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.

Supported by

Queensland Government

Newsletter 121
November December



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

3rd Dec - Xmas Party
18th Dec - Last Day
24th Dec - Xmas Eve Lunch
4th Jan - Open for 2027

Keep up to date
Look at our Website

60andbetterherveybay.com.au



President's Report

HBS&B AGM for 2026 was held on 20/10/2026 there were 34 members in attendance. The election of the management committee was accepted as follows.

President; Peter Bourgaize, **Vice President**; Merilyne Keyworth, **Secretary**; Selena Gardiner, **Asst Secretary**; Chris Mann**, Treasurer**; Sue Taylor, **Asst. Treasurer**; Robyn Budworth, **Committee**; Ronnie Scott, Darrell Gray, Karen Cunneen, Margaret Healy, Jan Seedsman.

To all those members who attended the AGM thanks from the committee for your support and hope to see you all at the next AGM.

Christmas: HBS&B will be holding a Christmas Party Lunch at the Boat Harbour Club on Thursday 03/12/2026 From 1130am. Registration opens on Monday 02 November. The cost of the lunch is $35, and must be paid by 20/11/2026. Booking sheet is in Reception. There will also be a Christmas Raffle held at the lunch. The main prizes are **1st prize $300; 2nd Prize $200, 3rd Prize $100** with many more prizes. The tickets for the raffle are on sale in Reception and will be on sale at the luncheon.

General: HBS&B will be closed for the Christmas Period 2026. The last date of activities will be Friday 18/12/2026 and then reopening on Monday 04/01/2027.

Finally: On behave of the management committee I would like to wish all our members a very **Merry Christmas** and look forward to seeing you all safe and well in 2027.



President

Peter Bourgaize

Coordinator's Report



Hello everyone,

Christmas is just around the corner and we still have a few exciting things happening before the year ends.

Firstly, I would like to thank everyone for making Hervey Bay 60 & Better such a welcoming community and a place where people enjoy coming together, staying active and building friendships.

It has been a year of positive progress, with several improvements to our facilities, including cleaning and painting, security cameras, our new veranda and new furnishings.

Over the next two months, we look forward to our Melbourne Cup and Sunshine Plaza Bus Trips, our Christmas Party with its Monster raffle, and our special Christmas Eve Long Table Lunch. I am looking forward to enjoying this time with you all.

The centre will close for two weeks over the Christmas period. Check within the newsletter for the finish and start dates of your activities.

Wishing you all a very Merry Christmas and a happy, healthy New Year. I look forward to another wonderful year of activities and events to share with you all in 2027.

As always, my door is open, and I welcome your ideas and feedback. Please feel free to stop by for a chat and share your thoughts.

Take care and stay safe,
Sherie Riley
Coordinator

The Committee for 2026/2027

On Tuesday 20th October we had our Annual General Meeting where we reflected on the year that was and voted in our new Committee. Some new faces nominated this year and we look forward to the committee providing guidance and strategic support throughout this coming financial year.

We would like to introduce our Committee for 2026/2027:

- **President** - Peter Bourgaize
- **Vice President** - Merilyne Keyworth
- **Secretary** - Selena Gardiner
- **Assistant Secretary** - Chris Mann
- **Treasurer** - Sue Taylor
- **Assistant Treasurer** - Robyn Budworth
- **Committee Members**: - Ronnie Scott
  - Karen Cunneen
  - Daryl Gray
  - Jan Seedsman
  - Margaret Healy

Copies of the Financial Statement from the Auditor are available for members for the cost of photocopying.



The Committee



President - Peter Bourgaize



Vice President -

Merilyne Keyworth



Secretary - Selena Gardiner



Assistant Secretary -

Chris Mann



Treasurer - Sue Taylor



Assistant Treasurer -

Robyne Budworth

COMMITTEE MEMBERS



Ronnie Scott



Daryl Gray



Karen Cunneen



Jan Seedsman



Margaret Healy

CHRISTMAS PARTY

When: **Thursday 3rd December**

Where: **Hervey Bay Boat Club - Fraser Room**

Time: **11:30am**

Cost: **$35 per person** - Registration open now

~ Roast Turkey, Baked Ham, Roast Pork with condiments.
~ Baked Potato, Nutmeg Pumpkin, Sweet Potato and Steamed Vegetables.
~ Christmas Pudding and Pavlova

There will be a monster raffle with loads of prizes including the major cash draws:

1st prize - $300
2nd prize - $200
3rd prize - $100



Raffle tickets for the Monster Christmas Raffle are on sale now and available at reception. You will be able to buy tickets on the day and you don't have to be at the Christmas lunch to win.

