

GARDEN CITY



NEWS

Volume 27

Issue 1

February 2021



A free collaborative newsletter produced by Barcaldine 60 & Better Program (aimed to support older people to stay safe and maintain and strengthen connections to the community, and reduce harm and social isolation) with contributions from Barcaldine Community Care Services and other contributors for participants, clients and older people in the community. Please share this newsletter with others. If you prefer it can be emailed to you. The newsletter can be found on Barcaldine Regional Council website also.



**Australia Day
Barcaldine Regional Council
Australia Day Awards**

**Citizen of the Year
Brian Batchelor Barcaldine**

**Community Event of the Year
10 Towns—Alpha**

**Head Yakka Champion
Alpha and Jericho Police
and Alpha Jockey Club**

**Volunteer Award
Kevin Wiltshire Alpha
Neta Arnold Barcaldine
Gary Neisler Aramac**

**Senior Sports Award
Jenni Gray Muttaburra**

**Cultural Award
Central West Aboriginal
Corporation Barcaldine**

**Professor James Dale AO
and Rachel Downie were
Australia Day Ambassadors**

What is the Decade of Healthy Ageing?

The United Nations Decade of Healthy Ageing (2021-2030) is an opportunity to bring together governments, civil society, international agencies, professionals, academia, the media, and the private sector for ten years of concerted, catalytic and collaborative action to improve the lives of older people, their families, and the communities in which they live.

Populations around the world are ageing at a faster pace than in the past and this demographic transition will have an impact on almost all aspects of society. The world has united around the 2030 Agenda for Sustainable Development: all countries and all stakeholders pledged that no one will be left behind and determined to ensure that every human being can fulfil their potential in dignity and equality and in a healthy environment.

A decade of concerted global action on Healthy Ageing is urgently needed. The COVID-19 pandemic has highlighted the seriousness of existing gaps in policies, systems and services. Already, there are more than 1 billion people aged 60 years or older, with most living in low- and middle-income countries. Many do not have access to even the basic resources necessary for a life of meaning and of dignity. Many others confront multiple barriers that prevent their full participation in society.

What is Healthy Ageing?

Healthy Ageing is the process of developing and maintaining the functional ability that enables wellbeing in older age. Functional ability is about having the capabilities that enable all people to be and do what they have reason to value.

Coordinator's Notes

Welcome to the first edition of Garden City News for 2021. Last year I proposed some changes to the newsletter but they have not come to fruition yet. With a new year and ideas to be involved in some joint ventures we can continue our community involvement and maintain physical, social, spiritual and mental wellbeing.

The over 80s book was completed and submitted to the printers at the end of last year. We owe much gratitude to Jan Howie who collected and collated information, took photographs and, with editorial assistance from Jill Williams and Nicole Williams, has assembled an interesting collection of life stories from local residents.

It is planned to present one book to each family who contributed a story. Books will be sold at \$10 each and orders can be placed with Jean at the 60 & Better office. We'll let you know when the book will be available. Payment can be made when picking up books.

Do you recall where your parents or grandparents lived if they were residents of Barcaldine? We are trying to build maps which feature the names of families and where they resided at different times. In conversation, people recall where they lived and who were neighbours and many other details. So if you can help us by writing down addresses and approximate dates of residence (if known) and any other bits of interest to help build our knowledge and create a more complete picture of the towns and its people through the years.

Any information you care to share will be gratefully received. We can start by recording details starting at 2010 and progressing to earlier times. Our monthly lunches will be a time to share this information and start transferring information to the maps. So please write what you can recall and if you'd like it collected contact Jean or alternatively come to a monthly Friday lunch. February's lunch will be on 26th February.

Our exercises, tai chi and croquet are underway and in February we'll resume hoy and bingo and monthly lunches. **Exercises** are at 9:00am on Tuesdays and **tai chi** is at 9:00am on Thursdays. **Croquet** is at 8:30am on Friday mornings. **Hoy** will be on 9th February at 10:00am and **bingo** will be on 23rd February at 10:00am.

