

Newsletter

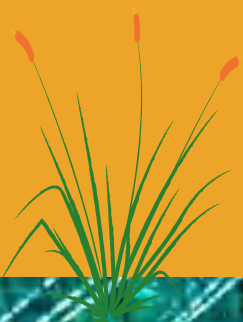
October 2022

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PLEASE NOTE

**Our offices will be closed
Monday 3 October**



Happy BIRTHDAY

October

2022

Shirley Garner 1st

Barbara Ingram 2nd

Shirley Jones 2nd

Virginia Jackson 2nd

Sandra Hill 3rd

Mary Stoddart 3rd

Theresa Lai 3rd

Verna Baker 3rd

Beryl Baily 4th

Nanette Basford 5th

Janette Newman 5th

Jenny Peters 5th

Gabby Newport 6th

Jeanette Vaughan 6th

Liz Colley 7th

Julie Spehr 7th

Gloria Johnston 9th

Roslyn Lane 9th

Mavis Campradt 9th

Rhonda Beel 9th

George Megas 10th

Elaine Hewitt 10th

Jennifer Lengkeek 10th

Margeret Cash 11th

Trevor Harris 12th

Ali Trother 14th

Diane Stephenson 14th

Ngaire Shorter 15th

Rhonda Foxwell 16th

Tonia Theis 16th

Shirley Hollands 16th

Robin Romain 17th

Pamela Geddes 18th

Leigh Hammond 18th

Frank Primi 19th

Marily Murihead 20th

Ramond Lance 20th

Olga Hoogendoorn 23rd

Leonia Sonnika 24th

Glenice Young 26th

Frances Young 26th

Susan Edwards 28th

Galia French 29th

Mary Manson 30th



Special Birthdays in red

Seniors Expo



Tuesday 25 October 2022

**GET THE LATEST INFORMATION
ALL SENIOR-RELATED**

- Free Information from Service Providers
- Free Entertainment
- Free Lunch
- Lucky Door Prizes
- Raffle



Where: Share N Care Centre
31 Tenth Ave
Palm Beach

Time: 9.30am-1.30pm

**Registration Essential
for Catering Purposes
Phone Khye**

07 5525 6466



Senior Paced

Apple Ipad Classes

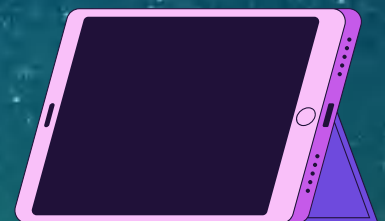
@ Eleventh Ave Community Space
Old Palm Beach Library
26 Eleventh Ave, Palm Beach

THURSDAYS 12.30 - 2.00PM

Program

29 Sept - iPad Overview
6 Oct - Using Keyboard
13 Oct - Adding Contacts
20 Oct - Email
27 Oct - Internet
3 Nov - Bookmarking
10 Nov - Camera Functions
17 Nov - Photos & Albums
24 Nov - Recap

**Cost
\$4**



Registration Essential

Ph: Khye on
5525 6466





Members
**Melbourne Cup
Lunch**



**TUESDAY
1ST NOVEMBER 2022**

Sweeps | Lucky Door prizes | Best Dressed

Where: Eleventh Ave Community Space

Time: 11.30am

Payment is required at time of Booking

Limited Numbers | No refunds

**Cost
\$20**



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

Are you looking for help?

- Garden Maintenance
- Minor Home Maintenance & Repairs
- Major Home Maintenance & Repairs

Examples of this service includes: Installing/replacing smoke alarms, replacing light bulbs, minor carpentry work (repairs to doors, locks, cupboards etc.), re-meshing window and door fly screens, minor repairs to toilets, repairing and replacing taps, electrical work etc.

**Contact us to express your interest to
be contacted when these Services
become available**



PALM BEACH
SHARE & CARE

Ph: 07 5535 6444

Palm Beach Meals on Wheels 31 Tenth Avenue Palm Beach Qld 4221

Advance Care Planning Support Service

Tuesdays

**FREE
SERVICE**

**@ Eleventh Ave Community Space
Old Palm Beach Library
26 Eleventh Ave
Palm Beach**

Kevin Heisner from the Gold Coast Hospital, Advance Care Planning Team, provides a FREE Community Support Service

Advance Care Planning

Help you complete your Advance Health Directive,
Enduring Power of Attorney or
Statement of Choices

Upload documents to your hospital file
Help with revoking a document

**Bookings Essential
Phone Khye on 07 5525 6466**



Activities for Over 50's

Phone: 5525 6466 | 0434 309 200



ELANORA

The Pines Meeting Room - 33 Guineas Creek Rd, Elanora - Ph: 07 5525 6466

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00-9.50am \$7 Qi Gong		7.20- 8.10am \$7 Mens Fitness	8.30-9.20am \$7 Group Fitness L2	8.30-9.20am \$7 Group Fitness L2
10.00-10.30am \$5 Chair Pilates		8.30-9.20am \$7 Group Fitness L3		9.40-10.30am \$5 Falls Prevention
10.40-11.30am \$7 Pilates Level 2	12.30-1.30pm \$5 Chair Yoga Suit Beginner	9.40-11.40am \$4 Table Tennis Social		10.40-12.40pm \$4 Table Tennis Social
11.40-12.20pm \$7 Pilates Level 3 BYO Mat	7.00AM NC The Pines Walking Group			