There are 50 prizes to be won. $1 per ticket



Get into the festive spirit and wear your favourite Christmas outfit.

BOOK & PAY BY FRIDAY 20th NOVEMBER

MONSTER RAFFLE



1. Armorall Car Wash Set
2. Broom & Dust Pan Set
3. Kenilworth Dairy Pack
4. BCF Pack
5. Chip-n-Dip Set
6. Microwave Toastie Maker
7. Dusk Candle Set
8. Bottle of Bubbles
9. Sandwich Maker
10. Cheese Board & Knives
11. 3D Crystal Ball Light
12. Heat Pack Hamper
13. Platter Serving Board
14. Christmas Cookie Set
15. Food Warmer Set
16. 12 Piece Dinner Set
17. Cheese Board & Knives
18. High Ball Glasses
19. Dusk Xmas Glasses
20. Christmas Frosty Bag Set
21. Jason QB Quilt
22. Mozzie Coil Holder
23. BCF Pack
24. Bottle of Bubbles
25. Camp Set
26. Christmas Cookie Set
27. Dusk Candle Set
28. Glass Salad Bowl
29. Chip-n-Dip/Lolly Set
30. Beach Pack
31. Microwave Toastie Maker
32. Pamper Pack
33. 5 Piece Towel Set
34. Serving Platter & Voucher
35. Dusk Christmas Glasses
36. Roadside Emergency Kit
37. Foldable Table
38. Car Cleaning Kit
39. Mead
40. Grill Press
41. Knee Blanket - Blue
42. 2 Pillows
43. 2 OZ Trail Camp Chairs
44. 5 Piece Cookware Set
45. Jason Q Electric Blanket
46. 4.5ltr Air Fryer
47. Christmas Bear
48. **$100**
49. **$200**
50. **$300**

ON SALE NOW $1.00 per ticket at reception

Seniors Expo



Friday, 2nd October, Sherie, Karen and Selena proudly represented Hervey Bay Sixty and Better at the Seniors Expo held at the Baptist Church in Nikenbah.

The event brought together seniors, carers, health care providers, community services and other organisations for a wonderful day of connections and information sharing. Over a hundred and fifty people collected our brochure and Sherie found that they were explaining to many more the virtues of our wonderful facility.

A big thank you to Sherie, Karen and Selena for their time and dedication in promoting Hervey Bay Sixty and Better and sharing what makes our community so special.



Footy Tipping Success

Winners are grinners with our 2026 NRL Footy Competition.

1st - Karen C

2nd - Fiona R

3rd - Daryl G & Jen W

Wooden Spoon- Rose O

Thanks to those who participated. See you next year.

Bus Trip - Kenilworth

On September 7th & 14th members enjoyed a wonderful day out, visiting the Bauple Museum and Kenilworth Dairy. Everyone had the opportunity to explore the local history and displays at the museum before heading to the dairy for a delicious tasting experience. It was a fun and interesting day filled with great company, local stories, and plenty of memorable moments.

Two of our members found a long lost relative on their trip to Kenilworth. Sylvia and Daphne were born in Kenilworth, they asked about family in the area and they ended up reconnecting with their cousin Gerry while there.















CHRISTMAS EVE LONG TABLE LUNCH

For members who would enjoy some company, friendship and Christmas cheer this festive season.

Thursday, 24th December 2026

Main Hall – Dan Dinna House

11:00am to 1:30pm



Cost $10.00 per member, plus one plate to share

- **What to expect:**
  - Christmas decorated tables and background carols
  - Best Christmas dressed male and female
  - Lucky door prize, games and carol sing-a-long

REGISTRATION OPENS TUESDAY 24th NOVEMBER

BOOK & PAY BY FRIDAY TUESDAY 15th DECEMBER

Open Day Raffle Winners

Although our Open Day was unfortunately cancelled due to the rain, the raffle still went ahead and was drawn as planned.



