

*HERVEY BAY SIXTY & BETTER
HEALTHY AGEING PROGRAM INC*

Newsletter

Enabling people *OVER 50* to participate in decisions &
activities which improve their health & well-being.



Newsletter 86

January / February 2021

Supported by



2021

Happy New Year

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Open: Monday & Wednesday 7:30am - 4:00pm
Tuesday & Thursday 8:00am - 4:00pm
Friday 8:00am - 12:30pm

RECOMMENCE

Monday 4th January

CLOSED

Tuesday 26th January
ASUSTRALIA DAY

From The President

A warm welcome back everyone! We hope you all had a great holiday and look forward to an exciting 2021.

Activities and Groups:

Some activities recommenced on 04/01/2021 with others gradually recommencing over the next few weeks as per the 2021 starting dates. Please check with your activity leader and notice boards for any amendments or changes to times and dates.

Some Timely Reminders:

Please wear your name tags when participating in any activity and also write on the back a list of medications that you are taking in case of any medical emergency.

Please check the notice boards regularly for updates, changes and any items of interest.

Please still comply with the Hygiene and Physical Distancing Requirements laid down in Hervey Bay Sixty & Better Covid 19 Safe Plan Checklist.

We hope we can all enjoy a Covid 19 free 2021.

Peter Bourgaise

Funnies Just For You

I find it ironic that the colours red, white and blue stand for freedom, until they're flashing behind you.

Today a man knocked on my door and asked for a small donation towards the local swimming pool, so I gave him a glass of water.

I changed my password to "incorrect" so whenever I forget it the computer will say "Your password is incorrect."

KATE'S COLUMN



Hi Everyone

Welcome back to twenty twenty one (2021). Hope you all had a relaxing Christmas Break with family and friends. Celebrating bringing in the New Year was a little different for all of us. I wish you all a much better 2021.

2020 was a difficult year but all our activities have returned with some restrictions due to Covid 19. Thank you to you, our members for complying with these restrictions.

There have been a few changes to activities times, so check pages 10 & 11 of this newsletter for details. Please note that the Audio Visual activity has been cancelled. Hopefully some of our regular events will return this year as well. I know you have missed these special days.

Please read the important notice on Page 5 from the Management Committee.

Looking forward to seeing you all at some time during 2021. Stay safe.

Cheers

Kate

“Friends warm the world with happiness”



To all our members for
January & February



New Members

FOOT CARE TIPS

A serious foot problem can be as debilitating as toothache. Proper foot care should be an important part of your daily routine and is essential for healthy, pain-free feet.

“You only have one pair of feet: look after them well,” say Dallas Fell and Chris Delpierre, both podiatrists. “Foot care should be an essential part of everyone’s daily routine. Preventing problems are so much easier than trying to solve them later,” they say. Remember – look after your feet and they will look after you.

A large number of foot complications can be avoided by regularly caring for your feet. The following points, provided by Fell and Delpierre, should serve as a guideline for caring for your feet:

1. Keep trim

Trim your nails regularly using a good pair of nail clippers. Picking of nails or poor nail cutting can lead to ingrown nails and nail infections. Do not cut your nails too short and do not attempt to cut down in to the corners. This is especially important if you have diabetes.

2. Don’t skin yourself

Remove hard skin gently with a pumice stone. Do not attempt to cut hard skin or dig out corns yourself. This can lead to painful complications.

3. Don’t dry out

Use a moisturiser daily on your feet. Dry skin can lead to callus formation and cause heel cracks. Do not apply cream between the toes.

4. Wash and dry those feet!

Wash your feet daily in warm soapy water. Do not soak the feet too long as this will destroy the natural oils in the skin. Remember to dry the feet thoroughly afterwards, particularly between the toes.

5. Keep up your spirits

Apply surgical spirit between the toes with a cotton bud daily, particularly between the smaller toes. This will keep the space between the toes dry and prevent fungal skin infection from occurring.

Source <http://health365.com.au/articles/foot-health/12-foot-care-tips>

ACTIVITIES

Due to the COVID 19 DISTANCING RESTRICTIONS we have had to make time changes to some activities.

At this time of year, especially with our rooms being very comfortable and cool with air conditioning, it is nice to stay and have a chat.

This is not always possible if there is another activity commencing immediately following yours.

We have a lunchroom and gazebo to sit and enjoy your cuppa and chat.

