



# The Seniors Sentinel

Rockhampton, Cap Coast, Gracemere & Mt Morgan

June, July, August 2026

Volume 145

## Contact Details

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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 & Janet*

**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

### Executives:

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  
Staff – Janet Shields  
Accountant - Prudential Business Solutions

## Winter Has Arrived

The cooler season is here, bringing crisp mornings, warm cups of tea and the perfect opportunity to slow down and enjoy the simple things in life. Winter is also a wonderful time to stay connected with friends, neighbours and our local community.

We hope this edition keeps you informed, entertained and inspired throughout the months ahead, with community news, upcoming events, helpful information and a few smiles along the way.

Stay warm, stay safe, and enjoy the season ahead!

## **P** residents Pen

Welcome everyone,

What a busy three months we've had.

We said goodbye to Anita after nearly three decades as Manager, and have now welcomed Migaa as our new Manager along with her, has come the new ideas and energy that only the young can bring.

The 32nd Anniversary Dance was a huge success, with over 140 attendees. Most dressed up in 60's, 70's or 80's costumes as was the theme. A lovely meal was served by the Leagues Club and Galactic Donuts supplied cost price donuts for dessert keeping to the retro theme. Even the Almost Legends played for an extra half hour, thanks guys for that. It was an awesome night.

Keep an eye on our Facebook page and newsletters for news of the next one in October for Seniors month. If you have a special theme you would like, pop a note in the comments on Facebook we'll let you know the most popular one in the next newsletter.

Our new activities are all proceeding well, it's great to see things happening in Gracemere with Line Dancing and Glass Mosaic starting out there. Numbers are increasing at 60's Rock and Roll for seniors and we're all having fun with Col and Clair.

If we aren't running activities that you like please contact us either at the office or through Facebook with any suggestions. We will run an expression of interest and see what we can do to get that activity running.

The continuing problem with membership renewal due dates was discussed at the last committee meeting. As they are required for insurance purposes they must be renewed every two years. This creates a problem as it's difficult to know when any member is due for renewal. So the decision has been made to scrap the \$5.00 joining fee and all members are to renew their membership yearly on July 1st.

Until next newsletter

Always remember : Age is an issue of mind over matter.

If you don't mind it doesn't matter

(Mark Twain)

Lynn Hoskins

and the Management Committee.

## **M**anager's review,

Hello everyone,

Winter has arrived and it's wonderful to see so many members continuing to enjoy our activities and the friendships that make this community so special.

A real highlight this season was our 32nd Anniversary Retro Party. It was fantastic to see everyone dressed up, dancing, laughing, and enjoying the night together. The wonderful sense of connection and community made it a very special evening, and we're already excited for the next celebration coming up in October for Seniors Month.

Coming from Mongolia, where community gatherings and hospitality are an important part of our culture, I truly appreciate seeing people come together to share friendship, fun, and support. It's something that makes this community feel very welcoming and special.

I'd also like to wish Anita all the very best in her retirement and thank her for her many years of dedication and contribution.

Please also join me in welcoming Janet Shields to the team. We are very pleased to have Janet with us and look forward to the experience and support she will bring to our community.

Thank you all for your ongoing support, and I look forward to seeing you throughout the coming months.

Warm regards,  
Migaa Fargher

## **A Heartfelt Thank You & Farewell**

As I begin my retirement, I would like to sincerely thank everyone for the support, kindness and friendships shared over the years. It has been a privilege to be part of such a wonderful organisation and community. I will always treasure the memories and wish everyone continued happiness and success for the future.

With heartfelt thanks,  
Anita Griffiths

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>8-10 am (approx.) Golf Croquet Cost \$ 7.00 includes MT. Botanical Gardens. Phone 49140065.  Dance Health Lindy <b>Taking a little break until further notice</b> 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.  Monthly luncheons 1st Wednesday of the month. Details on page 5</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>9.30-10.30 am Gracemere Line Dancing with Susan ( FORTNIGHT-LY ) Gracemere Scouts Hall. Cost \$5 per person. Call the Office on 49140065 information. Details on page 6</p>	<p>9-1 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>9-1 pm Gracemere Glass Mosaic with Sally. \$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>9 am -12 noon Newsletter folding next date 25TH August.</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>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.				

