

Newsletter

Southern Gold Coast 60 & Better Program Inc

DECEMBER 2022

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*Merry
Christmas*



Wishing you and yours a
safe & happy Christmas
and best wishes for 2023



PLEASE NOTE

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

Happy BIRTHDAY

December 2022
January 2023

Joanne Smith 1st
Marilyn Brown 1st
Helena Towell 2 Dec
Dolres Green 3rd
Barbara Sanger 3rd
Sue Putland 4th
Beth Baker 7th
Rosemary Rowe 7th
Deborah Warner 7th
Carol Terawsky 8th
Dennis Grey 8th
Josie Epple 9th
Sandre Fisher 9th
Kit lifford 10th
Helen Burton 10th
Jane McGarry **12th**
Mary Harris 13 Dec
Letitia Oliffe 13th
Frank Culell 16th
Jennifer Gracie 16th
Pat Skene **16th**
Kay Kelly 17th
Tom Fletcher **18th**
Julie Anderson 18th
Brian Mongan 19th
Sue Campbell 20th
Shayne Dransfield 21st
Gail Jehan 22 Dec
Noel Waters 22 Dec
Maureen Gritt 23 Dec

Valerie Nissim 23rd
Christa Merkes-Frei **24th**
Celina Lo 26th
Lyn O'Brien **26th**
Silvia Griffiths 28th
Hazel Or 29th
Yvonne O'Keefe 30th
Denise Geraghty 31st

JANUARY
Trish Fitzpatrick 2nd
Barbara Stevenson 3rd
Jim Marsh 5th
Wendy Lang 5th
Barry Russell 6th
Carol McLauchlan 7th
Raymond Baird 7th
George Morrell 9th
Heather Smith 10th
Maree McLeod **10th**
Valerie Bird 11 Jan
Rod Burns 11 Jan
Pirio Burns 11 Jan
John Lynch 12 Jan
Lyndley Oliver 12 Jan
Jacqueline Baud 12 Jan
Gay Clayworth 13th
Patricia Price 13th
Debbie Scott 14th
Karine Downs 15th

Dorothy Skews **16th**
Dianna Clements 16th
Dorothy Dixon 16th
Joan Clouston 17th
Naraelle Brabant 17th
Keith Preston 17th
Wendy Ray 18th
Marie McIver 19th
Brian Mahoney 19th
Elaine Duffy **19th**
Denise Fox 19th
Anne Maree Williams
20th
Thea Kingma 21st
Heather Brinsdon 21st
Steve Rossington 21st
Anita Brennan 22nd
Rhonda Deane 22nd
Robyn Geerz 22nd
Ean Quested **23rd**
Heather Derry 24th
Kerrie Smith 29th
Joy Brentnall 29th
Sandra Mezgec 29th
Jacqueline Rees 29th
Roseanne Hamilton 31st
David Wyatt 31st
Margaret Jackson 31st

Special Birthdays in red





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



**The Pines Walking Group
Dec 2022 Photo - New shirts!
Sponsored by The Pines Shopping Centre**



**Member Betty Skydiving over Kirra Beach
on her 91st Birthday**





Christmas Celebrations @ 60 & Better

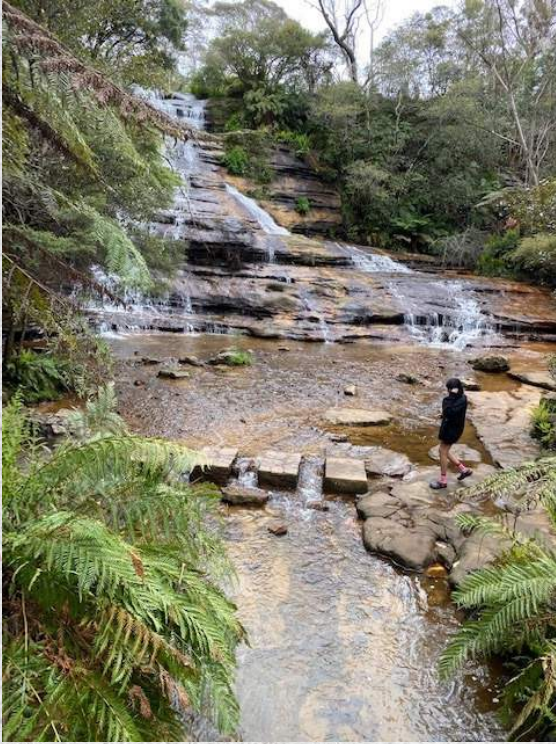


Southern Gold Coast
60 & BETTER
PROGRAM INC.

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

Advance Care Planning Support Service

TUESDAYS

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

**FREE
SERVICE**

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

Help you complete the following

- **Advance Health Directive**
- **Enduring Power of Attorney**
- **Statement of Choices**

Taking bookings for 2023

**Bookings Essential
Ph: Khye
on 07 5525 6466**

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
ELANORA	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
PALM BEACH	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

Do you, or a loved one, receive in-home aged care support from a Home Care Package?



As of 1 January 2023:

- ✓ package management cost are capped at 15% of package
- ✓ care management charges are capped at 20% of package
- ✓ no exit fees for changing providers
no separate subcontracting charges

These changes will make pricing clearer, so there are no surprises when you get your bill.

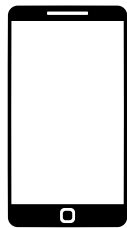
Talk to you aged care provider about what these changes mean for you.



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About Us

President

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Rhonda
Blackburn

Manager

Sherree
Fleming

Program Assistant

Khye
Gardner