

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 106  
May/June 2024



**LABOUR DAY**  
**PUBLIC HOLIDAY**  
Monday 6th May

we are closed

**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](mailto:herveybay60@bigpond.com)  
[www.60andbetterherveybay.com.au](http://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](http://60andbetterherveybay.com.au)



# *Presidents Report*

**Works at Dan Dinna House** The repairs to pot holes on the drive way are ongoing due to the wet weather we have had. Also the clearing and weeding of the front gardens is ongoing due to the wet weather.

**Events** The Cancer Council Morning High Tea will be held in the Main Hall at Dan Dinna House on 04/06/2024 from 09:00-11:30 for the members of Sixty and Better, the cost will be \$15 per member with all money donated to the Cancer Council. Please see reception to reserve your seats, seating will be limited to 60 members only. The second Bus trip is in the planning process for July 2024, and members will be notified of the trip and date, keep an eye on the notice boards.

**Activities and Groups** The first session for Pilates was held **Monday 15<sup>th</sup> April in Mango Cottage** & our new Tia Chi Instructor also started on the 15th April.

**Fees and Membership** We are coming close to the end of the financial year therefore you will be required to renew your membership and update your details. Memberships will remain at \$10 for the financial year (01/07/24 to 30/06/25). Please see Reception when you renew your membership. The price of an activity session will remain the same \$5 for members and \$7 for non-members.

**General** The AGM for HBS&B will be held on Tuesday 22nd October 2024. We are looking for new committee members so please see the coordinator or talk to any of the committee members for any further advice. Please check the notice boards regularly for updates, changes and items of interest. Don't forget the 10kph speed limit within the grounds of Dan Dinna House also please keep to the left of the driveway entrance and exit point when you are leaving and arriving. Please wear your name tags when participating in any of the activities.

***Peter Bourgaize***  
President

## MARIA'S COLUMN



*Hi Everyone,*

*Happy Mothers Day to all our Mum's for Sunday May 12th.*

*This year we will be holding a High Tea on Tuesday June 4th for our contribution to Cancer Council Biggest Morning Tea with a Guest Speaker and lots of fun & shenanigans. Flyers are up, you can book in reception. Also keep an eye on the noticeboards for details of the July Bus Trip.*

*On a sad note this will be my last Newsletter as I am relocating back to Hobart, my home town! I have been away from home for 8 years, travelling around different parts of Australia and then here in Hervey Bay for the last 3 years. With ongoing health issues it is now time to return to be closer to the love and support of my family. My last day will be Thursday 16th May 2024. Thankyou all for being part of my journey, you have made my time here as the Coordinator at Hervey Bay Sixty & Better a truly remarkable experience. I'll miss the laughter, the learning and the camaraderie.*

*Take care & lots of love to all*

*Ria xxx*



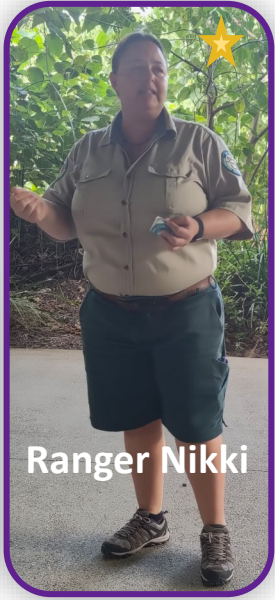
If its your birthday in  
May or June  
"HAPPY BIRTHDAY"



# Bundaberg Bus Trip



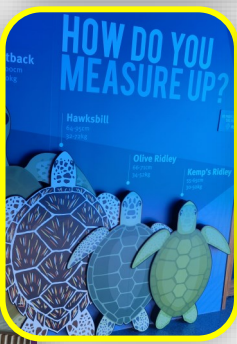
Heading Off



Ranger Nikki



Morning Tea







# CANCER COUNCIL BIGGEST MORNING TEA

You are invited to a morning filled with fun information & entertainment, all in aid of raising funds to support those impacted by Cancer.