## Crockery

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

## Digital assistance

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

### *Small Read: The Suspended Coffee*

One day, while walking with a friend, we passed a small café with a sign that read:

“You’re welcome in — we have suspended coffee.”

Curious, I asked what it meant.

Inside, I noticed something unusual. A customer ordered 3 coffees — 2 to take now, and 1 “suspended.” The barista nodded as if it was completely normal.

My friend explained: a “suspended coffee” is a pre-paid coffee left for someone who may not be able to afford one later. It simply waits, ready for anyone who needs it.

Later, an older couple came in and added a couple of suspended coffees to their order as well. It seemed like a small, simple gesture — nothing special at first glance.

We sat and enjoyed our drinks, talking and laughing until time slipped away. The café slowly emptied and just as we were getting ready to leave, a tired-looking man quietly stepped inside.

He approached the counter and asked softly, “Do you have a suspended coffee?”



The barista smiled, nodded and handed him a warm cup.

No fuss. No judgement. Just kindness.

It was such a simple moment, but it stayed with me. Before leaving, I went back to the counter and said, “I’d like to buy another coffee... suspended, please.”

### *A Simple Reminder*

Small acts of kindness can make a big difference in someone’s day. Sometimes, the smallest gestures — like a cup of coffee — can bring warmth, dignity and comfort when it’s needed most.

And often, there is always someone nearby who could use a little kindness more than we realise.

*‘What did one eyeball say to the other? Between you and me, something smells.*

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◆ *Over "60's "Sixties Dance lessons"◆*

Come & join Col & Claire (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)

◆ *Monthly luncheons*◆

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

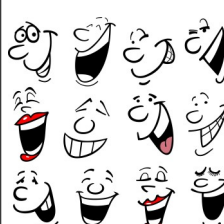
**3rd June** BBQ at the Rockhampton Mallet Sports Club. 41 Ann St

**1st July** Great Western

**5th August** Frenchville Sports Club

**2nd September** Heritage Hotel

*Please contact us if you're attending.*

 **In Mysterious Ways**

An elderly woman rushed to the pharmacy to pick up medication, but when she returned to her car, she realized she had locked her keys inside. Looking around, she spotted an old rusty coat hanger on the ground. She picked it up and whispered, "Lord, I have no idea how to use this." So she bowed her head and prayed, "Please, God, send someone to help me." Just minutes later, a beat-up old motorcycle pulled into the lot. A bearded man in a biker skull rag got off and asked, "Need some help, ma'am?" She explained, "My daughter is sick. I've locked my keys in the car. I need to get home. Can you use this hanger to open it?" The biker smiled and said, "Sure." In less than a minute, her car was unlocked. Overcome with emotion, she hugged the man and cried, "Thank you, God, for sending me such a kind man!" The biker chuckled and said, "Lady, I'm not a good man. I just got out of prison yesterday... for car theft." The woman hugged him even tighter and sobbed, "Oh, thank you, God... You even sent me a professional!"

## Changes to Support at Home – Personal Care Update

From **1 October 2026**, the Australian Government will fully fund personal care services for eligible participants under the *Support at Home* program.

This means that if your care plan includes approved personal care services, and you have available funding in your package, you will be able to receive these supports with **no out-of-pocket cost**.

Personal care includes help with everyday tasks such as:

- Showering
- Dressing
- Non-clinical continence support

These changes recognise personal care as an essential part of health, dignity and wellbeing, rather than an optional extra.

◆ **What this means for you**

This update is designed to help reduce financial pressure for individuals, families and carers, while ensuring older Australians can continue to receive the support they need to remain comfortable and independent at home.