AT ALL TIMES

PLEASE DO NOT ENTER YOUR DESIGNATED ACTIVITY ROOM BEFORE YOUR ADVERTISED ALLOCATED COMMENCEMENT TIME

"IF YOUR ADVERTISED ACTIVITY COMMENCEMENT TIME IS 10:00 AM THEN THAT IS THE TIME YOU CAN ENTER THE ROOM"

"IF YOUR ADVERTISED ACTIVITY COMPLETION TIME IS 11:00 AM THEN THAT IS THE TIME YOU MUST LEAVE THE ROOM"

Some of the activities that require setting up of equipment must remember that the "Allocated Time" includes set up and pack up time.

It is acceptable to enter your activity designated room before your advertised time if that room is vacant. Please see the coordinator to confirm.

Make yourself aware of both activities before and after yours. It is rude to interrupt other activities. Be respectful of each other and abide by the advertised allocated times.

PARAPROSDOKIANS

First time I heard about paraprostdokians, I liked them. Paraprostdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous. (*Sir Winston Churchill loved them*)

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you ...but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up - we only learn how to act in public.
6. War does not determine who is right, only who is left.
7. Knowledge, is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, "In case of emergency, notify... I answered "A doctor".
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
12. You do not need a parachute to skydive. You only need a parachute to skydive twice.
13. I used to be indecisive, but now I'm not so sure.
14. To be sure of hitting the target, shoot first and call whatever you hit the target.
15. Going to church doesn't make you a Christian, any more than standing in a garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm supposed to respect my elders, but it's getting harder and harder for me to find someone older than me.

Sadly this is true!!!

Spread the Laughter, Share the Cheer, Let's be Happy

ACTIVITIES

NEW

CARD MAKING will commence on Wednesday 20th January
Will be held on the 1st & 3rd Wednesday of the month

CHANGES

THE WEIGHT MANagements SUPPORT & FRIENDSHIP GROUP
have changed their name. Now known as
“**SUPPORT & FRIENDSHIP GROUP**”

Days & Times remain the same

2ND & 4TH TUESDAY OF THE MONTH 9:00 am - 11:00 am

First day back for 2021 is **TUESDAY 9TH FEBRUARY**

ALL WELCOME

XX

CHECK THE CENTRE PAGES OF THIS NEWSLETTER

The Monday times have changed for

TAI CHI - LINE DANCING - CUMBIA

PARTICIPATE AT YOUR OWN RISK

You are encouraged to consult with your doctor before beginning any physical activity, if you have questions or concerns regarding your health condition.

This is especially important if your family has a history of heart disease, high blood pressure, high cholesterol, diabetes, arthritis, obesity, cigarette smoking or other health conditions.

You should understand that when participating in any physical activity, there could be a possibility of injury.

If you engage in any physical activity you are voluntarily participating at your own risk.

**YOU ARE RESPONSIBLE FOR
YOUR OWN HEALTH AND SAFETY**

TAI CHI has returned

Currently we are using DVD's for this activity



**If you know of anyone who might
be interested in becoming our
TAI CHI Instructor**

Please ask them to call Kate (Coordinator)



GUITAR GROUP - GRUMPS & ROSES

**Now appearing at the Pier Market on the last Saturday
of every month for all of 2021**

**Come along and enjoy the sounds of the Guitar Group
from Hervey Bay Sixty & Better**

LOST PROPERTY

**If you have lost items while at our premises,
please ask Reception. Lost Property will only be kept for
approximately 4 weeks before being thrown out or recycled.**

"SALE DAY"

**PLANNING IS WELL UNDERWAY FOR
A SALE DAY**

TO BE HELD MID MARCH

ITEMS FOR SALE WILL INCLUDE :

**SECONDHAND BOOKS, CD'S
DVD'S & JIGSAWS**

UNWANTED GARAGE ITEMS

WHITE ELEPHANT GOODS



TOYS

FURNITURE



TAKING DONATIONS NOW SO —

If you have any unwanted items lying around your home and they are in good condition, why not donate them. Goods can be dropped off in reception.

We will also be looking for helpers on the day, please see Kate (Coordinator) if you are able to assist

