



**Southern Gold Coast
60 & BETTER**
PROGRAM INC.

**Newsletter
June
2022**

Keeping Active, Staying Connected!

WEDNESDAY 15 JUNE

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**JUNE 15
WORLD ELDER ABUSE
AWARENESS DAY**

**Together we can stop elder abuse
Let's start a conversation**



Join us for a Cuppa & Chat

**Where: 11th Avenue Community Space
(Old Palm Beach Library, 11th Ave, Palm Beach)**

Time: 11.00am—12.00pm

Facilitated by Marie McIver

Registration Essential

Phone Khye on 5525 6466 or text 0434 309 200

Supported by



**Queensland
Government**

HAPPY BIRTHDAY

Boyle	Fran	1 Jun	Taylor	Wendy	18-Jun
Sneesby	Jennifer	02 Jun	Fleming	Sherree	18 Jun
Dunayski	Lesley	03 Jun	Fisher	Shirley	18 Jun
Lightfoot	Moya	3 Jun	Rees	Warren	19 Jun
McLean	Cheryl	3 Jun	Kenney	Robin	19 Jun
Godfrey	John	5 Jun	Barends	Leonie	19 Jun
Nicholls	Angela	5 Jun	Gatto	Frank	20 Jun
Farr	Bruce	5 Jun	Bradshaw	Eric	23 Jun
Halford	Maggie	5 Jun	McFarlane	Yolande	23 Jun
Ferguson	Eunice	6 Jun	Graham	Estelle	24 Jun
Tregilgas	Margret	7 Jun	Fing	Julie	24 Jun
Tucker	Patricia	7 Jun	Clapham	Helen	25 Jun
Cook	Dianne	7 Jun	Penney	Judy	26 Jun
Davidson	June	8 Jun	Bell	Margaret	27 Jun
Scanlon	Elaine	8 Jun	Craig	Nola	27 Jun
Walsh	Jillian	8 Jun	Hart	Theresa	27 Jun
Boyle	Neeta	9 Jun	Davidson	Janeen	28-Jun
Pittar	Barbara	9 Jun	Neale	Liz	28 Jun
Nilsson	Jan Erik	9 Jun	Babbage	June	30 Jun
Pullen	Janice	11 Jun	Malam	Patricia	30 Jun
Gibson	Jill	11 Jun	Quested	Desley	30 Jun
Koning	Robyn	12 Jun			
Offord	Joan	12 Jun			
Nurthen	Evon	13 Jun			
Scott	Gary	14 Jun			

Special O Birthdays in Red

Out and About Walk over Burleigh Heads National Park & Lunch

Wednesday 22 June

10.00am - Walk from 11th Avenue Community Space (2.8klms) or

10.30am - Meet @ Custard Canteen (Tallebudgera Recreation Centre) for coffee

11.00am - Start walk over Burleigh Hill, have lunch @ Club Burleigh and walk back. Or you can catch a bus back.

Please note: The easy route around Burleigh Hill is gentle and very scenic. The option of catching a bus to the start point is an option. Anyone wanting to do this please let us know as we might be able to get a group together to catch a bus from The Pines.



Lunch @ Club Burleigh Senior Meal \$20

(includes meal and sweet of the day)

1640 Gold Coast Hwy,
Burleigh Heads
Under the Swell Resort



Registration essential

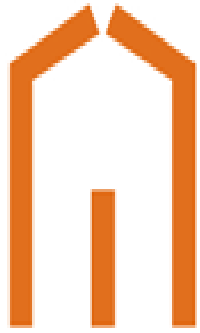
Phone us on 5525 6466

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



TUESDAY 5 JULY 2022

PRESENTATION



Right at Home

In Home Care & Assistance

- Information & Advocacy Service
- Information about Home Care Packages & help available to start the process
- Fees to consider when choosing a Service Provider (Management fees, Exit fees etc)

**Where: The Pines Meeting Room
33 Guineas Creek Rd
ELANORA**

Time: 12.15pm—1.15pm

Please do not arrive before 12pm



**Registration Essential for catering purposes
Phone Khye on 5525 6466 or text 0434 309 200**



60 & Better – Members Activity Timetable - JUNE 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 Guinness Creek Rd Elanora				
Monday	Tuesday	Wednesday	Thursday	Friday
9 – 9.50am Qi Gong \$7	11.00 – 12.00pm Chair Yoga (Gentle) \$5	7.20 – 8.20am Men's Fitness \$7	8.30 – 9.20am Strength & Balance (Level 2) \$7	8.30 – 9.20am Strength & Balance (Level 3) \$7
10 – 10.30am Chair Pilates (L1) \$5		8.30 – 9.20am Strength & Balance Level 3 \$7		9.40 – 10.30am Falls Prevention \$5
10.40 – 11.30am Chair Pilates (Level 2 - Int) \$7		9.30 – 11.30am Table Tennis \$4		11.00 – 1pm Table Tennis \$4
11.40 – 12.30pm Pilates (Level 3 - Floor) \$7				