- High Tea
- Guest Speaker - Crimson Williams
- Money Board
- Raffles
- Games & Trivia
- Dress to Impress
- MC – Peter Bourgaize

**\$15 Entry**

All proceeds will help fund  
Cancer Councils life-saving research,  
Prevention & support programs

**Limited Seats Available  
Book Now to Avoid Disappointment**



**In the Hall**

**Tuesday  
4<sup>th</sup> June  
9:00 – 11:30**

# CORE WORKOUT

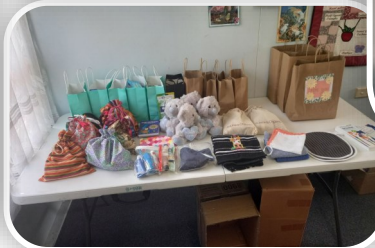


## MONDAY CRAFT GROUP

Our Craft ladies have been hard at work making items to support patients in need at our local Hospitals. Items range from toys, blankets, worry worms & fidget pillows for dementia patients. URGENT donations of 8 ply wool urgently needed to continue this worthy cause.



Tanya's Birthday



Mondays 9am - 12pm

## **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 needed for our raffles!  
Please place items in the basket in Reception!**

## 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

- 6.05.24**      **May Day Public Holiday**  
We are closed
- 12.05.24**      **Mothers Day**
- 24.05.24**      **Fraser Coast Show Day (Friday)**  
We are Closed
- 04.06.24**      **Cancer Council Morning Tea**  
9:00- 11:30 am in the Hall
- 21.06.24**      **QLD School Holidays Commence**

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



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

## **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	8:00 - 8:45 Core Workout *MC	8:00 - 8:45 9:00 - 9:45 Exercise Circuit
9:00 - 12:00 Craft	9:00 - 11:30 Indoor Bowls	8:30 - 11:30 Card Making 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays
10:00 - 11:15 Tai Chi	9:00 - 11:00 Support & Friendship 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays	11:15 - 12:00 Yoga w Karen
10:00 - 11:00 Pilates *MC	9:00 - 12:00 Scrabble	10:30 - 11:30 Meditation/Relaxation
11:30 - 2:15 Line Dancing Beginner/Improver	9:30 - 1:00 Reiki bookings essent.	12:30 - 3:30 500 Cards
12:30 - 3:00 Texas Hold 'Em 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
12:30 - 3:30 500 Cards		
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**

**FRIDAY**

8:45 – 9:45  
Balance & Movement

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

10:00 – 10:45  
Cumbia **ON HOLD**

9:00 – 12:00  
Mah Jong

10:00 – 3:45  
Hand & Foot Cards

10:00 – 12:30  
Line Dancing  
Improver/Improver+

11:00 – 12:00  
Ballet for Seniors

12:30 – 3:30  
Guitar Group

12:30 – 3:30  
Art Group

Phone: 07 4194 6781  
Email: [herveybay60@bigpond.com](mailto:herveybay60@bigpond.com)  
[www.60andbetterherveybay.com.au](http://www.60andbetterherveybay.com.au)

**YOUR 2023/2024 COMMITTEE**

**President:**  
Peter Bourgaize  
**Vice President:**  
Phil Ayres

**Secretary:**  
Merilyne Keyworth  
**Asst. Secretary:**  
John Alymer

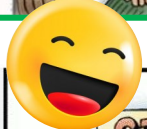
**Treasurer:**  
Lesley Williams  
**Asst. Treasurer:**  
Dylis Turnbull

**Special Events:**  
Ronnie Scott

**Coordinator  
Liaison:**  
Selena Gardiner

**Committee:**  
Rod Lonsdale

# time for a laugh



The best thing about being over 50?

We did all our stupid stuff before the invention of the Internet & Facebook- so there is no proof!

Tunk is something  
 you keep  
 around  
 for years  
 and throw  
 out 2 weeks  
 before you  
 need it!



2:00 in the afternoon



2:00 in the morning



HAVE YOU NOTICED  
 THAT NEW COUPLE  
 THAT MOVED IN  
 ACROSS THE STREET?

