



The Seniors Sentinel

Rockhampton, Cap Coast, Gracemere & Mt Morgan

September, October, November 2026

Volume 146

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Exciting News for Our 60 & Better Family!

We're moving to Bauhinia House!

Things are starting to come together, and we're very excited as we get closer to making the move. We're still working through the final details, so we don't have a confirmed moving date just yet, but we'll keep you updated as soon as we know more.

There may be some changes to activity days, times and locations while we get everything organised. We appreciate your patience and understanding during this exciting time.

We're looking forward to welcoming everyone to our new home and creating a friendly, welcoming space where our 60 & Better community can come together, enjoy activities, meet new people and have fun. There's lots to look forward to, and we can't wait to share this next chapter with you!

Bauhinia House — here we come!

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, Shelton Bailey

Accountant - Prudential Business Solutions

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.

Migaa & Janet & Shelton

**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"

P residents Pen

Welcome to all,

As you all sit down to read this newsletter, I'm happy to say winter is over and welcome to spring! What an exciting spring we're going to have.

As you can see by the front page, we're on the move! The seniors of Central Queensland are moving into the Seniors Citizens Centre, **Bauhinia House**. As I'm writing this section, we're still working through all the necessary steps to prepare for our move.

Please be aware that times and days of some activities may change as we all work together to make this new venture a success.

I would like to take this opportunity to say a very special thank you to Migaa, our Office Manager, who has worked so hard and kept her focus clearly on the end goal of uniting the senior groups of Rockhampton in one central location. I would also like to thank the Councillors who have supported this venture, especially Councillors Mathers and Oram, who also saw the benefits of Migaa's vision.

We have had a busy winter quarter, with activities continuing to grow. The bigger spaces of Bauhinia House can't come quick enough for some activities that are running out of room in their current locations. Rock and Roll continues to grow, as does Chair Flex on Thursday afternoons. Gracemere line dancing is fluctuating, so if you want these activities to continue, please participate. Without the numbers, we cannot keep activities going.

In the last few weeks, we have welcomed Shelton Bailey into the office. Shelton has also started seated massage for seniors on Thursdays. Contact the office to book a session — what a bargain at only \$10! Let's get those muscles relaxed and ready to hit the dance floor, the croquet court or enjoy a game of ten-pin bowls and the fun and friendship that 60 & Better provides.

This quarter we also have an expression of interest for a gardening club. If you would like to be part of this activity, please contact the office. As always, numbers are needed to make these things possible.

Our Dululu bus trip still has some available seats. It will be a great day with great company!

And last but certainly not least, tickets are now available for our Seniors Month Masquerade Ball in October, so pop into the office or give the staff a ring to book your table.

*Remember: "Getting old is like climbing a mountain, you get a little out of breath, but the view is much better."
— Ingrid Bergman*

Until next quarter,
Take care,
Lynn Hoskins and the Management Committee

Manager's review,

Hello everyone,

It's hard to believe we are already heading into spring! The coming months are shaping up to be very exciting, with lots happening across our program and within our community.

I'm delighted to welcome our newest team member, Shelton Bailey, to 60 & Better. Shelton brings experience working with seniors and is also a qualified massage therapist. He has such a gentle and caring nature, and we are very pleased to have him join our team. I'm sure many of you will get to know Shelton over the coming months, and we are excited to have him as part of our 60 & Better family.

We are also looking forward to celebrating Seniors Month in October — bigger and better than ever! We have some wonderful activities and events planned, including our special Masquerade Ball. We hope it will be a fantastic night of fun, laughter, dancing and friendship as we celebrate our wonderful seniors and everything they bring to our community.

We're extending our activities into Gracemere, giving more seniors the opportunity to get involved, meet new people and stay connected within their local community.

We're pleased to share that 60 & Better will soon be moving to Bauhinia House. We don't have an exact moving date just yet, but we'll keep everyone updated as soon as we know more. The new location will provide better parking and easier access, and as Bauhinia House is a seniors-focused building, we feel it's a great fit for our vision of creating a welcoming seniors hub where people can come together, connect and enjoy being part of the community.

There is lots to look forward to over the next few months, and I hope you will join us, try something new and continue making those important connections.

Thank you for your continued support of 60 & Better. We look forward to seeing you all and sharing a wonderful spring together.

