50 times a day before it hatches. And the color of the egg? It depends on the hen's earlobes - white earlobes usually mean white eggs, while red earlobes produce brown eggs. Who knew?

So next time you crack an egg or spot a rooster crowing at dawn, give a little nod to the ancient history and quirky charm of one of the world's most beloved birds.

INTERNATIONAL
OLDER PERSONS
DAY

Honoring Our Seniors

*With grace and wisdom, you lead the way,
Guiding hearts every single day.
Today we thank you, love shines through-
The world is better because of you.*

Golf and Heaven

Three senior men die and meet at the Pearly Gates. St. Peter says, "Heaven is amazing, and we have a fantastic golf course. But there's one rule: don't hit the ducks." The guys look at each other confused. "Ducks?" They go golfing, and the course is filled with ducks. First guy tees off - BAM - hits a duck. St. Peter appears instantly, dragging along the most annoying person on Earth and chains them together. "Your punishment," he says. Next day, second guy hits a duck - same result. He's chained to someone even worse. The third guy is extra careful. For weeks he avoids every duck. Then one day, St. Peter shows up with the most beautiful person he's ever seen, and chains them together. The guy says, "Wow! What did I do to deserve this?" The beautiful person says, "I don't know what you did - but I hit a duck."

Management Committee

Executives

Contact numbers

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 Treasurer Chris Forrest 0403272429

Committee

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 Kaylene Oates 0419763096
 Debra Dziewicki 0409263980
 Pauline & Dennis Allsop 0433927908
 Ralda Stainkey 0438961866

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 provided in this publication.

Pilbeam Theatre

Tues. 2nd September | 7.30pm

◆ **Duck Pond**

The world's most romantic ballet is re-imagined as a circus spectacular, full of Circa's signature physicality and shot through with cheeky humour and a thoroughly contemporary energy.

Thurs. 3 September 2025 | 07:30 PM

◆ **The Simon and Garfunkel Story**

Frid. 05 September 2025 | 08:00 PM

Bjorn Again

Frid. 12 September 2025 | 07:30 PM

◆ **John Williamson**

Sat. 11 October 2025 | 07:30 PM

◆ **Romeo & Juliet**

Sat. 08 November 2025 | 07:30 PM

◆ **Broadway & Beyond**

Morning Melodies

Mon. 20 October 2025 | 11:00 AM

◆ **Dazzling Duets**

Mon. 08 December 2025 | 11:00 AM

◆ **Home for Christmas**

Contact: 4927 4111

A little 12-year-old girl was walking home when a big man on a black motorcycle pulled up beside her. After following along for a while, the rider turns to her and asks, "Hey there little girl," and winks, "do you want to go for a ride?" "NO!" says the little girl as she keeps on walking. The motorcyclist again pulls up beside her and asks, "Come on now, I will give you \$10 if you hop on the back." "NO!" says the little girl again as she hurries down the street. The motorcyclist pulls up beside the little girl again and says, "Okay, last offer! I'll give you 20 Bucks and a big bag of candy if you just hop on the back of my bike." Finally, the little girl stops and turns towards him and says, pointedly: "Look Dad, you're the one who bought the Honda instead of the Harley...YOU RIDE IT!"

Though wrinkles come and hair turns gray,
 Our spirits brighten every day.
 With humor sharp and hearts so bold,
 We seniors are pure solid gold!



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:.....
 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

Or email to fmckfunerals@live.com.au

Holiday Escapes 2025



Gold Coast 6th-10th Oct

Traveling with QRail. Below is an outline of the itinerary

Tentative costings (change if numbers increase):

* **Rail** : Pension \$50 Seniors Card \$135 Full fare \$270

* **Coach**: (inclusive) Roma St to Motel (return) and transfer to Dracula's.

Staying at the Vibe Hotel , stay includes breakfast.

Cost based on **pension card** for train and is inclusive of train. Coach, accommodation with breakfast, and excursions.

* **Single** : \$1,133.00

* **Double**: \$1,625.00 (per couple)

* **Twin share**: \$812.00 per person.

Final Payment Due 5th September

Includes: Travel, motel check-in, all breakfasts, 1 lunch, 1 dinner.

Free day for shopping and beaches, Dracula's Theatre Restaurant , Hopo 2 hour cruise, lunch, Wax Works Museum and Ripley's Believe It or Not :

* Visit Miami Markets (Wed-Sat, 5 PM+).

Scrambled cities

These seemingly random phrases hide the names of eight capital cities around the world. Each phrase contains the name of two cities. Can you unscramble them and figure out what they are?

1. LION JOB ENDING
2. TOOK MY ORE
3. CRIMSON ELBOW
4. RAPID DISARM

Answers page 12.

Wanted Any novels you no longer require would be much appreciated. Please come in and look through the collection, any books taken do not need to be returned. Share them around. Thank you!