Congratulations to the five members who were lucky enough to win.

Lorraine (left) won the Coffee Break Hamper.

Thank you to everyone who supported the raffle.

Karen presenting Lorraine with her prize.



Activity Bingo has finished. You have until the 6th November to claim your Bingo prize.

Congratulations to Colleen, who completed a full card to earn a $20 gift voucher.

Thanks to everyone who has participated, I hope you enjoyed taking part and trying other activities.

Vicki says goodbye to Tax Help after 29 years

Vicki Allen has recently completed this year's Tax Help service, marking the end of an incredible 29 years of supporting our members and the wider community with their tax returns.

On behalf of Hervey Bay 60 & Better, we extend our sincere thanks to Vicki for her outstanding commitment, dedication and contribution to our community over so many years. Her willingness to help others has made a real difference to many people, and we are truly grateful for the service she has provided.

We wish Vicki the very best for her retirement and hope she enjoys this next chapter.



Could you help fill Vicki's shoes?

If you have experience with tax returns and would be interested in volunteering your time to help members and the wider community during tax time, I would love to hear from you. Please come and see me to discuss this opportunity.





November

Liudmila	Charlie	Peter	Irene	Ros	Julie
Jaimes	Charlotte	Jen	Denise	Marlene	Estelle
Pat	Lexie	Ilona	Max	Toni	Gail
Diane	Glen	Barry	Lyn	Denise	Anne-Marie
Doris	Sue	Barb	Lynette	Jenny	Tony
Judy	Wendy	Jenny	Colette	Rose	Trish
Hazel	John	Lynne	Heather	Valerie	Lorna

wishing you ALL THE BEST

December

Cheryl	Lorraine	Alan	Anita	Francie
Bob	Thelma	Carol	Gus	Jan
Robyn H	Deb B	Cynthia	Nataliya	Jenny
Leon	Robyn C	Linda	Heather	John
Deb C	Denise	Christel	Peter	Trev
Tony	Sue	Steve	Sharon	Coral
Sandra	Betty	Wendy	Ray	Adele
Kris	Gayle			

IMPORTANT DATES TO MARK ON YOUR CALENDAR

November

02.11.26	Mon	Registration Opens - Christmas Luncheon & Raffle Tickets go on sale.
03.11.26	Tues	Melbourne Cup Lunch - Woodgate
27.11.26	Fri	Sunshine Plaza Bus Trip

December

03.12.26	Thurs	Christmas Party
18.12.26	Fri	Last Day - Closed for Xmas
24.12.26	Thurs	Long Lunch at 60 & Better

January

04.01.27	Mon	Open for 2027
21 to 26	Week	Hall floor resurfacing

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
- 9:00 – 12:00 MC*
  Sequence - TRIAL
- 09:30 – 12:15
  Reiki *BOOKINGS ESSENTIAL
- 12:00 – 1:00
  Chair Yoga
- 12:00 – 3:45
  Hand & Foot Cards
- 1:30 - 2:15
  Cumbia

WEDNESDAY

- 8:00 – 8:45
  9:00 – 9:45
  Exercise Circuit
- 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

Supported by Queensland Government

THURSDAY	FRIDAY
8:00 – 8:55 9:00 – 9:55 Balance & Movement	8:00 – 8:45 9:00 – 9:45 Exercise Chair Combo
9:00 – 3:45 Hand & Foot Cards	9:00 - 12:00 Mah Jong
12:00 – 3:30 Guitar Group	10:00 - 12:00 Line Dancing Easy Mix



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

YOUR 2025/2026 COMMITTEE

President:
Peter Bourgaize

Vice President:
Merilyne Keyworth

Secretary:
Selena Gardiner

Asst Secretary:
Chris Mann

Treasurer:
Sue Taylor

Asst. Treasurer:
Robyne Budworth

Committee:
Karen Cunneen
Daryl Gray
Margaret Healy
Ronnie Scott
Jan Seedsman



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 #120

Symbols of Value Answer:



Circle - 9 Star - 3

Square - 2 Triangle - 6

Diamond - 5

Word Search

Anniversary	Dan Dinna	Sixty
Better	Twenty Years	Celebrate
Activity	Social	Trips
Fun	Events	

Sudoku #28

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

BETTER COMMUNITY



CUMBIA TONING

We're looking for members interested in participating in Cumbia Toning!

