

**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 110
January/February 2025**



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

**Keep up to date
check out our Website**

60andbetterherveybay.com.au



President's Report

Welcome back everyone to Sixty and Better for 2025. We hope you all had a great Holiday Season, and a wonderful New Years break spending time with family and friends.

The Sixty's and Better Christmas Lunch party held on 21st of November 2024 at Kondari Hotel, was a great day full of fun and laughter with plenty of socialising. I would like to thank the Humps Ukulele Club for their entertainment. Congratulations to all the Christmas Raffle Winners.

Activities and Groups: Many of the Activities and Groups have now recommenced for 2025 and we expect to have the remaining ones back up and running very soon.

Works to Dan "Dinna House": The main Hall floor has been re-surfaced as per our annual maintenance schedule. All members are reminded to please wipe your feet before entering the hall.

Some Timely Reminders: Please note the Defibrillator is located in the main hall (above the Large Fire Extinguisher). Please check the notice boards regularly for updates or changes to activities and any items of interest ie; Bus Trips. Don't forget the 10kph Speed Limit within the grounds of "Dan Dinna House". Do wear your Nametags when participating in any of the activities.

HAPPY NEW YEAR TO ALL OUR MEMBERS

Peter Bourgaize

President



Coordinator's Report



Happy New Year and welcome back. I hope you have enjoyed your time with family and friends and had a great start to the year. How many of you have made New Year's resolutions? This year, mine is: making quality time to talk with family and friends.

We had some fun at the Christmas Party, with lots of winners for our raffles, including the major draws, mystery prizes, lucky door and the best dressed.

For those that attended our Christmas Party, I would love your feedback. This year, I will be booking the venue and entertainment, so your suggestions and input will be appreciated.

Activities and classes are resuming as the year begins. You are always welcome to suggest new classes, positive improvements or other ideas that we can include in our program. There is a suggestion box in the tea room.

We are running a Bus Tour in March travelling to Elliott Heads and a coral farm, with morning tea and lunch provided. This will be capped at 55 passengers and it will be first in gets the seat.

Join us for the adventure!

May this year bring you endless joy and fun adventures.

Sherie Riley

Coordinator

**If its your birthday in
January or February**



Activity return dates

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Exercise - Cardio First day: 6.01.2025	Indoor Bowls First day: 14.1.2025	Exercise - Circuit First day: 8.01.2025	Balance & Movement First day: 9.01.2025
Craft Group First day: 13.1.2025	Support & Friendship First day: 11.2.2025	Card Making First day: 15.1.2025	Cumbia First day: 9.01.2025
Tai Chi First day: 6.01.2025	Scrabble First day: 07.1.2025	Meditation First day: 15.1.2025	Hand & Foot Cards First day: 7.01.2025
Pilates First day: 13.1.2025	Reiki First day: 7.01.2025	Yoga First day: 8.01.2025	Guitar Group First day: 9.01.2025
Line Dancing First day: 6.01.2025	Hand & Foot Cards First day: 7.01.2025	500 Cards First day: 6.01.2025	Art Group ON HOLD We are currently looking for a new teacher
Texas Hold 'Em First day: 6.01.2025	Tai Chi New Class - refer Page 14 First day: 4.02.2025	Sixty & Better Dance First day: 15.1.2025	
Cumbia First day: 6.01.2025			
500 Cards First day: 6.01.2025			

FRIDAY
Exercise Chair Combo First day: 10.1.2025
Mah Jong First day: 10.1.2025
Step and Tone First day: 10.1.2025

BUS TRIP

**7am Tuesday
25th March 2025**

**Morning tea, Lunch and Tour included
Cost \$75 Members only**

Elliott Heads War Memorial Park



**Monsoon
Aquatics
Coral Farm Tour**



*Coffee and cake or Ice Cream
at Macadamias Australia*



Christmas Party



Music by HUMPS
Hervey Bay Ukulele
club





Lunch at the
KONDARI Hotel



Christmas Party



Raffle
Prize
draw





Raffle Prize draw



Major Prize draw



Thank you to our MC - Peter

Lucky Door Prize



Best dressed



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

**IMPORTANT DATES TO
MARK ON YOUR CALENDAR**

01.01.25 Happy New Year

26.01.25 Australia Day

27.01.25 WE ARE CLOSED



28.01.25 School returns

14.02.25 Valentines Day



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



What's NEW?