The first talk information session for the year is on Tuesday 2nd February. Please come and meet Deb Christensen from Lives Lived Well. Lives Lived Well is a not-for-profit organisation, working to help people impacted by drugs or alcohol as well as mental health concerns. A wide range of programs and services is delivered across Queensland and New South Wales.

Shrove Tuesday is 16th February. Please join us for a pancake morning tea. I'm not sure what entertainment there will be, but we'll offer more than a few pikelets or pancakes on a plate.

If you have any ideas for activities please share them with us. There are so many possibilities and opportunities to share some of your skills and knowledge acquired from a lifetime of doing and learning. For some of us not having had the chance to do some things or not having any interest in the past have meant we are not accomplished in particular areas. You do not need to be a champion bridge player, a renowned cheesemaker, plant breeder extraordinaire to come and introduce us to new or different interests and activities. We welcome fresh ideas and invite people to come to our activities.

We'll have a **Cent Sale** again this year. The Barcaldine Town Hall has been booked for 17th April. All donations will be gratefully received and anyone who would like to help on the day will be welcomed whole heartedly. It is a small band of workers (as is the case with many groups) that puts these events together not only to raise a few dollars for the group but to provide an activity that all can join in.

By three methods we may learn wisdom: first, by reflection, which is noblest; second, by imitation, which is easiest; and third by experience, which is the bitterest." — **Confucius**

Till next time. Stay safe.

Jean

A Way Around Superbugs Arsenal of Defences

Researchers have not discovered any new antibiotics in decades. But new research, has found a way to give a second wind to the antibiotics we do have.

It involves the use of viruses that kill bacteria.

Hospitals are scary, and the longer you remain in them, the greater your risk. Among these risks, hospital-acquired infections are probably the biggest. Each year in Australia, [180,000 patients suffer infections](#) that prolong their hospital stays, increase costs, and sadly, increase the risk of death.

It sounds absurd — hospitals are supposed to be the cleanest of places. But bacteria are everywhere and can adapt to the harshest of environments. In hospitals, our increased use of disinfectants and antibiotics has forced these bacteria to evolve to survive. These survivors are called “superbugs”, with an arsenal of tools to resist antibiotics. Superbugs prey on the most vulnerable patients, such as those in intensive care units.

[Acinetobacter baumannii](#) is a superbug responsible for up to 20% of [infections in intensive care units](#). It attaches to medical devices such as ventilator tubes and urinary and intravenous catheters. It causes devastating infections in the lungs, urinary tract, wounds and bloodstream.

Treatment is difficult because *A. baumannii* can produce enzymes that destroy entire families of antibiotics. Other antibiotics never make it past its outer layer, or [capsule](#). This outer layer — thick, sticky, viscous and made of sugars — also protects the superbug from the body’s immune system. In some cases, not even the strongest — and most toxic — antibiotics can kill *A. baumannii*. As a result, the World Health Organisation [named it a critical priority](#) for the discovery of new treatments.

Bacteriophages (or phages, for short) are the natural predators of bacteria. Their name literally means “bacteria eater”. You can find phages wherever you can find bacteria.

Phages are viruses. But don’t let that scare you. Unlike famous viruses — such as HIV, smallpox or SARS-CoV-2, the coronavirus that causes COVID — phages cannot harm humans. They only infect and kill bacteria. In fact, phages are quite picky. A single phage normally infects only one type of

bacteria.

Since their discovery in the early 1900s, doctors thought of an obvious use for phages: treating bacterial infections. But this practice, known as phage therapy, was largely dismissed after the discovery of antibiotics in the 1940s.

Now, with the alarming rise of antibiotic-resistant superbugs, and a lack of new antibiotics, [researchers are revisiting phage therapy](#). In Australia, for example, a team lead by Professor Jon Iredell at Sydney’s Westmead Hospital reported the safe use of [phage therapy in 13 patients](#) suffering from infections by another superbug, *Staphylococcus aureus*.

The study began by “hunting” for phages against *A. baumannii*. From waste water samples sourced from all over Australia, we successfully isolated a range of phages capable of killing the superbug. That was the easy part.