Cumbia Toning combines traditional Cumbia music and moves with active body weight conditioning, core engagement and rhythmic footwork. If you enjoy moving to music, using light weights and would like to try something new, we'd love to hear from you.

Please see reception to register.

ROCK PAINTING



Unleash your creativity, have some fun and start a new hobby!

We are looking at starting a **Rock Painting Group** and want to hear from you.

This is a great opportunity to try something new in a relaxed and friendly environment.







We are seeking interested members,
if you are intrigued and would like to join this group on a Thursday, please register your details in reception.

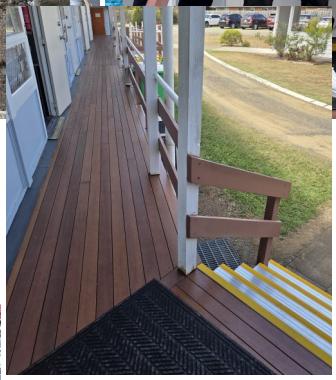
BETTER COMMUNITY

On Monday, 28th September we celebrated our 32nd Birthday, 20 years at Dan Dinna House and the opening of our newly refurbished back veranda and steps. Thanks to the generosity of the Bendigo Bank Community Fund. John our resident handy man is continuing to paint the handrails and posts so that our facility looks fresh.





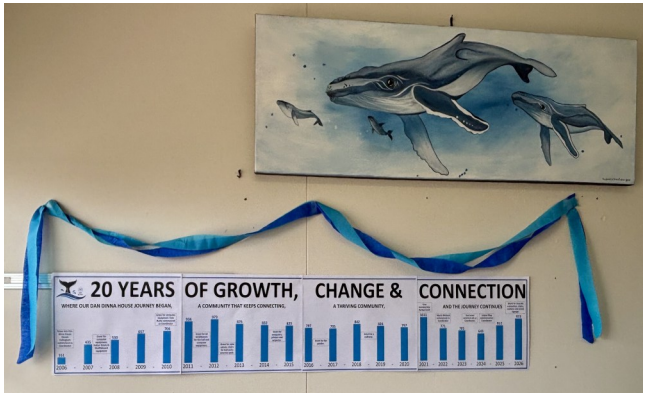
Before and after photos.



Alex from Bendigo Bank opening our new veranda.

Doreen H cutting the cake.





