



The Seniors Sentinel

Rockhampton, Cap Coast, Gracemere & Mt Morgan

March, April, May 2026

Volume 144

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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. *Migaa*

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

*"Life only comes around once so do what makes you happy and
be with people who make you smile"*

Management Committee

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President - Lynn Hoskins
Secretary – Joyce Messer
Treasurer - Chris Forrest

Committee

Bette Price
Esther Woollard
Patricia Carlos
Elizabeth Roots
Dennis & Pauline Allsop
Office staff
Manager – Migaa Fargher
Accountant - Prudential Business Solutions

Groovy Gatherings & Golden Days

As the weather cools and the colours change, we're warming things up with a season full of celebration, connection and plenty of fun!

From International Women's Day and St Patrick's Day, Easter to all our wonderful weekly activities, there's so much happening in our community this autumn. It's the perfect time to catch up with friends, try something new, and enjoy everything our program has to offer.

But the biggest highlight is still to come...



P residents Pen

Welcome back to 2026, it's hard to believe that the first two months are over, and we're now in Autumn. I hope you all had a wonderful Christmas with your families, and you're all back to your usual activities. The committee and I would like to send a warm welcome to all our new members, we hope you're enjoying the activities, connections and friendship as the rest of us do.

All the activities are well attended, our new class 60's Rock and Roll for Seniors is growing steadily and very much enjoyed by those attending.

As most of you know, Anita is now on long service leave and will be retiring in May. We're excited to host A Grand Celebration: 32 Years & A Fond Farewell, honoring Anita's retirement while celebrating our 32nd Anniversary. The theme is Retro, so we'll be taking a fun trip down memory lane celebrating the milestones, memories, and moments that have shaped our community. It promises to be an evening full of laughter, appreciation and joy as we recognise Anita's remarkable contributions and the legacy of our organisation. Please see the full page advertisement in this newsletter, if your interested please book a table early as they are selling quickly.

We now have Migaa in the office, she is now our Manager. We are so lucky to have her. If you haven't met Migaa as yet, please feel free to pop into the office and introduce yourself. Migaa has revamped our Facebook page, all our upcoming events are now on Facebook and it's easy to see what's happening or coming up each week. Advertising on Facebook also allows us to plan activities and outings more frequently as we don't have to rely on the quarterly newsletter to get the word out. So please follow us on Facebook so you don't miss out.

Until our next Newsletter stay safe, happy and healthy.

One day at a time is all we should be dealing with.

We can't go back to yesterday and we can't control tomorrow, so LIVE for today.

Lynn Hoskins

and the Management Committee.

*M*anager's review,

Hello everyone,

I'm so excited to step into the role of Manager and continue working with this amazing community. Having been part of the team as Assistant Manager, I've seen just how much energy, dedication, and heart everyone brings to our program and I'm really looking forward to keeping that spirit alive in this new role.

As we move into the new season, there are so many ways to get involved — whether it's joining a class, catching up with friends at an event or trying something new. I encourage everyone to jump in, have fun, and enjoy everything our programs have to offer. Your energy and participation are what make our community so special.

I also want to take a moment to recognise Anita, who is retiring soon. She's left a truly wonderful legacy and I feel lucky to have had the chance to learn from her. I hope to carry forward her passion and dedication while bringing a few new ideas of my own to the program.

Please don't hesitate to pop into the office to say hello or share your thoughts — I'd love to hear your ideas on activities, outings, or anything that could make your experience even better. Together, I know we can make this year full of laughter, friendship and new memories for everyone.

Looking forward to seeing you around!

Warm regards,
Migaa Fargher

The Golden Season

The mornings feel a touch less warm,
The evenings settle slow,
The leaves drift down in lazy spins
In a soft and golden glow.

The kettle hums, the cups are poured,
The fans get one last spin,
We say goodbye to summer heat
(Though it may sneak back in!).

For autumn's more than falling leaves
Or skies of sunset hue—
It's friendly chats and happy hearts,
And time well spent with you.