When mixing our phages with *A. baumannii* in the laboratory, they were able to wipe out almost the entire bacterial population. But “almost” was not good enough. Within a few hours, the superbug showed how wickedly smart it is. It had found a way to become resistant to the phages and was happily growing in their presence.

We decided to take a closer look at these phage-resistant *A. baumannii*. We discovered that phage-resistant *A. baumannii* was missing its outer layer. The genes responsible for producing the capsule had mutated. Under the microscope, the superbug looked naked, with no sign of its characteristic thick, sticky and viscous surface.

To kill their bacterial prey, phages first need to attach to it. They do this by recognising a receptor [on the surface of the bacteria](#). Think of it as a lock-and-key mechanism. Each phage has a unique key, that will only open the specific lock displayed by certain bacteria.

Our phages needed *A. baumannii*’s capsule for attachment. It was their prospective port of entry into the superbug. When attacked by our phages, *A. baumannii* escaped by letting go of its capsule. As expected, this helped us decide our next attack: antibiotics.

Continues bottom of next page

Chilli Con Carne

- 2 tablespoons olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 2 stalks celery, finely diced
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- 1/2 teaspoon Mexican chilli or spice powder
- 400g lean beef mince
- 1 carrot, peeled, grated
- 1 zucchini, grated
- 1 red capsicum, halved, seeded, thinly sliced lengthways
- 1 green capsicum, halved, seeded, thinly sliced lengthways
- 200g no added salt red kidney beans, rinsed and drained
- 400g tin no added salt chopped tomatoes
- 1 tablespoon tomato paste
- 1/2 cup water
- 1/2 bunch coriander, finely chopped



1. Heat oil in a large pan over medium-high heat. Cook onion, garlic and celery, stirring for 5 minutes or until softened.
2. Add cumin, paprika, chilli powder and beef mince and cook for 5-7 minutes or until the mince is browned.
3. Add carrot, zucchini, capsicums, and kidney beans and cook, stirring for 4-5 minutes until vegetables are tender.
4. Add chopped tomatoes, tomato paste and water. Bring to the boil, then reduce heat and cook over low heat for 20-25 minutes or until mixture slightly thickens.
5. Allow to cool. Freeze in an airtight container. Once reheated, stir through coriander before serving.

Banana Trail Mix Bars

- 3 cups wholegrain oats
- 1 cup mashed ripe banana



- 1 cup (170g) diced dried apricots
 - 1 cup (160g) fruit, nut and seed trail mix
 - 1/4 cup honey
1. Grease an 18cm x 28cm rectangular slice pan. Line base and sides with baking paper.
 2. Place all ingredients in a large bowl. Stir till well combined. Press mixture firmly into prepared pan.
 3. Bake in 160C oven (fan-forced) for 30-35 minutes until light golden. Cool in pan. Cover and refrigerate in pan until cold.
 4. Lift from pan using lining paper. Cut into 15 bars. Store in a container in a cool place, or in the fridge

Strawberry Muffins

- 1/4 cup pureed dates
 - 2 small zucchini
 - 1 large green apple
 - 2 medium size bananas
 - 2 cups wholemeal self raising flour
 - 1/4 cup olive oil
 - 1 teaspoon cinnamon
 - 10 strawberries, halved
 - 1/2 cup desiccated coconut
1. Preheat the oven to 170°C. Lightly grease a 12 hole non-stick muffin pan or line with paper cases.
 2. To make pureed dates, place dates and 1 tablespoon of water in a small food processor and blitz until pureed. Set aside.
 3. In a small bowl, grate the zucchini and apple.
 4. In a separate bowl, mash the bananas.
 5. In a large bowl, mix flour, olive oil, cinnamon and pureed dates. Add the zucchini, apple and banana. Be careful not to overbeat the mixture or the muffins will become tough.
 6. Spoon the mixture into muffin trays and place a strawberry on top of each muffin. Sprinkle with coconut. Bake for 20-30 minutes or until lightly browned.