◆ **What you need to do**

There is nothing you need to do at this stage. These changes will automatically apply from **1 October 2026**.

# Gracemere News

## Gracemere Lunch Bunch

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

- \* 8th June
- \* 13th July
- \* 10th August
- \* 14th September

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

## Gracemere Glass Mosaic

Unleash your creativity and join us for glass mosaic sessions!

**Date:** Every Monday

**Time:** 9 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!

## 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.*

## Gracemere Line Dancing

Join us for fun, friendly and social line dancing sessions in Gracemere.

**Location:** Gracemere Scouts Hall

**When:** Fortnightly Tuesdays

**Time:** 9:30am – 10:30am

**Cost:** \$5 per session

**Trial period:** Commenced 13/05 and runs through to 04/08

No experience needed – just bring your comfortable shoes and a smile!

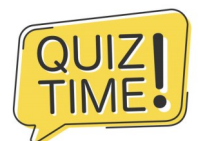
A great way to stay active, meet new people, and enjoy some music and movement.

## 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!

## The "I Know This One!" Quiz

1. Which country has the most time zones? A) USA B) Russia C) France D) China
2. What is the smallest bone in the human body? A) Femur B) Stirrup (stapes) C) Radius D) Collarbone
3. Which Australian city hosted the 2000 Olympic Games? A) Sydney B) Melbourne C) Brisbane D) Perth
4. What is the capital of Canada? A) Toronto B) Vancouver C) Ottawa D) Montreal
5. How many players are there in a netball team on court? A) 5 B) 6 C) 7 D) 8
6. What does the "D" stand for in DVD? A) Digital B) Dynamic C) Disk D) Data
7. Which planet has the most moons (as of recent discoveries)? A) Jupiter B) Saturn C) Mars D) Neptune
8. What year did Australia officially become a federation? A) 1900 B) 1901 C) 1910 D) 1899
9. Which direction does the sun rise in Australia? A) North B) South C) East D) West



*If in doubt, blame the questions... then check Page 11 for the answers!*

# Dee River Oldies-Mt Morgan.

## News from Dee River Oldies

At our March Morning Tea for Dee River Oldies our Mystery Boxes were a huge success.

It is always a good morning where everyone joins in and has a good laugh. You just never know what your box may have.

In April at our Morning Tea our members had some exercise routines to do. Members joined in and enjoyed the morning.

Our May Morning Tea we had Hoy. So good to see our members come along.

In June our Morning Tea will the OIC from the Ambulance centre be our guest speaker.

July Morning Tea will be musical bingo and for our August Morning Tea damper and a cuppa is planned.

With it being Volunteer's Week from the 18 May we would like to thank our members who help us out to get the meetings, morning teas and bus trip ready. Our members make our group. We are so lucky to have

such a terrific band of people helping us out, however they can help.

If you would like to join our group and are over 50 years of age, please come along. Fill in a membership form. The cost is \$5 to join.

Our next bus trip is to the Calliope Markets on Sunday 13 September 2026. The cost is \$60. Lunch is at the Mount Larcom Hotel at 12.00 pm.

Keeping busy through the winter months, the winter will be over before we know it.

The Steering Committee

Dee River Oldies Group

Carol Glover 49381 995

Colleen Constable 0427 161 131

[constable54@bigpond.com](mailto:constable54@bigpond.com)

## Upcoming events

Monthly Meetings starting at 2 pm.

- Tuesday - 16 June 2026
- Tuesday - 21 July 2026

Tuesday - 18 August 2026

Morning Teas starting at 10 am.

- Wednesday - 24 June 2026
- Wednesday - 22 July 2026

Wednesday - 26 August 2026

Bus Trip - To Calliope Markets - Sunday 13 September 2026

- Bus leaves Morgan Street bus stop at 8.00 am. Cost is \$60.