Warm regards,
Migaa Fargher

Life is not measured by the number of years we live, but by the moments we share, the friendships we make, and the memories we create.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	8-10 am (approx.) Golf Croquet Cost \$ 7.00 includes MT. 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. 9.45 am Bauhinia Hoy at the Bauhinia House. Details on page 9	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	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.	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.
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.	9.30-10.30 am Gracemere Line Dancing with Susan this quarter starting 1st Sep. (FORTNIGHTLY) Gracemere Scouts Hall. Cost \$5 per person. Call the Office on 49140065 information. Details on page 6	9-1 pm Glass Mosaic with Sally. \$15.00 per session including the materials. For further information phone the office on 49140065.	9-10 am 60's Dance classes Cost \$5.00 Venue Fred Fox Hall (Rocky Brass Band)	
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	12 noon-4 pm Cards \$5.00 afternoon tea included. Held in the Office 1/248 Quay St.		1-2 pm Chair Flex at the Tamarind Place Red hill. Cost \$5.	
9 am -12 noon Newsletter folding next date 29th October.	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.			12 noon-4 pm. Cards \$5.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office on 49140065.
PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.				



60 MILLION BLISTER PACKS DIVERTED FROM LANDFILL

Chemist Warehouse has reached a major milestone, with **60 million blister packs diverted from landfill across Australia**—representing hundreds of tonnes of packaging recovered and given a second life instead of sitting in the ground for decades.

At Pharmacycle's Sydney facility, aluminium and plastic blister packs are mechanically separated through a purpose-designed process. The aluminium is melted down and recast into deoxidant pucks used in Australian steelmaking, while the plastic is transformed into durable building products such as decking, fencing and structural components by Think Fencing. Every step of the process takes place in Australia.

"This is about ensuring materials are genuinely recovered and reused, creating a circular solution for packaging that would otherwise have no pathway for recovery," said Pharmacycle Business Development Manager Jason Rijnbeek.

This milestone also reflects growing industry commitment, including a partnership with iNova Pharmaceuticals—maker of Betadine, Diffiam and Demazin—highlighting a shift toward greater packaging responsibility and circular thinking.

The focus is no longer just on product delivery, but on what happens after use.

BY THE NUMBERS

60 million blister packs diverted from landfill

100s of tonnes of aluminium and plastic recovered and recycled into Australian-made products

500+ Pharmacycle drop-off points in Chemist Warehouse pharmacies nationwide

100% recycled and reprocessed in Australia

Please feel free to drop your empty blister packs at the office collection point and help keep valuable materials in circulation.

Crockery

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

Can You Guess?

1. Which came first?
A) The telephone
B) The light bulb
C) The television
2. What is a group of kangaroos called?
A) A mob
B) A troop
C) A herd
3. Which food can last for thousands of years without spoiling?
A) Honey
B) Cheese
C) Bread

Answers are on the next page!

A police Officer stops a man for speeding very late one night. He asked the man where he was going I such hurry? He said he was going to a lecture on the effects that alcohol has on driving and o your general health. Really? said the officer. And who do you think is going to give you a lecture on those topics at this time of night? That would be the wife he replied.

Digital assistance

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

Did you know? A little saving can go a long way! Drakes Supermarkets offer **5% off every Wednesday** for Aged & Veteran Pension Card holders.

★ *Monthly luncheons*

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

2nd September Heritage Hotel

7th October Berseker Tavern

3rd November Tuesday Callaghan Park– Melbourne Cup Day

2nd December Bauhinia House — Christmas Lunch

Melbourne Cup Luncheon: *More details will be coming soon — keep an eye out*
Please be sure to call and book. Thank you!

★ *Refresh & Relax with Shelton*

New! 15-Minute Seated Massage for Seniors

We're excited to introduce our new 15-minute Seated Massage Program for Seniors

- ☐ Thursdays – by appointment only
- ☐ Activity Room, 1/248 Quay Street

A seated massage is a gentle way to help ease those everyday knots and kinks in the neck, shoulders, back and arms.

It may also help relieve age-related aches, stress and muscle tightness, leaving you feeling relaxed and re-freshed.



Dance Your Way to Better Health

When people think about improving their health, they often think of walking, going to the gym or using a treadmill. But did you know that dancing may be one of the best activities for healthy ageing?

Research has shown that dancing benefits both the body and the brain. Unlike many other forms of exercise, dancing combines physical movement with learning new steps, listening to music, improving coordination, and interacting with others. This challenges the brain while keeping the body active.

Studies have found that regular dancing can improve memory, balance, cardiovascular health and overall well-being. It may also help reduce the risk of dementia by keeping the brain engaged through learning and remembering dance routines. Better balance and coordination can also help reduce the risk of falls, helping older adults maintain their independence.