**CHECK NOTICE BOARDS IN FEBRUARY
FOR MORE DETAILS**

<u>Art Classes</u>	Thursday 1:00 pm - 4:00 pm	\$5.00
<u>Board Games</u>		
Mah Jong	Friday 9:00 am - 12:00 noon	\$4.00
Scrabble	Tuesday 9:00 am - 12:00 noon	
<u>Ballet for Seniors</u>	Thursday 11:00 am - 12:00 noon	\$4.00
<u>Cards</u>		
500	Monday & Wednesday 12:30 pm - 3:30 pm (3rd Monday of the month in the Gazebo)	\$4.00
Hand & Foot	Thursday 10:00 am - 3:45 pm	
Texas Hold'em Poker	Monday 12:30 pm - 3:00 pm	
<u>Card Making</u>	1st & 3rd Wednesday of the Month 8:30 am - 11:30 am	\$4.00
<u>Chair Pilates</u>		
Please wear appropriate clothing & footwear	Thursday 8:45 am - 9:45 am	\$4.00
<u>Craft</u>	Monday 9:00 am - 12:00 noon	\$4.00
<u>Cumbia</u>		
"Dance Fitness Exercise"	Monday 2:45 pm - 3:30 pm Thursday 10:00 am - 10:45 am	\$4.00
<u>Exercise for Seniors</u>		
(self paced)	Monday - Konga Low 8:00 am - 8:50 am 9:00 am - 9:50 am	\$4.00
Please wear appropriate clothing & footwear	Wednesday - Circuit 8:00 am - 8:50 am 9:00 am - 9:50 am	
	Friday - Chair Combo 8:00 am - 8:50 am 9:00 am - 9:50 am	
<u>Guitar Group</u>	Tuesday 9:00 am - 12:30 pm Thursday 12:30 pm - 3:30 pm	\$4.00
<u>Indoor Bowls</u>	Tuesday 9:00 am - 11:30 am	\$4.00
<u>Library</u>		
Books/CDs/DVDS, Jigsaws & Games	Monday & Thursday 8:00 am - 3:45 pm Friday 8:00 am - 12 noon (MEMBERS ONLY)	FREE

<u>Line Dancing</u>		
Monday - Beginners, Improvers & Early Intermediate	Monday 11:30 am - 2:30 pm	\$4.00
Tuesday - <u>New Beginners /Beginners</u>	Tuesday 11:30 am - 2:30 pm 1st Tuesday of the month - <u>New Beginners</u> ; Level 1 & Level 2 2nd, 3rd, 4th & 5th Tuesday of the month - <u>Beginners</u> ; Level 1 & Level 2	\$4.00
<u>Meditation & Relaxation</u>	Wednesday 10:30 am - 11:30 am	\$4.00
<u>Patchwork / Quilting</u>	Thursday 9:00 am - 11:30 am	\$4.00
<u>Reiki Healing</u>	Tuesday 9:30 am - 12:15 pm	\$4.00
<u>Sixty & Better Social Dance Group</u>	Wednesday 12:30 pm - 4:00 pm 12:30 pm - Doors Open 1:00 pm to 4:00 pm - Dancing 3rd Saturday of the month 6:30 pm - 10:00 pm	\$4.00
<u>Special Events</u> - Suspended	AS ADVERTISED “Seminars, Bus Trips, Fund-raising, Movie Sessions”	T.B.A
<u>Support & Friendship Group</u>	2nd & 4th Tuesday of the month 9:00 am - 11:00 am	\$4.00
<u>Tai Chi</u>	Monday 10:15 am - 11:15 am	\$4.00
<u>Yoga</u>	Wednesday 10:15 am - 11:30 am	\$4.00

YOUR COMMITTEE

President Peter Bourgaize ***Secretary*** Merilyne Keyworth

Vice President Mark Westbrook ***Treasurer*** Lesley Williams

Committee Members

Errol Best **Gillian Brain** **Rod Lonsdale** **Ron Cook**

Ronnie Scott **Ron Sharpe** **Sandra Murray** **Viv Sharpe**

Coordinator **Kate Burke**

WHICH ONES DO YOU USE?

Some of the best words literally ever:

Bamboozled

Discombobulated

Malarky

Skedaddle

Flibbertigibbet

Whippersnapper

Pumpernickel

Poppycock

Persnickety

Dingleberry

Flabbergasted

Shenanigans

Kerfuffle

Nincompoop

Thingamajig

Whatchamacallit

Flummoxed

Gobbledygook

Canoodle

Codswallop

BOOK REVIEW



Circling the Sun by Paula McLain

She was the daughter of Edwardian England, transplanted to Kenya as a young girl by parents who dreamed of life on an African farm. But by the time Beryl Markham was sixteen, that dream had fallen apart. Catapulted into a disastrous marriage, she emerged from its wreckage with one idea: to take charge of her own destiny. *Circling the Sun* takes us from the brittle glamour of the 1920s “Happy Valley” social set to the loneliness of life as a divorcee. Set in the spectacular beauty of the Kenyan landscape. Dazzling beautiful, brave, passionate and reckless, Beryl is an unforgettable heroine, whose tragic loss in love compels her to pursue her own dream - of flight and freedom.