- Lunch at Mt Larcom Hotel at 12.00 pm

## DID YOU KNOW?!

Regular exercise supports overall health and wellbeing. It plays an important role in reducing the risk of dementia, as well as improving heart health, blood sugar levels, and mental wellbeing. If you're new to exercise, start small with gentle activities like walking or stretching and build up gradually. Choose activities you enjoy to help stay consistent.

The key is regular movement, not intensity. Small, steady steps can make a big difference to your long-term health and wellbeing.

There are a variety of classes available, including: **Line Dancing, Tai Chi, Yoga, Dance Health, 60's Dance Class, and Chair Flex** offering different ways to stay active, social and engaged. **The first session of these classes is free.**

**Go to the mall.** Good news for shopaholics – a study in Taiwan found that in people over 65, shopping is good for their health. From a 1,850 test group, 28% men and 23% women who shopped regularly, enjoyed a higher probability of living longer. According to the findings, the main reasons were the physical exercise that shopping entails when walking around, as well as the social interaction and elevated mood you feel while shopping. An important factor to note is that you do not need to buy anything to enjoy these benefits.



## Hearty Italian Lentil Soup

A warm, comforting winter soup — perfect for a cosy meal for two.

### Serves: 2

🕒 Prep Time: 15 minutes

★ Difficulty: Easy

### Ingredients

- 1 ½ tsp olive oil
- ½ small onion, diced
- ¼ cup celery, diced
- 1 garlic clove, crushed
- 2 cups vegetable stock
- ¼ cup lentils (red, green, or brown)
- 100g tomatoes, chopped
- ½ bay leaf
- Pinch of thyme
- Salt & pepper to taste
- ½ cup leafy greens, chopped

**Pinch of chili powder (optional)**

### ◆ Method

1. Heat olive oil in a small pot and cook onion and celery until softened.
2. Add garlic and cook for 1 minute.
3. Stir in lentils, tomatoes, stock, herbs, salt, pepper, and chili.
4. Bring to the boil, then reduce heat and simmer for 25–30 minutes until lentils are soft.
5. Add leafy greens and cook for another 5 minutes.

**Serve warm, with parmesan cheese if desired.**

### ◆ Handy Tip

Great for a simple lunch or dinner, and leftovers can be enjoyed the next day!

## *The secret to staying young? Keep laughing and never miss morning tea.*

Find reasons to laugh. In a 2012 study a group of 243 seniors who lived up to 100 or more had two main characteristics in common - the love of laughter being one of them. “They considered laughing a major part of their life,” says head researcher Kaori Kato, and thanks to their second common characteristic – openness and extrovert, laughter was indeed an inseparable part of their lives.

## Peace of Mind for the Future

A Will is an important legal document that outlines how you would like your assets, belongings, and estate to be distributed after your passing. It can also include details about who you would like to act as your executor — the person responsible for carrying out your wishes.

As life changes, it is important to review your Will regularly to make sure it still reflects your wishes and circumstances. Some common times to consider updating or changing your Will include:

- Marriage, divorce, or changes in a relationship
- The passing of a loved one
- Receiving an inheritance or major asset
- Significant financial changes, such as retirement or selling property
- Buying or selling a home or business
- Changes to your chosen executor or beneficiaries
- The onset or recovery from a major illness
- Relocating interstate or overseas
- Simply changing your mind about how you would like your estate managed

Keeping your Will up to date can help provide clarity and peace of mind for both you and your loved ones in the future.

**[My Health for Life Program.](#)** We’re excited to be partnering with Activate Health to deliver the Queensland Government’s *My Health for Life* program for our community. This free program will commence on Monday 29/06 and will run fortnightly from 9:00am – 11:00am in the Activity Room at 1/248 Quay Street. The sessions are designed to be interactive, engaging, and supportive, focusing on improving health and wellbeing in a welcoming group environment. We encourage everyone to take part and enjoy this fantastic opportunity to connect, learn, and support a healthier lifestyle — completely free of charge.

We are also looking for members interested in joining a program in Gracemere. If we have enough interest and participant numbers, we will look at running sessions there as well.