PALM BEACH

Eleventh Ave Community Space, 26 Eleventh Avenue Palm Beach - Ph: 07 5525 6466

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.10-10.00am \$7 Yoga & Meditation BYO Mat	9.10-10.00am \$7 Group Fitness Level 2	9.10-10.00am \$7 Circuit Fitness with an Exercise Physiologist	9.10am- 10.00am \$7 Mat Pilates Level 3 BYO Mat, weights, ball	10.10-11.00am \$7 Mens Fitness BYO Mat, weights, water
	9.30-12.00pm \$3 Cards (500)	10.10-11.00am \$7 Falls Prevention with an Exercise Physiologist	9.30-12.00pm \$3 Mahjong, Rummikub Board Games Cards	11.00 - 12.00pm NC Mens Open Chat
10.00-11.00am \$3 Conversation Circle	Board Games Mahjong Rummikub	1.00-3.00pm \$4 Art Club	10.00- 12.00pm \$3 Craft N Chat	10.00-1.00pm \$3 Junk Journaling
		9.30-12.00pm \$3 Cards & Board Games Mahjong Canasta	One on One Tech Support By Appointment iPad classes 9 week courses run throughout the year	7.00am NC Walking Group Palm Beach Parklands

Registration Essential for spacing purposes

Phone Khye 07 5525 6466 | 0434 309 200

Email: admin@goldcoast60andbetter.org.au

Falls Prevention is our Priority!

Stronger Seniors Program

*Come
Join
us!*

When: Fridays
Where: The Pines Meeting Room
33 Guineas Creek Rd
Elanora
Time: 9.40am - 10.20am

Cost
\$5

Registration Essential
Ph: Khye on 5525 6466



Southern Gold Coast
60 & BETTER
PROGRAM INC.

IT'S NEVER TOO LATE TO START!

BUILD STRENGTH INCREASE FLEXIBILITY

Cost
\$7

Mens Only Classes for Over 50's

Elanora - Wednesdays
Palm Beach - Fridays



Registration Essential
Ph: Khye on 5525 6466





CURRUMBIN VALLEY
BUS & COACH

Travel with us and enjoy. . .

THE SUPERCALIFRAGILISTIC MUSICAL



WEDNESDAY 30 NOVEMBER 2022

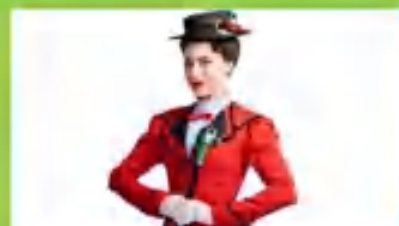
Tickets - \$90 per person

Include A Reserve Seating for 1pm Matinee at QPAC and coach transfers to and from QPAC.

Arriving to QPAC at 11.30am you will have time to grab a bite to eat before the show .

LIMITED SEATS – CALL US TO BOOK ON 1300 794 373 or email jenny@currumbinvalleycoaches.com.au

**GO INTO THE DRAW TO WIN A
FREE TICKET TO OUR FIRST TRIP TO
QPAC IN 2023**



MONEY PAYABLE UPON BOOKING – TICKETS ARE NON-REFUNDABLE



Free seniors safety session

Tuesday 18 October 2022

1:00pm to 3:00pm

Burleigh Waters Community Centre, Main Hall

111/135 Christine Avenue, Burleigh Waters.

Feeling safe and confident helps us to stay active and connected with our community. Gold Coast seniors are invited to come along and learn strategies to keep safe. Topics will include personal safety, home and vehicle security, scams and cyber safety.

Presenters include representatives from the Queensland Police Service and the Office of Fair Trading.

To secure your place either scan the QR code, visit www.cityofgoldcoast.com.au/workshops or phone 07 5581 6642.

We want our workshop to be accessible for everyone – please let us know of any accessibility requirements when you register.

Notice of Annual General Meeting

of Southern Gold Coast 60 & Better Program inc

When: Thursday 24 November 2022

Where: The Pines Meeting Room

Time: 10.00am

- to confirm minutes of previous Annual General meeting
- to receive and consider -
 - (i) the annual report of the Committee on the activities of the Association during the preceding year; and
 - (ii) the audited financial statement of the Association for the preceding financial year
- to elect the members of the Committee;
- to confirm or vary the amounts of the annual subscription and joining fee
- to appoint auditor

Nominations for Office Bearers and Notices of Motion must be in the hands of the Secretary by 3.00pm Thursday 10 November 2022

Current financial members may nominate for the following positions; President, Vice President, Secretary, Treasurer and General Committee

Nomination Forms available from the Secretary from 17 October. Please contact Sherree on 5525 6466 or email: manager@goldcoast60andbetter.org.au for further information

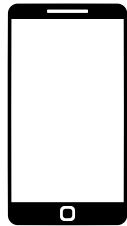
**Registration Essential for catering purposes
Please enter your name in one of the registration books located at Elanora and Palm Beach offices**



Southern Gold Coast
60 & BETTER
PROGRAM INC.



07 5525 6466



0434 309 200



admin@goldcoast60andbetter.org.au



goldcoast60andbetter.org.au

About Us

President

Anita Brennan

Treasurer

Don Whitby

Committee

Members

Barbara
Marshall

Gwen
Walsh

Manager

Sherree
Fleming

Program Assistant

Khye
Gardner