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 7.30am. & Includes MT. Botanical Gardens. Phone 49140065. Dance Health Lindy Taking a little break until further notice 9.30-11.30am. Cost \$5.00 Scout Hall 187 Honor St. Frenchville. Contact the office on 49140065 for further info.</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.</p> <p>Monthly luncheons 1st Wednesday of the month.</p>	<p>9-12 Cards Gracemere/Board games. 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.</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. Taking a little break until further notice 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. \$15.00 per session including the materials. For further information phone the office on 49140065.</p>	<p>9-10 am 60's Dance classes Cost \$5.00 Venue Fred Fox Hall (Rocky Brass Band)</p>	
<p>10-1 pm Gracemere Glass Mosaic with Sally. Commencing 13/04 \$15.00 per session including the materials. For further information phone the office on 49140065. Details on page 6</p>	<p>12 noon-4 pm Cards \$5.00 afternoon tea included. Held in the Office 1/248 Quay St.</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>9 am -12 noon Newsletter folding next date 26th May.</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.

Cuppa & Chat

A Quarterly get-together to enjoy each other's company. This will be held the 4th Tuesday of every 3 months.

Time: 9.30-10.30am

Cost: \$5

Dates:

* 24th March, 23rd June, 22nd September

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

Digital assistance

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

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
- ◆60's Dance Class ◆Chair Flex

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 .

Crockery

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

The Power of Nostalgia: Why Looking Back Can Feel So Good

Have you ever heard a familiar tune and suddenly found yourself smiling at a memory from long ago? Or perhaps you came across an old photograph and felt a warm rush of emotion? That feeling has a name — nostalgia — and it is far more than simple reminiscing. It is a powerful experience that connects us to our past and enriches our present.

Nostalgia is the sentimental longing for moments, people, places, or feelings from our personal history. It can be triggered by a song, a scent, a photograph, or even a favourite childhood treat. But nostalgia is more than remembering; it is a way our heart and mind come together to create meaning and comfort. Thinking about cherished experiences often brings an instant lift in mood and a sense of calm, helping to ease stress and worry. It reminds us of who we are, the people we have loved, and the journey we have travelled.

Music, in particular, has a remarkable ability to stir nostalgic memories. A song from the 60s, 70s, or 80s can transport us back in time, conjuring not only the tune but also the feelings, faces, and places that surrounded it. That sudden wave of memory can leave us laughing at a long-forgotten adventure or quietly reflecting on a meaningful moment.

Nostalgia also becomes more powerful when shared. Telling a friend about a funny incident from school, a memorable holiday, or even a favourite outfit from years gone by invites conversation, laughter, and connection. It reminds us that we are part of a wider story and helps build a sense of community. In this way, looking back is not about living in the past but about bringing the richness of our experiences into the present, carrying joy, warmth, and perspective with us as we move forward.

So the next time a familiar song plays or an old photograph catches your eye, take a moment to pause and smile. There is magic in memories, and more power in them than we often realise.

Over "60's" Sixties: Dance lessons"

Come & join Col (member of 60 & Better and also the "Rocky Rockers") for dance lessons from the 60's!

Date Every Thursday
 Time 9-10am
 Cost \$5.00
 Venue Rocky Brass Band Hall Gladstone
 Rd (cnr William St/Gladstone Rd)

Please contact us to and let us know your attending.

Monthly luncheons

Every 1st Wednesday of the month. Meeting at 11.30 for a midday lunch.

6th May Allenstown Hotel
3rd June BBQ at the Rockhampton Mallet Sports Club. 41 Ann St
1st July Great Western

Please be sure to call and book. Thank you!

6reat Uses for Sesame Oil

Of all the oils available for purchase, such as olive oil, canola oil or sunflower oil, there is one type of oil that is often tossed aside, and that's sesame oil. Not many people know that sesame oil has several advantages and uses that other types of oils don't, but today this is about to change. In the following article, you'll learn about 6 different and particularly effective uses of sesame oil, which will make you understand why every home should have this essential ingredient.