Another great benefit of dancing is the social connection it provides. Dancing is a wonderful way to meet new people, enjoy music, have a laugh, and stay motivated to keep exercising. After all, the best form of exercise is the one you enjoy and keep doing!

Whether you're a complete beginner or have danced before, it's never too late to start. Dancing is suitable for all ages and fitness levels, and every step you take is a step towards better physical and mental health.

Why not give it a try? We offer **Line Dancing** classes as well as our popular **60s Dance (Rock 'n' Roll)** classes. Come along, enjoy the music, make new friends, and discover why dancing really is one of the most enjoyable ways to stay active and healthy!

YOUR CHALLENGE THIS MONTH: SAY YES!

This month, challenge yourself to say **"yes" to something new.**

Yes to meeting someone new. Yes to trying an activity.

Yes to having a cuppa with a friend. Yes to getting out and about.

You never know where one little **"yes"** might lead!

60 & Better is all about connection, friendship and enjoying life — so let's make this month a good one!

Answers: 1. A | 2. A | 3. A

Gracemere News

Gracemere Lunch Bunch

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

- * 14th September
- * 12th October
- * 9th November
- * 14th 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.

Retirement is wonderful. It's doing nothing without worrying about getting caught.

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*)

Join us for a fun and relaxed morning of mosaics, good company and creativity. Everyone is welcome — no experience needed!

Fun Thought: They say good things come to those who wait... but beautiful mosaics come to those who show

Gracemere Line Dancing

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

Location: Gracemere Scouts Hall

When: Fortnightly Tuesdays from 1 September.

Time: 9:30am – 10:30am

Cost: \$5 per session

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.

FUN BRAIN TEASER!

Let's give our brains a little workout!
Can you work out the missing number?

$$10 + 1 = 11$$

$$11 + 2 = 24$$

$$12 + 3 = 39$$

$$14 + 4 = ?$$

What do you think the answer is?



Why Worry?

In life, there are really only two things to worry about. Either you are well, or you are sick: If you are well, there's nothing to worry about! If you are sick, there are two things to worry about. Either you get better, or you die. If you get better, there's nothing to worry about! If you die, there are two things to worry about. Going to Heaven, or going to Hell. If you go to Heaven, there's nothing to worry about! If you go to Hell, you'll be so busy shaking hands with all your friends that you won't have time to worry... So why worry at all??

Dee River Oldies-Mt Morgan.

News from Dee River Oldies

Dee River Oldies August Damper Morning Tea is always popular. We had a good attendance of members who enjoyed their cuppa with a piece of damper, a sandwich and other treats from the table. On the day we had a guest speaker from the Ambulance centre keeping our members up to date.

At our morning tea our members were keen to get their names down and paid for their seat for the bus trip. The cost of \$60 pays for their bus trip, entry to the markets and their lunch.

The bus leaves the Morgan Street bus stop at 8 am on Sunday 13 September 2026. We are looking forward to a great day out.

Now that spring has sprung and September is upon us we are looking forward to what lies ahead.

Our September Morning Tea is on Wednesday 23 September 2026. The cost is \$5 and starts at 10 am.

Come along and enjoy the morning out catching up and having a cuppa.

Our monthly meetings are held on the third Tuesday of the month with January and December the exception. Our September Monthly Meeting is on Tuesday 15 September 2026 starting at 2 pm.

Both our Meetings and Morning Teas are held in St Mary's Hall (Behind the Anglican Church). Come along and put your ideas forward.

Members need to renew their membership forms. These are available at our Monthly Meetings and Morning Teas. You need to be aged over 50 years old. There is no cost for membership.

We thank our members who really are the bones to our group for their help and support.

It is appreciated.

The Steering Committee

Dee River Oldies Group

Carol Glover 49381 995

Colleen Constable 0427 161 131

constable54@bigpond.com

Did you know? Australia is wider than the moon!

Australia is about 4,000 km wide, while the moon is about 3,475 km across

Upcoming events

Monthly Meetings starting at 2 pm.

- Tuesday - 15 September 2026
- Tuesday - 20 October 2026
- Tuesday - 17 November 2026

Morning Teas starting at 10 am.

- Wednesday - 23 September 2026
- Wednesday - 28 October 2026

There is no morning tea held in November.

We have our Christmas lunch instead.

Christmas lunch - Entry from 11.30 am at the Grand Hotel Mount Morgan.

