

Newsletter

September 2022

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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





September



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 Kareen 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

Happy BIRTHDAY

> 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 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



Supported by Council of the Ageing I City of Gold Coast

Activities for Over 50's

Phone: 5525 6466 1 0434 309 200



	The Pines Meeting Room - 33 Guineas Creek Rd, Elanora - Ph: 07 5525 6466					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
RA	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	
NO	10.00-10.30am \$5 Chair Pilates		8.30-9.20am \$7 Group Fitness L3		9.40-10.30am SS Falls Prevention	
ELANORA	10.40-11.30am Pilates Level 2	12.30-1.30pm S5 Chair Yoga Suit Beginner	9.40-11.40am \$4 Table Tennis Social		10.40-12.40pm \$4 Table Tennis Social	
	11.40-12.20pm Pilates Level 3 BYO Mat	7.00AM NC The Pines Walking Group				
	Eleventh Ave C	ommunity Space	e, 26 Eleventh Ave	nue Palm Beach - P THURSDAY	h: 07 5525 6466 FRIDAY	
СH	9.10-10.00am 57 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	
PALM BEACH	10.00-11.00am \$3 Conversation Circle	9.30-12.00pm \$3 Cards (500) Board Games Mahjong Rummikub	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	
LN			1.00-3.00pm S4 Art Club	10.00- 12.00pm \$3 Craft N Chat	10.00-1.00pm \$3 Junk Journaling	
ΡA			Cards & Board Games	One on One Tech Support By Appointment	7.00am NC Walking Group Palm Beach Parklands	
			Mahjong Canasta	iPad classess 9 week courses run throughout the year		

Registration Essential for spacing purposes Phone Khye 07 5525 6466 I 0434 309 200

Email: admin@goldcoast60andbetter.org.au

Subject to Change without Notice

All fitness Instructors are qaulified and insured

Version Sept 2022

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

Registration Essential Ph: Khye on 5525 6466



Cost

\$4

Senior Paced

Advance Care Planning Support Service

Tuesdays



@ 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







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, 11 th 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	50'5

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 I Fridays @ 9.30am @10.40am
- Cost: \$4.00

BYO Bat & Water bottle Beginner bats available Gym shoes essential

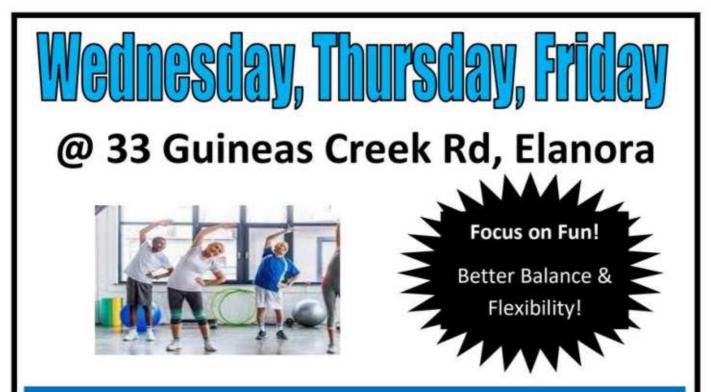
Registration Essential

Ph: Khye on 07 5525 6466









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 \$4 Time: 1.00pm-3.00pm

Artist/Teacher Glenda Wyld with run Tutorials Wednesday 14 September Wednesday 12 October

Registration Essential Phone Khye 07 5525 6466

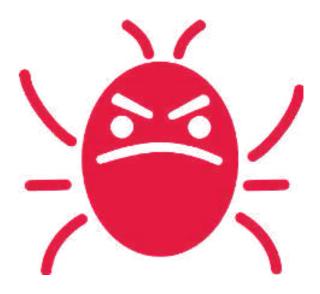


Join Us!

\$7







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

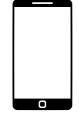
For more information, we recommend the Scamwatch website. If you are concerned you have been affected by a scam, please contact the Seniors Enquiry Line on 1300 135 500 for information and referral support.







07 5525 6466



0434 309 200



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About Us President Anita Brennan

Treasurer Don Whitby

Committee Members

> Barbara Marshall

> > Gwen Walsh

Manager Sherree Fleming

Program Assistant Khye Gardner