

**HERVEY BAY SIXTY & BETTER
HEALTHY AGEING PROGRAM INC**

Newsletter

Our aim is to support and enrich the over 50's within our community to connect and engage in wellbeing activities.



**Newsletter 120
September October**

Supported by



Hervey Bay Sixty & Better
459 Boat Harbour Drive
Torquay Qld 4655

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

Phone: (07) 4194 6781
Email: herveybay60@bigpond.com

**7th & 14th Sept - Kenilworth
Bus Trips**
**28th Sept - 20yr Celebration Dan
Dinna House & 32nd Birthday**
5th Oct - Closed - King's B'day
20th Oct - AGM
23rd Oct - Open Day

Keep up to date
Look at our Website

60andbetterherveybay.com.au



President's Report

Works at Dan Dinna House The repairs to the walkway on the Southeastern side of Dan Dinna House will commence shortly please be aware of the changes to the entry into the main Hall and reception. The cleaning and painting of both the toilet facilities at Dan Dinna House are being carried out now so please be aware of any inconvenience in using these facilities and we thank you for your patience. The repairs to potholes on the driveway are ongoing due to the wet weather we have had.

Events The Bus trips scheduled for 7th and 14th September 2026, visiting Bauple Museum and Kenilworth Dairy are fully booked.

Public Holiday Monday 5th October Kings Birthday HBS&B will be closed.

General Our Annual General Meeting (AGM) for HBS&B will be held on Tuesday 20th October 2026 at 11.30 in the main Hall. This is your opportunity to hear and meet your committee. **I would like to urge all members to consider nominating for a position on the Management Committee and be involved in the running and future direction of such a great organisation.** So please see the coordinator or talk to any of our committee members for any further advice. Please check the noticeboards 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

Coordinator's Report



Welcome and hello to all our members.

I can't believe September is here already! We have so much happening in the next few months including our Kenilworth bus trip, our 20 years at Dan Dinna House celebration, the AGM, Melbourne Cup and Sunshine Plaza bus trips, Cumbia starting again, and then planning our Christmas Party and a special Christmas Eve lunch.

Apart from our busy weekly program, bus trips and events, we have also been making improvement throughout the centre. Security cameras installed, Library expansion, hand rails painted, the ongoing painting of the amenities, new carpet in reception and our new veranda. It has certainly been busy and we are making positive progress to improve our wonderful centre.

If you are spending Christmas Eve away from family and would enjoy some company, we are seeking expressions of interest for our Christmas Eve Lunch. Register your interest at reception.

Another reminder to **please wear your name tag**. Recently, an ambulance attended for one of our members. Thankfully, this member had their name tag on with all details completed on the back. This made it so much easier to identify them, contact their emergency person quickly and provide the ambulance officers with their medication information. I wish this member all the very best for their recovery and praise them for wearing their name badge.

As always, my door is open, and I welcome your ideas and feedback.

Take care and enjoy the warmer days.

Sherie Riley
Coordinator

HERVEY BAY SIXTY & BETTER ANNUAL GENERAL MEETING

Hervey Bay Sixty and Better is a not-for-profit community organisation that relies on the leadership of a dedicated **Management Committee**. We are now inviting our valued members to take the next step in shaping the future of our organisation by nominating for a position on the committee.

Our **Annual General Meeting (AGM)** will be held on **Tuesday, 20th October**. We are seeking nominations for the following positions:

- President
- Vice President
- Secretary
- Assistant Secretary
- Treasurer
- Assistant Treasurer
- General Committee Members



Nominations open 21st September and are due by the 6th October, these can be submitted to the Coordinators Office.

If you are passionate about the future of Hervey Bay Sixty and Better, we encourage you to put your name forward. Being part of the committee is a rewarding way to contribute your skills, connect with like-minded people and make a meaningful difference.

To learn more, please contact the Coordinator or speak to a current committee member.

