



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

**Newsletter  
July  
2022**

Keeping Active, Staying Connected!

In This Issue

Member Birthdays	2
Walk & Lunch	3
Presentation 5 July	4
July to Sept Timetable	5
Art Club	6
Save the Date	8
Advance Care Planning	10
iPad course starts Thursday 7 July	15
Scam Alert	16-17
Information Services available for Seniors	18

# Men's Over 50

## Open Chat

Meet @

11th Avenue Community Space

Friday's 11.00am—12.00pm

Just drop in!

Coffee cart onsite

Supported by



**Queensland  
Government**

The 60 & Better Program will be closed  
for all activities on the following Public  
holidays

**FRIDAY 26 AUGUST  
MONDAY 3 OCTOBER**

# HAPPY BIRTHDAY

Penney	Keith	3 Jul	Lampen	Dina	19 Jul
Turner	Pat	5 Jul	Vincent	Lesley	21 Jul
Carrig	John	5 Jul	Jacobson	Amanda	22 Jul
Kelso	Ross	6 Jul	Mitchell	Brenda	24 Jul
Forge	Cheryl	6 Jul	Coxon	Dawn	25 Jul
Woodroffe	Gwen	6 Jul	Kelly	Annette (Annie)	26-Jul
Morris	Michael	6 Jul	Groves	Rosie	28-Jul
Keenan	Ray	7 July	Byrnes	Kaylene	28-Jul
Day	Deborah	7 Jul	Cecil	Rhonda	28-Jul
Harvie	Tom	08 Jul	Watts	Marie	29 Jul
Bowden	Jennifer	11 Jul	King	Helen	29 Jul
Rivett	Steve	12 Jul	Ryan	Maureen	30 Jul
Cooper	Maren	13 Jul	Chase	Elaine	30-Jul
Trewavas	Margaret	14 Jul			
Handel	Anne	15 Jul			
Ponder	Dianne	16 Jul			
Huinck	Leon	17 Jul			
Hyland	Judith	17 Jul			
Poulter	Mercia	18 Jul			
Lindsay	Judith	19 Jul			

Special O Birthdays in Red

# DATE CHANGE

## Out and About Walk over Burleigh Heads National Park & Lunch

### Wednesday 13 July

- 10.00am - Walk from 11<sup>th</sup> 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



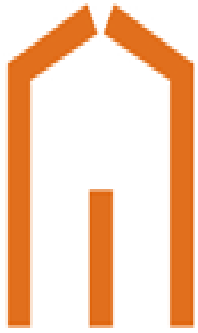
**Registration essential**  
Phone us on 5525 6466

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: 11.00am-12.00pm**

**Please do not arrive before 12pm**



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



# LEARN MORE SAVE MORE WITH ELECTRICITY

## DO YOU NEED HELP WITH YOUR ELECTRICITY BILL?

### Enhance your skills on:

- Electricity usage—ways to save
- Electricity price and contracts

### And learn :

- How to compare offers
- What concessions are available

## FREE WORKSHOP AT 60's and BETTER PALM BEACH

Eleventh Avenue Community Space

Old Palm Beach Library

**TUESDAY 26TH JULY**

**11.00am — 12.00pm**

# Switched ON



Book with 60's and Better Tel 55 25 6466 OR

Contact Palm Beach Neighbourhood Centre with any enquiries Tel 55 981505



# 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





## 60 & Better – Members Activity Timetable – JULY - SEPT 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 <b>\$7</b>	12.30 – 1.30pm Chair Yoga (Gentle) <b>\$8</b>	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>\$8</b>		8.30 – 9.20am Strength & Balance Level 3 <b>\$7</b>		9.40 – 10.30am Falls Prevention <b>\$8</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>\$8</b>	9.30 – 12pm Rummikub, Scrabble, 500 <i>Register for other games</i> <b>\$8</b>	9.30 – 12pm Canasta  <i>Register for other games</i> <b>\$8</b>	9.30 – 12pm Rummikub & Mahjong  <i>Register for other games</i> <b>\$8</b>	9.30 – 12pm  <i>What games would you like to play? Call us on 5525 6466!</i> <b>\$8</b>
Small group activities (Maximum 20 per class)  # BYO Mat, Weights & Water	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>
* Bookings Essential for Technology Support Phone: 5525 6466	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>\$8</b>  By Appointment <b>\$10PM</b> *One on One Technology Support	10.00 – 1.00pm Junk Journaling <b>\$8</b>
			1.00-3pm Art Club <b>\$4</b>	12.30 -2.00pm iPad classes <i>Registration essential</i> <b>\$4</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