IRISH JOKES

*Bloke at a horse race whispers to Paddy next to him,
"Do you want the winner of the next race?"*

Paddy replies "No tanks, oi've only got a small yard."

Paddy and Mick found 3 hand grenades and decided to take them to the police station.

Mick "What if one explodes before we get there?"

Paddy: "We'll lie and say we only found two!"

A coach load of paddies on a mystery tour decided to run a sweepstake to guess where they were going..... the driver won £52!

Paddy finds a sandwich with two wires stickin out of it.

He phones the police and says "Bejasus I've just found a sandwich dat looks like a bomb."

The operator asks, "is it tickin?"

Paddy says "No, oi tink it's beef"

Joe says to Paddy: "Close your curtains the next time you're making love to your wife.

The whole street was watching and laughing at you yesterday."

Paddy says: "Well the joke's on them because I wasn't even at home yesterday."

Mick walks into Paddy's barn and catches him dancing naked In front of a tractor.

Mick says, "Oi Paddy, what ya doing?"

Paddy says, "Well me and Mary haven't been getting on in the bedroom lately & the therapist recommended I do something sexy to a tractor."

The Irish have solved their own fuel problems.

They imported 50 million tonnes of sand from the Arabs and they're going to drill for their own oil...

Paddy says to Mick, "Christmas is on a Friday this year"

Mick says "Let's hope it's not the 13th."

CHRISTMAS RAFFLE

Thank you to all members who donated items and those who purchased Raffle Tickets.

Congratulations to all those winners especially the winners of the cash prizes.

If you did attend the Raffle Draw you would also have received 2 x "Activity Vouchers"

*Paddy's in the bathroom and Murphy shouts to him.
"Did you find the shampoo?"*

Paddy says, "Oi did, but it's for dry hair and I've just wet mine."

Keep your Independence with...

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& Mobility



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New & Used Scooters*

Sales - Hire - Repairs

Wheelchairs & Power Chairs

Walkers & Lift Chairs

Independent Living Aids

Bathroom Aids

2/42 Torquay Road Pialba

(Opposite Woolworths)

Phone 4124 6433

Hervey Bay Prostate Cancer Support Group

Meetings are held at the
Hervey Bay RSL

on the 2nd Tuesday
of the month at 2pm.

All members of the public
are invited to come along.

Our meetings are very informal,
and we particularly welcome partners
and family members.

Our principal aim is to promote an
awareness of the Prostate.

A problem shared is a worry eased.

That is our goal, and that is our reward

Contact can be made by phone to:

Ros at 0457 285 554

**You don't stop laughing
when you grow old**

**you grow old when
you stop laughing!**



Travelling northwest towards the town of Canowindra and their many historic buildings, which we spent a couple of hours exploring. We found a Chocolate shop which had Gin

Infused Chocolate and of course Rocky Road, we went inside and the bloke told us he had all types of chocolate imported from all Australian States and the selling prices confirmed that. Where I had bought Rocky Road in Junee for \$2.50 he was asking nearly \$16 for the same quantity. I looked around for Mazz and she was disappearing flat out through the front door leaving me behind, so I threw the bloke a knowing look and bolted after her. It wasn't so much a quick exit, it was more like a panic stricken retreat.

We had a look at the towns pedestrian suspension bridge and we then checked out the Trading Post and same deal all high end priced home ware, too expensive for my taste.



We next headed for the small town of Eugowra on our way to Forbes.

What a surprising little town it was with a lot of Muriels, oops sorry Murals scattered around the town. Also the closed down Imperial Theatre which showed its last Flicker in the 1960's because of the coming of television. Then it was onto Forbes.



Well instead of checking out the sites of Forbes today we postponed that exercise until tomorrow morning before departing for Condobolin and instead as it was going to be a special day in Parkes and it being one day short of fifty years since

the Apollo 11 landing on the moon on the 21 July 1969, and it only being a 100 kilometre round trip we spent the day at the Parkes Radio Telescope, better known as, "The Dish".

What a great decision, as it was a fantastic day, we were even privileged to be able to take a tour of the actual Dish and the Control Room. We climbed up through the base which comprises the Control Room and walked around the Azimuth of the Dish's rotation. What an experience, something that will last a lifetime, to be able to walk around under the Dish as it rotated itself. We were not allowed to climb onto the actual Dish.