HE GIVES HER A  
 BIG KISS EVERY  
 MORNING WHEN HE  
 LEAVES FOR WORK.



HOW COME YOU  
 NEVER DO THAT?

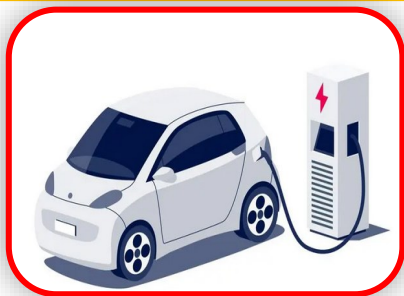
WELL, FOR ONE THING,  
 I DON'T GO TO WORK.  
 FOR ANOTHER THING,  
 I DON'T EVEN KNOW  
 THE WOMAN.



"H...has your hot flush gone yet,  
 c...can we close the window  
 now?"

# Everything you need to know before buying an Electric Vehicle

**Electric Vehicles** (EV) are really taking off in Australia. There are now more than 180,000 EVs on Australian roads, with 98,436 of those bought last year. More and more people are making the switch and it's no wonder why. These EVs are super-efficient, quieter, and they don't spew out any CO<sub>2</sub> from the tailpipe. Plus, they can pack a serious punch in terms of power compared to regular gas or hybrid cars.



## *What is an Electric Vehicle?*

Forget everything you know about the common combustion engines which we have seen from the ages, where fuel is ignited to make an engine work which then turns the wheels. When it comes to electric vehicles, they're pretty straightforward in terms of what makes them tick. You've got two main parts: an electric motor (or sometimes two if it's all-wheel drive) and a battery pack that gives it the juice. You won't spot an internal combustion engine under the hood, and there's no need for a fuel pump, gas tank, or oil pan. Forget about oil changes or smog checks – they're not on the menu. Instead, you need to charge an EV by plugging it into a socket, which can be purchased separately to install in your home or are available at public places like shopping malls or parking lots.

## *How much does charging cost?*

Charging your EV at a public charging station comes with a cost. The charging expenses can vary based on the charging network you opt for. It also hinges on the size of your EV's battery and its energy efficiency. Similar to petrol cars, EVs with higher efficiency tend to have lower refuelling costs. However, let's look at the average cost of refuelling the common Tesla Model 3 rear-wheel drive, you'd spend roughly \$20.70 to charge the vehicle from 20 percent to 80 percent. For the average Australian driver covering around 15,000 km per year, at a public charging rate of \$0.60/kWh, this would total about \$1,350 per year. If a driver exclusively charges at home, they would spend less than \$350 to cover 15,000km per year in an average EV. While home charging is the more economical choice, it may come at the expense of faster charging speeds.



# Everything you need to know before buying an Electric Vehicle

## *How quick is charging?*

Certain EVs can be fully charged in 20 minutes or less with a high-powered 350kW charger, whereas at some stations, it might take an hour or longer with lower-speed charging docks. On the other hand, if you're charging your EV at home, expect slower speeds. It could take an entire night to fully charge using standard domestic AC power.

## *Do EV's need servicing?*

Absolutely, electric cars do require maintenance, but not as frequently as traditional internal combustion engines. One of the clear benefits is that you won't have to deal with tasks like oil changes, coolant replacements, or air filter swaps. Tesla, for instance, suggests tasks like changing the cabin filter, performing a tire rotation, inspecting brake fluid, and ensuring the air conditioning functions properly. Aside from these, you generally shouldn't have to think about servicing for roughly two years. However, the cost for servicing EV's is slightly higher than traditional cars, due to their niche nature and direct manufacturer servicing.

## *Do I need to have a charger at home if I buy an EV?*

Having a wall box at home is a convenient option, and it's sometimes included as a bonus in the purchase of an EV. However, many individuals manage without one installed in their residence.

For some, installing a charger at home isn't possible, especially if they reside in an apartment complex, which can pose a charging challenge. While it's possible to plug your EV into a standard domestic 240-volt outlet, the charging process will be quite slow.