- Wednesday - 25 November 2026

Bus Trip to Calliope River Markets:

- Sunday 13 September 2026
- Bus leaves Morgan Street bus stop at 8 am
- Lunch at Mount Larcom Hotel

⇒ *An old bushy takes his wife and son to a posh hotel in the city. They leave mum in the car until they book in. Magnificent glass doors with gold logos on them open as they approach. They step into a beautiful marbles foyer and go to the reception desk. Whilst waiting to be attended to they notice little old lady press a button on the wall opposite. Two beautifully polished stainless steel doors open. Half a minute later the lights flash above the door and out walks a beautiful young lady wearing mini skirt. The bushy couldn't control himself, quick son says the bushy go out and get your mum.*



I speak without a mouth,
I hear without ears.
I have no body,
But I come alive with the wind.

What am I?

Want to know if you're right? Turn to page 9 for the answer!

Understanding Support at Home

Support at Home is designed to help older Australians stay independent and get the support they need at home.

If you're approved for the program, you'll receive a letter explaining what services you've been approved for and how much funding is available. This may include ongoing or short-term support, depending on your needs.

✓ Choosing your services

Once your funding is available, you can choose a service provider that suits you. You'll then work with your provider to decide which services will best meet your needs and budget.

Your needs can change, so you can ask to change your mix of services or request a reassessment if you need more or different support.

✓ How long will I wait?

Waiting times depend on the services you've been approved for and your priority level.

Funding is provided separately for each approved service. This means you may be able to start using one service while waiting for funding for another.

✓ What will it cost?

You may need to contribute towards the cost of some services. The amount depends on the type of service you receive and what you can afford.

You may be asked to provide information about your income and assets to help work out your contribution.

Good to know: You only pay contributions for services you actually receive, and you don't pay a contribution towards clinical support services.

Want to know more? Call on 1800 200 422 to speak with the My Aged Care team.

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.

Dululu Bus Day Trip 23/09 – Itinerary

Here's the itinerary for the day:

- ✓ 9:30 am – Depart Rockhampton
Rockhampton pick-up/drop-off: Car parking area near the fountain on Murray Street, next to the Central Park Hotel
- ✓ 9:45 am – Pick up at Gracemere Golf Club
- ✓ 10:45 am – Arrive in Dululu
- ✓ 11:00 am – 1:00 pm – Lunch and free time to enjoy the day
- ✓ 1:00 pm – Depart Dululu
- ✓ 1:30 pm – Stop at Mount Morgan Dam
- ✓ 2:00 pm – Depart Mount Morgan Dam
- ✓ 2:30 pm – Drop off at Gracemere Golf Club
- ✓ 2:50 pm – Arrive back in Rockhampton

There is no cost for the bus trip. Lunch purchased at the Dululu Pub at your own cost. You're welcome to bring along a small morning tea for the trip.

We look forward to a wonderful day of friendship, fun and exploring together!

Happy Father's Day!

Father's Day is a wonderful opportunity to celebrate the special men in our lives — our dads, grandads, stepdads, fathers-in-law and father figures who have helped shape our lives in so many different ways. It's a day to remember the love, wisdom, encouragement and countless memories they have given us over the years. From teaching us life lessons to sharing a laugh, lending a helping hand or simply being there when we needed them, these are the moments that stay with us. To all the wonderful fathers and father figures in our 60 & Better family, we hope your day is filled with love, laughter, good company and plenty of special moments. And to those remembering a much-loved Dad who is no longer with us, we hope the memories you hold close bring a smile to your day.



Wishing all our dads a very Happy Father's Day!

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 - September to December 2026

Dates: September — 04th and 18th

October — 2nd, 16th and 30th

November — 13th and 27th

December — 11th

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.

Honey, Garlic & Lemon Chicken Tray Bake

Easy, tasty and a little bit different! Serves 4

Ingredients

- 4 chicken thighs or breasts
- 500g baby potatoes, halved
- 1 capsicum, sliced
- 1 red onion, wedged
- 2 tbsp honey
- 2 tbsp olive oil
- 2 garlic cloves, crushed
- Juice of 1 lemon

Salt & pepper



Method

Place everything in a baking dish and toss together. Bake at 200°C for 40–45 minutes, until the chicken is cooked and the potatoes are golden.

Tip: Serve with a spoonful of Greek yoghurt and fresh parsley.

The answer is **an echo**

North Rockhampton Pensioners Club Inc

Wednesday Indoor Carpet Bowls

- * **Location:** Bauhinia House
- * **Time:** 9:30 am
- * **Cost:** \$5

Come along a little early to enjoy a cuppa, have a chat and catch up with friends before the games begin. Everyone is welcome, so why not give it a try and enjoy some fun, friendship and a little friendly competition!



