



# Southern Gold Coast 60 & BETTER PROGRAM INC.

## Newsletter May 2022

Keeping Active, Staying Connected!

We ♥ our volunteers

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Supported by



Queensland  
Government



*A Heartfelt Thank You*  
**TO ALL OF  
OUR AMAZING  
VOLUNTEERS!**

We couldn't do it without you!

# HAPPY BIRTHDAY

Ian	Harbidge	6 May	Norma Jean	Collins	23 May
Geoff	Pelizzo	8 May	Maureen	Fortune	23 May
Ian	Peters	10 May	Joy	Sherrington	23 May
Vince	Veness	11 May	Patricia	Hatton	24 May
<b>Valerie</b>	<b>Pike</b>	<b>11 May</b>	Christine	Boswell	25 May
Gloria	Esteves	12 May	Jean	Milsom	27 May
Bev	Ludlow	13 May	Diane	Rossiter	28 May
Diana	Leong	14 May	Trina	Hammond	28 May
Cheryl	Bladen	14 May	Jill	Toscano	28 May
Lorraine	Taylor	14 May	Mary	Munro	29 May
Marie	Pinchin	15 May	June	Davis	30 May
Sandra	Rivett	17 May	Carolyn	Scullett	31 May
Wendy	D'Arcy	18 May	Lynette	Hammersley	31 May
Deborah	Partridge	19 May	Christine	Niblock	31 May
Janice	Turner	20 May			
Penelope	Thorpe	21 May			
Maggie	Dods	22 May			
Dora	Sinnott	22 May			

Special O Birthdays in Red



## 60 & Better – Members Activity Timetable - MAY 2022

Please DO NOT attend activities if you are not feeling well

Follow Qld Health Directives, hand sanitise on arrival & keep 1.5metres apart

ELANORA – The Pines Meeting Room – 33 Guineas Creek Rd Elanora				
Monday	Tuesday	Wednesday	Thursday	Friday
9 – 9.50am Qi Gong <b>\$7</b>	12.30 – 1.30pm Chair Yoga <b>\$5</b> (Gentle)	7.20 – 8.20am Men's Fitness <b>\$7</b>	8.30 – 9.20am Strength & Balance (Level 2) <b>\$7</b>	8.30 – 9.20am Strength & Balance (Level 3) <b>\$7</b>
10 – 10.30am Chair Pilates (L1) <b>\$5</b>		8.30 – 9.20am Strength & Balance Level 3 <b>\$7</b>		9.40 – 10.30am Falls Prevention <b>\$5</b>
10.40 – 11.30am Chair Pilates (Level 2 - Int) <b>\$7</b>				
11.40 – 12.30pm Pilates (Level 3 - Floor) <b>\$7</b>		9.30 – 11.30am Table Tennis <b>\$4</b>		11.00 – 1pm Table Tennis <b>\$4</b>

PALM BEACH – 11 <sup>TH</sup> Avenue Community Space (Old Palm Beach Library)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Join Us! Make New Friends!  Membership essential (for insurance purposes)	9.30 – 12pm 10am Mahjong (Learn to Play) <i>Register for other games</i> <b>\$3</b>	9.30 – 12pm Rummikub, Scrabble <i>Register for other games</i> <b>\$3</b>	9.30 – 12pm Canasta <i>Register for other games</i> <b>\$3</b>	9.30 – 12pm Rummikub & Mahjong <i>Register for other games</i> <b>\$3</b>	9.30 – 12pm  <i>What games would you like to play? Call us on 5525 6466!</i> <b>\$3</b>
Small group activities (Maximum 20 per class)  # BYO Mat, Weights & Water  * Bookings Essential for Technology Support Phone: 5525 6466	9.10 – 10am Yoga & Breathing (Gentle) (BYO Mat & Water) <b>\$7</b>	9.10 – 10am Senior Exercise (Level 2) (BYO water) <b>\$7</b>	9.10 – 10am Circuit Class with an Exercise Physiologist <b>\$7</b>	9.10 – 10am Floor Pilates (BYO Mat, weights, ball, water) <b>\$7</b>	10.10 – 11am Men's Fitness (BYO Mat, weights, water) <b>\$7</b>
	10.00 – 11am Conversation Circle with Marie	9.30-12.30 Calligraphy (Beginner instruction available) <b>\$4</b>	10.10 – 11am Stronger Seniors (Falls Prevention) <b>\$7</b>	10.10 – 12.00 Craft N Chat <b>\$3</b>	
				By Appointment <b>\$10 PH</b> *One on One Technology Support	10.00 – 1.00pm Junk Journaling <b>\$3</b>
				12.30 -2.00pm iPad classes <b>\$4</b> <i>Registration essential</i>	12.30 – 2.30pm Backgammon <b>\$3</b>