Be a part of something special. Help shape a stronger community at Hervey Bay Sixty and Better, where staying active, living well and connecting with others is all part of ageing positively together.

Over 50's Lifestyle Expo

Over 50's Lifestyle Expo returns for it's 23rd year

When: **Friday, 2nd October**

Where: **Hervey Bay Baptist Hall - 20 Nikenbah Dundowran Rd**

Time: **9:00am to 2:00pm**

Up to 80 exhibitors will showcase a range of services, including accommodation, travel, legal, activities, care services, medical, mobility, technology, and more!

Hervey Bay Sixty and Better will be there.

* *Free Entry*

* *Free door-to-door pick up service*

* *New Workshops*

* *Raffles and lucky door prizes galore*

Door-to-door transport is available, bookings are essential. For pick up services call the Halcro Street Community Centre on 4194 2441 or email juls.dewaard@frasercoast.qld.gov.au



Seniors Month at HB Sixty and Better

OPEN DAY – Friday 23rd October

Come and see what we're all about! Join us for a fun and welcoming day as we open our doors to the community.

Date: Friday 23 October 2026

Time: 8:30am to 11:00am

Location: Dan Dinna House, 459 Boat Harbour Drive, Torquay

What's On:

Activity Displays – See what our members get up to!

Book Sale – Grab a bargain for your bookshelf

Bric-a-Brac Sale – Hidden treasures waiting to be found

Gold Coin Morning Tea – Enjoy a cuppa and a chat

Market Stalls – Support our members and browse handmade and pre-loved goods

Bring a friend, meet new people, and discover the activities and community spirit that make Hervey Bay 60 & Better a fantastic place to connect and thrive! All welcome – come for a look, stay for the fun!

If you would like a market stall or for more information talk to Sherie or call 4194 6781.





20 years at Dan Dinna House

Honouring the Past, Embracing the Future

As part of our 20th year at Dan Dinna House and our 32nd Birthday celebration, on Monday 28th September we will open our doors to local and state elected officials and special guests to showcase our amazing organisation and the fantastic work we do to support seniors on the Fraser Coast.

This special milestone highlights the stability and sense of belonging we have provided over the past two decades, while recognising over 20 years of supporting older adults to stay connected, active and engaged within our community. It is an opportunity to acknowledge our funding partners, members, volunteers and community supporters who have contributed to our success.

Our success is measured not only by our growth, but by the friendships formed, the support shared, and the sense of belonging



Woodgate Bus Trip



Join us for the Melbourne Cup at Woodgate. Enjoy a buffet lunch, Fashions of the Field and watch the Melbourne Cup on the big screen.

Tuesday, 3rd November 2026

9:45am Arrive and get seated on the bus.

10:00am Depart Dan Dinna House

Join us for a fabulous Melbourne Cup outing to the Woodgate Beach Hotel. Enjoy a delicious 2 course roast buffet and dessert lunch, with plenty of time to relax, enjoy good company and soak up the excitement of Cup Day as we watch the big race.

Get into the Melbourne Cup spirit and dress to impress for our **Fashions of the Field**, with prizes for the Best Dressed Female, Best Dressed Male and for a bit of fun, Best Dressed Jockey.

3:00pm Board the bus home

4:30pm Arrive Dan Dinna House

FITNESS RATING

EASY

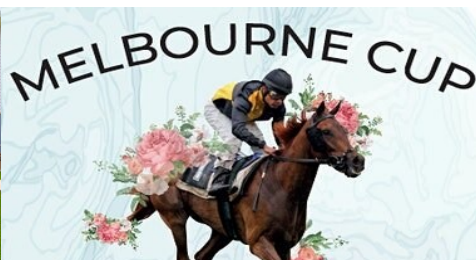
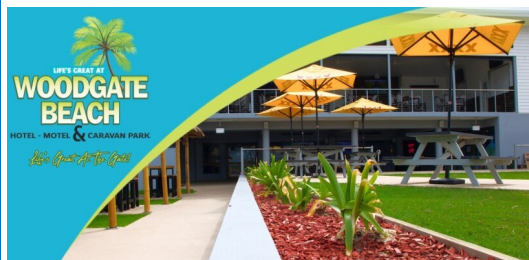
MODERATE

ACTIVE

Cost \$50.00 Members Only

Registration Opens Tuesday 22nd September

Pay by Tuesday, 20th October



Sunshine Plaza Bus Trip



Enjoy a self-paced day of shopping, giving you the freedom to explore the stores, hunt for bargains, browse at your leisure and enjoy indulging at the many eateries.

