

Southern Gold Coast 60 & BETTER

Newsletter May 2022

We Vour volunteers

Keeping Active, Staying Connected!

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VOLUNTEER APPREGIATION MONTH



Supported by



Government

lan Geoff lan Vince Valerie Gloria Bev Diana Cheryl Lorraine Marie Sandra Wendy Deborah Janice Penelope

Maggie

Dora

6 May Harbidge 8 May Pelizzo 10 May Peters 11 May Veness Pike 11 May Esteves 12 May Ludlow 13 May Leong 14 May Bladen 14 May Taylor 14 May Pinchin 15 May Rivett 17 May D'Arcy 18 May Partridge 19 May Turner 20 May Thorpe 21 May Dods 22 May Sinnott 22 May 3

-	/	
Norma Jean	Collins	23 May
Maureen	Fortune	23 May
Joy	Sherrington	23 May
Patricia	Hatton	24 May
Christine	Boswell	25 May
Jean	Milsom	27 May
Diane	Rossiter	28 May
Trina	Hammond	28 May
Jill	Toscano	28 May
Mary	Munro	29 May
June	Davis	30 May
Carolyn	Scullett	31 May
Lynette	Hammersley	31 May
Christine	Niblock	31 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	12.30 - 1.30pm	7.20 – 8.20am	8.30 - 9.20am	8.30 - 9.20am \$7	
Qi Gong \$7	Chair Yoga 🔧	Men's \$7	Strength & \$7	Strength &	
	(Gentle)	Fitness	Balance (Level 2)	Balance (Level 3)	
10 – 10.30am \$5		8.30 – 9.20am		9.40 – 10.30am	
Chair Pilates (L1)		Strength & Balance		Falls Prevention	
10.40 – 11.30am		Level 3			
Chair Pilates \$7		\$7		\$5	
(Level 2 - Int)					
11.40 – 12.30pm		9.30 – 11.30am		11.00 – 1pm	
Pilates \$7		Table Tennis		Table Tennis \$4	
(Level 3 - Floor)					

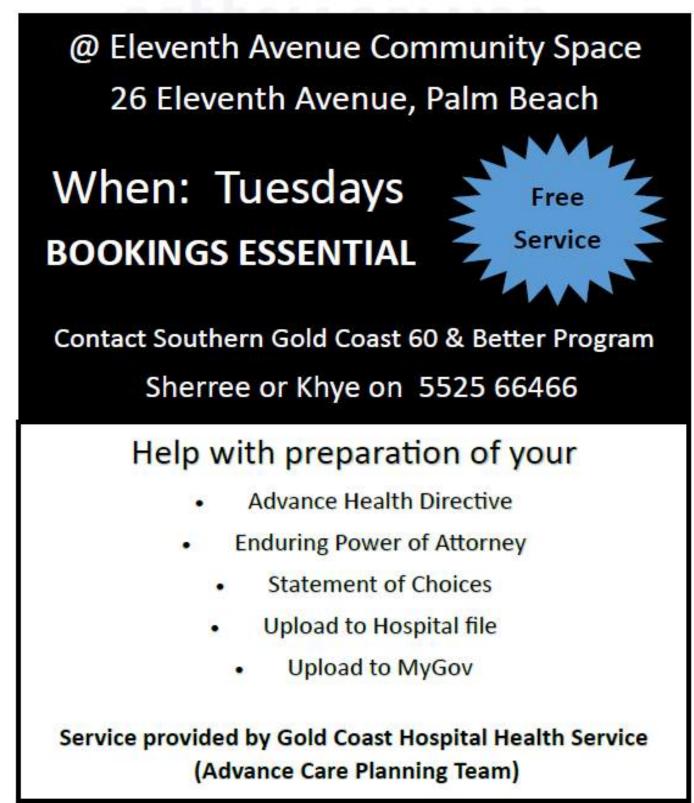
	Monday	Tuesday	Wednesday	Thursday	Friday
Join Use! Make New Friends!	9.30 – 12pm 10am Mahjong (Learn to Play) Register for	9.30 – 12pm Rummikub, Scrabble	9.30 – 12pm Canasta Register for other games	9.30 – 12pm Rummikub & Mahjong Register for other games	9.30 – 12pm What games would you like to play? Call us on 5525 6466!
Membership essential (for insurance purposes)	other games	Register for other games	\$3	\$3	\$3
Small group activities (Maximum 20 per class) # BYO Mat,	9.10 – 10am Yoga & Breathing (Gentle) (BYO Mat & Water) \$7	9.10 – 10am Senior Exercise (Level 2) (BYO water)	9.10 – 10am Circuit Class with an Exercise Physiologist \$7	9.10 – 10am Floor Pilates (BYO Mat, weights, ball, water) \$7 10.10 – 12.00	10.10 – 11am Men's Fitness (BYO Mat, weights, water) \$7
Weights & Water * Bookings Essential for Technology Support Phone: 5525 6466	10.00 – 11am Conversation Circle with Marie	57 9.30-12.30 Calligraphy (Beginner instruction available) 54	10.10 – 11am Stronger Seniors (Falls Prevention) \$7	Craft N Chat 53 By Appointment \$10 PH *One on One Technology Support 12.30 -2.00pm iPad classes \$4	10.00 – 1.00pm Junk Journaling \$3 12.30 – 2.30pm Backgammon \$3

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





Tuesday 17 May **PRESENTATION** Advance Care Planning



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



Tuesdays 9.30-12.30pm

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



Cost \$4

60 & Better @ 11th Avenue Community Space

Floristry class



\$3.00

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





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!



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!

Frip 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 COMMUNTIY SPACE

Junk Journaling

When: Fridays @ 11th Ave Time: 10.00am—1.00pm

JUNK JOURNALS

FOR BEGINNERS



Register with Khye on 5525 6466 or Text 0434 309 200

Any of the following donations most welcome

Old Calendars Old Greeting Cards Postage Stamps Used Envelopes Fabric Scraps Anything Paper!

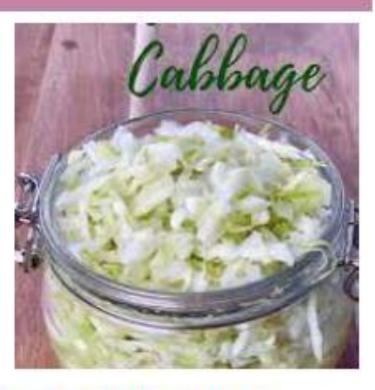






Includes Samples and Recipes notes of; Marinated Tofu (with Miso) & Chickpea Patties





Where:

11th Ave Community Space Old Palm Beach Library, 11th 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)

Website: www.goldcoast60andbetter.org.au Email: 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



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Management Committee

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