- * Put babies to sleep. In a study that was conducted in the pediatrics department of Delhi's University College of Medical Sciences, it was found that sesame oil improves blood flow in babies and helps them fall asleep easier. How to use it: After making sure your baby isn't allergic to sesame and its byproducts, Rub baby's feet with the oil before bedtime
- * Improve oral hygiene .Many dentists recommend using sesame oil to keep the oral cavity healthy. The oil helps whiten teeth, remove plaque, prevents cavities, and protects the mouth from bacteria that is harmful to the gums and teeth. How to use it: All you have to do is take a tablespoon of the oil and pull it through your oral cavity by swishing it in your mouth. Do so for 10 seconds then spit the oil out.
- * Reduce stress and depression The tyrosine in sesame was found to be a mood enhancer in a study conducted at the University of Albany in New York. This is because it increases serotonin production, the hormone the affects mood and lifts spirits. How to use it: Use the oil to massage the temples every time you feel a decline in mood.
- * Protect your skin from the sun and wrinkles Unlike other oils that people often rub on their bodies to tan, sesame oil actually protects the skin from sun damage. In addition, it also helps prevent wrinkles, thus helping the skin stay young and healthy. How to use it: Rub the oil on your body when you're on the beach or at the pool. Just know that it washes away quickly in the water, and therefore, should be applied again after swimming.
- * Add a nutty taste to your dish Sesame oil is usually used in Chinese and Korean cuisine, and aside from the fact that it adds a nutty flavor to foods, it has a high smoke point. This means that it can be used to cook foods at high temperatures without burning and releasing free radicals. How to use it: Fry your favorite foods in sesame oil and store it in the refrigerator so that its quality isn't destroyed – if you don't use it often.



Gracemere News

Gracemere Lunch Bunch

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

- * 11th May
- * 8th June
- * 13th July

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.

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!

International Women's Day – 8 March

This International Women's Day, let's take a moment to honour the incredible women in our lives – past, present, and future!

It's a special opportunity to recognise achievements at home, in the community, and in the workplace – a day to share stories, reflect on progress, and celebrate courage, kindness, and determination.

"Women are the real architects of society." – Harriet Beecher Stowe

Gracemere Glass Mosaic

Unleash your creativity and join us for glass mosaic sessions!

Commencing: Monday, 13 April

Time: Weekly, 10.00 AM – 1 PM

Location: Gracemere Scout Hall. 2 James St, Gracemere

Cost: \$15 per session (*additional materials may incur extra cost*)

Come along, make new friends, and create beautiful mosaics in a fun, relaxed atmosphere. Everyone is welcome – no experience needed!

A Quiet Burglary

Eddie woke up in the night and heard a burglar in the house. He ran to the closet with his cellphone and called the police. The police who arrived just in time and arrested the intruder as he was exiting the house with their jewelry and cash. The Next day Eddie went to the police station and asked to speak to the burglar. "You can't do that." said the duty sergeant, "You'll have to wait till he's in court. Why do you want to speak to him?" "Well," said Eddie, "he got into my house and into our bedroom at 2 am without waking up my wife. I've got to know how he did it."

Fun Fact

Did you know? Grandma Moses started painting at 78 years old! It's never too late to try something new or follow your passion.

The Egg-cellent Answers!

1.RABUE → RABBIT 2.GGOE → EGG 3.PACILONIP → APPLICATION 4.HSPICEON → CHICKEN 5.TLRASEE → EASTER

I told my husband he should embrace his mistakes... He hugged me!

Dee River Oldies-Mt Morgan.

News from Dee River Oldies

Our Dee River Oldies Group members started the year with a 'Welcome to 2026' Morning Tea on Wednesday 21 January. We had a good turn out of members keen to get another year rolling along with meetings, morning teas and bus trips.

Members had their February Morning Tea on the 25 February with a guest speaker talking about Dementia. Keeping our members up to date with what is out there is what we aim to do.

Our first bus trip for the year will be to Bauhinia House for the St Patrick's Day celebrations on

Friday 20 March 2026. We always have a good day where we have music, morning tea then a nice lunch of

Irish Stew or cold meat and salad. The bus leaves the Morgan Street bus stop at 8.30 am. If you are interested get your name down to secure your seat.

Through the year our Meetings are on the third Tuesday at 2 pm and our Morning Teas are on the fourth Wednesday of the month starting at 10 am. These are both held in St Mary's Hall, Gordon Street, Mount Morgan. (Behind the Anglican Church).