*Palm Beach  
Share N Care Centre*

31 TENTH AVENUE, PALM BEACH

**Seniors  
EXPO**  
*october*

**TUESDAY  
25TH OCTOBER  
2022**

**SAVE THE  
DATE**

*Information - Entertainment - Social Clubs  
& more*

[COO@PALMBEACHSHAREANDCARE.COM.AU](mailto:COO@PALMBEACHSHAREANDCARE.COM.AU)

**07 5535 6444**



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# TUESDAY 9 AUGUST

## FREE PRESENTATION

- + What is advocacy
- + Who is ADA Australia
- + Aged care in Australia
- + What we do
- + Rights & responsibilities



**FREE  
SERVICE**

ADA Australia offers information and individual advocacy support to people who have issues with or accessing Commonwealth funded aged care services.

## Join us for a Cuppa & Chat

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

**Time:** 12.30pm-1.30pm



**Registration Essential**

Phone Khye on 5525 6466 or text 0434 309 200

# **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)**

## A phone call each day to check you're OK

Our Telecross service provides peace of mind and independence.



Red Cross can provide you with a daily telephone call to check on your wellbeing through a service known as Telecross.

This provides peace of mind if you are at risk of an accident or illness that may go unnoticed, such as falling and being unable to call for help. The volunteer will check to see that you are well and provide a friendly voice to wake up to each morning.

### Is this service for you?

Telecross is for people who live alone and are at risk of an accident or illness that may go unnoticed. In particular, people who:

- are frail and elderly
- have a disability
- are housebound
- are recovering from an illness or accident.

Telecross is also available to the carers of people who are eligible for the service. When family and carers are away, or if someone has just returned home after a hospital stay, Telecross can also be used on a temporary basis.

### About the service

Friendly volunteers make calls each morning, 365 days a year. If the call is not answered, Red Cross will take action to make sure you are OK. Even if you have visitors during the week, a phone call first thing in the morning can make a difference if an emergency response is required. The calls provide reassurance as well as help to maintain independence.

This social support program is funded through the Commonwealth Home Support Program and is available nationally through MyAged Care referrals.

### Contact us

For more information about accessing Telecross as a client, please call Red Cross on 1300 885 698 or send us a message using the form below.



# New Information Service @ The Pines Shopping Centre

60 & Better Program will be providing an  
information table @ The Pines Shopping  
Centre on the following dates  
from 9am-4pm

Thursday 14 July

Thursday 11 August

Thursday 8 September

Thursday 13 October



Looking for members to volunteer their  
time to promote our  
Activities & and Services

Call Khye on 5525 6466  
for more information

Looking for people interested in playing  
**500 (card game)**

Tuesdays @ 11th Avenue Community Space  
Old Palm Beach Library  
Palm Beach



Call Khye on 5525 6466  
to express your interest

# 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

@ 11<sup>th</sup> 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](mailto:admin@goldcoast60andbetter.org.au)

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

# Scam Alert

4 July 2022

## Phone and SMS the most common contact methods used by scammers in 2021

New data from the Australian Competition and Consumer Commission shows that phone calls were the most common contact method used by scammers to target victims in 2021. Half of all reports to Scamwatch said that scammers contacted them via voice calls, with \$100 million in reported losses. Text messages were the second-highest contact method used by scammers, with 23% of reports being about SMS scams (\$10 million in losses).

