

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 108  
September/October 2024



HAPPY  
**Father's**  
DAY  
Sunday 1st Sept

**OCTOBER IS  
NATIONAL  
SENIORS  
MONTH**

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[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 2024*

*Peter Bourgaize*  
President

**Works at Dan Dinna House** Sixty and Better have just had two new air conditioners fitted in the main hall, thanks to a \$5000 grant from the **Hervey Bay RSL Club**. The air conditioners will be great for the hot and humid summer months. Thanks to the **Fraser Coast Council** for the donation of 40 shrubs and trees which are being planted at the front of Dan Dinna House. We are still looking for volunteers to help with the weeding and watering of the front gardens. Please check-out and be aware of the new fire evacuation diagrams placed on the walls of each of the rooms at Dan Dinna House.

**Events** The second Bus trip was held on 17th July 2024, the members attending visited Eumundi markets for shopping and then went on to Noosa for Lunch followed by a River Cruise to Tewantin. A great time was had by all members and a big thanks to Sue and Cheryl for organizing a great event and thanks to all those members who took part.

**Activities and Groups** A new exercise activity **STEPS** has commenced as of Friday 19<sup>th</sup> July from 10:00am to 10:45am in the main hall. Any interested members are welcome to try out this new activity. Tax help commenced in late July with Vicki Allen, bookings are required through our reception.

**Fees and Membership** 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

# Coordinators Report



Hello Everyone and welcome to spring,

Welcome to all our new members, we had 31 newbies in July and 16 in August.

If you have noticed a new member attending any of your activities please make them welcome.

**Events:** We couldn't have asked for a more perfect day for our Bus Trip to Eumundi Markets & Noosa Ferry Cruise, the weather gods smiled on us all day.

It was my first visit to the markets and I was suitably impressed with how diverse and vibrant the stalls are. The meal at the Reef House Hotel was good and the ferry ride whilst a little cool on the top deck was stunning.

Seniors Month takes place in October and will kick off with the "over fifties lifestyle expo" 2024 on Friday 4th October at the Baptist Church Nikenbah.

I will be calling on members to assist with setting up on Thursday the 3rd October and to help man the stall on Friday 4th October.

Errol & his social dance group will be holding a 'Seniors Deb Ball' on Wednesday 9th October. We will be holding our open day on Friday 25th October with a car boot sale, craft sale & lots of demonstrations and fun to be had on the day.

**Activities:** Kerrie Coy has quickly become a favourite instructor with her new Step N Tone class going from Strength to Strength (Pun Intended) :-)

Check it out if you haven't already. Kerrie is also filling in with Balance & Movement, Cumbia and Zumba Gold.

Don't forget if you have a great idea for an activity, share it with us in the Coordinators Office & we will endeavour to get it up and running.

**What's coming up?** New Carpet will be laid on the front deck, date TBA. This will take place on a Saturday to **minimise any disruption to activities.**

Members Christmas party Pencilled in for November.

Until next time

Cheers Sue

**If its your birthday in  
September or October**



# Eumundi/Noosa Bus Trip

Bus to Eumundi Markets





# Eumundi/Noosa Bus Trip

Lunch at Noosa Hotel



# Eumundi/Noosa Bus Trip

Cruise on Noosa river



Ice cream at Noosa Marina



# Reiki

Has returned

Tuesday

From 9.30

BOOKINGS

ESSENTIAL



Book in at Reception



## Raw Beginner Line Dancing Class

Tuesday 11:30 - 1:30

This six-week course is ideal for those that have never danced before.

You will start by learning basic steps and combinations before putting them into practice with beginner level dances.