## *One big reason to buy an EV now*

Resale on petrol cars, diesel cars and hybrids is getting dubious. Australia buys a million new cars each year. Most of those will end up for sale as second-hand cars in the next 10 years. But when that happens the market will be moving away from petrol and diesel. And if price and performance of EVs keeps improving then buying a second hand petrol car will only seem like a good idea if you can buy it really cheap. Even if people want petrol cars with their hearts, then it is likely the rules will make owning them harder. There could be discounts for EV registration, for example, or higher petrol taxes and registration for petrol & diesel cars etc. This will kill the second-hand petrol car market. More info at <http://learn.evc.org.au>

# Online banking risks and how to avoid them

Banks are continuing to close branches, forcing more of us to embrace the digital world of online banking. A recent study by **National Seniors Australia** found 80% of older Australians now do online banking or pay bills online – an increase of 8% since before the pandemic began. As more of us have started using online banking, the numbers of scammers and hackers trying to steal our savings have increased too. So how safe is online banking? And what can we do to protect ourselves from the scammers?

**Online banking** -offers many of the same services you can expect from visiting a bank branch, which you can access these anytime, anywhere: you can Pay bills, transfer money to other accounts, monitor payments coming in and out of your account, view recent or older bank statements & set up or cancel direct debits.

To access online banking, you need a smartphone, tablet, or computer. While most online banking websites or apps are designed to be easy to use, your bank should have a dedicated team that can help guide you through the process of setting it up and using it if you're unsure where to start. Online banking isn't all or nothing either. You can use it as much or as little as you like in combination with your traditional banking services. Many accounts, allow you to access online and mobile banking services (such as Apple Pay and Google Pay), alongside traditional banking services and products.

**Is online banking safe?** Many banks offer advanced safety features to help protect you and your money from illegal activity online, including dedicated anti-fraud teams, advanced online security technologies, and guarantees if money is stolen from you. If you have money stolen due to a security issue from their end or if your credit card details are stolen, they will compensate you for it. On the other hand, if you willingly hand over your details to a scammer (such as through an SMS, email or phone call scam), it may be difficult to get your money back and sometimes may not be able to be recovered. The same goes if you accidentally send money to the wrong account (such as a typo in the recipient's bank account) – so double and triple check before you complete your transfer.

## Continued...

### **Tips for safe online banking:**

**Make sure your password is strong and unique, and secret:** Ensure your password is difficult to guess by including a combination of lower- and upper-case letters, numbers, and symbols. Do not use personal information in your password or repeat passwords across multiple programs or accounts.

**Install updates on your computer:** As tedious as computer updates can be, they include security fixes. It's important to install these updates as soon as possible when prompted by your device. Make sure your automatic updates are turned on where available.

**DO use two-factor authentication:** Two-factor authentication is a security measure that requires two steps to login instead of one. This usually means entering your username and password, and a security code sent to your phone or email as a secondary security measure. This makes it harder for hackers to access your account without also having access to your email or phone.

**DON'T use public Wi-Fi to do your banking:** Accessing WiFi at your local shopping centre, cafe or public place is not secure for doing online banking or making payments. It is more secure to turn on your mobile data and only use WiFi where you can trust it. Never use a shared computer for online banking (such as at a library or at work).

**Scams and fraudulent activity:** Never give out your personal, credit card, or online account details over the phone (unless you made the phone call and got the number from a trusted source) or via email. Your bank will **NEVER** ask you to click on a link to enter your personal information such as username, password or security questions. If you give your account or card details to a scammer, it may not be possible to recover the money they steal. **NEVER** open emails or SMSs from addresses or phone numbers you don't recognise and if you do, don't click on any links inside the email.

**DON'T** answer calls from unknown or blocked numbers – allow calls to go to voicemail. If they are legitimate, they should leave you a voicemail explaining their reason for calling. If you spot any suspicious or unauthorised transactions on your account, report it to your bank and change your password **immediately**. Your bank will usually have an after-hours number you can call to report fraudulent transactions. Some banks even allow you to temporarily lock your account through online banking if you suspect fraudulent transactions may be occurring. If money is stolen from your account through no fault of your own (such as someone skimming your credit card), the bank will usually conduct an investigation. If it's determined the transactions or transfers are fraudulent, then the money should be returned to you.