We welcome new and existing members to come along. Members must be aged 50 years and over. There is a cost of \$5 for membership.

We look forward to what 2026 brings our way.

Stay happy and healthy.

The Steering Committee

Carol Glover 49381 995

Colleen Constable 0427 161 131

constable54@bigpond.com

Upcoming events

Monthly Meetings start at 2 pm and are held the 3rd Tuesday of each month and Morning Teas are held on the 4th Wednesday of each month

in St Mary's Hall

Gordon Street Mount Morgan

(Behind the Anglican Church)

(With January and December the exception)

- Tuesday - 17 March 2026
- Tuesday - 21 April 2026
- Tuesday - 19 May 2026
- Tuesday - 16 June 2026

Morning Teas (Starting at 10 am)

- Wednesday - 25 March 2026
- Wednesday - 22 April 2026
- Wednesday - 27 May 2026

Wednesday - 24 June 2026

Bus Trip to Bauhinia House

for St Patrick's Day celebrations

includes Morning Tea and Lunch

Friday - 20 March 2026 leaving bus stop at 8.30 am

Why don't you iron four-leaf clovers?
Because you don't want to press your luck!

A Surprising St. Patrick's Day

Most of us think of shamrocks, leprechauns, and parades — but there's more to the story! St. Patrick was actually associated with blue, lived long before potatoes came to Ireland, and Ireland never really had snakes — that part was likely a metaphor. The first St. Patrick's Day parade? New York City in 1762, not Ireland! Even four-leaf clovers were once thought to protect against evil spirits.

And a little laugh for the day — why don't leprechauns ever get sunburned? Because they always wear their lucky shade!



Lucky Spinach & Cheese Muffins

A healthy, tasty treat for St Patrick's Day!

Ingredients (makes 12 muffins):

- 1 cup (125g) self-raising flour
- ½ cup (50g) grated cheese (cheddar works well)
- 1 cup (100g) fresh spinach, chopped
- 1/3 cup (80ml) milk
- 1/3 cup (80ml) vegetable oil
- 1 egg
- Pinch of salt and pepper

Instructions:

- * Preheat oven to 180°C (350°F) and line a 12-hole muffin tray with paper cases.
- * In a large bowl, mix the flour and a pinch of salt.
- * Stir in the chopped spinach and grated cheese.
- * In another bowl, whisk together the milk, oil, and egg.
- * Pour the wet mixture into the dry ingredients and gently fold together until just combined.
- * Spoon the mixture into muffin cases, filling about 2/3 full.
- * Bake for 20–25 minutes, or until golden and firm to touch.
- * Cool slightly before serving.

Tip: These muffins are delicious warm or at room temperature, and perfect with a cup of tea or a small morning tea gathering.

St. Patrick's Day Trivia Quiz

1. What color was St. Patrick originally associated with?
 - A) Green
 - B) Blue
 - C) Orange
2. Where was the first St. Patrick's Day parade held?
 - A) Dublin
 - B) Boston
 - C) New York City
3. Why don't leprechauns like running?
 - A) They'd rather jig than jog
 - B) They're too small
 - C) They get tired easily
4. What was a four-leaf clover originally thought to do?
 - A) Bring money
 - B) Protect against evil spirits
 - C) Make you dance
5. Which vegetable wasn't in Ireland during St. Patrick's lifetime?
 - A) Potato
 - B) Cabbage
 - C) Carrot
6. True or False: Ireland never had snakes.
 - True / False
7. What does a leprechaun hide at the end of the rainbow?
 - A) Gold coins
 - B) Shamrocks
 - C) Rainbow socks
8. Which country celebrates St. Patrick's Day with the largest parade?
 - A) Ireland
 - B) USA
 - C) Australia
9. Why is St. Patrick's Day associated with shamrocks?
 - A) They're pretty
 - B) St. Patrick used them to explain the Holy Trinity
 - C) They're edible
10. Fun bonus! What should you never do with a four-leaf clover?
 - A) Step on it
 - B) Iron it
 - C) Press your luck

Curious? The lucky answers are waiting for you on page 10!