BOOK YOUR SPACE

## STEP & TONE

With KERRIE

Friday 10:00-10:45



# 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 ON SITE  
INCLUDING E-CIGARETTES**

**NO SMOKING  
OR VAPING**

# 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.





**Please  
wipe  
your  
feet**

## **HALL FLOOR**

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 urgently needed**



**8ply wool, Beads and old Jewellery  
needed for Craft group**

## **2024/2025 Membership is now DUE**

still just \$10

**Please pay & collect  
your new badge in reception**



**THANKYOU**

**Name badges are required to be worn when you  
attend any activities.**

## **CHECK your Coins**

Please do not bring foreign currency  
to pay for classes



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

**IMPORTANT DATES TO  
MARK ON YOUR CALENDAR**

- 01.09.24**      **First day of Spring  
Father's DAY**
- 16.09.24**      **School Holidays begins (2 weeks)**
- 30.09.24**      **School returns**
- 01.10.24**      **Seniors Month begins**
- 04.10.24**      **Over Fifties Lifestyle Expo  
Ninkenbah Baptist Church**
- 07.10.24**      **Monarchs Birthday Holiday (we are Closed)**
- 09.10.24**      **60 and Better Deb Ball - 12:30 - 4:00pm**
- 22.10.24**      **AGM Dan 'Dinna Hall - see Pages 16-17**
- 25.10.24**      **Hervey Bay Sixty's and Better Open  
Day and Car boot Sale**

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

# Hervey Bay Sixty & Better



If you have a garage full of stuff that you don't know what to do with bring it along to our car boot sale

**make some cash from your trash!**

Or if you love a second hand bargain then you're sure to find it amongst the boots full of preloved fashion, books, toys, homewares, tools, bibs & bobs!

**Friday 25th October**

**9:00am - 12:00pm**

**459 Boat Harbour Drive, TORQUAY**

# 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 - 11:00 Pilates *MC	9:00 - 11:00 Support & Friendship 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays	10:30 - 11:30 Meditation/ Relaxation
10:00 - 11:15 Tai Chi	9:00 - 12:00 Scrabble	11:00 - 12:00 Yoga
11:30 - 2:15 Line Dancing Beginner/Improver	09:30 - 12:15 Reiki **BOOKINGS ESSENTIAL	12:30 - 3:30 500 Cards
12:30 - 3:30 500 Cards	11:30 - 1:30 Line Dancing Raw Beginners	12:30 - 4:00 Sixty & Better Dance Old Time/New Vogue Doors Open 12:30pm Dancing 1 pm- 4 pm
12:30 - 3:00 Texas Hold 'Em	12:30 - 3:45 Hand & Foot Cards	
2:45 - 3:30 Zumba Gold		

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

Dan 'Dinna House - 459 Boat Harbour Drive TORQUAY 4655

Email: [herveybay60@bigpond.com](mailto:herveybay60@bigpond.com)



Annual Membership \$10

**THURSDAY**

8:45 – 9:45  
Balance & Movement

10:00 – 10:45  
Cumbia

10:00 – 3:45  
Hand & Foot Cards

12:30 – 3:30  
Guitar Group

12:30 – 3:30  
Art Group

**FRIDAY**

8:00 – 8:55  
9:00 – 9:55  
Exercise  
Chair Combo  
(Resistance exercise)

9:00 – 12:00  
Mah Jong

10:00 - 10:45am  
Step and Tone

**\*MC**  
Activity is  
conducted in  
Mango Cottage

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:**  
TBA

**Secretary:**  
Merilyne Keyworth

**Asst Secretary:**  
TBA

**Treasurer:**  
Lesley Williams

**Asst. Treasurer:**  
Dylis Turnbull

**Special Events:**  
Ronnie Scott

**Coordinator  
Liaison:**  
Selena Gardiner

**Committee:**  
TBA



# time for a laugh



What has 4 Letters,  
Sometimes 9 Letters,  
but never has  
5 Letters.



"You don't stop laughing when you grow old,  
you grow old when you stop laughing"  
George Bernard Shaw





**CHILDHOOD INJURIES:**  
**FELL OFF MY BIKE.**  
**FELL OUT OF A TREE.**  
**TWISTED MY ANKLE.**

**ADULT INJURIES:**  
**SLEPT WRONG.**  
**SAT DOWN TOO LONG.**  
**SNEEZED TOO HARD.**

**I have a pet termite.**  
**I named him Clint.**  
**Clint eats wood.**

**Middle age is just walking around all day muttering things like...**



- "What was I going to say?"
- "What did I come in here for?"
- "Did I already take my pill?"
- "How did I get this bruise?"
- "Why am I sore?"
- "Where did I leave my phone?"
- "Who moved my water glass?"
- "Did the dryer shrink these pants?"
- "That's it. Diet starts tomorrow."
- "\$2.99 a pound for apples? The nerve."
- "I could've *sworn* that was my password."
- "Who in the world is calling me at 9:00pm?"