Walking Groups – FREE (Membership & Registration Essential prior to first walk)				
Monday	Tuesday	Wed	Thur	Friday
	7am (Meet outside Elanora Library)			7am (Meet outside Dune Café Palm Beach)

**Registration Essential for spacing purposes**  
**Phone 5525 6466**

All Fitness Instructors are fully qualified and insured

# Advance Care Planning Support Service

@ Eleventh Avenue Community Space  
26 Eleventh Avenue, Palm Beach

When: Tuesdays  
**BOOKINGS ESSENTIAL**



Contact Southern Gold Coast 60 & Better Program  
Sherree or Khye on 5525 66466

Help with preparation of your

- Advance Health Directive
- Enduring Power of Attorney
  - Statement of Choices
  - Upload to Hospital file
  - Upload to MyGov


Service provided by Gold Coast Hospital Health Service  
(Advance Care Planning Team)



# Tuesday 17 May

# PRESENTATION

## Advance Care Planning



Free

Advance care planning is about having conversations and planning for your future health and personal care so that you, your family or close friends, and health care team know your values and preferences.

If you were very sick and could not make or communicate your own decisions, who would you want to speak for you?

Advance care planning helps to ensure that your loved ones and your health care professionals know what your health and personal preferences are.

This can bring comfort and peace of mind to you, your family and your health care

[Advance Health Directive](#)   [Enduring Power of Attorney](#)

[Statement of Choices](#)   [Upload to Hospital file](#)   [Upload to MYGOV](#)

Where:	The Pines Meeting Room 33 Guineas Creek Rd, Elanora
Time:	1.30pm

REGISTRATION ESSENTIAL FOR SPACING PURPOSES

Phone Khye on 5525 6466 Text 0434 309 200

Or enter your name in the Booking book



60 & Better @ 11th Avenue  
Community Space

# Calligraphy Group



**Cost  
\$4**

**Tuesdays 9.30-12.30pm**

Registration Essential  
Ph Khye on 5525 6466  
or text 0434 309 200





60 & Better @ 11th Avenue  
Community Space

# Floristry class



**\$3.00**

## Thursday 26 May

Time: 10.00am—12.00pm

**BYO**

- long flat bowl
- piece of Oasis to fit
- silk or fresh flowers

Registration Essential  
Ph Khye on 5525 6466

# One on One Technology Support



**\$10 Per Hr**

## Smartphone and iPad

Thursdays @ 11th Avenue Community  
Space

**Bookings Essential**



**\$20 Per Hr**

## Computer issues

By appointment @ Elanora  
The Pines Meeting Room

**Bookings Essential**

**Phone 5525 6466 to book your appointment**



Join at any time!



Senior paced

# ipad Classes

@ 11<sup>th</sup> Avenue Community Space

Thursdays 12.30pm-2.00pm

## PROGRAM (Suit Beginners)

- ❖ Apr 21 – iPad Overview
- ❖ Apr 28 – Using Keyboard
- ❖ May 5 – Adding contacts
- ❖ May 12 – Email
- ❖ May 19 – Internet
- ❖ May 26 – Bookmarking
- ❖ June 2 – Camera Functions
- ❖ June 9– Photos & Albums
- ❖ June 16 – Recap

\$4.00  
per  
class

Registration Essential for  
COVID spacing requirements

Please call Khye on 5525 6466 or text 0434 309 200  
Email: [admin@goldcoast60andbetter.org.au](mailto:admin@goldcoast60andbetter.org.au)  
Or Register @ 11<sup>th</sup> Avenue Community Space