Scams are an ACMA focus, especially given the scale of the problem and the serious harms involved. As part of the ACMA's [compliance priorities](#) in 2022–23, we'll be enforcing new rules that require telcos to use stronger ID checks for transactions targeted by scammers, including SIM swap requests. We'll also be establishing and enforcing new rules to reduce SMS scams.

Our focus is on reaching vulnerable Australians, as our research tells us they are likely to benefit from greater awareness of how to identify and protect themselves. There's no silver bullet to combating phone scams, but we're stepping up the fight and need your help. We have [free resources](#) for organisations to share with their communities, to help people spot – and stop – scams.

If you receive a scam call or SMS message, report it to [Scamwatch](#).

If you have lost personal information to a scammer, contact [ID-CARE](#) or call 1800 595 160.

You can also contact [ReportCyber](#) if you have been a victim of a cybercrime.

# Scam Alert

## What is False Billing?

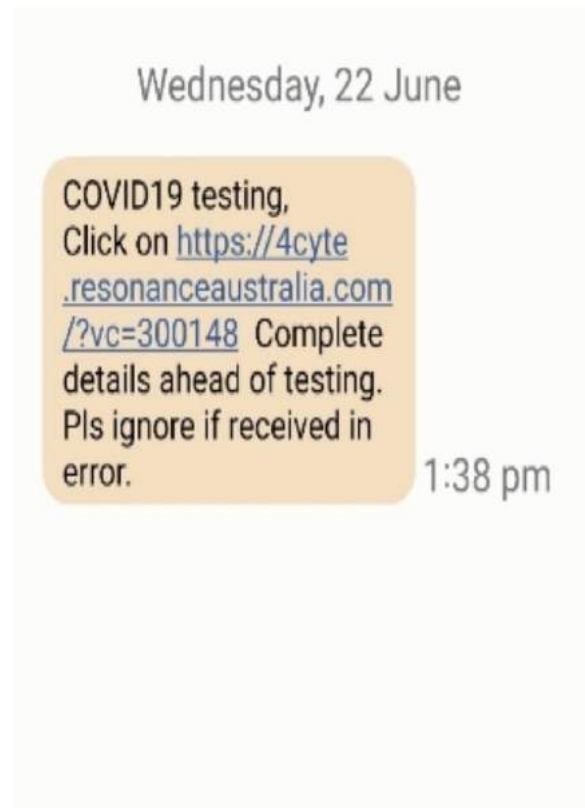
We know that scammers regularly pretend to represent well-known businesses and Government departments but sometimes they claim we have outstanding invoices or bills to be paid, these are referred to as False Billing Scams. If you receive an unexpected bill or invoice, it's always best to verify it before providing any personal or banking information. It is not recommended to use the contact details listed on the bill or invoice as, if it is a scam, you would be contacting the scammer directly. We recommend that you find the correct contact details online and call to verify the bill or invoice. Some scammers may email you claiming to that the banking information for bills set up for direct debit have been changed. If you receive an email like this, it is best to contact the business directly to confirm the changes. If you would like help to investigate whether something is a scam or find contact information, please contact the Seniors Enquiry Line on 1300 135 500 for information and referral support. Alternatively, you can email us at [sel@ucommunity.org.au](mailto:sel@ucommunity.org.au)

## Covid 19 Testing Scam

**First text received from  
AU.GOV saying I had interacted  
with someone with Covid.  
There is no tracing now!**

See picture. If you click on the link you will be asked for your credit card details

**SCAM....SCAM...SCAM  
DO NOT CLICK ON  
LINK... delete it!**







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

*Southern Gold Coast  
60 & Better Program  
Inc*

*PO Box 4514  
ELANORA QLD 4221*

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

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Anita Brennan*

*Treasurer  
Don Whitby*

*Secretary  
Sherree Fleming*

*Committee  
Barbara Marshall  
Gwen Walsh*

*Manager  
Sherree Fleming*

*Program  
Assistant  
Khye Gardner*

**Seniors  
Information, Advice,  
Referral & Support  
Services**

**Available  
@ 60 & Better Program**

**Call us on**

**5525 6466**