The Hall floors have been re-polished so please wipe your feet before entering. Also the Air Conditioners have been serviced.



There will be new **Tai Chi** classes commencing on Tuesday afternoons at 2:30. These will promote and assist with Diabetes and Arthritis management .

See Page 14 for full details



Bus Trip 25th March

See Page 5.
Get more details from Reception
Check Noticeboards for updates.



Meditation

There has been a new Air Conditioner installed in the Meditation Room!!!

Reiki

We have been overwhelmed with the number of members who are enjoying the Reiki sessions. Therefore, we can only take bookings on a fortnightly basis. This will give more opportunities for others to benefit from these sessions.

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 - 11:00 Pilates *MC	9:00 - 12:00 Scrabble	10:30 - 11:30 Meditation/ Relaxation
10:00 - 11:15 Tai Chi	09:30 - 12:15 Reiki **BOOKINGS ESSENTIAL	11:00 - 12:00 Yoga Bring a Mat, Towel & Water
11:30 - 2:15 Line Dancing Beginner/Improver	12:30 - 3:45 Hand & Foot Cards	12:30 - 3:30 500 Cards
12:30 - 3:30 500 Cards	2:30 - 3:15 Tai Chi NEW from 4/2/2025	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		
2:30 - 3:15 Cumbia		

HERVEY BAY SIXTY & BETTER HEALTHY AGEING PROGRAM Inc.

Dan 'Dinna House - 459 Boat Harbour Drive TORQUAY 4655

Email: herveybay60@bigpond.com



Annual Membership \$10

THURSDAY

8:45 – 9:45
Balance & Movement

10:00 – 10:45
Cumbia

9:30 – 3:45
Hand & Foot Cards

12:30 – 3:30
Guitar Group

FRIDAY

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

9:00 – 12:00
Mah Jong

10:00 - 10:45
Step and Tone

***MC**

Activity is
conducted in
Mango Cottage

Phone: 07 4194 6781

Email: herveybay60@bigpond.com

www.60andbetterherveybay.com.au

**YOUR 2024/2025
COMMITTEE**

President:

Peter Bourgaize

Vice President:

Merilyne Keyworth

Secretary:

Selena Gardiner

Asst Secretary:

Jan Seedsman

Treasurer:

Dylis Turnbull

Asst. Treasurer:

Sue Taylor

Special Events:

Ronnie Scott

Coordinator

Liaison:

Sue Jones

Committee:

Debbie Wicks

Dave Drummond

Tai Chi for Good Health – Diabetes & Arthritis

We are starting a **beginners Tai Chi class on Tuesdays from 2:30pm to 3:15pm.**

Our Tai Chi instructor is certified with the Tai Chi For Health Institute and the programmes are designed by the world-renowned Dr Lam.

Tai Chi focuses on general health and wellbeing. Our new classes will also promote and assist with Diabetes and Arthritis management.

Commencing 4th February – **Tai Chi for Diabetes**

The special feature of Tai Chi for Diabetes is, it is easy to learn and designed to prevent and improve the control of diabetes. The program will help minimise the risk of complications of diabetes by improving heart/lung function, muscular strength, flexibility, balance, and stress reduction. Diabetes Australia gave its support to this program because of its efficacy and safety.

Commencing 22th April – **Tai Chi for Arthritis**

The special features of this unique program are that it is easy to learn, enjoyable, and provides many health benefits in a relatively short period of time.