Extract from Facebook page of

## [Gold Coast Community Legal Centre](#)

We recognise how daunting it can be to access legal help and even to take that first physical step so are always looking at collaborations and strategies to make it easier, and safer, to get assistance. We are working with an amazing service at Palm Beach that provides social inclusion, support and engagement to people over 60 to establish a clinic that is held in a supportive space and easy to access



**COMING TO ELEVENTH AVENUE COMMUNITY  
WATCH THIS SPACE FOR UPDATES!**



# Trip to Broadwater Parklands & Harbour Town

## Wednesday 25 May

**This trip involves taking Public Bus Transport  
A moderate level of fitness required**



Bus to Broadwater Parklands (Walk & Morning Tea)  
Bus to Harbour Town with Lunch @ Dublin Docks Tavern

**Own cost for M/Tea Lunch & Bus Transport**

(Public Bus is free for Seniors between 8.30am – 3.30pm for people with a senior council sticker)

Please make sure you have organised your sticker prior to the day

**Registration essential (limited numbers)**

Ph Khye on 5525 6466 or enter your name in the booking folder

**For insurance purposes attendees must be Members of SGC 60 & Better Program**





**NEW @ 11TH AVENUE COMMUNITY SPACE**

**JUNK JOURNALS  
FOR BEGINNERS**



# Junk Journaling

**When: Fridays @ 11th Ave**

**Time: 10.00am—1.00pm**

Cost

\$3

Register with Khye on 5525 6466 or Text 0434 309 200

Any of the following donations most welcome

Old Calendars

Postage Stamps

Fabric Scraps

Old Greeting Cards

Used Envelopes

Anything Paper!



Please drop  
donations into  
Eleventh Ave  
Community Space  
See Khye in the  
office



Southern Gold Coast  
**60 & BETTER**





**TUESDAY 24 May, 2022**

# Easy Pickling Demonstration

Includes Samples and Recipes notes of;  
Marinated Tofu (with Miso) & Chickpea Patties



**Join Us!**



**Where:**

**11th Ave Community Space**

Old Palm Beach Library, 11<sup>th</sup> Avenue, Palm Beach

**Time:**

**12.30-1.30pm**

**REGISTRATION ESSENTIAL**

Call Khye on 5525 6466 to register or text 0434 309 200





# 60's People



Thursday Craft & Chat group discovering the joys of floral arranging. Thanks Diane Rossiter. If you would like to learn how to do this come to our next class on Thursday 26 May @ 10.00am (See flyer on Page 7)



Many thanks to Serene for her Pickling demonstration. Next demonstration will be Tuesday 24 May—12.30-1.30pm (See Page 11)

## DONATIONS WANTED

### EMPTY BOTTLES FOR PICKLING

Please leave at The Pines Meeting room or 11th Avenue Community Space  
Thank You!





# 60's People



Morning tea group @ 11th Avenue Community Space



Advance Care Planning Presentation—Next presentation will be at  
The Pines Meeting Room on Tuesday 17 May @ 1.30pm  
Registration Essential (See page 5)



Southern Gold Coast  
60 & Better Program  
Inc

PO Box 4514  
ELANORA QLD 4221

**Phone:**  
**(07)**  
**5525 6466**

*Management  
Committee*

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Anita Brennan*

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*Secretary  
Sherree Fleming*

*Committee  
Barbara Marshall  
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*Manager  
Sherree Fleming*

*Program  
Assistant  
Khye Gardner*

Website: [www.goldcoast60andbetter.org.au](http://www.goldcoast60andbetter.org.au)  
Email: [admin@goldcoast60andbetter.org.au](mailto:admin@goldcoast60andbetter.org.au)

# Hang up on Scam callers



**If you feel uncomfortable just hang up!**

- Don't click on links to text messages unless you are absolutely certain who it is from.
- Never give out your credit card details over the phone.
- Consider Paypal for online purchases.
- Please bring any issues of concern to us.

**We are here to help!**  
**Call Sherree on 5525 6466**