Recipes are from <https://www.heartfoundation.org.au/Recipes/>

From previous page

We tested the action of nine different antibiotics on the phage-resistant *A. baumannii*. Without the protective capsule, the superbug completely lost its resistance to three antibiotics, reducing the dosage needed to kill the superbug. Phages had pushed the

superbug into a corner.

We established a way to revert antibiotic-resistance in one of the most dangerous superbugs.

Source: <https://theconversation.com/superbugs-have-an-arsenal-of-defences-but-weve-found-a-new-way-around-them>

Authors: Fernando Gordillo-Altamirano, Jeremy Barr

What is a smartphone?

Put simply it is a phone that is much smarter than its earlier relative who could only make and receive calls and texts. The smartphone is basically just as much a small computer as it is a phone. It gets nearly all of its additional functionality because it can connect to the internet. Just some of the tasks a smartphone can do include: surf the internet, receive and send email, watch live TV and view movies, make video calls, play online games, act as a full GPS navigation system.

A smart phone can run literally thousands of applications with tasks as mundane as word processing to finding you the nearest cab when you come out late at night. Not only does it function as the viewing screen for reading messages, emails, watching movies and playing games it will on nearly all smartphones also function as your keyboard so it needs to work really well as a touch screen and viewing screen.

Like other devices smartphones run on batteries that need to be charged from time to time depending on use. There is a battery symbol on the top of the screen which indicates the amount of charge left in the device. Recharging is done by plugging the device charger into a wall socket or plugging the phone into a desktop or laptop computer.



What is an app?

Apps (short for Applications) are little computer programs designed for smartphones and tablets that help you get things done. Apps are represented by icons on the screen of the device. They may perform a specific task or a number of related tasks. Many apps use data from the internet while some don't.

The ABC iView app can entertain you with TV shows you've missed. Google maps can help you travel around or find different places. Express Medicare and MyGov Access can help manage your government services. Facebook, SMS and email can help you stay connected and meet new people. There are thousands of games and apps for your use. Calendar and clock can help you stay organised.

Apps are available from the Apple App Store for iPhones or iPads (iPhone Operating System iOS) and Google Play Store is where apps for Android phones and tablets are obtained. Samsung, Nokia, Huawei, LG, Google phones have an android operating system. Many apps are free.

Source: beconnected.esafety.gov.au

Congratulations

The 2021 Barcaldine Region Citizen of the Year is Brian Batchelor. Brian has been involved in community groups for several decades and is a most deserving winner. Congratulations Brian

Congratulations to Meg Egan who celebrated her 90th birthday on 6th January with family and friends. Belated greetings also go to Tom Haren, Jeanette Lawson, Paula Bashford, Viv Johnson and Val Hales.

Birthday greetings for February go to Andy Stewart, Helen O'Sullivan. Pam Miller, Eva Kampe, Lyn Davies, Joan Argow, Lyn Batchelor and Wendy Boyd. Clare Ogden will celebrate her 94th birthday on 10th February and Bill Balderson will be 82 on 23rd February.

Condolences

We report the deaths of Jim Winter, Nancy Dolgner, Paul Stephenson and Donald Alexander. We send sincere condolences to their families and friends. It is hard to say goodbye but we remember and cherish those special, endearing memories.

We say a fond farewell to Sister Mary Farrelly who is returning to Sydney after working across the central west for the past 15 years. Best Wishes Sister Mary.

in this issue >>>

Job List for Home Assist Secure
Home Modifications
NDIS – National Disability Insurance Scheme
Field Officer Update
Monthly Calendar



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A Monthly Insight into Community Care Services

let's connect

Our funding Organisations >>>



Keeping the Dream Alive

Welcome to 2021!

I hope you have had an enjoyable festive season and that you have enjoyed the rain and cooler weather.

Some exciting changes are about to occur within our services with increased Group Social Support activities across the Region as well as some new staffing arrangements to open up some service delivery opportunities.

Thanks to those who worked with the auditors in December 2020 and for providing your feedback. We will be implementing their recommendations, once we receive their final report.

