

GARDEN CITY



Easter 2-5 April

NEWS



Volume 27

Issue 3

April 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 others for participants, clients and older people in the community. Please share this newsletter. If you prefer it can be emailed to you. The newsletter can be found on Barcaldine Regional Council website also.

BARCALDINE 60 & BETTER PROGRAM

CENT SALE

SATURDAY 17th APRIL 2021

Barcaldine Town Hall

Doors open 12:30 pm

Games start 1:30 pm

ADMISSION \$ 5.00

(includes afternoon tea)

Great Prizes

Lucky Door

Special Draws

Raffle

Everyone Welcome!

**Cent Sale Tickets can be bought prior to the sale
at 60 & Better office**

Cent Sale tickets \$1.00 / sheet

At 60 & Better

Welcome to our issue for April. With Easter and ANZAC Day and then the May Day celebrations it could be a busy few weeks for some people. We are also slotting in our Cent Sale on 17th April. So please come and support us and have an afternoon out with your friends.

The information talk is on Tuesday 6th April. Please come and share morning tea and the company of others and ask a question or two. Thank you to Deb Christensen from Lives Lived Well for presenting a talk last month and Irene Scott and the Palliative Care team who joined us one morning for morning tea and a discussion.

Hoy for April is on Tuesday 13th April at 10:00am. We are trying to make it a low cost morning but we need to meet our overheads. The trial of not cutting the cards and providing a prize to all who have "hoy" showed the cost of prizes was as much as our total takings for the morning.. We cannot sustain losses each time we play so we're cutting the cards to determine winners at hoy and bingo.

The next meeting of the 60 & Better Committee is on Tuesday 20th April at 10:00am. All participants are welcome to attend and offer observations, feedback, ideas to maintain or invigorate the program and encourage participants and any potential participants to attend.

April's history lunch is on Friday 23rd April at 12:00pm with lunch about 12:30pm. We've been discussing who lived where and when. There is recollection of places and people and activities and events. Please continue to record those pieces of information. For April's lunch time we'll have a show and tell around the theme of "in my trinket box".

Bingo will be at 10:00am on Tuesday 27th April .

The Tree of Knowledge Festival is on from 30th April to 3rd May. The parade will be on Monday 3rd May and anybody who'd like to join with 60 & Better to take part is welcome.

Tai chi is on Tuesday and Thursday mornings at 9:00am. This is gentle exercise that can help with balance and flexibility and relaxation. Everyone is welcome to come and try.

Croquet is at 8:30am on Fridays in the Oak St park near the D'arcy Doyle mural. If you have a little time to share in some activity you are welcome to join in. This is not strenuous but provides some walking and ball striking action.

The exercise equipment has been moved from the foyer to a less conspicuous place and is available for use by participants. There must be two people present when this equipment is in use. Please check with Jean.

Isn't it funny how day by day nothing changes, but when you look back, everything is different. *C. S. Lewis*

Happy Easter !

Take Care.

Cheers till next time.

Jean

Congratulations, Condolences

Belated Congratulations to David and Elaine Harvey who have celebrated their 60th wedding anniversary.

We send belated Birthday Greetings to Heather Tysoe and Margaret Walsh who celebrated their birthdays in March.

Birthday greetings for April go to Colleen Somerville, Doug Church, Eileen Newton, Kara Murray and Marie Hall.

Do you have a short story or yarn suitable for this publication, that you'd be happy to share? Perhaps you'd like to do a book review for inclusion in the newsletter or provide some gardening tips? Constructive suggestions to improve this newsletter will be considered, especially if you provide the necessary effort and commitment to help make the changes, remembering the target audience is older people.

What affects your appetite?

Changes in your digestive system The appetite centre of your brain receives messages from your digestive system to give you the feeling of fullness. It then reminds you to eat again in a few hours. As you age, this system loses its accuracy and the wrong messages can get relayed, tricking you into eating less.