Friday, 27th November 2026

6:45am Arrive and get seated on the bus.

7:00am Depart Dan Dinna House

Arrive and wander around, find the bargains and spoil yourself a little (or a lot), with a day spent at the Sunshine Plaza in Maroochydore. Indulge by visiting one of the many cafes and eateries for your morning tea and lunch. With more than 315 specialty stores as well as major retailers including Myer and David Jones you are bound to find something special, before we return to the bus and head for home.

2:30pm Board the bus home

5:20pm Arrive Dan Dinna House

FITNESS RATING



Cost \$40.00 Members Only

Registration Opens Friday 30th October

Pay by Friday, 13th November



The Importance of Wearing Your Name

I know I keep reminding everyone about wearing your name tag, but there is a very good reason for it! Apart from helping us all get to know one another—and, speaking personally, helping me because I am not always the best at remembering names—your name tag can also play an important role in an emergency.

Recently, one of our members required an ambulance while attending an activity. Fortunately, they were wearing their name tag, which allowed us to quickly identify them. Their emergency contact details and medication information were also recorded on the back of the tag. This meant we were able to contact their family promptly and provide important medication information to the ambulance officers.

The ambulance officers commented on how helpful this information was and what a valuable idea it is.

So, once again, this is a friendly reminder of the importance of wearing your name tag whenever you attend 60 & Better. Not only does it help members, volunteers and staff put names to faces, but in an emergency, it can provide vital information when it is needed most.

Please remember to pop your name tag on whenever you attend an activity or visit Dan Dinna House. It could make a real difference—and it will certainly help me remember your name!

 2025/2026 Terry White Hervey Bay	<i>Emergency Contact</i> ICE <i>Korina Jane</i> Medications <i>0401 111 111</i> <i>Blood pressure - Perindopril</i> <i>cholesterol - Rosuvastatin</i> <i>Allergy to Penicillin</i>
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Bus Trip - Childers Festival



Friday the 24th July saw a bus full of members head off to Childers for the day. They enjoyed a sunny day wondering around Childers checking out the shops, cafes and street scape. This was a self guided trip where members were able to set their own pace and enjoyed what Childers had to offer. Members were able to pick from the many cafes and clubs for a coffee and a bite to eat.



Some Members enjoyed lunch at the Isis Club, enjoyed a walk through the Pharmacy Museum and The Perfectly Imperfect Collective Shop.



Thank you to Karen and Merilyne for ensuring everyone made it back home safely.



September

Glenda	Anne C	Ken	Danny	Ray	Leigh-Ellen
Barbi	Di	Peter G	Tina	Leanne S	Jackie
Jane	Helen	Peter L	Kev	Sandra	Trevor
Anne	Kerri	Mary	Narelle	Anne T	Lee B
Daryl	Tracey	Maree	Heather	Nickie	Judy
Denise	Janet	Merv	Sandra	Joy	Monique
Carol W	Carol K	Marge	Erna	Dave	Liz
Jenni	Jill	Kerry			

wishing you ALL THE BEST

October

Vicki	Maurie	Janette	Bernard	Lorraine	Jill
Jayne	Margaret	Ian	Denise	Liz G	Colin
Jo W	Judy F	Pauline	Athol	Micaela	Joy W
Ken M	Joe M	Dale	Joan	Jean	Dawn
Chris S	Debbie	Liz C	Jackie	Kent E	Mary
Annie	Beverley	Lynn	Lynne	Sonia	Judz A
Melanie	Cathy V	Donnie H	Ken	Merrilyn	Rhona
Elly M	Tony	Merilyne	Nicole	Glenda	Phyllis
Susan	Valerie	Pauline C	Colleen	Ruth H	