If you have an issue, please let us know so we can work with you to sort it out. We are here to assist you as best we can.

What's all the News? Covid-19 & Services

Restrictions and border closures have ramped up and Covid 19 is still a big part of our lives. Remember the key to fighting Coronavirus is:

1. Washing your hands
2. Personal distancing 1:2
3. Staying home if you are sick or unwell
4. Get tested if you have symptoms
5. Participant in legal contact tracing initiatives

Personal distancing is a priority ensuring you keep yourself and others safe. Wash your hands regularly and stay safe.

Our Services include: CHSP (Commonwealth Home Support Program), QCSS (Queensland Community Services Scheme), HCP (Home Care Packages), HAS (Home Assist Secure), NDIS (National Disability Insurance Scheme) and MOW (Meals on Wheels)



set the stage >>>

What is the NDIS and who is it for?

The NDIS is a registered program to deliver services to people with a disability to enable them to live their best life, access supports at home, engage in social and community activities and access allied health supports

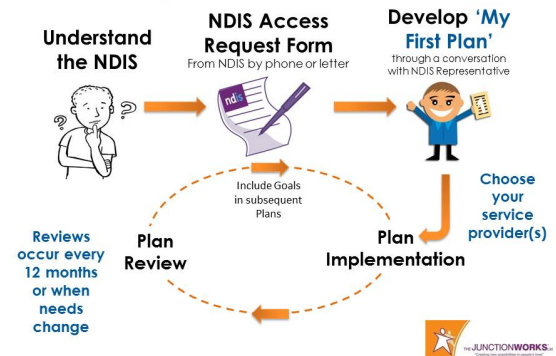
What can I access?

You can access any services that relate directly to your disability. Under the Guidelines, the NDIS will not provide services already supplied by another system ie. Health, Housing, Justice, Child Protection.

How do I get an NDIS Plan?

You must register with the NDIA to get an approved Plan. This is done with one of the Local Area Coordinators. You then choose a provider who can offer services to you, according to the funding and guidance items in your plan.

Participant's NDIS Pathway



What Services can I get?

It depends on your Plan, but generally:

- Plan Management
- Support Coordination
- Daily Tasks
- Social & Community Participation
- Assistive Technology
- Consumables
- Transport

We have moved!



**We are now at
71 Beech Street
Barcaldine – at
the main
building in the
Aged Care
Complex**

then what happens >>>

Developing a Care Plan to suit your needs

We work with you and your registered Plan, to develop the best way to effectively implement your Plan so you can achieve your Goals.

The **GOALS** that you set as part of your Plan, set the stage for what services you receive and how your Plan will be implemented. You have **CHOICE & CONTROL**, so ultimately, it's up to you!

We provide you support and transport, if you require it, within the local community, to attend to daily life activities or just to get out and about within the community.




There is no limit to the type of support you receive, as long as it fits within the scope of your Plan and will assist you to develop and achieve your goals.

In time, there will be a focus on daily social, group activities, that will be open to the community and allow daily catch ups, chats, morning teas, opportunities to connect, skill development, games, art projects, gardening and any other activity that will actively engage people and bring them together.



Monthly Calendar for February 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Barcaldine	2 Barcaldine	3 No Services today – Regional Staff Meeting	4 Barcaldine	5 Maintenance Day	6
7	8 Aramac	9 Barcaldine	10 Jericho	11 Barcaldine	12 RDO 	13
14	15 Muttaborra	16 Barcaldine	17 Alpha	18 Barcaldine	19 Maintenance Day 	20
21	22 Barcaldine	23 Barcaldine	24 Jericho	25 Barcaldine	26 RDO 	27
28	1 st March					

Jobs for Home Assist Secure!

- ✓ Checking on home security concerns including lighting options
- ✓ Cleaning and servicing of Air Conditioners
- ✓ Construction & Install of Grab Rails (in bathroom & toilet) & Handrails (on steps or ramps)
- ✓ Medi Alert Phone Systems – both monitored & un-monitored, landline & mobile options
- ✓ General house maintenance – minor repairs & maintenance
- ✓ Smoke Alarm replacement, servicing and maintenance
- ✓ Advice on Falls Prevention Strategies
- ✓ Connection with local tradespeople
- ✓ Referral and advice



It's good to be in high demand, but its even better when the work you do is appreciated!