Whats happening at Bauhinia House?

Weekly Activities:

* Tuesday Hoy - 9:45 am to 12:00 pm

Fun and friendly games with great prizes for winners, raffle tickets, and tea, coffee, and refreshments provided.

* 2nd Tuesday - Meeting at 1:00 pm

* 2nd Wednesday- General Meeting (NRPL) from 12:30 pm

Fortnightly Friday Lunches - April to June 2026

Dates: 10th April, 24th April, 08th May, 22nd May, 05th June and 19th June.

Join us for our Friday functions, running from 9:30 am to around 1:00 pm. Enjoy a lovely morning tea, a delicious two-course lunch, fun entertainment, and lucky door prizes-a great day out with good company!

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.

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North Rockhampton Pensioners and Superannuants.

Come and try Indoor Bowls in the comfort of air-conditioning!

Location: Bauhinia House

When: Every Wednesday

Time: 9:30 AM

Everyone is welcome! Bring a friend and join the fun.

Easter Word Scramble

Unscramble the letters to find the Easter-themed words!

1. RABUE → _____
2. GGOE → _____
3. PACILONIP → _____
4. HSPICEON → _____
5. TLRASEE → _____

Hop on over to page 6 for the answers!



Happy Easter! May your chocolate be sweet, your jokes be cheesy, and your day be egg-stra special!

Fun fact: The world's largest chocolate Easter egg weighed over 15,000 pounds! Enjoy your own sweet treats (much easier to eat!)



Happy Mother's Day!

This Mother's Day, let's celebrate the amazing women in our lives – for their love, care, and endless support. Whether it's mums, grandmothers, great-grandmothers, or mother figures, today is a special day to say thank you, share a smile, and make a memory together.

Golfing With the Brother-In-Law

After many years of work, Jack retired and started playing golf. He was at the course almost every day, but after a few years, he stopped. When his wife asked why, he told her: "My eyesight has deteriorated. I hit the ball, but I have no idea where it flies. It takes all the fun out of it." The wife thought for a moment and said: "Ask my brother Nathan to help you. He's eighty-five, but his vision is excellent." Jack raised an eyebrow. "Do you really think so?" "Don't worry," she said, "Nathan sees like a hawk!" The next day, Jack and Nathan went to the golf course together. Jack positioned himself at the first tee and hit the ball straight into the trees off the fairway. "Did you see where it went?" he asked his brother-in-law. "Of course!" said Nathan proudly. Jack tried again, and this time the golf ball flew over a distant hill. "Did you see where the ball went?" he asked. "Yes," answered Nathan, "I saw exactly where it went." Jack, satisfied and ready to move on, asked, "Where do I need to go to collect the first 2 balls?" "No idea." answered his brother-in-law. "What do you mean, 'no idea'?" asked Jack angrily, "I thought you saw everything!" "I saw," said Nathan, "but I don't remember..."

Pilbeam Theatre – What's On (Mar – Jun 2026)

March

The Rocky Horror Show. Richard O'Brien's cult musical (multiple performances):

- Fri 20 Mar, Sat 21 Mar (7:30 pm)
- Sun 22 Mar (5:00 pm)
- Fri 27 Mar, Sat 28 Mar (7:30 pm)
- Sun 29 Mar (5:00 pm) A lively and iconic stage classic bringing laughs, music and audience fun.

April

Ireland: The Voyage. Celebrate Ireland's history and heritage with live music, authentic voices, and dazzling Irish dance.

- Tue 28 April (7:30 pm)

May

DOLLY: I Will Always Love You – A sparkling tribute to Dolly Parton's greatest hits.

- Sat 30 May (7:30 pm)

June

ABBA: Thank You for the Music – Celebrate the hits of ABBA with this live concert spectacular.

- Sat 6 Jun (7:30 pm)

Ticket info: Call the Box Office on **(07) 4927 4111** or visit the theatre's listing online to book and check age recommendations.

The Pot of Gold: Answers Inside!

1. B) Blue 2. C) New York City 3. A) They'd rather jig than jog 4. B) Protect against evil spirits 5. A) Potato 6. False 7. A) Gold coins 8. B) USA 9. B) St. Patrick used them to explain the Holy Trinity 10. C) Press your luck



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A Night of Memories and Music!