PALM BEACH – 11 TH 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> \$5	9.30 – 12pm Rummikub, Scrabble <i>Register for other games</i> \$5	9.30 – 12pm Canasta <i>Register for other games</i> \$5	9.30 – 12pm Rummikub & Mahjong <i>Register for other games</i> \$5	9.30 – 12pm <i>What games would you like to play? Call us on 5525 6466!</i> \$5
Small group activities (Maximum 20 per class) # BYO Mat, Weights & Water	9.10 – 10am Yoga & Breathing (Gentle) (BYO Mat & Water) \$7	9.10 – 10am Senior Exercise (Level 2) (BYO water) \$7	9.10 – 10am Circuit Class with an Exercise Physiologist \$7	9.10 – 10am Floor Pilates (BYO Mat, weights, ball, water) \$7	10.10 – 11am Men's Fitness (BYO Mat, weights, water) \$7
* Bookings Essential for Technology Support Phone: 5525 6466	10.00 – 11am Conversation Circle with Marie	9.30-12.30 Calligraphy (Beginner instruction available) \$4	1.00-3pm Art Club \$4	10.10 – 12.00 Craft N Chat \$5	10.00 – 1.00pm Junk Journaling \$5
			10.10 – 11am Stronger Seniors (Falls Prevention) \$7	By Appointment \$30 PM * One on One Technology Support	12.00 – 2.00pm Backgammon \$5
				12.30 - 2.00pm iPad classes \$4 <i>Registration essential</i>	

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

60 & Better @ 11th Avenue
Community Space

Floristry class



\$3.00

Thursday 23 June

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

60 & Better @ 11th Avenue Community Space



Commencing 8 June 2022

Facilitated by Glenda Wyld

Wednesday's—1.00pm-3pm

BYO Art Equipment

Cost:
\$4.00

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



Southern Gold Coast
60 & BETTER
PROUDLY INC.

Advance Care Planning Support Service

**@ Eleventh Avenue Community Space
26 Eleventh Avenue, Palm Beach**

**When: Tuesdays
BOOKINGS ESSENTIAL**



**Free
Service**

**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)**

There is no excuse for Elder Abuse

“My daughter’s angry threats make me feel afraid and helpless.”



Types of abuse **Financial abuse** - the illegal or improper use of an older person's money or property, including the misuse of an Enduring Power of Attorney document.

Psychological abuse - causing mental anguish, fear of violence, feelings of shame, humiliation and powerlessness. **Physical abuse** - inflicting pain or injury. It includes hitting, slapping, restraining or over/under medicating.

Social abuse - preventing a person from having social contact with family and friends or accessing social activities. Eg. Removing someone’s phone, not allowing family and friends to visit.

Neglect - in intentional or unintentional failure by a carer to provide necessities of life to a person who depends on them.

Sexual abuse - sexual assault, rape or any activity that makes an older person uncomfortable about their body or gender, for example unwanted text messages.

For more information visit: www.eapu.com.au www.qld.gov.au/stopelderabuse
www.pt.qld.gov.au/other-services/elder-abuse-awareness www.compass.info
www.who.int/news-room/fact-sheets/detail/elder-abuse

**Free, anonymous and confidential assistance,
9am–5pm, Monday to Friday
Ph: 1300 651 192 (Queensland only)**

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

Next class commences 7 July—Join at anytime!



Senior paced



iPad Classes

@ 11th Avenue Community Space

Thursdays 12.30pm-2.00pm

PROGRAM (Suit Beginners)

- ❖ July 7 – iPad Overview
- ❖ July 14 – Using Keyboard
- ❖ July 21 – Adding contacts
- ❖ July 28 – Email
- ❖ Aug 4 – Internet
- ❖ Aug 11 – Bookmarking
- ❖ Aug 18 – Camera Functions
- ❖ Aug 25 – Photos & Albums
- ❖ Sep 1 – 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

Or Register @ 11th Avenue Community Space

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 23 June



Pickling demonstration. Next demonstration will be Tuesday 21 June—12.30-1.30pm (See Page 11)



Morning tea get together with some of the people working behind the scenes of the 60 & Better Program

TUESDAY 21 JUNE 2022

Easy Pickling Demonstration

For those that missed our first session!



\$5.00
includes jar
of Pickles

Join Us!

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





Website: www.goldcoast60andbetter.org.au
Email: admin@goldcoast60andbetter.org.au

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*Manager
Sherree Fleming*

*Program
Assistant
Khye Gardner*

Salmon and leek frittata

Hot smoked salmon is the hero ingredient in this simple frittata, which is flavoured with fresh dill. Ready in under 30 minutes.

Ingredients

- 2 Red Royale potatoes, thinly sliced
- 1 leek, pale section only, thickly sliced
- 1/3 cup dill sprigs
- 150g Coles Hot Smoked Salmon Fillets
Pepper, coarsely flaked
- 8 Coles Australian Free Range Eggs,
lightly whisked



Method

STEP 1

Preheat grill on medium. Spray a 20cm (base measurement) ovenproof non-stick frying pan with olive oil spray. Place over medium heat. Add half the potato. Cook for 1 min each side or until light golden and tender. Transfer to a plate. Repeat with remaining potato.

STEP 2

Add the leek to the pan and cook, stirring, for 5 mins or until leek softens. Transfer to a medium bowl.

STEP 3

Coarsely chop half the dill sprigs. Spray the pan with olive oil spray. Arrange the potato, leek and salmon over the base of the pan. Whisk the egg and chopped dill in a jug. Season. Pour the egg mixture over the salmon mixture in the pan. Place pan over medium-low heat and cook for 5 mins or until egg mixture is almost set.

STEP 4

Cook under grill for 5 mins or until golden and cooked through.