On

ACTIVITY NEWS

MONDAY

Low Impact Cardio
Last Day - 14/12/26
First Day - 05/01/27

Craft
Last Day - 19/12/26
First Day - 04/01/27

Tai Chi
Last Day - 14/12/26
First Day - 05/01/27

Line Dancing
Last Day - 18/12/26
First Day - 12/01/27

500 Cards
Last Day - 16/12/26
First Day - 05/01/27

Texas Hold 'Em Cards
Last Day - 14/12/26
First Day - 04/01/27

TUESDAY

Lymphatic Movement
Last Day - 17/12/26
First Day - 07/01/27

Indoor Bowls
Last Day - 08/12/206
First Day - 06/01/27

Sequence - TRIAL
Last Day - 15/12/26
First Day - 05/01/27

Support & Friendship
Last Day - 17/12/26
First Day - 09/02/27

Scrabble
Last Day - 15/01/26
First Day - 05/01/27

Reiki
Last Day - 08/12/26
First Day - 12/01/27

Chair Yoga
Last Day - 15/12/26
First Day - 05/01/27

TUESDAY Continued

Hand & Foot Cards
Last Day - 17/12/26
First Day - 06/01/27

Cumbia
Last Day - 15/12/26
First Day - 06/01/27

WEDNESDAY

Exercise Circuit
Last Day - 16/12/26
First Day - 06/01/27

Yoga
Last Day - 16/12/26
First Day - 13/01/27

Meditation/Relax
Last Day - 09/12/26
First Day - 13/01/27

Art Class
Last Day - 16/12/26
First Day - 06/01/27

ACTIVITY NEWS

WEDNESDAY Continued

Rummikub
Last Day - 16/12/26
First Day - 13/01/27

500 Cards
Last Day - 16/12/26
First Day - 05/01/27

Sixty & Better Dance
Last Day - 16/12/26
First Day - 13/01/27

THURSDAY

Balance & Movement
Last Day - 17/12/26
First Day - 08/01/27

Hand & Foot Cards
Last Day - 17/12/26
First Day - 06/01/27

Guitar Group
Last Day - 17/12/26
First Day - 07/01/27

FRIDAY

Exercise
Chair Combo
Last Day - 18/12/26
First Day - 08/01/27

Mah Jong
Last Day - 18/12/26
First Day - 08/01/27

Line Dancing - Easy Mix
Last Day - 18/12/26
First Day - 15/01/27

Craft Group Donates to the Hospital

Ever wondered where your wool donations go, they are made into crocheted, knitted or sewn items and donated to the Hospital on behalf of Hervey Bay Sixty and Better. Vicki is one of our talented craft ladies and made these knee rugs and shawls to donate to the Hospital.

The craft group is very active and often donates items to the Hospital.

Craft is on Mondays from 9:00am to 12:00pm if you want to pop in and have a look, the ladies would love to meet you.



CLASSIFIEDS

Christmas Long Lunch

For members who may be spending Christmas on their own, or anyone who would simply enjoy some company, friendship and Christmas cheer.

Thursday, 24th December 2026 - 11:00am to 1:30pm

Cost - $10pp and a share plate

Please see reception.

BOTTLES AND CANS FOR RECYCLING

A bottle and can recycling bin is available near reception in the bin area. All proceeds from member bottles and cans are being donated to the *Fraser Coast Hospice*.





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 Fraser Coast Hospice.



SEQUENCE Trial period



Do you love a good card or board game? This game is both.

We're looking to trial the popular game **Sequence** and are inviting interested members to come along and give it a go!

Tuesday morning 9am, 10th Nov in Mango Cottage.

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 ON SITE
INCLUDING E-CIGARETTES

Signage

Whilst at times it may seem that we have a lot of posters, signs and notifications up around the building, these all serve a purpose. Some are required by legislation, safety and some are there to draw attention to specific Events or Activities so that all of our members have access to relevant information.



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



Farewell Dave



September saw us say goodbye to one of our valued Committee Members and Volunteer. Dave has been a member since May 2022 and joined the Committee in 2024. He is moving to Kilcoy to be closer to his family, he'll be missed and we wish him all the best.



Committee and Volunteers gathered at the Boat Club for a farewell lunch.



Community Bank
Hervey Bay
Bendigo Bank

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

We combine 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



SAFETY SPOTLIGHT

WET WEATHER, WET FLOORS!!

With the rainy weather, floors and walkways can become slippery, increasing the risk of slips and falls. Water tracked on shoes, along with accidental spills, can create hazards.

Please take extra care when arriving at the centre and walking along the veranda, in the kitchen and the amenities. Slow down, watch your footing and avoid rushing.



If you notice a wet floor, please let us know so it can be cleaned up promptly. A little extra care can help prevent a fall.

CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION

REMINDER ABOUT UNISEX TOILETS

A friendly reminder that both toilet facilities at either end of Dan Dinna House are unisex and available for all members to use.

An accessible toilet and ramp are available at the end closest to the members' kitchen for easier access.



These arrangements help us provide facilities that support the accessibility, comfort and the diverse needs of our members.

If you have any concerns, please feel free to speak with Sherie.

CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION

TIME FOR A LAUGH

WHAT WAS SANTA'S FAVORITE SUBJECT IN SCHOOL?



CHEMIS-TREE.







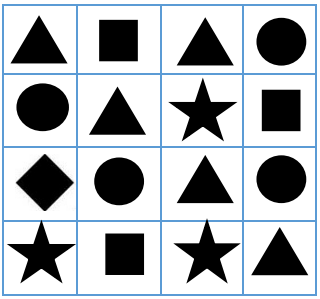




PUZZLE PAGE

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.



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

Sudoku #29



Word Search

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

The words themselves are for you to figure out.

- There are 14 words relating to Christmas to find.

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

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**