IMPORTANT DATES TO MARK ON YOUR CALENDAR

September

07.09.26	Mon	Kenilworth Bus Trip
14.09.26	Mon	Kenilworth Bus Trip
21.09.26	Mon	Committee Meeting
21.09.26	Mon	AGM Nominations Open
28.09.26	Mon	20th Year Celebration

October

02.10.26	Fri	Over 50's Lifestyle Expo - Baptist Church, Nikenbah
05.10.26	Mon	Kings Birthday Holiday Closed
06.10.26	Tues	AGM Nominations Close
19.10.26	Mon	Committee Meeting
20.10.26	Tues	AGM - Main Hall
23.10.26	Fri	60's and Better Open Day

November

02.11.26	Mon	Registration Opens - Christmas Luncheon & Raffle Tickets go on sale.
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**HINT Remove this page and put on your fridge
as a reminder of these events**

ACTIVITIES FOR OVER 50'S

ALL ACTIVITIES \$5 FOR MEMBERS

MONDAY

8:00 – 8:45

9:00 – 9:45

Exercise Low Impact
Cardio

9:00 – 12:00

Craft

10:00 – 11:15

Tai Chi

11:30 - 3:30

Line Dancing
Beginner/Improver

12:30 – 3:30

500 Cards

12:30 – 3:00

Texas Hold 'Em

TUESDAY

8:00 - 8:45

Lymphatic Movement

9:00 – 11:30

Indoor Bowls

9:00 – 11:00

Support & Friendship
2nd & 4th Tuesdays

9:00 – 12:00

Scrabble

09:30 – 12:15

Reiki *BOOKINGS
ESSENTIAL

12:00 – 1:00

Chair Yoga

12:00 – 3:45

Hand & Foot Cards

New class

1:30 - 2:15

Cumbia

WEDNESDAY

8:00 – 8:45

9:00 – 9:45

Exercise Circuit

8:30 – 11:30 *MC

Card Making -
1st, 3rd & 5th - Wed

10:15 – 11:15

Yoga

10:30 – 11:30

Meditation/Relax

10:30 – 12:00

Art Class

12:30—3:30

Rummikub

12:30 – 3:30

500 Cards

12:30 - 4:00

Sixty & Better Dance
Old time/New vogue
Dancing 1pm - 4pm

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

8:00 – 8:55

9:00 – 9:55

Balance & Movement

9:00 – 3:45

Hand & Foot Cards

10:15 – 11:15

Yoga Nidra

12:00 – 3:30

Guitar Group

FRIDAY

8:00 – 8:45

9:00 – 9:45

Exercise Chair Combo

9:00 - 12:00

Mah Jong

10:00 - 12:00

Line Dancing

Easy Mix

***MC**

Activity is
conducted in
Mango Cottage

YOUR 2025/2026 COMMITTEE

President:

Peter Bourgaize

Vice President:

Merilyne Keyworth

Secretary:

Selena Gardiner

Asst Secretary:

Jan Seedsman

Treasurer:

Sue Taylor

Asst. Treasurer:

Robyne Budworth

Committee:

Ronnie Scott

Dave Drummond

Daryl Gray

Karen Cunneen

Phone: 07 4194 6781

Email: herveybay60@bigpond.com

www.60andbetterherveybay.com.au

**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.

Please wear appropriate shoes for your activity.

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.

HERVEY BAY

RSL

*Supporting our
Local Community*

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

www.herveybayrsl.com.au

PH: 07 4197 7444

We'd like to thank the RSL for our recent Grant.