# Bush Telegraph

## THE GHAN & DARWIN part 4

We visited the Litchfield National Park today and stopped at a Roadhouse just outside the park for two expensive cups of coffee and a couple of toasties. We then checked out the Termite Mounds in the park and then onto Florence Falls which were spectacular and we could safely swim at the bottom of the falls if we chose to because it was croc free or we could also swim in the Florence River.



Then it was onto Buley Rockhole for more swimming and the last falls for a visit was Wangi Falls, but swimming wasn't allowed there because of a croc sighting. At Wangi we enjoyed a salad wrap lunch.



We then paid a visit to the Humpty Doo Pub and saw an albino buffalo. Whilst there I saw a crocodile leather belt on sale and changed my mind about buying it when I saw its price of \$200. We boarded a flat bottom boat for a jumping crocodile cruise on the Adelaide River where we saw three huge crocodiles do their thing, jumping up to retrieve hunks of chook suspended above the water. One croc was just over eighteen feet long and was right beside me and eyeing me off as a dinner sample.



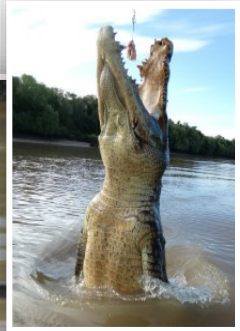
# Bush Telegraph

## THE GHAN & DARWIN part 4 cont.

On this cruise we saw numerous crocs and I noticed that the Skipper of the boat carried a revolver on his hip in case of a rogue crocodile.

Today we travelled 80 kilometres north of Darwin by ferry to Bathurst Island which is the smaller of the Tiwi Islands, Island.

We visited their local museum



before enjoying a a mug of billy tea, damper and golden syrup. We then did a town tour and checked out the old church and the WW2 radio shack with the model of the Tiwi Islander who captured the Japanese Zero pilot who was the first enemy plane to crash on Australian soil. The Islanders were very friendly, but the white doctors, nurses and government workers live in fenced compounds for security. Our crossing to the Tiwi Island in the morning was like a mill pond, but the return in the afternoon was a different kettle of fish and was very rough with quite a few people on board getting sea sick. TBC...



WW2 Radio Shack



# 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**

## NIGHT TIME PRAYER

Now I lay me  
Down to sleep  
I pray the Lord  
My Shape to keep  
Please no wrinkles  
Please no bags  
And please lift my butt  
Before it sags

Please no age spots  
Please no grey  
And as for my belly  
Please take it away

Please keep me healthy  
Please keep me young  
And thank you  
Dear Lord  
For all that you've done.  
Amen

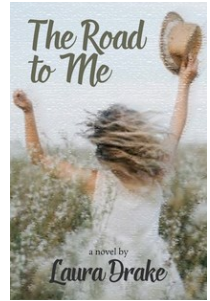
## Senility Prayer

God grant me the senility  
to forget those people  
I never liked anyway,  
the good fortune  
to run into those I do like,  
and the eyesight  
to tell the difference.  
Amen.



# BOOK REVIEW The Road to Me

Laura Drake



Jacqueline Oliver is an indie perfumer, trying to bury her ravaged childhood by shoveling ground under her own feet. Then she gets a call she dreads—the hippie grandmother she bitterly resents was apprehended when police busted a charlatan shaman’s sweat lodge. Others scattered, but Nellie was slowed by her walker, and the fact that she was wearing nothing but a few Mardi-Gras beads. Jacqueline is her only kin, so, like it or not, she’s responsible.

Despite being late developing next year’s scent, Jacqueline drops everything to travel to Arizona and pick up her free-range grandma. But the Universe conspires to set them on a Route 66 road trip together. What Jacqueline discovers out there could not only heal the scars of her childhood but open her to a brighter future

In *The Road to Me*, Laura Drake takes on the complexities of one family's struggle to get over a lifetime of mistakes and misunderstandings, expertly blending the heartbreak of a grandmother's past and a granddaughter's reluctance to trust her. *The Road to Me* offers a fresh and entrancing take on reconciliation and forgiveness, a truly captivating story filled with wit, wisdom and a whole lot of heart."

