

**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 105
March/April 2024**



PUBLIC HOLIDAYS

Office Closed

Good Friday 29.03.24

Easter Monday 01.04.24

Anzac Day 25.04.24

Hervey Bay Sixty & Better

**459 Boat Harbour Drive
Torquay Qld 4655
PO Box 5540 Torquay Qld 4655**

Phone: (07) 4194 6781 & (07) 4194 6782

Email: herveybay60@bigpond.com

www.60andbetterherveybay.com.au

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



60andbetterherveybay.com.au



Presidents Report



It's time to start shopping for those Easter Eggs.

Activities and Groups: All of the Activities are now up and running for 2024. There is also a new activity starting up on 27th February 2024. The activity is called **CORE WORKOUT** the aim of this activity is to strengthen your **ABS, HIPS, BACK, BUM and THIGHS**. Core muscles are essential to both stabilizing and producing movement. The activity will take place in the newly named **MANGO COTTAGE** (old men's shed) behind the main hall. The start time will be Tuesday's first session 0800 to 0845 and second session 0900 to 0945 you will need to bring your own exercise mat, towel and drink bottle. Most of the exercises will be done laying on your exercise mat. There are plenty of car parking spaces near the Mango Cottage behind the hall.

Events: The **Bundaberg Bus Trip** on Tuesday 19th March cost of \$65 includes morning tea, lunch and entry to all events. Please see reception for booking and payment of your seat.

Some Timely Reminders: Please note the Sixty and Better web site is up and running at 60andbetterherveybay.com.au. Please check notice boards for other information and events. The gardens and grounds around the buildings of Sixty and Better are in need of volunteers to help keep the weeds down and trim hedges. If there are any members who wish to give up their time and help out please see Maria our coordinator.

Peter Bourgaize
President

MARIA'S COLUMN



Hi Everyone,

Wow the year is slipping by so fast, I can't believe its nearly Easter already.

We are very excited with the opening of Mango Cottage and some new activities and activity leaders coming on board.

We will be having a "Grand Opening" of Mango Cottage with a free morning tea - information and demonstration sessions. Keep your eyes on the notice boards for further details .

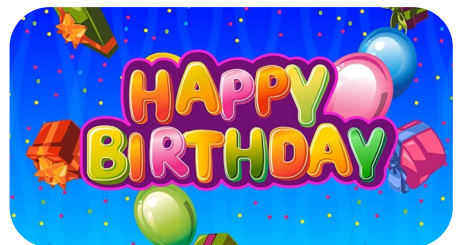
All the room signs have been taken down and are being repainted, we have placed temporary orange signs on each room for your convenience.

Don't forget we are always on the lookout for donations for our raffles. If you have unwanted gifts or unused items please place them in the donation basket in reception.

We are excited to announce our first bus trip of the year with a trip to Bundaberg, its already fully booked but put your name on the standby list as we always have a few pull out at the last minute.

Cheers Ria xxx

If its your birthday in
March or April
"HAPPY BIRTHDAY"



looking for something to watch this weekend?



Our DVD library has over 500 popular titles
including Academy Award Winners
Documentaries and Box Sets
FREE HIRE for Members



Do you have a green thumb and love the birds and the bees?

Could you spare an hour or two each week or month, helping to keep the
centre's surrounds weed-free and blooming beautiful.

We are looking for volunteers to carry out light garden maintenance and
beautification of our surrounds on a regular basis.

Not just an opportunity to get your hands in the soil for a good cause, the
group will provide a source of friendship and social connection with
like-minded members.

Put your name and contact details on the list in reception. Thank You

Let's Review some texting
abbreviations for SENIORS...

OMG: Oh my gout

IMHO: I must have
Osteoporosis

ROFL: Really old and farting
loudly

TMI: Triggers my indigestion



Wouldn't it be
so great if we
could put
ourselves in
the dryer for
10 minutes
and come out
wrinkle
free ...and
three sizes
smaller?

WHAT WORKOUT
DO APPLES
LOVE?
A CORE WORKOUT

Core Workout for Seniors with *Peter Bourgaize*



Mango Cottage - Tuesdays 8am & 9am

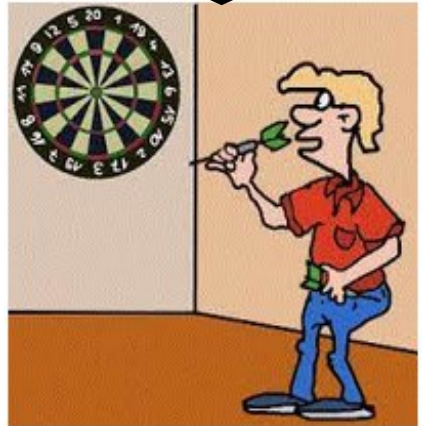
**CALLING ALL
DARTS
ENTHUSIASTS**

DARTS

Expression of Interest Sought

**Social Darts Competition
Mango Cottage**

Put your name on the list in reception.