**I'M RETIRED:** I don't want to.  
 I don't have to and you can't make me





**Hervey Bay Sixty & Better**

# **ANNUAL GENERAL MEETING**

**TUESDAY 22<sup>nd</sup> OCTOBER 2024 @ 11:30am**

**If you are a passionate and an enthusiastic member**

# **We Want You!**

**Nominate for any of the following positions.**

**Management Committee positions available are**

- **President**
- **Vice President**
- **Secretary**
- **Assistant Secretary**
- **Treasurer**
- **Assistant Treasurer**
- **Events Organiser**
- **Coordinators Liaison**
- **Committee Member**

### **Eligibility for nominations**

Members must be over 50 years of age and  
a current financial member of Hervey Bay Sixty & Better

Nomination forms are available from the Coordinator  
Nominations close on **Tuesday 8<sup>th</sup> October 2024 at 4:00 pm**



# 2024 AGM

Tuesday  
22nd October 2024  
11:30am  
**Dan 'Dinna Hall**

All financial members are welcome to attend

Don't forget to collect your nomination form from the Coordinator if you are interested in any of the Committee positions as listed.

Nominations OPEN from Wednesday 28<sup>th</sup> August  
CLOSE at 4pm Tuesday 8<sup>th</sup> October

You are welcome to stay and enjoy a free light snack following the meeting.

**Please register your attendance with reception for catering**

## Life Membership Presentations

Following the AGM Nominated Members who have contributed substantially to

**Hervey Bay Sixty & Better**

Look at us.....



WE ARE SOOOO COOL

Thanks to  
Hervey Bay RSL  
for providing funding for two new  
Air Conditioners

*Proudly supported by...*

HERVEY  BAY

**RSL**

COMMUNITY GRANTS PROGRAM

[www.herveybayrsl.com.au](http://www.herveybayrsl.com.au)



## TAX HELP

**FOR INDIVIDUALS only (no ABN holders). If your annual income is below \$80,000 per annum & you need help to lodge your tax return electronically Vicki Allen will be available at HBS&B TUESDAY ONLY until the end of October Bookings are essential. Please contact Reception to book in.**

## ACTIVITIES PARTICIPATION

**Acknowledgment of Risks:** Each participant understands that participating in the Activities involves physical exertion and risks, which could result in death, injury, or other impairments to themselves or others.

**Voluntary Participation:** Each participant voluntarily agrees to participate in the Activities at their own risk. Participants can choose to stop participating in any Activity at any time.

**Medical Disclosure:** Each participant agrees to inform Hervey Bay Sixty & Better in writing about any medical conditions or impairments that could affect their ability to safely participate in the Activities. Participants must notify Hervey Bay Sixty & Better if any new medical conditions arise during their membership.

**Release of Liability:** Except where caused by the reckless conduct of Hervey Bay Sixty & Better, each participant releases and holds harmless Hervey Bay Sixty & Better, its employees, volunteers, agents, and contractors from any liability for: a) Death or injury (physical or mental). b) The contraction, worsening, or acceleration of a disease. c) Any other condition or occurrence that may be harmful to the participant or community.

**Negligence Disclaimer:** Hervey Bay Sixty & Better and its employees, volunteers, agents, and contractors will not be liable for any loss or damage described in Clause 4 if it is caused by their negligent conduct.

**Equipment Use:** If Hervey Bay Sixty & Better provides equipment for the activities, they are not liable for any loss or damage caused by its use or misuse, except where this breaches statutory guarantees under the Australian Consumer Law or other non-excludable legal obligations.

**Indemnity:** Each participant agrees to indemnify Hervey Bay Sixty & Better for any loss or damage they incur as a result of the participant's involvement in the activities, except to the extent that Hervey Bay Sixty & Better is legally liable for that loss or damage.