Medical studies have shown that practicing this program reduces pain significantly, prevents falls for the elderly, and improves many aspects of health. For these reasons, Arthritis Foundations around the world have supported the program

Tai Chi for Arthritis is based on Sun style Tai Chi. This style was chosen because of its healing component, its unique Qigong (an exercise which improves relaxation and vital energy), and its ability to improve mobility and balance.

Come and join this class and notice the health benefits.





Cumbia Class break up for 2024



Check out what's happening at the Hervey Bay RSL
online or on Facebook

www.herveybayrsl.com.au



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

PERSONAL BELONGINGS

Can we all be mindful of what we bring into the centre and what we are leaving with.

We have had a number of water bottles and other items left behind and they have gone walkabout and never returned.

If you see something left behind or have accidentally taken something home in error, can you please take the item to reception. Reception will then contact the owner or put into lost property.

Our members will benefit from everyone looking out for each other.

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.



CHECK your Coins

Please do not bring foreign currency to pay for classes



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.

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.



Time for a laugh

Leather is "rated" based on its texture.

Cows with abundant water sources typically have softer hides, rated "A".

But hides from cows living in hot, dry climates are typically "D" Hide-Rated....

Fun fact:

Koi fish always travel in groups of 4.

If attacked Koi A B & C will scatter leaving behind the D Koi !!!

I get very annoyed when people mix up there, their, and they're.

From now on I'm going two point it out weather they like it or not!!

I'm at that delusional age where I think everyone my age looks way older than I do.



I remember the days when my knees were called left and right instead of "good" and "bad".



Why doesn't Elton John eat Iceberg lettuce?

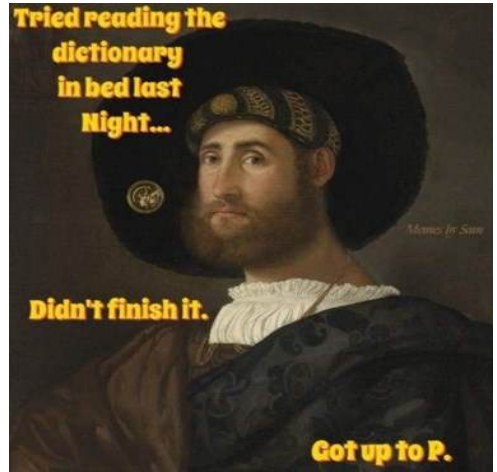
Because he is a Rocket Man

INVENTOR OF THE WIND CHILL FACTOR DIED RECENTLY HE WAS 82, BUT FELT LIKE HE WAS 64

Tried reading the dictionary in bed last Night...

Didn't finish it.

Got up to P.



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





From the mouth of Babes



A 6 year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and whenever we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."



A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said "How do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."

The teacher said "Give me a sentence about a public servant." The small boy wrote: "The fireman came down the ladder pregnant." The teacher took the lad aside to correct him. "Do you know what pregnant means?" she asked. "Sure," he replied confidently. "It means carrying a child."



My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 68. My grandson was quiet for a moment, and then he asked, "Did you start at one?"



My Grandparents are funny, when they bend over, you hear gas leaks and they blame their dog.



Paddy says to Mick, "I found this pen, is it yours?"
 Mick replies, "Don't know, give it here."
 He then tries it and says, "yes it is."
 Paddy asks, "How do you know?"
 Mick replies, "That's my handwriting."

Bush Telegraph

THE GHAN & DARWIN part 8

THE GHAN & DARWIN - Part 8 Glen Helen Gorge to Ayer's Rock (Uluru)

Before leaving Glen Helen we had a look at their Heritage Meat House and then it was onto Gosse Bluff an ancient meteorite crater before turning onto the Mereenie Loop to King's Canyon.



The Mereenie Loop was a lot

better than I expected. I thought it would be 4WD, but you could take a conventional car along it today as it is a gravel road with a lot of corrugations and dust.

I'd hate to have been in a car following me as it was very dusty, and for me with passing cars going in the opposite direction the wind was blowing in the right direction and blew their dust off the road and my dust straight into them.



