



**Newsletter
August
2022**

Keeping Active, Staying Connected!

Happy 90th Birthday Joan

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Joan (L), Member of the SGC 60 & Better Program for over 20 years celebrates her 90th Birthday next week. We wish her a very Happy Birthday and best wishes from all of us.

Pictured here with her Bestie Mildred whom we sadly lost earlier this year.

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

Beverley	Clark	1	Pat	Chamberlain	15
Nancy	Crompton	1	Lola	Timms	15
Joan	Madden	1	Elaine	Bebek	16
Carol	Edgar	2	Graham	Collins	16
Joyce	Halpin	2	Gordon	Green	19
Hilary	Munro	2	Russell	Zipf	19
John	Taylor	2	Charlotte	Erskine	20
John	Blackburn	3	Christopher	Strachan	20
Cynthia	Ubalino	3	Andrea	Byrne	22
Gwen	Chapple	5	Kyra	Marwood	23
Ian	Davis	6	Susanne	Venn	23
Dianne	Mathews	6	Dawn	Garbler	24
Neville	Dalton	7	Ruth	Casale	25
John	O'Dempsey	8	Val	Moffitt	25
MaryAnn	Pohl	8	Helena	Monaghan	25
John	Curtain	9	Joy	Schonfisch	25
Maria	Walda	10	Karen	Marshall	26
Lynnette	Beaven	12	Jan	Power	29
Doreen	Hazell	12	David	Lockie	30
Heather	Hartley	14	Sandra	Pickett	30
Mary	Tanti	14	Jim	Griffin	31
Sandra	Adams	15			

AUGUST - Special Birthdays in Red

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

Bookings on hold at this stage as Kevin was needed at GC Hospital. Call us if you would like an appointment when he returns.



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)

Join at anytime!



Senior paced



Apple iPad Classes

@ 11th Avenue Community Space

Thursdays 12.30pm – 2.00pm

PROGRAM (Suit Beginners)

- ❖ Sept 1 – iPad Overview
- ❖ Sept 8 – Using Keyboard
- ❖ Sept 15 – Adding contacts
- ❖ Sept 22 – Email
- ❖ Sept 29 – Internet
- ❖ Oct 6 – Bookmarking
- ❖ Oct 13 – Camera Functions
- ❖ Oct 20 – Photos & Albums
- ❖ Oct 27 – 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 @ Reception

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 \$7	12.30 – 1.30pm Chair Yoga (Gentle) \$8	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) \$8		8.30 – 9.20am Strength & Balance Level 3 \$7		9.40 – 10.30am Falls Prevention \$8
10.40 – 11.30am Chair Pilates (Level 2 - Int) \$7				
11.40 – 12.30pm Pilates (Level 3 - Floor) \$7			9.30 – 11.30am Table Tennis \$4	

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> \$8	9.30 – 12pm Rummikub, Scrabble, 500 <i>Register for other games</i> \$8	9.30 – 12pm Canasta <i>Register for other games</i> \$8	9.30 – 12pm Rummikub & Mahjong <i>Register for other games</i> \$8	9.30 – 12pm <i>What games would you like to play? Call us on 5525 6466!</i> \$8
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	10.10 – 11am Stronger Seniors (Falls Prevention) \$7	10.10 – 12.00 Craft N Chat \$8	10.00 – 1.00pm Junk Journaling \$8
			1.00-3pm Art Club \$4	12.30 -2.00pm iPad classes <i>Registration essential</i> \$4	
				By Appointment \$100H *One on One Technology Support	

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

07 5535 6444

Men's Over 50 Open Chat

Meet @
11th Avenue Community Space
Friday's 11.00am—12.00pm

Just drop in!
Coffee cart onsite



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 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

Technology Tip

Email addresses

Did you know if you move Telco Providers (like Telstra and Optus) you lose your email address, and in some cases you are charged a huge annual fee to keep it.

Stick to Free Email addresses like Gmail & Hotmail. Make sure you set up Two Factor Authentication as well. If you don't know how ASK US @ 60 & Better.

You need to have your own personal email address as many accounts are now linked via your email address (like MYGOV) so you cannot use the same email address for a difference person.

If you are sharing a device you can have both email address come in on the same device though.





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

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Khye Gardner*

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

**Available
@ 60 & Better Program**

Call us on

5525 6466