The Story Behind Bauhinia House

Have you ever wondered why Bauhinia House is such an important place for seniors in Rockhampton?

The idea for a Senior Citizens Centre on the north side of Rockhampton was first championed by former Rockhampton Mayor, Rex Pilbeam. Following the opening of the Senior Citizens Centre at Schotia Place on the south side on 13 January 1975, its popularity and the growing number of seniors using the centre made it clear that a similar facility was needed on the north side.

In his usual determined style, Mayor Pilbeam set about finding the funding to make the vision a reality. The project received \$300,000 from the Commonwealth Government, \$67,000 from the State Government and \$163,000 from Rockhampton City Council.

The North Rockhampton Senior Citizens Club was formed on 2 February 1982, and Bauhinia House became an important meeting place for seniors in the north of the city. The centre was managed by the Rockhampton City Senior Citizens Club before eventually returning to Council following de-amalgamation in 2014.



A New Chapter for 60 & Better

For more than 32 years, 60 & Better has been supporting seniors in our community, providing opportunities to stay active, connected and involved. Our organisation has always been about bringing seniors together, encouraging participation and creating friendships.

Now, our move to Bauhinia House gives us an exciting opportunity to continue that work in a space that was created with seniors in mind.

Bauhinia House provides a wonderful space for activities, with a large auditorium, stage, kitchen, accessible facilities and parking.

Our vision is for Bauhinia House to become a true Seniors Hub — a place where seniors can come together, stay active, try new activities, make friendships, enjoy a cuppa and most importantly, feel connected.

In many ways, we are helping continue the vision that began more than 40 years ago: a place where Rockhampton seniors can come together and enjoy everything that being part of a strong senior community has to offer.

A Special Thank You

We would like to take this opportunity to sincerely thank all the councillors who have supported this vision, with a special thank you to Councillor Grant Mathers and Councillor Edward Oram for their ongoing support and commitment to our seniors.

We would also like to acknowledge and thank the committee and members of the North Rockhampton Senior Citizens Club Inc., North Rockhampton Pensioners Club Inc. Most importantly, thank you to all our members and seniors who continue to support 60 & Better. This move is about all of us working together to create a stronger, more connected and welcoming Seniors Hub for Rockhampton.

We're very excited to be part of the next chapter of Bauhinia House and look forward to creating many more memories together.

"A new chapter begins when we come together — creating friendships, sharing memories and making our community stronger."



Happy Seniors Month!

Happy Seniors Month this October! It's a wonderful time to celebrate the experience, wisdom and contributions of seniors in our community. Let's celebrate together!

The Countdown is On!

The wait is almost over... it's time to put on your favourite mask and get ready for a fabulous night out!

We're celebrating Seniors Month in true 60 & Better style with our **Masquerade Ball** on 23 October at 5:30 pm at the Rockhampton Leagues Club.

Expect a night filled with great food, plenty of laughs, music, dancing and a few surprises along the way. Our favourite band, Almost Legends, will be back to keep the dance floor moving!

This year we're also introducing a Best Masquerade Mask competition, so start getting creative — we can't wait to see what you come up with!

And there's something extra special this year — our very first **60 & Better Lifetime Legend Award**. This award will recognise someone who has made an outstanding contribution to our senior community over the years.

Nominate your Lifetime Legend!

Do you know someone who always goes the extra mile, volunteers their time, supports others, helps keep activities going or simply makes 60 & Better a better place? We want to hear about them! Nominate someone you believe deserves to be our very first 60 & Better Lifetime Legend. More details on how to nominate will be available from the office.

There'll also be lucky door prizes, raffles and plenty of fun throughout the night.

Tickets are on sale now for just \$50, including a two-course meal.

So gather your friends, find your mask and get ready for a night to remember! See the event poster for all the details — and don't leave it too late to grab your ticket!



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



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

Funded by



Queensland
Government



ACHIEVE YOUR GOALS!

Physiotherapy & Exercise Physiology for everyone from active seniors to those with low mobility and chronic disease.

We offer:

- Hydrotherapy, home & in-community visits
- Specialised therapy gyms, consulting rooms & equipment
- Seniors group classes
- Individualised physiotherapy & exercise programs

Bulk billing available for Seniors Cards (with referral).

NDIS • Home Care Packages • DVA • Private Health welcomed

Yeppoon • Emu Park • Rockhampton

07) 4939 5696 website: www.activatehealth.com.au

Stay active. Build strength. Achieve your goals!