



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

# Newsletter

**NOVEMBER 2022**

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Fun...Fun... Fun  
@ Seniors Week 2022

## **PLEASE NOTE**

**60 & Better Program of Activities will  
cease Friday 16 December  
and resume Monday 16 January 2023**

# Happy BIRTHDAY

## November

### 2022

Somporn Bell  
Rosalinde Moss  
Maralene Hynes  
Celia Gatto  
Ruth Francis  
Leanne Openshaw  
Christine Lassen  
Pauline Neal **5th**  
Marguerita Clarke 6th  
Barbara Blair 7th  
Carol Hendy 8th  
Alana hodgson 8th  
Rose marshall 8th  
Beverleen Boora 10th  
Lorraine Law 12th  
Carmel Brown 13th  
Sue Ravening 13th  
Dorothy Lloyd 14th  
Sandra McCormick 14th  
Lynette Dallimore 14th  
Pam Knudsen 14th  
Rhonda O'Connor **16th**  
Patricia Conn 16th  
Howard Torson 17th

Lynette Curry 17th  
Patricia Davis 19th  
Francis Palmisano 19th  
Jeannie Fletcher 20th  
Melinda Tolvay 20th  
Sandra Sommer 21st  
Valerie Lansley 21st  
Bev Major 22nd  
Lyn Layton 25th  
Neita Mason 25th  
Lea Baggaley 25th  
Diane Morgan 26th  
Ruth Rowan 28th  
Anita Lynch 29th  
Diane Bunce 29th  
Keith Lengkeek 29th  
Robert Shorter 29th  
Richard Clair 29th  
Clare Ellis 29th  
Molly Thomas 29th  
Inez Toakley 29th  
Terry Knutt 30th  
Gloria Harvey 30th



**Special Birthdays in red**



# 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



**REMINDER**

**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](mailto: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**



# Christmas Variety Concert

Robina Community Centre Auditorium

Join us for a community variety concert featuring live entertainment from the spectacular Tommy Memphis and The Dukes.

\$5 entry includes a Christmas-themed show, morning tea, and lucky door prizes. Raffles will also be available for purchase from the Robina Lions Club Inc.

Accessible parking and seating available.

\$5 entry fee. Bookings are essential, call 07 5501 1015

30 NOVEMBER  
10AM-12PM



Proudly supported by  
**Councillor Hermann Vorster**  
Division 11



CITY OF  
**GOLDCOAST.**





# Never Alone Christmas Lunch



SHARE N CARE CENTRE

31 TENTH AVENUE, PALM BEACH



**Friday 23rd December, 2022**

ARRIVE FROM 11:00AM | 11.30AM - 1.30PM

*For those  
over 60 who would  
otherwise spend  
Christmas Day alone*

**FREE**  
Includes:  
Lunch, Music  
and door  
prize



**BOOKINGS ESSENTIAL**

Ph: Sherree 5525 6466



Southern Gold Coast  
**60 & BETTER**



**PALM BEACH**  
SHARE & CARE



# Melbourne Cup Lunch 2022 @ 60 & Better



Seniors Week Expo 2022

# **Members Christmas Breakup Morning Tea**

**Where:**

The Pines Meeting Room

**When:**

Thursday 15 December

**Time:**

10.00am

**Registration Essential  
for catering purposes**

Ph: Khye on 5525 6466

Text: 0434 309 200

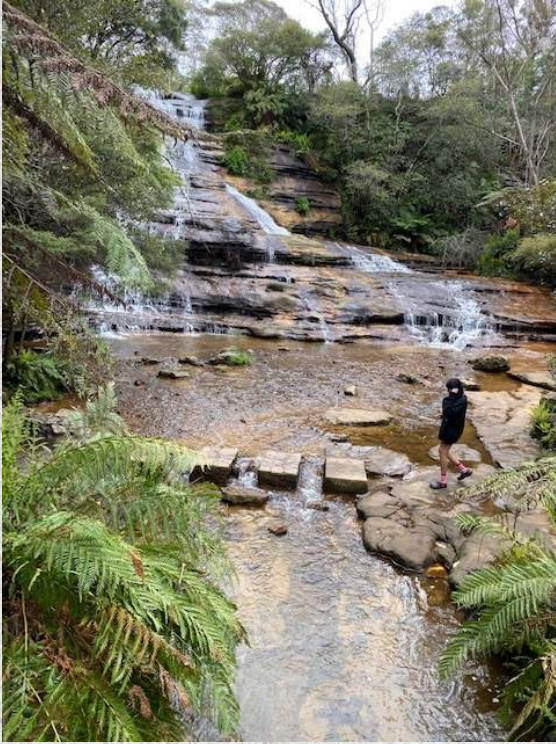




# Expressions of Interest Members only



## Trip to the Blue Mountains



- Fly from Gold Coast to Sydney (return)
- Train to Katoomba (return)
- Visit to Scenic World
- Visit Historic Hydro Majestic Hotel
- Visit Historic Carrington Hotel
- Visit Katoomba Cascades
- Day trip to Sydney (optional)



**Moderate fitness level required**

**Twin or Three share (budget) Accommodation**

**Register your interest by contacting**

**Sherree Ph: 0431 149 298**



# Activities for Over 50's

Phone: 5525 6466 | 0434 309 200



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ELANORA</b>	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			

Eleventh Ave Community Space - 26 Eleventh Ave, Palm Beach - Ph: 07 555 6466

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PALM BEACH</b>	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
	10.00-11.00am \$3 Conversation Circle	9.30-12.00pm \$3 Scrabble	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
	10.00-12.00pm \$3 Mahjong Beginners Welcome	Rummikub Other Cards & Board Games Welcome	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 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

Membership based Organisation - Registration Essential

Phone Khye 07 5525 6466 | 0434 309 200

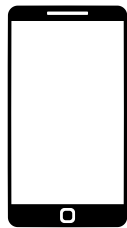
Email: [admin@goldcoast60andbetter.org.au](mailto:admin@goldcoast60andbetter.org.au)



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**07 5525 6466**



**0434 309 200**



**[admin@goldcoast60andbetter.org.au](mailto:admin@goldcoast60andbetter.org.au)**



**[goldcoast60andbetter.org.au](http://goldcoast60andbetter.org.au)**

## About Us

### President

Anita Brennan

### Treasurer

Don Whitby

### Committee

Members

Barbara  
Marshall

Gwen  
Walsh

### Manager

Sherree  
Fleming

### Program Assistant

Khye  
Gardner