SOLUTIONS for Newsletter #119

Symbols of Value Answer:

Circle - 7 Star - 3

Square - 9 Triangle - 2

Diamond - 5



Word Search

Frozen	Chill	Frosty
Winter	Beanie	Jacket
Scarf	Snow	Icey
Cold	Frosts	Ice

Sudoku #27

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



Farewell Marge

In July we said to goodbye to Marge one of our valued reception volunteers. Marge has been our Friday volunteer for the past 6 months. She will be missed, we appreciated her time and support. Wishing her all the best with the move north.

Community Bank
Hervey Bay

 Bendigo Bank

Thank you Bendigo Bank for your Support.

Since 1858, Bendigo Bank has been dedicated to helping Australian communities thrive.

Bendigo Bank combines competitive banking and digital convenience with the added satisfaction of knowing your money makes a real difference. For all your banking needs drop in and see one of our friendly experienced staff members.

Branch: 7/55 Main Street, Pialba **Ph:** (074) 4124 6201

Office Hours: Mon to Fri - 9:30am to 4:00pm

**We opened a bank
to grow a community**

 Bendigo Bank



BETTER LIVING HUB - July

Councillor for Division 9, Sara Diana Souvlis was our speaker for July. She provided an update on the Library move to the new building on Main Street, delays with the Denman Camp Road project and answered questions from members regarding Council, developments in the Bay and future projects. If you have any queries relating to Council and/or Division 9, Sara can be contacted via email: sara.souvlis@frasercoast.qld.gov.au



BETTER LIVING HUB - August

Senior Constable Rachel Reeves was our guest speaker for the

September Hub. Rachel discussed the importance of road safety, keeping up to date with road rules, being aware of others on the roads and crossings and road rules for roundabouts. She also talked about ensuring that Emergency Services can gain access to your house in case of emergencies. The below form ensures they can get access if necessary. You can complete the form online.

<https://www.qld.gov.au/emergency/QAS/property-access-details-form>



VERANDA WORKS

Work has commenced on the veranda near the Gazebo. This will take approximately 3 weeks from the end of August.

Please be mindful of the work area. Signage will be in place directing members to the temporary entry points and advising of restricted access to the veranda near the Gazebo. There maybe some disruption to activities, these will be advised and kept to a minimum.



RECEPTION WORKS

Our reception area is getting a much needed update, with new carpet going in on the 9th September. During this installation, reception will be temporarily relocated to another room. Signage will be up advising of the new location closer to the date.





Working Bee and Painting Project

A big thank you to our Committee Members and Volunteers for getting in and cleaning our amenities ready for painting. While our amenities are having a well deserved clean and repaint, one set of amenities will be closed for short periods. This work will occur over several weeks and we ask that members use the other amenities while one lot is closed. Signage will be at the entrances when amenities are closed.

Thank you to Karen, Selena, Peter, Merilyne, Daryl, Dave and John for taking the time to do the clean out and a special thanks to John for offering to do the painting. We appreciate everyone's efforts to keep our facilities in good working order.

There will be another working bee in September to clean the other amenities, if you would like to assist please let the Coordinators Office know. Date yet to be determined.

ACTIVITY NEWS

Cumbia

Starts 1st September

When: Tues - 1:30pm to 2:15pm

Cumbia is back. For all those that loved this class we've been lucky enough to get Kerri back as the instructor.



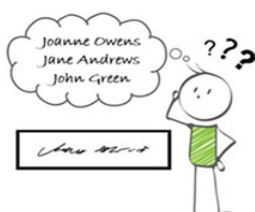
This is a great class especially designed for the active older adult. Classes are low impact, with repetitions to help to get the moves. This explosive class is so easy to follow that people of any age can do it!

You will feel that you are not exercising but just dancing your way to fitness and good health. Kerri is looking forward to seeing everyone again. Everyone is welcome.

QUIET PLEASE

*Class
IN
Session*

Please be respectful to the class/activity before yours when you turn up early. Some classes/activities require quiet reflection and this cannot be achieved when others are noisy outside of the room.



