



Southern Gold Coast
60 & BETTER
PROGRAM INC.

Newsletter

September 2022

In this issue

Presentation

P 2

Birthdays

P 3

Seniors Expo

P 4

Timetable

P 5

iPad Course

P 6

Advance Care

Planning

P 7

Activities

Scam Alert

P 13

Contact us

P 14

Spring



PLEASE NOTE

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

FREE PRESENTATION

MEDICAL EMERGENCIES

HOW YOU CAN HELP AS AN
OLDER ADULT!

MONDAY 12 SEPTEMBER 2022

Where: Eleventh Ave Community Space
Old Palm Beach Library
26 Eleventh Ave
PALM BEACH Q 4221



Time: 10.30am- 11.30am

REGISTRATION ESSENTIAL

PHONE KHYE ON 5525 6466



Southern Gold Coast
60 & BETTER
PROGRAM INC.

Happy BIRTHDAY

September

2022

Jocelyn Bonilla 2 Sep
Kay Ross 2 Sep
John Brandon 4 Sep
Rosemary Long 4 Sep
Carol Varley 4 Sep
Robert Woolcock 6 Sep
Margaret Audley 6 Sep
Patricia Jennings 7 Sep
Margaret Holmes 8 Sep
Patricia Robinson 8 Sep
Barbara Marshall 9 Sep
Lyn Mahoney 9 Sep
Margaret Scanlon 9 Sep
Karen Kluver 9 Sep
Betty Gregory 10 Sep
Geraldine McDonald 10 Sep
Dan Wright 10 Sep

Val McGeachin 11 Sep
Dianne Beetham 11 Sep
Cindy Barker 12 Sep
Wayne Henderson 13 Sep
Amber Davies 15 Sep
Lorraine Hutchinson 15 Sep
Mina Liddell 15 Sep
Norm Phillips 16 Sep
Elizabeth Tanner 17 Sep
Fay Joy Clements 17 Sep
Jillian Williams 18 Sep
Rosemary Byrne 19 Sep
Dave Jones 19 Sep
Colleen Hardwick 21 Sep
Sonya Schulz 22 Sep

Wilma Dalton 23 Sep
Thomas Hellyer 23 Sep
Juanita Otto 23 Sep
Maureen Marsh 24 Sep
Barbara Gedye 24 Sep
Heather Cloake 24 Sep
Kay Velmin 25 Sep
Loretta Smith 25 Sep
Kyran McInnes 25 Sep
Carrol Brims 27 Sep
Lesley Faulkner 27 Sep
Rosemary Hammond 28 Sep
Palma Hemer 28 Sep
Rosslyn Warman 28 Sep
Linda Beavis 29 Sep
Jim Hart 30 Sep
Diana Mackenzie 30 Sep



Seniors Expo

FREE

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**



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 Qī 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 classess 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

Senior Paced

Apple Ipad Classes

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

THURSDAYS 12.30 - 2.00PM

Program

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

**Cost
\$4**



Registration Essential

Ph: Khye on
5525 6466



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**



Pilates for Over 50s

Improve your Strength, Mobility, Balance,
Confidence & Flexibility

Gentle Cardio and Mat Pilates using TheraBand's,
small balls & light weights



When: Thursdays @ 9.00am

Where: Eleventh Avenue Community Space
26 Eleventh Ave, Palm Beach Q 4221

Registration Essential

Phone Khye on 07 5525 6466 | Text 0434 309 200

Southern Gold Coast 60 & Better Program Inc

50+ Men's Fitness @ Palm Beach



\$7



Pay as you go sessions – no lock in

How good will you feel Just by making the decision to start?

No matter what level of fitness you are at currently, you will still be able to participate. We believe that fitness of the mind has a great deal to do with fitness of the body. Our classes provide opportunities to build strength, increase flexibility & contribute to overall health.

So, come along and meet like-minded individuals and make some friends whilst you achieve your fitness goals

When: Fridays @ Palm Beach

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

Time: 10.10am – 11.00am

Please work @ your own pace – No Judgement!

BYO Mat, Towel, Weights & Water Bottle

Registration Essential

Ph: Khye on 5525 6466 | Text: 0434 309 200



Social Table Tennis

For Over 50's

New players wanted for
social games

Keep active, stay connected, laugh and
meet new friends

Where: The Pines Meeting Room
33 Guineas Creek Rd, Elanora

When: Wednesdays | Fridays
@ 9.30am @10.40am

Cost: \$4.00

BYO Bat & Water bottle
Beginner bats available
Gym shoes essential



Registration Essential

Ph: Khye on 07 5525 6466



Wednesday, Thursday, Friday

@ 33 Guineas Creek Rd, Elanora



Focus on Fun!

Better Balance &
Flexibility!

Over 50's GROUP FITNESS

Wednesday @ 8.30am - Level 3 - \$7.00 (45 min)

Mat required for this floor exercise class.

Higher level of cardio & core strength exercises

BYO weights, Mat & water bottle

Thursday @ 8.30am – Level 1 - \$7.00 (45 min)

Very gentle fitness class focusing on balance &

strength using BYO resistance band, soft ball & water bottle

Friday @ 8.30am – Level 2 - \$7.00 (45 min)

Let's warm up with a fun dance. Gentle cardio

focusing on strength & balance using BYO light

weights, resistance band & water bottle

Registration essential

Ph: Khye on 5525 6466



Art Club for Over 50's

WEDNESDAYS

Where: Eleventh Ave Community Space
Old Palm Beach Library
26 Eleventh Ave
Palm Beach

Time: 1.00pm-3.00pm

\$4

Artist/Teacher Glenda Wyld
with run Tutorials

Wednesday 14 September

Wednesday 12 October

\$7

Registration

Essential

Phone

Khye

07 5525 6466

Join Us!



Southern Gold Coast
60 & BETTER
PROGRAM INC.



Scam Alert



What is Malware?

Malware refers to malicious software which is intended to impact functionality, damage or spy on the device.

Malware allows scammers to steal your personal information such as passwords, location history or contact list. Malware allows scammers the ability to steal your documents and photos. As we store a lot of personal information on our devices, it is important to be vigilant. Examples of common malware includes viruses, worms, Trojan viruses, spyware, adware, and ransomware.

How do Scammers Convince us to Download Malware?

Scammers can be incredibly convincing and they are good at what they do. The number one way they trick us to download malicious software by opening hyperlinks or open an attachment. Hyperlinks If you aren't 100% certain the hyperlink or attachment is safe, it's not worth the risk.

What to do if your phone has Malware

If your phone has been infected with malware, it is important to act fast. Do not enter any personal information such as passwords or log in information. Contact an IT professional and organise for your phone to be cleaned and factory reset. Unfortunately, you are likely to lose a lot of information, contact list and photos however this is important that your personal information does not fall into the hands of scammers.

More Information

For more information, we recommend the Scamwatch website. If you are concerned you have been affected by a scam, please contact the Seniors Enquiry Line on 1300 135 500 for information and referral support.



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