Our accommodation in King's Canyon for two nights was a Bush Tent which was air-conditioned against the cold with a very noisy air conditioner.

Bush Telegraph

THE GHAN & DARWIN part 8 cont.



When I booked accommodation in King's Canyon twelve months ago the price was \$250 per night and this year it dropped to \$200 per night or \$350 for two nights. We were charged last years rates so I went to reception and told them I was not happy with their rates and after a brief discussion I convinced them to reassess the fees we had been charged and in their wisdom they decided to charge us this years rate and give us a refund.

Today we went for a drive into King's Canyon and checked out the souvenirs at the resort before driving out to Kathleen springs and then back to base camp for the evening.



The sign displayed on the left can be seen right across the Northern Territory and Northern Queensland to alert Overseas travellers who decide to drive that we drive on the Left in Australia.

Bush Telegraph

THE GHAN & DARWIN part 8

Our last night in King's Canyon was interesting because there were a few Dingoes prowling around the camp around 9pm and they started up a howling session which stirred up the old resident Donkey who began to bray in unison with the Dingoes. It wasn't long before they gave up and moved on.

We checked out the price of diesel as we passed through Curtin Springs and it was \$2.70 per litre.

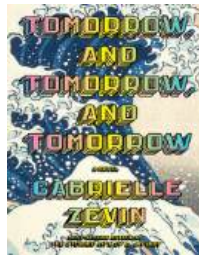
We arrived at Yalara which is the Resort area for Ayers Rock (Uluru), but more about the Rock in the next issue, below are a couple of photos to whet your appetite.

Two photos from different directions. One with grass in the foreground and one without.



BOOK REVIEW

Tomorrow, and Tomorrow, and Tomorrow Gabrielle Zevin



In this exhilarating novel, two friends—often in love, but never lovers—come together as creative partners in the world of video game design, where success brings them fame, joy, tragedy, duplicity, and, ultimately, a kind of immortality.

On a bitter-cold day, in the December of his junior year at Harvard, Sam Masur exits a subway car and sees, amid the hordes of people waiting on the platform, Sadie Green. He calls her name. For a moment, she pretends she hasn't heard him, but then, she turns, and a game begins: a legendary collaboration that will launch them to stardom. These friends, intimates since childhood, borrow money, beg favors, and, before even graduating college, they have created their first blockbuster, *Ichigo*. Overnight, the world is theirs. Not even twenty-five years old, Sam and Sadie are brilliant, successful, and rich, but these qualities won't protect them from their own creative ambitions or the betrayals of their hearts.

Spanning thirty years, from Cambridge, Massachusetts, to Venice Beach, California, and lands in between and far beyond, Gabrielle Zevin's *Tomorrow, and Tomorrow, and Tomorrow* is a dazzling and intricately imagined novel that examines the multifarious nature of identity, disability, failure, the redemptive possibilities in play, and above all, our need to connect: to be loved and to love. Yes, it is a love story, but it is not one you have read before.



SOLUTIONS for Newsletter #109

Sudoku #17

Symbols of Value Answer

Circle - 1

Square - 3

Triangle - 7

Star - 8

Wordsearch Words

Nine types of people -

Youngster, Girl, Adult, Child, Infant, Baby, Man, Toddler, Boy.

Four (sorry not 5) bodies of water -

Sea, Gulf, Lake, Bay

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



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.

●	■	▲	★	21
■	●	★	●	28
★	▲	▲	▲	12
●	▲	★	●	26
28	13	20	26	

Spot the Difference



			7		
S	2		8		5
U		4		9	
D					
O	1		3		6
K		5		8	
U					
#18	9		7		4
		6		5	
					1

Word search

- | | |
|----------|---------|
| James -- | |
| Caan | Dean |
| Cameron | Franco |
| Spader | Corden |
| Bond | Blunt |
| Brown | Woods |
| Garner | Madison |

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