Before the tour commenced the Guide mentioned that there were a large amount of stairs to climb to reach the Control Room and said if you are unable to make the climb to drop out now and looked straight at Mazz & I, I felt like telling him to bugger off, the climb was a cinch. I know I lost count of all of the photos which I took of the Dish, (I counted the photos and there were 60) but every angle required another photo. Plus we were able to roam where most people were not allowed to tread on a normal day. But this wasn't a normal day. I'll remember this day for a long time.

The mini dish to the right had an identical dish about 200 metres away in a direct line and if you faced the dish and spoke into it, a person facing the other dish could hear what you said. On the return to Forbes we called into the Central West Livestock Exchange which was established in 2006 to sell sheep, cattle and pigs.



Before heading for Condobolin we had a quick look around Forbes. We checked out McFeeters Motor Museum, but didn't go

inside. Then we had a look at Lake Forbes and the Visitor Centre in the old Railway Station where we viewed a video on the short career of the Bushranger Ben Hall. Next it was off to Condobolin checking out Jemalong Weir along the way.



KITCHEN & LUNCHROOM

These rooms are now open and you are able to enjoy a tea or coffee again.

Be mindful of the restrictions for these rooms and **KEEP SOCIAL DISTANCING** as per the notices.

If you find there are too many people seated in the lunchroom, don't forget we have the Gazebo for you to use.

THANKYOU

DRINKS

**NOW AVAILABLE IN THE KITCHEN FRIDGE
STILL ONLY \$1.00**

PLACE YOUR MONEY IN THE JAR IN THE FRIDGE

HANDMADE CARDS

Handmade cards are now located back to the lunchroom. Payment is by the honour system, so make sure you place your money in the jar provided.

Cards are only \$1.00

Alison would be most appreciative if you can provide her with your old cards for recycling.

Thank you

**PLEASE CHECK NOTICE
BOARDS REGULARLY FOR
IMPORTANT INFORMATION**

COMING EVENTS

MARK ON YOUR CALENDAR

04/01/21 (Monday) Recommence for 2021

Mid March (Friday) Sale Day

Watch Noticeboards early February for more details

**Most activities will return in January
check the notice boards or with your Activity Leader
or Reception if you are unsure**

**Due to the distancing regulations we are
unable to provide any in-house events or
bus trips until further notice**

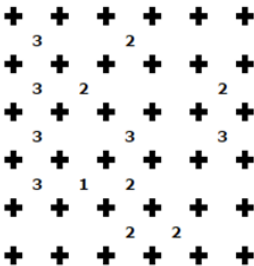
**HINT Remove this page and put on
your fridge as a reminder of these events**

BRAIN BUSTERS PAGE !!!!

Five patients, all potential blood donors, are waiting in the doctor's surgery and are sitting on the bench from left to right. Can you determine the position of each patient along with their blood group, age, height and weight? Their ages are 5, 9, 30, 46 and 60. Their heights are 40, 48, 60, 65 and 74. Their weights are 40, 75, 96, 125 and 165.

- The person on the far right is 37 years older than Jason, and is 60 inches tall.
- Jason weighs 56 pounds more than his height.
- Alan weighs 75 pounds and is 74 inches tall.
- John is type AB and weighs 56 pounds less than Jason.
- The person in the centre is 9 years old, is blood type AO and weighs 96 pounds.
- Adam, who is the first, is 65 inches tall, and weighs 100 pounds more than his height.
- The person who is blood type O, is 25 years older than the person to the left of them.
- Kevin is 60 years old.
- The person who is blood type A, is 55 years younger than Kevin and is not next to the person who is type AO.

The person who is next to the 9 year old but not next to the person who is 65 inches tall, is blood type B, and weighs 125 pounds.



Join the dots to create a single continuous loop.

- The numbers indicate how many of the four surrounding sections contain a line.
- The loop never crosses itself and any given dot can only have a maximum of two lines passing

Japanese Math Quiz

1	+		-		=	3
x		+		-		
	+		-		=	13
x		+		+		
	+	4	x		=	84
=		=		=		
72		15		8		

Who's In Line Next

Last week, Stacey's nieces and nephews met up to go to the cinemas to see the latest blockbuster.

From the cluse below, can determine the order in which they stood in the queue?

Sam was in front of Sarah. Stuart was behind Sandra and Sally. Sally was in front of Sharon and Steve. Sabrina was behind Stuart, Simon and Steve. Steve was in front of Sabrina, Simon and Shane. Shane was behind Simon, Sharon and Sabrina. Sandra was in front of Sarah. Simon was in front of Sam, Stuart and Sandra. Sarah was in front of Sharon. Sabrina was in front of Sam and Shane. Sarah was behind Sandra, Sally and Sabrina. Stuart was in front of Sarah. Simon was behind Sally.

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