Changes in your sense of taste and smell As you age your taste buds and your sense of smell diminish. Both can be further affected by illness and medications. It's not surprising we lose enthusiasm for eating when these senses are reduced.

Changes in your saliva As you get older you produce less saliva and this can be exacerbated by medications. Saliva plays an important role in your ability to taste foods, your ability to swallow and the health of your teeth.

Medications Different medications can affect your appetite. It's important to regularly review (with your doctor) the medications that you take. Illness and medical procedures Anytime you are fighting illness or infection it is normal for your appetite to decrease. But food plays an important role in helping your body repair itself. It is essential to eat throughout your illness despite what your appetite is telling you.

Nutrient deficiencies A poor appetite can be self-perpetuating as eating poorly results in reduced consumption and absorption of essential vitamins and minerals including vitamin B1, magnesium, sodium, iron and zinc; these all being associated with a reduced appetite.

Emotional wellbeing Stress, depression, anxiety, grief, serious illnesses or accidents can cause a loss of appetite. You may find your appetite completely absent, feel full after only one mouthful, or you may also feel like your throat 'closes up' or your mouth feels too dry to swallow when you try to eat.

Bowel issues Constipation, diarrhoea and nausea, will affect your appetite and food intake. Your bowel works better when you have a good quantity of food and fluids passing through and when actions of muscles in your belly, hips, legs and even arms move your body.

Source: Nutrition for Seniors: Healthy Eating Habits (Home Instead Senior Care, 2019)

Classic Rosemary Roast Leg of Lamb

- 1/4 cup honey
- 2 tablespoons prepared Dijon-style mustard
- 2 tablespoons chopped fresh rosemary
- 1 teaspoon freshly ground black pepper
- 1 teaspoon lemon rind
- 3 cloves garlic, crushed
- 2.5kg whole leg of lamb
- 1 teaspoon coarse sea salt



Method

1. In a small bowl, combine the honey, mustard, rosemary, ground black pepper, lemon rind and garlic. Mix well and apply to the lamb. Cover and marinate in the refrigerator overnight.
2. Preheat oven to 230° C.
3. Place lamb on a rack in a roasting pan and sprinkle with salt to taste.
4. Bake in preheated oven for 20 minutes, then reduce heat to 200° C and roast for 55 to 60 more minutes for medium rare. The internal temperature should be at least 63° C when taken with a meat thermometer. Let the roast rest for about 10 minutes before carving.

Swirled Chocolate and Caramel Kisses

- 400g dark chocolate chopped
 - ½ cup (125ml) single (pouring) cream
 - 2 tablespoons store bought caramel filling—whisked
- #### Method

1. Place the chocolate and cream in a heatproof bowl over a saucepan of simmering water and stir until the chocolate is melted and smooth. Remove from the heat and pour into 2 x 12-hole muffin tins lined with paper cases. Top with a dollop of the caramel and use a metal skewer to create a swirl. Refrigerate until firm. Remove from the fridge and allow to stand for 5–10 minutes before serving. Makes 24.

Milk Chocolate Sparkles

- 200g milk chocolate melted
 - 1 tablespoon vegetable oil
 - 2 tablespoons silver cachous or sprinkles
- #### Method
1. Line a large baking dish with non-stick baking paper and set aside. Place the melted chocolate and oil in a large bowl and mix to combine. Allow to cool and thicken before spooning 6x8cm circles onto the tray. Sprinkle with cachous and refrigerate until set.



Dear Barcaldine and Regional Community Members,
As a registered member of Legacy and the representative for the Legacy Country Group here in Barcaldine, I will be accepting donations from the Barcaldine and Regional Communities for *The Good Friday Appeal* to be held on Friday 2nd April 2021.

I will be at the RSL Memorial Hall, 74 Ash Street Barcaldine from 08.00am to 2.00pm on Friday 2nd April. (This is across the street from the Council Administration Office.)