For more information or to register your interest, please contact the office.

## What's happening at the 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 - June to September 2026

Dates: June — 05th, 19th and 26th

August — 07th and 21st

July — 10th and 24th

September — 04th and 18th

### 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.

## Mediterranean Foods That May Support Heart Health

New research suggests that several foods commonly used in the Mediterranean diet may help support heart health and reduce risk factors linked to cardiovascular disease. Foods including garlic, olive oil, grapes, rosemary, saffron, and hawthorn contain natural compounds believed to help lower inflammation, improve blood flow, support healthy cholesterol levels, and reduce blood pressure.

Garlic and olive oil are particularly well known for their heart-health benefits, while grapes contain antioxidants such as resveratrol, which may support healthy circulation. Herbs like rosemary and spices such as saffron may also help reduce inflammation and support overall wellbeing.

Researchers believe these foods work best when combined as part of a balanced diet, rather than relying on a single ingredient alone. Small changes, such as cooking with olive oil, adding garlic and herbs to meals, or enjoying fresh grapes regularly, may all contribute to better heart health over time.

As always, anyone considering major dietary changes or supplements should speak with their healthcare provider first.

### 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.

## Expression of Interest – Bus Day Trip to Dululu Hotel

We're looking at organising a fun day bus trip and would love to know who's interested!

**Date:** 23/09

### **Proposed Trip Details**

- Depart: Rockhampton
- Pick-up: Gracemere
- Destination: Dululu Hotel for lunch
- Stop along the way: Mt Morgan Dam

Lunch and drinks will be **at your own expense**.

At this stage we're gathering expressions of interest only to see how many people would like to attend.

If you'd be interested in coming along please let us know by contacting the office.

It should be a great social day out with good company a scenic stop and a relaxing pub lunch!



**An Ounce of Brain.** A man is lying in the hospital, waiting to be the first person in history to receive a brain transplant. A doctor comes in and says "Congratulations! But unfortunately since this is a new procedure your insurance isn't going to cover it all. So we're going to give you 3 choices for brains and you can decide which you can afford." "Okay, what are they?" Says the man to the doctor. The doctor says "Well, first there's engineer brain, that's \$100 an ounce. Then there's astrophysicist brain, that'll cost you \$200 an ounce. Finally there's politician brain. That's the most expensive at \$1000 an ounce." The man looks at the doctor, surprised. "That's absurd! Why is the politician brain so expensive?" The doctor turns to him and says "Sir, do you have any idea how MANY politicians it takes to get an ounce of brain?!?"

## **Pilbeam Theatre – What's On (June–September 2026)**

### \* June 2026

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

Sat 6 Jun (7:30 pm)

**The Beatles Anthology**— Revie the years of the Greatest Rock'n Roll band of all time

Fri 19 Jun (7:30 pm)

### \* July 2026

**Cirque Nouvelle**—A new evolution of Circus

Sun 05 July (07:15 pm)

### \* August 2026

**Rocketman—Flying Solo** - an up close and personal tribute built on the format of Elton's own solo world tours.

Mon 17 Aug ( 11:00 am)

### \* September 2026

**Finding Nemo Jr**—Presented by Heights College.

Fri 11 Sep ( 07:00 pm)

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

*Winter in Central QLD is when we all agree it's 'freezing' at 18 degrees – perfect weather for an extra jumper and a never-ending cup of tea.*



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## Quiz Answers

How did you go? Check your answers below!

1. France
2. Stirrup (stapes) — the smallest bone in the human body
3. Sydney — host of the 2000 Olympic Games
4. Ottawa — capital of Canada
5. 7 players on court in a netball team
6. Digital — the “D” in DVD
7. Saturn — currently known to have the most moons
8. 1901 — the year Australia became a federation
9. East — the sun rises in the east in Australia



## 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](mailto:info@suncare.org.au) | [suncare.org.au](http://suncare.org.au)



If undeliverable please  
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## **F**inlayson & McKenzie Funeral Directors

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