**g GOODREADS**



## SOLUTIONS ISSUE #105

## Sudoku #13

### Clue Words

Love, Lore, Pore, More, Morn, Moon, Soon, Soot, Sort, Tort, Tart, Fart, Fast, Fist, Fiat, Feat, Seat, Seal.

### Mini Cross Word

#### Across

- 1. Past
- 5. Liar
- 6. Adlib
- 8. Neato
- 9. Dew

#### Down

- 1. Plan
- 2. Aide
- 3. Salad
- 4. Trite
- 7. Bow

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



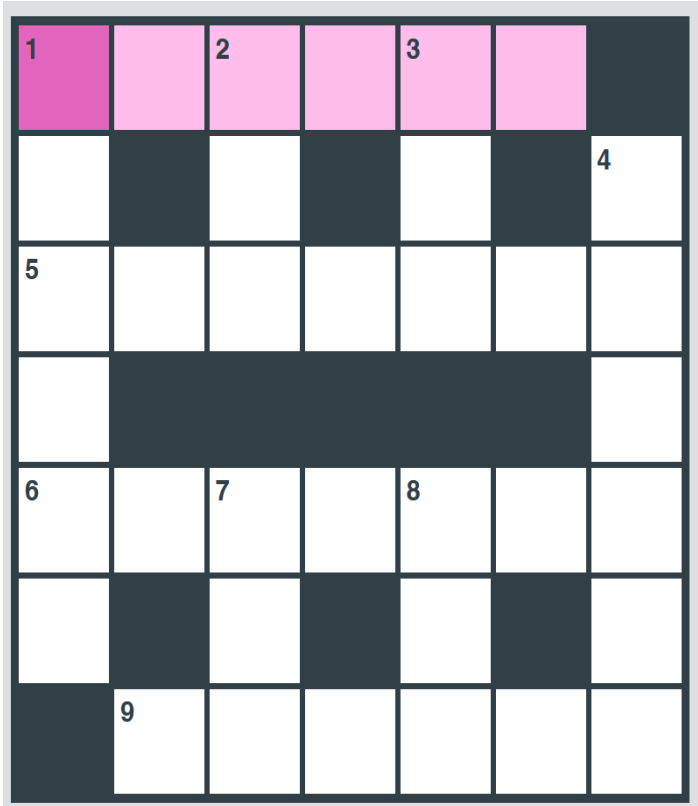
# PUZZLE PAGE

### ACROSS

1. Female Waif
5. Vest
6. Depleted
9. Contemptibly

### DOWN

1. Struggles for  
Breath
2. Draughts  
Counters
3. No Score
4. Hard to Digest
7. Round  
Vegetables
8. Skating Surface



## Sudoku #14

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

Y	K	S	N	O	O	G	A	L	T	C
O	S	R	A	L	L	O	C	M	L	B
C	T	E	V	L	E	V	O	P	A	M
E	R	W	O	E	R	O	R	B	B	O
C	H	O	N	H	N	U	Y	D	O	U
U	I	L	S	E	S	E	E	H	C	N
R	L	F	Y	S	B	E	T	F	L	T
P	L	E	I	U	P	O	D	I	W	A
S	S	A	N	C	H	I	P	E	A	I
E	N	A	K	B	A	Y	O	U	U	N
R	D	E	R	I	H	P	P	A	S	S

- ### Feeling Blue
- |             |         |
|-------------|---------|
| Baby        | Bayou   |
| Cheese      | Chip    |
| Cobalt      | Collar  |
| Cross       | Danube  |
| Deep        | Eyes    |
| Flowers     | Hills   |
| Ink         | Lagoon  |
| Mountains   | Pacific |
| Prussian    | Sky     |
| Sapphire    |         |
| Spruce      |         |
| Suede Shoes |         |
| Velvet      |         |
| Venetian    |         |