If you are donating, please use one of the following:

Mail:

The Good Friday Legacy Appeal

PO Box 55 BARCADDINE QLD 4725

Phone: Joycelyn Bennetts 0428 527 997

In Person:

RSL Memorial Hall, 74 Ash Street, across the road from the Council Administration Building. (At the Hall there will also be Legacy Merchandise for sale).

Radio 4LG will once again continue to host an exclusive Charity Auction on Good Friday 02 April 2020 and there will be an opportunity on Facebook for anyone who may wish to donate to this worthy appeal.

Thank you for your time and we all look forward to positive times ahead.

Yours sincerely

Joycelyn Bennetts



Aged 50 – 74? Book a free BreastScreen today, it could save your life.

The BreastScreen Queensland Mobile Service will be in the Central West at the following locations

Longreach 8th March – 14th April

Winton 16th – 27th April

Barcaldine 29th April - 14th May

Blackall 18th – 28th May

Tambo 1st – 3rd June



CENTRAL WEST 2021

Call **13 20 50** or visit
breastscreen.qld.gov.au



Know your plastics

Plastic waste collected for recycling is often sold for reprocessing. The plastics are sorted, washed, chopped, melted and turned into flakes or pellets. These can be sold to manufacturers to create new products.

The global recycled plastics market is dominated by two major plastic types:

- polyethylene terephthalate (PET), which in 2017 comprised 55% of the recyclable plastics market. It's used in beverage bottles and takeaway food containers and features a "1" on the packaging

- high-density polyethylene (HDPE), which comprises about 33% of the recyclable plastics market. HDPE is used to create pipes and packaging such as milk and shampoo bottles, and is identified by a "2".

The next two most commonly traded types of plastics, each with 4% of the market, are:

- polypropylene or "5", used in containers for yoghurt and spreads
- low-density polyethylene known as "4", used in clear plastic films on packaging.

The remaining plastic types comprise polyvinyl chloride (3), polystyrene (6), other mixed plastics (7), unmarked plastics and "composites". Composite plastic packaging is made from several materials not easily separated, such as long-life milk containers with layers of foil, plastic and paper.

This final group of plastics is not generally sought after as a raw material in manufacturing, so has little value to recyclers.

Source: <https://theconversation.com/think-all-your-plastic-is-being-recycled>

Boosting your ‘gut health’ sounds great. But this wellness trend is vague and often misunderstood

If you walk down the supermarket aisle, you may be tempted with foods marketed as being good for your gut. Then there are the multiple health blogs about improving, supporting or maintaining your “gut health”.

But what does “gut health” mean? Is it the absence of disease? Is it no bloating? Or is it something else entirely? And how strong is the evidence “gut health” products actually make a difference?

We know the gut is important for our overall health and well-being. And when we say “gut”, we usually mean the large intestine, the region of the gastrointestinal tract where most of our gut microbiome lives.

Our gut microbiome is our gut’s resident microbes. And evidence is emerging this affects everything from how our body processes sugar in our diet, to our risk of cancer, depression and dementia.

But there’s no clear agreement on what “gut health” actually means. Researchers don’t use the term in the medical literature very much. When they do, they seem to refer to no:

- unwanted gastrointestinal symptoms (such as pain or diarrhoea)
- disease (such as Crohn’s disease or colon cancer), or
- negative gut features (such as inflammation, a deficiency of certain molecules or an imbalance in the microbiome), which are almost impossible to precisely diagnose.

Nowhere do researchers or gastroenterologists (doctors who specialise in the gut) mention any aesthetic perks, such as a smooth, flat belly or glowing skin, despite what magazine articles might suggest.

There are two main problems with products or lists of foods that claim to be good for “gut health”.

First, such claims are not backed by strong scientific evidence. Second, these claims are simplistic.

While a healthy diet is undoubtedly an essential contributor to good health, including of the gastrointestinal system, it’s dietary patterns and overall habits, not individual foods, that shift the dial.