Mat & Wall Pilates with Sue Willis

Commencing April 17th

Wednesday 10 am – 10:45 am

MANGO COTTAGE

REMINDER

DRINKS FOR SALE

Drinks are available to purchase in the kitchen fridge for \$1.00.
You will find a container in the fridge for the money.
PLEASE remember to pay - it is an honour system.
We trust you.



**NO SMOKING
OR VAPING**

**NO SMOKING ON SITE
INCLUDING E-CIGARETTES**

ACCIDENTS DO HAPPEN

If you have an accidental spill of any type in the carpeted rooms please inform the reception volunteers so we can have it dealt with promptly

**BUT PLEASE INFORM RECEPTION
PROMPTLY!**

Please use the TONGS provided when taking biscuits from the containers and replace the lids when you have finished.

HALL FLOOR

**Please
wipe
your
feet**

Thanks for cleaning off any stones, pebbles or other foreign material that you may pick up on your footwear before entering the hall.

This helps us to maintain the floor surface.

Donations

**Donations are URGENTLY needed for our
BUS TRIP raffles**

NAME BADGE

*****PLEASE COLLECT***
YOUR 2023/2024
NAME BADGE FROM RECEPTION**

Thank you 

PLEASE CHECK NOTICE BOARDS REGULARLY FOR IMPORTANT INFORMATION

IMPORTANT DATES TO MARK ON YOUR CALENDAR

17.03.24 St Patricks Day



19.03.24 Bundaberg Bus Trip



29.03.24 Good Friday

we are closed

01.04.24 Easter Monday

we are closed

25.04.24 Anzac Day Thursday

We are closed



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



**PLASTIC BOTTLE TOPS ARE
NO LONGER NEEDED!**

ACTIVITIES

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 SAFETY

GENERAL DISCLAIMER

This publication is intended as an information and entertainment source only and is not in any way an endorsement of any product or service mentioned. Every effort has been made to ensure that the information in the Newsletter is accurate and up to date. The Management Committee and staff do not accept responsibility for any errors, omissions or inaccuracies.

ACTIVITIES FOR OVER 50'S

ALL ACTIVITIES \$5 FOR MEMBERS

MONDAY	TUESDAY	WEDNESDAY
8:00 - 8:45 9:00 - 9:45 Exercise Low Impact Cardio	9:00 - 11:30 Indoor Bowls	8:00 - 8:45 9:00 - 9:45 Exercise Circuit
9:00 - 12:00 Craft	9:00 - 11:00 Support & Friendship 2 nd & 4 th Tuesdays	8:30 - 11:30 Card Making 1 st & 3 rd Wednesdays
10:00 - 11:15 Tai Chi	9:00 - 12:00 Scrabble	11:15 - 12:00 Yoga with Karen
11:30 - 2:15 Line Dancing Beginner/Improver	9:30 - 1:00 Reiki Bookings Essential	10:30 - 11:30 Meditation/Relaxation
12:30 - 3:00 Texas Hold 'Em Cards	11:45 - 2:00 Line Dancing Intermediate/Advanced	12:30 - 3:30 500 Cards
12:30 - 3:30 500 Cards	12:30 - 3:45 Hand & Foot Cards	12:30 - 4:00 Sixty & Better Dance Old Time/New Vogue Doors Open 12:30pm Dancing 1 pm- 4 pm
2:45 - 3:30 Zumba Gold with Dee		

**HERVEY BAY SIXTY & BETTER HEALTHY
AGEING PROGRAM Inc.**

Dan 'Dinna House - 459 Boat Harbour Drive TORQUAY 4655



Annual Membership \$10

THURSDAY

8:45 – 9:45
Balance & Movement

9:00 – 11:30
Patchwork

10:00 – 10:45
Cumbia

10:00 – 3:45
Hand & Foot Cards

11:00 – 12:00
Ballet for Seniors

12:30 – 3:30
Guitar Group

12:30 – 3:30
Art Group

FRIDAY

8:00 – 8:55
9:00 – 9:55
Resistance Exercise
Seated Combination

9:00 – 12:00
Mah Jong

10:00 – 12:30
Line Dancing
Level 1, 2 and 2+
For those returning to
Line Dance

YOUR 2023/2024 COMMITTEE

President:

Peter Bourgaize

Vice President:

Phil Ayres

Secretary:

Merilyne Keyworth

Asst. Secretary:

John Aylmer

Treasurer:

Lesley Williams

Asst. Treasurer:

Dylis Turnbull

Special Events:

Ronnie Scott

Coordinator

Liaison:

Selena Gardiner

Committee:

Rod Lonsdale

Phone: 07 4194 6781
Email: herveybay60@bigpond.com
www.60andbetterherveybay.com.au

The 1st letter of your first name.