During these difficult times, we are not making our usual 'drop ins'.

If you don't ring and organise with Jordan to have work completed, he will not just 'drop in'.

We are protecting you and ourselves during Covid-19



the final thoughts...

*I want to be like a caterpillar!
Eat a lot, sleep for a while and
then wake up beautiful!*



Current Events

Openings abound around the District

Alpha has a new Community Care Services building – beside the Council Office. New furniture has arrived and preparations for the move are underway.

There will be an exciting opportunity for Group Social Support activities, with Vanessa in the process of organising new and amazing events. If you have any ideas, please let us know

Barcaldine has moved into the Aged Care Complex at 71 Beech Street. This area will allow for Group Social Support activities also. We are still in the planning stage but daily events will occur, open to all community members to become involved. It's an amazing complex and we look forward to a strong partnership with Barcaldine Aged Care Inc to bring you some exciting events in the future.

Cheers Carl 😊



Office:
71 Beech Street
Barcaldine Q 4725
Postal:
PO Box 191
Barcaldine Q 4725



In the next issue >>>

In The Next Issue

- Job List for Home Assist Secure
- Home Modifications
- NDIS – National Disability Insurance Scheme
- Field Officer Jobs
- Monthly Calendar



Contact us on **07 4651 2187**

www.barcaldinerc.qld.gov.au/community-information/aged-care-disability-programs



February 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Men's Shed	2 60+ Exercises Health Talk	3	4 60+ Tai Chi	5 Croquet Oak St park 8:30am	6	7
8 Men's Shed	9 60+ Exercises Hoy	10	11 60+ Tai Chi	12 Croquet Oak St park	13	14
15 Men's Shed	16 Shrove Tuesday 60+ Exercises Meeting	17	18 60+ Tai Chi	19 Croquet Men's Shed AGM 13 Willow St 5pm	20	21
22 Men's Shed	23 60+ Exercises Bingo	24	25 60+ Tai Chi	26 Croquet Oak St park Memory Lane Lunch 12:00pm	27	28

Date Claimer: Barcaldine 60 & Better Program CENT SALE SATURDAY 17th APRIL 2021.

This puzzle offers up a healthy dose of physicians and academics from literature, film, and television who use the title “Dr.”



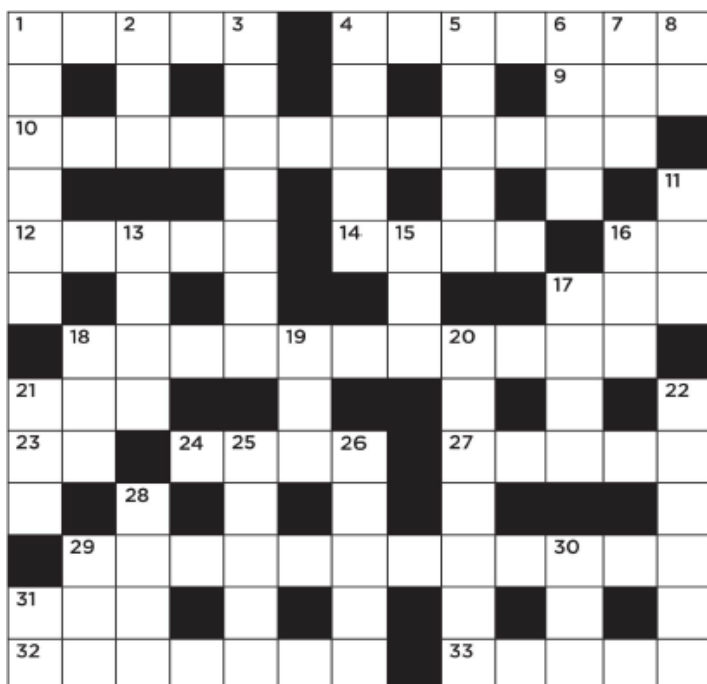
Across

- 1. Fork point
- 4. Heartthrob doctor of TV and old movies
- 9. Anderson Cooper’s network
- 10. Adventurous archaeologist
- 12. Implant
- 14. Not ____ many words
- 16. 2017 horror hit
- 17. English Rock band of “Evil Woman’ fame