Fibre is one dietary component heralded as a gut health hero. Indeed, there is compelling evidence

showing health benefits of a high-fibre diet, for the gastrointestinal tract, and also more broadly (for instance, a reduced risk of heart disease and diabetes). Yet most people in Western countries do not eat enough dietary fibre.

However, the little-told story is foods contain multiple types of dietary fibre, each with different effects on gut function (and its microbiome). We don’t know if all types of fibre are essential or beneficial. At least in animals, too much of certain fibres might affect the large intestine, causing inflammatory disease.

So yes, eat high-fibre foods (including wholegrain cereals, fruit, vegetables, legumes and nuts). But do so as part of a varied diet, not by overloading on just one or two foods or commercial products claiming to improve your “gut health”.

The optimal diet for your gut as well as your overall health is likely to be highly individual. What is best for one person may not be so for the next.

Large human studies show the gut microbiome may be the major driver of this individuality, responsible for some of the variability in how different people metabolise food.

It isn’t yet possible to define the perfect microbiome, or how to get one. What is clear is that any one product is unlikely to achieve this anyway.

There is good evidence the health of the gastrointestinal tract and its microbiome are important for overall health, and certainly the absence of pain and disease boosts our well-being.

But rather than focusing on one food, the evidence for what’s best for our gut tells us we’d be better off looking at improving our overall diet. National healthy eating guidelines universally include advice to eat a variety of foods, including those high in fibre, and to avoid excessive alcohol.

General principles of a healthy lifestyle apply too: avoid substance abuse (including smoking, off-label prescription drugs and illicit drugs), exercise regularly, take care of your mental well-being and manage your stress.

All these combined are likely to be more helpful for gut health than the latest superfood or boxed cereal.

Source: Loughman & Staudacher (2021), *The Conversation, Boosting your ‘gut health’ sounds great.*

Ageism: A social determinant of health that has come of age

On March 18, 2021, the *Global Report on Ageism* was launched by WHO, the Office of the UN High Commissioner for Human Rights, the UN Department of Economic and Social Affairs, and the UN Population Fund. Combating ageism is one of the four action areas of the Decade of Healthy Ageing (2021–2030).

Changing how we think, feel, and act towards age and ageing is a prerequisite for successful action on healthy ageing and for progress on the three other action areas of the Decade of Healthy Ageing: developing communities that foster older people's abilities, delivering person-centred integrated care and primary health services responsive to older people's needs, and providing long-term care for older people who need it.

In the COVID-19 pandemic the vulnerability of older people has been highlighted. Not only has the pandemic taken the lives of many older people, it has also exposed ageism in different settings—eg, discrimination in access to health care, inadequate protection of older people in care homes and of young people's mental health, and stereotypical media portrayals that pit generations against each other.

A widely supported definition of ageism is the stereotypes, prejudice, and discrimination directed towards people on the basis of their age. Ageism can be institutional, interpersonal, or self-directed and summarises the best evidence on the scale, impacts, and determinants of ageism against both older and younger people. Like all forms of discrimination, ageism generates divisions and hierarchies in society and influences social position on the basis of age. Ageism results in various harms, disadvantages, and injustices, including age-based health inequities and poorer health outcomes.

Ageism impacts all aspects of older people's health. For instance, it shortens their lifespan, worsens their physical and mental health, hinders recovery from disability, and accelerates cognitive decline.. Ageism also exacerbates social isolation and loneliness and reduces access to employment, education, and health care, all of which impact health.

Three strategies are effective to reduce ageism: policy and law, education, and intergenerational contact interventions. Policy and law can address discrimination and inequality on the basis of age and protect human rights. Educational interventions across all levels of education can correct misconceptions, provide accurate information, and counter stereotypes. Intergenerational contact interventions are among the interventions that work best to reduce ageism against older people and could also have a role in combating ageism against younger people.

The *Global Report on Ageism* makes three recommendations for concrete actions that all stakeholders can take to combat ageism. First, invest in effective strategies to prevent and respond to ageism. Second, fund and improve data and research to better understand ageism and how to address it. Third, build a movement to change the narrative around age and ageing. The promise of the Decade of Healthy Ageing can only be fully realised if ageism is recognised as a social determinant of health and tackled.