- | | | | |
|--------------|------------------|-----------------|------------------|
| A - Adorable | H - Happy | O - Outstanding | V - Vibrant |
| B - Bubbly | I - Irresistible | P - Paddy | W - Wonderful |
| C - Cheerful | J - Jovial | Q - Quaver | X - Xtra Special |
| D - Dreamy | K - Kind-Heart | R - Rainbow | Y - Youthful |
| E - Easy | L - Lucky | S - Smiling | Z - Zany Pants |
| F - Fabulous | M - Magic | T - Tickler | |
| G - Giddy | N - Nostalgic | U - Unique | |

What is your Lucky Leprechaun Name



The month you were born.

- | | |
|---------------------|---------------------|
| Jan - Clover Hair | Jul - Rainbow Lips |
| Feb - Golden Smile | Aug - McNaughty |
| Mar - Pot O Gold | Sept - Freckle Face |
| Apr - Sparkly Pants | Oct - Shamrock |
| May - McSpanky | Nov - McStumpy |
| Jun - Golden Balls | Dec - Bejeus |

Daveswordsofwisdom.com

Now Share with your family and friends

It's time for a laugh

It's OK to pretend we're Irish on St. Patrick's Day. We pretend we're GOOD on Christmas don't we?



I went out drinking last St. Patrick's Day so I took the bus home.



That might not be a big deal to you but I've never driven a bus before!



What do you call an Irish spider?

Paddy long legs

Q: How can you tell if an Irishman is having a good time?



A: He's Dublin over with laughter!



Romance?

Karl and Milly were lying in bed one night. Karl was falling asleep but Milly was in a romantic mood and wanted to talk. She said, "You used to hold my hand when we were courting."

Wearily Karl reached across, held her hand for a second, and rolled over to try to fall asleep.

A few moments later she said, "Then you used to kiss me." Mildly irritated, he leaned across, gave her a peck on the cheek and settled back down to sleep.

Thirty seconds later she said, "Then you used to bite my neck." Angrily, he threw back the blankets and got out of bed.

"Where are you going?" she asked.

"To the bathroom to get my teeth," he replied.

Most common lies ever told:

"I didn't do it"

"I'm fine"

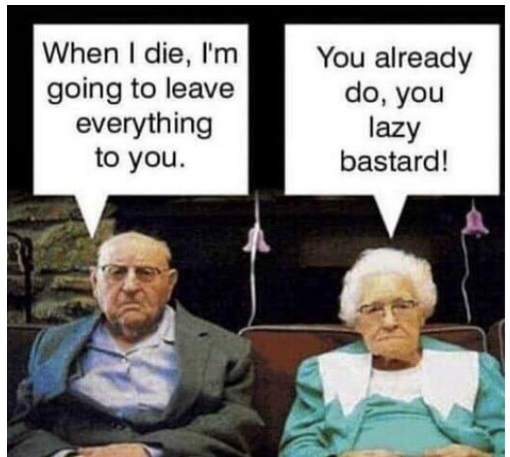
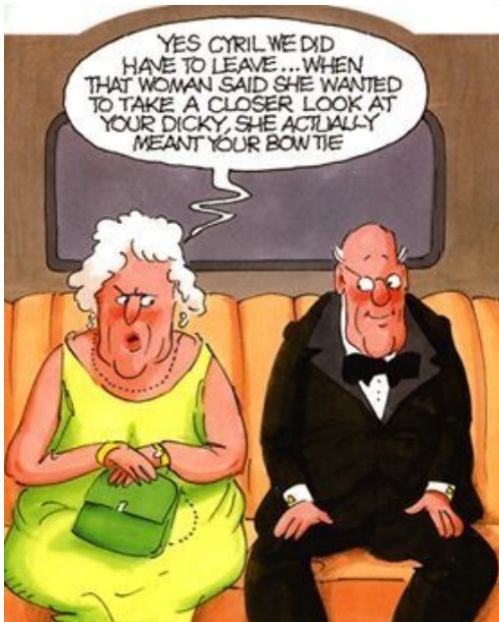
"I have read and agreed to the Terms and Conditions"



New Word: Exhaustipated

Here is a new word to add to your vocabulary. It will be especially useful to us senior folks!