Don't forget to write your name clearly when signing in for your activity. It is important that we are able to read your name.

ACTIVITY NEWS

Sixty and Better Dance

When: Wed - 12:30pm to 4:00pm

Congratulations to Errol Best, who celebrated 18 years of instructing the dance group. To show the groups appreciation to Errol's dedication and guidance, the group celebrated with an afternoon tea.



The dance group is very active, the class covers Old Time and New Vogue dances. Dance styles include the Rumba, Slow Foxtrot, Modern Waltz, Cha Cha, Quickstep and Swing.

A session of dancing provides physical exercise equivalent to a gentle walk of around 4km. Dancing has also been shown to improve your heart and lung capacity, muscular strength, endurance and coordination. So come along and give it ago.



The Dance group get together for social catch ups throughout the year. They recently had dinner at the Hervey Bay RSL .

CLASSIFIEDS

WANTED - BRIC-A-BRAC

We will again have a bric-a-brac stall at the Open Day. If you have items you wish to donate please drop them into Reception or the Coordinators Office.

OPEN DAY SITE BOOKINGS

If you would like a stall at the Open Day, please see the Coordinators Office for site availability and to make a booking.

MAGAZINES

Our craft class is looking for magazines to donate to the hospital. If you have any magazines in good condition that you would like to donate please drop them into reception.



TAX HELP

When : Monday & Tuesday

Time: 9:30am to 2:30pm

Location: Tax Help Room

To register please see reception.
By appointment only.

GREETING CARDS

Cards are available in the Tea Room for purchase. Cards are \$2 each. Place money in the jar provided. All proceeds are donated to the Fraser Coast Hospice



REMINDER

DRINKS FOR SALE

Drinks are available to purchase in the kitchen fridge for \$1.50. You will find a container in the fridge for the money.
PLEASE remember to pay - it is an honour system.



NO SMOKING
OR VAPING

NO SMOKING ON SITE INCLUDING E-CIGARETTES



Overdue Memberships for 2026/27

Please ensure you are a member before putting your name down for Bus Trips and other functions, if you are not a member at the time you put your name down, your name will be removed from the list.

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



TIME FOR A LAUGH



How excited
was the
gardener about
spring?

WHAT DO YOU CALL IT
WHEN WORMS TAKE OVER
THE WORLD IN SPRING?



So excited
he wet his
plants!



GLOBAL WORMING.



What did the
Mama Cow
say to the
Baby Cow?

It's pasture bedtime.



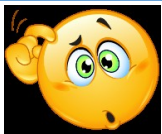
WHAT KIND OF SHOES DO
FROGS WEAR WHEN
SPRING COMES?



OPEN-TOAD.

Why was the
cucumber mad?
Because
it was in
a pickle.





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 decode the numerical value of each shape.

▲	■	▲	●	23
●	▲	★	■	20
◆	●	▲	●	29
★	■	★	▲	14
23	19	18	26	

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

Sudoku #28



Word Search

Find the hidden words in the puzzle, can be in any direction.

The words themselves are for solvers to figure out.

- There are 12 words relating to Hervey Bay 60 & Better's 20th Anniversary for you to

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

SENIORS IN FOCUS - Service Directory

Police, Fire & Ambulance - 000

Police (non-urgent reporting) - 131 444

Police Link - 4128 5333

My Aged Care - 1800 200 422

Lifeline - 13 11 14

Seniors Legal & Support Service - 07 4124 6863

ADA Australia - Aged Support Services -

1800 700 600

Seniors Enquiry Line (Advocacy & Support) -

1300 651 192

Centrelink Seniors Line - 13 23 00

Neighbourhood Centre - 07 4194 3000

Meals on Wheels - 4128 1334

We Care 2 - 4124 0913

Wide Bay Women's Health Centre - 4125 5788

Transport:

- **Transcomcare - 07 4194 3080**
- **Hervey Bay Taxi - 131 008**
- **St Johns Transport - 1800 266 575**