Source: <https://www.thelancet.com/journals/lancet/article/>

A couple of positive quotes about ageing

“Elderly people are like plants. Whereas some go to seed, or to pot, others blossom in the most wonderful ways. I believe beauty competitions should be held only for people over seventy years of age. When we are young, we have the face and figure God gave us. We did nothing to earn our good looks. But as we get older, character becomes etched on our face. Beautiful old people are works of art. Like a white candle in a holy place, so it the beauty of an aged face.” ~James Simpson

“The great thing about getting older is that you become more mellow. Things aren't as black and white, and you become much more tolerant. You can see the good in things much more easily rather than getting enraged as you used to do when you were young.” ~Maeve Binchy

services on offer >>>

- Home Assist Secure
- Home Modifications
- NDIS – National Disability Insurance Scheme
- Field Officer Update
- Monthly Calendar
- Group Social Support Activities



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A Monthly Insight into Community Care Services

let's connect

Our funding Organisations >>>

This block contains three logos. At the top left is the Australian Government Department of Health logo. To its right is the text "The Department of Health". Below these is the "HOME ASSIST SECURE" logo in large blue letters. To the right of that is the Queensland Government logo with the text "Funded by". At the bottom is the "ndis Official Provider" logo in purple and green.

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)



Keeping the Dream Alive

New Address and New Phone Number

Barcaldine Community Care Services has relocated to:
71 Beech Street Barcaldine

As well as the location change, we also have a new phone number:

07 4651 5640

We will commence Group Activities Monday through Thursday including morning tea and a lunch each fortnight. We have a new activities coordinator commencing in June 2021 so we will have more news about the activities and services we will have on offer. This will be open to all members of the community and we look forward to welcoming you to the new 'hub' of local activities.

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

COVID-19 seems to be still having an impact. There is a vaccination coming, however it is not a cure. 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.



Monthly Calendar for April 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Barcaldine	2 Good Friday	3
4	5 Easter Monday	6 Barcaldine	7 Alpha	8 Barcaldine	9 RDO 	10
11	12 Aramac Muttaborra	13 Barcaldine	14 Jericho	15 Barcaldine	16 Maintenance Day 	17
18	19 Barcaldine	20 Barcaldine	21 Alpha	22 Barcaldine	23 RDO 	24
25  Les	26 ANZAC Day Holiday	27 Barcaldine	28 Jericho	29	30	

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!

If you need some work done please call the office (4651 5640) or Jordan direct so that he can have the materials to complete your work

THANKS!



Easter Word Scramble

Easter is an important Christian holiday celebrating the resurrection of Jesus. Traditionally eggs are given at Easter which represents the empty tomb of Jesus. In modern times people like to have a family Easter egg hunt to find eggs hidden by the Easter bunny.

Here is our Easter themed word scramble - see if you can unscramble the words. This puzzle is from the northern hemisphere.

heid _____

neeticlabro _____

tcirinhas _____

eoteadrc _____

dfoaildf _____

aaperd _____

nuf _____

sipngr _____

eatlchoco _____

ennbot _____

Mathdoku

Complete the puzzle by entering the numbers 1 through 9 in each empty white cell. Each number will be used exactly once, and there is only one solution that will satisfy all six equations.