**Legal Rights:** This Agreement does not exclude or limit a participant's rights under any law that cannot be excluded or limited. The terms should be read accordingly.

## 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.

# Bush Telegraph

## THE GHAN & DARWIN part 6

After checking out the WW2 Hanger & Airstrip at Daly Waters we then headed off towards Renner Springs. There was no television reception at all because of an expensive fault that may or may not get fixed.



Next morning we continued south towards Tennant Creek with a brief visit to Three Ways where the Barkly Highway intercepts the Stuart Highway. The Barkly Highway is the road towards the East Coast.

We checked out the Pebbles and the old Telegraph Station and had lunch at Lake Ann before proceeding to Tennant Creek for our next overnight stop.



About 100 kilometres south of Tennant Creek we arrived at the Devil's Marbles.

# Bush Telegraph

## THE GHAN & DARWIN part 6 cont.

Then it was onto Wycliffe Well known as Australia's UFO Capital, but when we arrived we found that the site had been closed for some time, or as they say the site is currently closed.



Next port of call was Barrow Creek to check out the Telegraph Station and the old Pub.



I never mentioned before, for my Overseas readers the Overland Telegraph line was built in the mid to late 1800's and ran from Adelaide to Darwin to connect with the undersea telecommunications cable to Europe and was serviced by Telegraph Stations along the way.

We have visited Alice Springs and Tennant Creek Telegraph Stations in an earlier issue.



# Bush Telegraph

## THE GHAN & DARWIN part 6

On the road to Alice Springs we visited Aileron and Ryan's Well.

There was a security fence around the Alice Springs van park.

I spoke to a Prison Officer in Tennant Creek and he said to stay indoors at night and keep property close to your body.

Tennant Creek & Ti-Tree both had high security walls and gates.

I spoke to a Police officer in Ti-Tree and he said there was a crime problem right across the Northern Territory, but we should be safe in the Alice. Okay of a day and stay in of a night.

Aileron



Ryan's Well



Glen Maggie Homestead

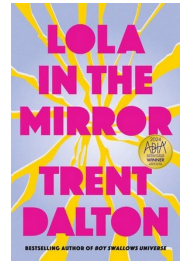


Security fence @ Alice Springs



# BOOK REVIEW

**Lola in the Mirror**  
**Trent Dalton**



*Mirror, mirror, on the grass, what's my future? What's my past?'*

A girl and her mother have been on the run for sixteen years, from police and the monster they left in their kitchen with a knife in his throat. They've found themselves a home inside a van with four flat tyres parked in a scrapyard by the edge of the Brisbane River. The girl has no name because names are dangerous when you're on the run. But the girl has a dream. A vision of a life as an artist of international acclaim. A life outside the grip of the Brisbane underworld drug queen 'Lady' Flora Box. A life of love with the boy who's waiting for her on the bridge that stretches across a flooding, deadly river. A life beyond the bullet that has her name on it. And now that the storm clouds are rising, there's only one person who can help make her dreams come true. That person is Lola and she carries all the answers. But to find Lola, the girl with no name must first do one of the hardest things we can ever do. She must look in the mirror.

From international bestselling author Trent Dalton, *Lola in the Mirror* is a big, moving, blackly funny, violent, heartbreaking and beautiful novel of love, fate, life and death and all the things we see when we look in the mirror: all our past, all our present, and all our possible futures.



## SOLUTIONS ISSUE

## Sudoku #15

	I	C	E	
G	R	U	F	F
T	E	R	R	A
O	N	I	O	N
	E	O	N	S

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



# PUZZLE PAGE

## Symbols of Value

Each shape represents a positive whole number. The sum total of the shapes in each row/column is displayed at the end of each row/column. Use this knowledge to deduce the numerical value of each shape.

●	●	■	■	26
★	■	◆	◆	24
■	■	●	●	26
■	★	●	◆	27
29	29	24	21	

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

## Sudoku #16



What do you call a fake Sudoku?  
A Pseudo - ku

## Word search

SUNSHINE  
SPRING  
WHALES  
FLOWERS  
SHOWERS  
RAINBOW

FATHERS  
DAFFODIL  
TULIPS  
MAGPIE  
SWOOP  
FAMILY

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