*To every father and grandfather near and far,
You're the heart and soul of who we are.
With love, strength, and wisdom you guide,
A steady presence, our family's pride.*

*Thank you for all you do and say—
Wishing you joy this Father's Day!*

The Power of a Daily Walk

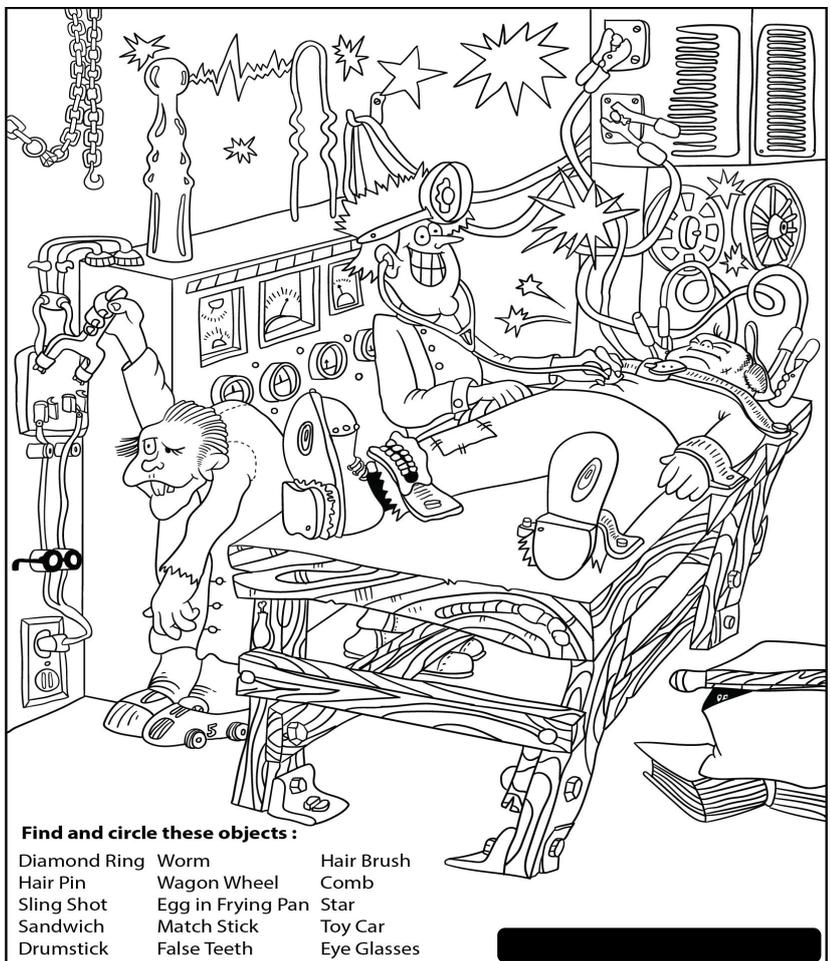
Walking may seem simple, but it's one of the best things you can do for your health at any age.

Just 10 to 30 minutes a day can make a big difference. It gets your heart pumping, strengthens your legs, and helps keep your joints moving. Plus, walking boosts your mood and clears your mind. Many people say they feel more relaxed and happy after a good walk.

You don't need a gym or fancy shoes. Just step outside, stroll around your home, or walk the halls if you're indoors. If walking every day feels like too much, that's okay. Start slow. A few minutes a day is better than none. Listen to your body and enjoy the fresh air.

So, lace up your shoes, take a deep breath, and take that first step. Your body and mind will thank you!

'Life doesn't come with a manual-it comes with a lot of unexpected updates, awkward errors, and the occasional need to turn it off and back on again.'



Find and circle these objects :

- | | | |
|--------------|-------------------|-------------|
| Diamond Ring | Worm | Hair Brush |
| Hair Pin | Wagon Wheel | Comb |
| Sling Shot | Egg in Frying Pan | Star |
| Sandwich | Match Stick | Toy Car |
| Drumstick | False Teeth | Eye Glasses |

Come one come all to our seniors month

GREAT GATSBY BALL

Entertainment, dancing with a 2 course meal,

What an absolutely celebratory deal!

Gatsby Glam it up a tad,

As a great night's sure to be had!

More details page 2.



If undeliverable please
return to
60 & Better
1/248 Quay Street
Rockhampton QLD 4700

Funded by



Queensland Government
Department of Communities

Christmas Celebrations

Date Wednesday 3rd December

Cost POD

Venue The Leichhardt Hotel

Time 11.30am



Please join us to celebrate the end of another great 60 & Better year. Good company with lucky door prizes, raffles. Be sure to ring and book your seat before the 26th November.

"Life's a Bit Like That"

Life's a to-do list gone astray,
You plan for Friday, it's Monday.
You clean your house, then sneeze on cue,
The dust returns - it missed you too.

You try to eat your veggies right,
But pizza calls you late at night.
You stretch, you walk, you feel inspired...
Then sit back down 'cause you're just tired.

You google things like "Am I fine?"
Then buy some socks and sage online.
You laugh, you cry, then spill your drink-
And call it balance (well... we think).

Scrambled Cities-London, Beijing, Tokyo, Rome, Berlin,
Moscow, Paris, Madrid.