Exhaustipated: meaning "too tired to give a ."



Cost of Living Saving Tips for Seniors

“Cost of living” refers to the cost of essentials and day-to-day necessities. In the past twelve months, the cost of living for seniors in Australia has risen by around 7%. This major increase can make it difficult to financially plan and to save money. As many pensioners and seniors have no active income stream, saving money is a vital skill to have.

Claim your government benefits

As a pensioner or senior, you may be eligible for certain government benefits. These benefits can include age pension and income support. Age pension comes with additional benefits, like a free direct bill paying service, a work bonus payment, and a concession card. If you are a veteran you may be entitled to additional benefits. Check your eligibility at

<https://moneysmart.gov.au/retirement-income/age-pension-and-government-benefits>

Take advantage of concession cards

There are various concession cards for seniors available through the Queensland Government. The different types of cards can save you money through:

- Queensland Government concessions
- Discounts on goods and services at participating businesses
- Public transport discounts

Apply for your Seniors Card at **<https://www.qld.gov.au/seniors/legal-finance-concessions/seniors-card/applying-seniors-card>**

Claim your entitlements

As a senior, you may also be eligible for certain subsidies. You may be able to receive a subsidy of up to 20% (or a maximum of \$200 annually) on your property rates and charges. Queensland seniors may also qualify for the electricity rebate (\$372.20 per year) and the reticulated natural gas rebate (\$80.77 per year).

Cut forgotten subscriptions

Research shows that Australians are wasting an average of nearly \$200 annually on forgotten subscriptions. Review your bank statement to catch any regular subscriptions you may have forgotten about or are unaware of. For example, maybe you signed up for a free trial of a streaming service and forgot to cancel it before it started charging you.

Cost of Living Saving Tips for Seniors

You can also save money on subscriptions by signing up for family plans with your children. Plenty of services like Netflix and Spotify offer family plans that can save you lots of money.

Create a meal plan and a food budget

Creating a meal plan based on what you intend to eat each day will help you to write a weekly shopping list. A shopping list is beneficial because it limits you from buying things you don't need. A set budget for food can help you stay within your means when shopping for groceries. Further tips to reduce your grocery bill include:

- Buying frozen vegetables instead of fresh to avoid wastage
- Purchasing staple foods in bulk
- Find cheaper no name brand alternatives

Tactfully reduce your bills

- **Phone** – do you have both a landline and a mobile phone? Consider cancelling your landline and instead making calls from your mobile phone only.
- **Cooling and heating** – only cool or heat the room you're using. Use blinds and door snakes can help regulate room temperature naturally. However, especially in the warm Queensland summers, it's important to prioritise your health and comfort. Don't totally forego using the air con simply to save some money.
- **Laundry** – only wash when the load is full. Use cold water. Hang-dry clothes instead of using the dryer. If this is a physically challenging task, a neighbour or family member may be more than happy to help.
- **Electricity** – unplug devices once they are done charging. Turn off the outlets of any plugged-in appliances that have a "standby mode."

Use Home Assist Secure for household repairs

Home Assist Secure is a service offered by the Queensland Government.

- This service offers information, referrals, and subsidised assistance to eligible seniors with household jobs like replacing lightbulbs, maintaining smoke alarms, and small repairs. <https://seniorsenquiryline.com.au/blog/2022/03/23/what-is-home-assist-secure/>

YOGA IS BACK



Yoga with Karen Howe

WEDNESDAY 11:15 am – 12:00 pm



New Tai Chi Instructor
Lorraine Porter
commencing 15/04



It's Fun and Easy to Learn

It's designed for the beginner who would like to explore the benefits of Tai Chi

Tai Chi movements will help relieve pain, stiffness and stress and also improve flexibility balance & co-ordination

Mondays 10:00 – 11:15am

Please wear loose, comfortable clothing and well fitted shoes & bring a bottle of water

Bush Telegraph

THE GHAN & DARWIN pt 3

We arrived at the Adelaide Railway station about 9am and booked the Pajero into the Motorail Valet to have it loaded onto the Ghan for the 3000 km trip to Darwin. We had requested a forward facing cabin so that we sat in the direction of travel and our Travel Agent assured us we had what we requested.



When we checked in I asked if we had a forward facing cabin and the receptionist said that it wasn't



Cabin Night Use

requested on their records, but we were very lucky because when she checked she said our cabin was forward facing. We had 245 passengers on board and the Ghan was 29 carriages plus one Motorail long with two locos up the front doing the work. We were showered with Champers and nibblies before embarking the Ghan and we boarded at 11am and we were in Berth 9 in car K so it was easy to remember K9.