	—		—		==	1
—		x		÷		
	+		+	1	==	15
+		+		+		
	+		—		==	7
==		==		==		
2		21		9		

Brain Teasers

A sundial has the fewest moving parts of any timepiece. Which has the most? _____

You're in a dark room with a candle, a wood stove, and a gas lamp. You only have one match, so what do you light first? _____

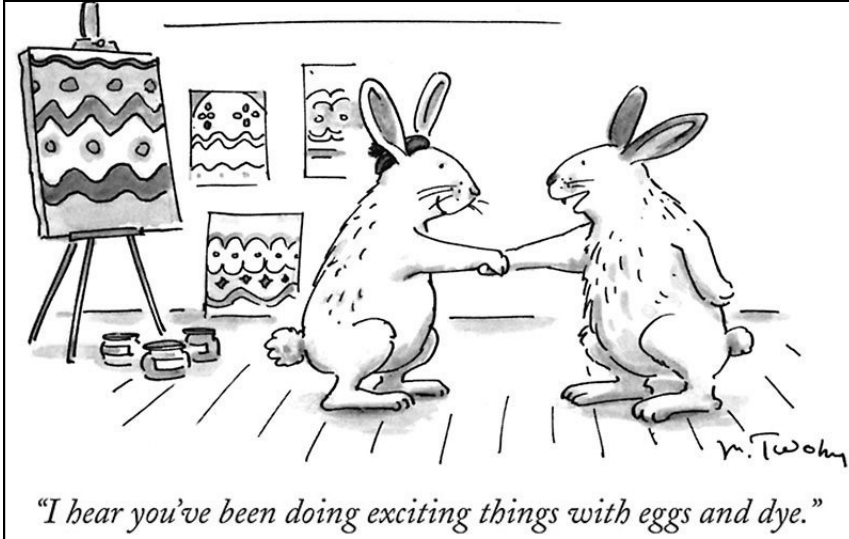
Word Search—Types of Dogs

N	R	S	C	F	F	I	T	S	A	M	O	T	H
H	N	I	O	C	B	U	L	L	D	O	G	T	E
S	R	N	L	H	R	W	E	E	L	G	A	E	B
N	E	A	L	I	P	E	B	G	D	T	I	D	I
U	L	I	I	H	E	A	I	O	O	L	R	R	O
H	I	T	E	U	D	C	E	R	X	P	I	E	M
C	E	A	U	A	P	N	O	O	R	E	D	H	E
O	W	M	D	H	S	I	U	R	E	E	R	P	T
D	T	L	A	U	E	O	N	H	G	D	T	E	C
I	T	A	B	A	T	N	I	S	S	I	A	H	R
L	O	D	B	S	T	C	A	H	C	H	E	S	U
M	R	P	O	I	E	C	T	G	L	H	C	G	L
D	H	O	S	R	R	R	E	E	N	N	E	A	D
P	B	X	U	S	T	H	O	U	N	D	L	R	D

- BULLDOG
- PINSCHER
- DALMATIAN
- MASTIFF
- BOXER
- SHEPHERD
- BEAGLE
- TERRIER
- SETTER
- CORGI
- ROTTWEILER
- CHIHUAHUA
- COLLIE
- HOUND
- DACHSHUND

Solution not provided

A friend was in front of me coming out of church one day, and the preacher was standing at the door as he always is to shake hands. He grabbed my friend by the hand and pulled him aside. The Pastor said to him, "You need to join the Army of the Lord!" My friend replied, "I'm already in the Army of the Lord, Pastor." Pastor questioned, "How come I don't see you except at Christmas and Easter?" He whispered back, "I'm in the secret service."



Jesus is playing a round of golf with Moses in Heaven and they come upon a water trap.

Jesus turns to Moses and asks, "Didn't you do something with water once?" and Moses says yeah, and proceeds to do the trick where he parts the waters.

Jesus is impressed, and Moses in turn asks, "Didn't you also do something with water?"