- 18. Doctor in a 1960s Cold War satire
- 21. Scrooge expletive
- 23. Former love
- 24. In the thick of
- 27. Dark drinks
- 29. Teenage sitcom doctor
- 31. Paddle
- 32. Doctor who love Lara
- 33. Fallon or Stewart for example

Down

- 1. ‘Abominable’ doctor played by Vincent Price
- 2. Ancient
- 3. Nana
- 4. Military clothing colour
- 5. Motor City gridders
- 6. King toppers
- 7. These pros help you heal
- 8. 14th letter
- 11. School org.
- 13. This as well as that
- 17. Doctor who hates Austin Powers
- 18. Boots Randolph instrument
- 19. Rapa__ (aka) Easter Island
- 20. Rapper and *NCIS : Los Angeles* actor
- 21. Panhandle
- 22. Fish-eating hawk
- 25. _____ Carta
- 26. San _____
- 28. Tabloid fave Spelling
- 29. Lah-de- _____
- 30. America’s uncle
- 31. TV talk show doctor



A group of hikers climbed a treacherous mountain. The terrain was rough, and they struggled to find stable footing. One of them slipped and fell over the edge of the mountain. Luckily, he landed on a ledge just 20m below.

“John, are you okay?!” cried his companions, tossing over a rope for him to climb.

“My arms are broken. I can’t carry myself,” cried John.

“Tie the rope to your legs and we’ll pull you up.”

“My legs are broken, too!” cried John. “It hurts so much!”

“Bite the rope between your teeth.”

So, John bit the rope as hard as he could, and his companions began to pull him up. Midway they called down, “John, how are you doing? Are you okay?”

“I’m goooooooooodddd!”



I took the shell off my racing snail thinking it would make him run faster. If anything it made him more sluggish.

A couple of fourth-graders were asked a simple question — What question cannot be answered with “Yes?” Their answer was, “Are you dead?” Well, we can’t argue with that.

I don’t drink anymore, I can get the same feeling from standing up quickly.’



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B				N		K		N		S		P
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**Barcaldine 60 & Better Program -
A Healthy Ageing Program**

Funded by



Queensland
Government



Under the auspices of
Barcaldine Regional Council

Barcaldine 60 & Better Program

The Willows

13 Willow Street

PO Box 269

Barcaldine Q 4725

Phone 07 4651 2354

Email jeanw@barc.qld.gov.au

Coordinator: Jean Williams

Hours of Operation

Monday - Thursday 8:00 am - 1:00 pm

Friday 8:00am - 12:00pm

Exercises: Tuesday 9:00am

Tai Chi: Thursday 9:00am

Croquet Friday 8:30am

Digital Learning: Thursday & Friday 10:00am

Talk 1st Tuesday, 2nd February 10:00am

Hoy 2nd Tuesday 9th February 10:00am

Meeting 3rd Tuesday, 16th February 10:00am

Bingo 4th Tuesday 23rd February 10:00am



Executive Committee

President: Karen Brown

Vice President: Beverly Church

Secretary: Pam Miller

Treasurer: Shirley Jackson

DISCLAIMER

The Barcaldine 60 & Better Program reserves the right to edit all articles as necessary. Opinions expressed in this newsletter do not necessarily reflect those of the 60 & Better Program. Information is of a general nature and not meant to be specific advice. Efforts have been made to ensure it is accurate.

MISSION STATEMENT To enable older people at a community level to participate in decisions and activities which affect their health and well being.

VISION STATEMENT Sustaining a strong age friendly community where older people are respected, valued and empowered.

If unclaimed return to :-

Barcaldine 60 & Better Program

PO Box 269

Barcaldine Q. 4725