Cabin Day Use



Cabin Ensuite

Bush Telegraph

THE GHAN & DARWIN pt 3 cont.

As I mentioned the distance earlier the cost worked out at about a dollar a kilometre. The fare included all meals, alcoholic and soft drinks as well as three off train experiences. I forgot to mention we had a pre lunch drink in the Lounge car and when I ordered I automatically pulled out my wallet and then I remembered that everything was free, or already paid for. I just have to remember to pay for my drinks when I get off the Ghan. Within thirty minutes of departure at 12.15pm we were seated in the Queen Adelaide



Queen Adelaide Dining Car

Restaurant car for a sumptuous lunch where you had three choices of entree, main meal and desert accompanied with a great selection of wines and beers. With the meals we had a great choice to select from like crocodile dumplings and braised buffalo curry, kingfish, lamb and various sweets and cheese platters.

There was a very nice sunset as we passed through Port Augusta and the next morning we had an early stop at Marla to watch the sunrise whilst chewing on a bacon & egg slider. We found out at Marla that we had sprung a leak in our carriages water holding tank so we had no

water in our car until we arrived in Alice at around 3pm that afternoon.



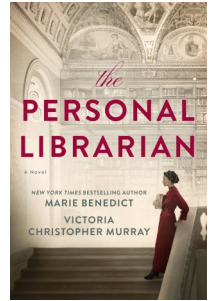
Sunrise at Marla



BOOK REVIEW The Personal Librarian

Marie Benedict

The remarkable, little-known story of Belle da Costa Greene, J. P. Morgan's personal librarian—who became one of the most powerful women in New York despite the dangerous secret she kept in order to make her dreams come true.



In her twenties, Belle da Costa Greene is hired by J. P. Morgan to curate a collection of rare manuscripts, books, and artwork for his newly built Pierpont Morgan Library. Belle becomes a fixture on the New York society scene and one of the most powerful people in the art and book world, known for her impeccable taste and shrewd negotiating for critical works as she helps build a world-class collection.

But Belle has a secret, one she must protect at all costs. She was born not Belle da Costa Greene but Belle Marion Greener. She is the daughter of Richard Greener, the first Black graduate of Harvard and a well-known advocate for equality. Belle's complexion isn't dark because of her alleged Portuguese heritage that lets her pass as white—her complexion is dark because she is African American.

The Personal Librarian tells the story of an extraordinary woman, famous for her intellect, style, and wit, and shares the lengths to which she must go—for the protection of her family and her legacy—to preserve her carefully crafted white identity in the racist world in which she lives.

g GOODREADS



SOLUTIONS ISSUE #104

Sudoku #12

Trivia Answers

- 11
- The Seekers
- The Castles
- Blue
- Walk Backwards
- God Save The Queen
- 99.9
- 1966
- Tom Burlinson
- Michelle Payne

3	2	5	8	4	9	1	6	7
6	4	8	1	2	7	9	3	5
1	7	9	3	5	6	4	2	8
7	8	2	9	3	5	6	4	1
9	3	1	6	7	4	5	8	2
4	5	6	2	1	8	7	9	3
2	6	7	5	9	3	8	1	4
5	9	3	4	8	1	2	7	6
8	1	4	7	6	2	3	5	9



PUZZLE PAGE

In a word ladder, exactly one letter changes each time to form a new word. →

Example: TEST -> TEXT -> NEXT -> NEWT

MINI CROSSWORD

1	2	3	4	
5				
6				7
8				
		9		

ACROSS

- Not in the present
- Someone who fidgets, purses their lips or stares without blinking, according to body language experts
- Wing it on stage
- "Very cool," in old lingo
- ___ point, temperature at which water vapor condenses

DOWN

- Detailed proposal
- Politician's assistant
- Healthy lunch option
- Overdone
- Knot in the present?

Sudoku #13

7				4			2
3			5				
	2				3		
	5		9 4				1
1	6 9			3			8 5
8		2					6
	4		5				7
9				6	2		

CLUE	WORD
Zero in tennis	
Traditional knowledge or belief	
Skin opening	
Not less	
Dawn	
Show someone your bum	
Shortly	
It dirties Santa outfit	
Put into alphabetical order	
Wrongful act in legalese	
Prostitute	
Pass gas	
Observe Ramadan	
Clenched hand	
Italian auto manufacturer	
Impressive achievement	
Every congressperson has one	
Navy _____	

EASTER

WORD SEARCH



BUNNY
EGGS
CHICK
JELLYBEAN

BASKET
SPRING
FLOWER
EASTER

GRASS
CANDY
HUNT
DYE

BONNET
SUNDAY
PEEPS
LAMB