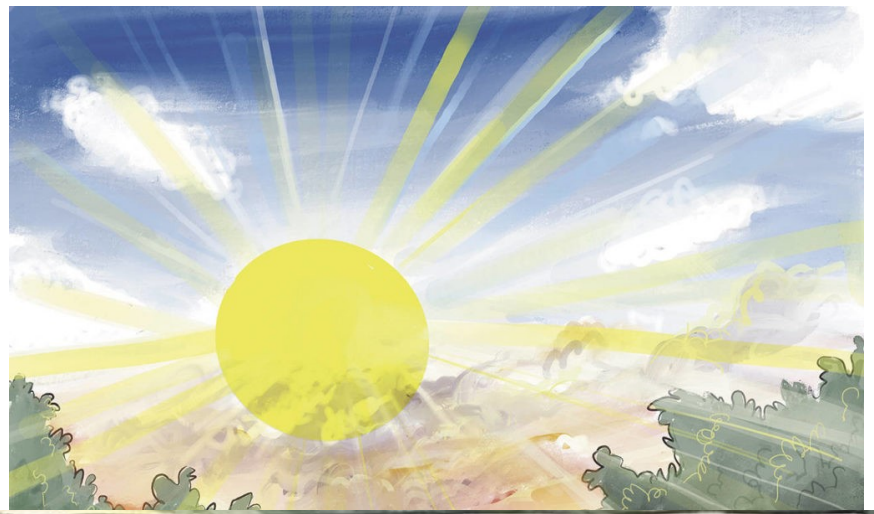
Jesus says, "Yeah watch this" and proceeds to step out onto the water, but he sinks almost immediately to his knees. He gets out, gets a running start, and tries again, this time sinking to his waist. He comes out confused and embarrassed and Moses asks, "What was it you were trying to do?"

"I used to be able to walk on water," Jesus replies.

"The last time you tried it," Moses asks, "Did you have those holes in your feet?"

Crabby Road

4-24-11



NO MATTER WHERE YOU ARE SEQUESTERED,
NO MATTER HOW ISOLATED YOU MIGHT FEEL,
MAY THE JOY OF EASTER FILL YOUR HEART...

April 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
School Holidays 2nd–18th April			1	2 Good Friday	3 Easter Saturday Races	4 Easter Sunday
5 Easter Monday	6 60 & Better Tai Chi and Info Talk	7 Cultural Assn Crafts Men's Shed	8 60 & Better Tai Chi	9 Croquet Oak St park	10 Barcaldine Campdraft 9–11 April	11
12 Men's Shed	13 60 & Better Tai Chi	14 Cultural Assn Crafts Men's Shed	15 60 & Better Tai Chi	16 Croquet Oak St park	17 QCWA Markets 60 & Better Cent Sale	18
19 Men's Shed	20 60 & Better Tai Chi	21 Cultural Assn Crafts Men's Shed	22 60 & Better Tai Chi	23 Croquet Oak St park Memory Lane Lunch	24	25 ANZAC Day
26 ANZAC Day Holiday	27 60 & Better Tai Chi	28 Cultural Assn Crafts Men's Shed	29 60 & Better Tai Chi	30 Croquet Oak St park	Barcaldine Tree of Knowledge Festival 30th April– 3rd May	

Queensland Seniors Month will be held 1 - 31 October 2021. Beginning on the United Nations International Day of Older Persons the month will end on National Grandparents Day. This year Seniors Month is celebrating **Connect Fest**, a month-long festival connecting people of all ages, cultures, and abilities through inclusive events and activities, celebrating the important and essential roles older people play in our communities.

PUZZLE SOLUTIONS

Word Scramble

hide, celebration, Christian, decorate, daffodil, parade, fun, spring, chocolate, bonnet

7	-	2	-	4	=	1
-		*		/		
8	+	6	+	1	=	15
+		+		+		
3	+	9	-	5	=	7
=		=		=		
2		21		9		

Brain teasers:
An hourglass—it has thousands of grains of sand

The match

**Barcaldine 60 & Better Program -
A Healthy Ageing Program**

Funded by



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

Tai Chi: Tuesday 9:00am
Thursday 9:00am

Croquet: Friday 8:30am

Digital Learning: By appointment

Talk 1st Tuesday, 6th April 10:00am

Hoy 2nd Tuesday 13th April 10:00am

Meeting 3rd Tuesday, 20th April 10:00am

Bingo 4th Tuesday 27th April 10:00am

Memory Lane Lunch Friday 23rd April 12:00pm



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