Since last year's Seniors Month celebration, our Gatsby Ball was such a success, and so many of you requested another party that we couldn't resist — it's time for a Retro Party!

Step back in time and relive the groovy 60s, funky 70s, and electric 80s with music, dancing, and nostalgia. We're also celebrating 32 amazing years of community and honouring Anita's incredible contribution over the years.

Dust off your dancing shoes, grab your favourite retro outfit, and join us for an evening full of laughter, memories, and fun with friends old and new!



32nd Anniversary Retro Party

Location: Rockhampton Leagues Club

Date: Friday, 8 May

Time: 5:30pm - 9:00pm

Live Entertainment by Almost Legends

Ticket Price: \$40 per person

All Seniors Welcome

A Trip Down Memory Lane – The Aussie 60s, 70s & 80s

The 60s, 70s and 80s weren't just decades — they were times when life felt a little simpler... and hairstyles were definitely bigger!

In the 1960s, we danced to rock 'n' roll, watched *Bandstand*, and admired Aussie legend Johnny O'Keefe. Milk bars were the place to be, backyard cricket was serious business, and if you missed your favourite TV show — well, you just missed it!

The 1970s brought flared pants so wide they could sweep the floor, platform shoes that tested our balance, and disco fever. Sunday nights meant watching *Countdown* and seeing what chaos Molly Meldrum would cause next. When colour TV arrived in 1975, it felt like the future had officially landed in our loungerooms.

Then came the bold and slightly over-the-top 1980s. Big hair, bigger shoulder pads, and cassette tapes that somehow always got tangled. Aussie bands like INXS were blasting on the radio, and we all thought we were pretty flash programming the VCR (even if it blinked "12:00" for most of the year).

But what really made these decades special wasn't just the fashion or the music — it was the community. The dances, the club nights, the school socials, and the simple joy of getting together.

So as we prepare for our Retro Party, remember — it's not about how well you can still dance... it's about having fun and proving we've still got the moves (even if we need a cup of tea afterwards!).



Suncare Community Services – Quick Snapshot

Stay independent, active, and connected!

- * In-Home Support: Personal care, housework, meal prep, gardening, and home safety help so you can remain comfortable at home.
- * Transport & Social Connection: Get rides to appointments, shopping, or social outings — plus enjoy community activities and events.
- * Health & Allied Care: Nursing visits, exercise programs, and allied health support for strength, balance, and wellbeing.
- * Respite & Carer Support: Day programs, companionship, and flexible respite so carers can take a break.
- * Home Modifications: Grab rails, ramps, and safety assessments to keep your home accessible.
- * Guidance & Assessment: Help with My Aged Care, Home Care Packages, and choosing the right support for your needs.

Contact Suncare: 1800 786 227 | info@suncare.org.au | suncare.org.au



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Queensland Government
Department of Communities

The Dolphin Trainer An elderly man rear ends a young man driving an expensive sports car. Enraged, the guy hops out of his car and confronts the old man. "Look what you did to my car" he yells. "you're gonna give me \$10,000 right now or I'm gonna beat you to a pulp!" "Oh my" says the old man, "I don't have that kind of money. Let me call my son, he trains dolphins and he'll know what to do." "Dolphins...", the other driver huffs, while rolling his eyes. The old man pulls out his phone, dials his son and just as the son answers, the irate man snatches the phone away from the old man. "So, YOU'RE a dolphin trainer, huh? Well, your old man here just rear ended my car and I need ten grand right now or I'm gonna beat you AND your old man to a pulp. So you better train those dolphins to bring you some cash!" "I'll be there in 10 minutes." says the voice calmly on the other end. Exactly ten minutes later a pickup truck pulls up. A huge guy hops out and proceeds to walk calmly towards the bully. Before the enraged young man can speak, the man smoothly rams his head against the other man's forehead. The bully crumples like paper and the other man catches him, leaving him in a heap on the side of the road. When he's finished, he walks over to the old man and says: "For the last time dad... I train seals... Navy Seals.... NOT dolphins."