

GARDEN CITY



NEWS



Volume 27

Issue 2

March 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.

More Healthy Ageing

In the last issue of Garden City News, I included an item about the World Health Organization's Decade of Healthy Ageing. As healthy ageing is relevant as we grow older, and a concept to embrace, it will be mentioned in the next **newsletters**. Information is from WHO Decade of Health Ageing Baseline Report.

Healthy ageing is relevant to everybody. Healthy ageing is the process of developing and maintaining the functional ability that enables well-being in older age. Functional ability reflects a person's physical and mental capacities, the environments he or she inhabits and the ways in which people interact with their environment.

As people age, their health needs tend to become more chronic and complex. Needs not only relate to the need for care or the ability to meet basic needs. Needs also relate to people's desire to contribute to society and reach their personal goals for well-being. In most contexts, this will require fundamental changes in the clinical focus of care and in the way care is organized, funded and delivered.

Age-friendly environments promote health and support for people experiencing capacity loss. Such environments ensure that older people age safely, continue to develop personally and contribute to their communities while retaining autonomy and health.

Despite the many contributions of older people to society and their wide diversity, negative attitudes about older people are common across societies and are seldom challenged. Stereotyping (how we think), prejudice (how we feel) and discrimination (how we act) towards people on the basis of their age – referred to as ageism – affects people of all ages but has particularly deleterious effects on the health and well-being of older people. Every country needs programmes to reduce and eliminate ageism in various sectors – including health, employment and education – and campaigns to increase public knowledge and to foster diversity. Moreover, when ageism intersects with other forms of discrimination it can be particularly disadvantageous to older women, older persons with disabilities and older people who are in other ways socially or economically marginalized.

Healthy ageing is about creating the opportunities that enable people to be and do what they value throughout their lives. Being free of disease or impairment is not a requirement for healthy ageing; many older people have one or more health conditions that, when well managed in an enabling environment, have little influence on their well-being. Rather, optimizing functional ability is the key to healthy ageing.

Coordinator's Notes

On Tuesday 16th February we had a Pancake morning tea . There was a variety of savoury and sweet pikelets and some different toppings. We were also privileged to have Wendy, Annita and Andy from Outback Futures join us. They explained the origins of Outback Futures and how it works with different communities in promoting community and personal wellness and resilience.

We are changing from exercise classes on Tuesdays and tai chi on Thursdays to having **tai chi on Tuesdays and Thursdays** People felt they needed to do tai chi as a group a couple of times a week. Tuesday tai chi will start on 2nd March.

Shami Gushure from RFDS was to be our guest for the **information session at 10:00am on 2nd March.** Please come and join us for morning tea and a substitute presentation.

Irene Scott and a Palliative Care Team will visit on 18th March for morning tea (10:00am) and to discuss Power of Attorney and other issues.

Hoy will be on **9th March** and **bingo** is **23rd March.** As a trial, we are not cutting the cards if more than one person has Hoy or Bingo but will give a prize to each winner. This will entail providing more prizes and depending on the feedback and cost it will be decided whether to continue or make other changes.

The **monthly meeting** will be on **Tuesday 16th March at 10:00am.** We invite all interested participants to attend and share their ideas.

We'll share a **monthly lunch** on **Friday 26th March** where we'll continue to work on the Who Lived Where Project. Everyone is invited to contribute their recollections of their neighbourhood and the people who lived there. While this project relates to Barcaldine from its early years to the present, it is an opportunity for everyone not just long term residents to have input, as recording current residency provides a continuum in collecting accurate, anecdotal information. Please consider sharing your knowledge .

The **60 & Better Cent Sale** is scheduled for **Saturday 17th April** at the **Barcaldine Town Hall.** Anyone who would like to help on the day or by setting up is encouraged to do so. Your assistance will be much valued. We are also accepting prize donations, and appreciate the assistance afforded by so many people to enable us to stage events.

A proof copy of the over 80s book has been sent to us and checked for errors. Before resubmitting it we made a couple of changes which we hope were all that needed fixing. When the books arrive we'll let you know.

Thought for the month: *Passion launches great works; patience alone completes them.*

Till next time. Be happy, it's one way of being wise. *Jean*

Condolences, Congratulations

We send our condolences to the family and friends of Phyllis Heumiller who died recently.

Our sympathies are extended to the family and friends of Neville Brown also.

Birthday Greetings for March- Happy Birthday wishes go to Marj Egerton, Euan Miller, Colin Harvey, Kingsley Wards, Mary Arthur, Gay Gesch, Ann Gribble, Shirley Jackson, Ivan Bashford, Norma Hauenschild, Roger Kempson. Special mention and birthday wishes go to Colleen Burns who will celebrate her 90th birthday.

The muscle-bone connection

Exercise affects your muscles and bones in similar ways. When you work out regularly, your muscles get bigger and stronger. By contrast, if you sit around doing nothing, they get smaller and weaker. The same principle holds true for bones, although the changes are less noticeable.

Not only do muscles and bones both respond to exercise, but the changes in both of them happen in tandem. That's because muscles and bones work together to make your body move—and for maximum efficiency, muscle and bone strength need to be balanced. Consider what would happen if this balance didn't exist. At one extreme, a weak muscle wouldn't be able to move a big, strong bone. At the opposite end of the spectrum, if a muscle were much stronger than a bone, it would snap it.

The human body naturally maintains the right balance. As your muscles grow stronger from exercise, they pull harder on bones. The harder they tug, the more your body strengthens those bones. The reverse also holds true. If you don't work out, your muscles get weaker, and the force they apply to bones decreases. The bones follow suit, growing weaker. So, when you do strength training to build muscle, you're also building stronger bones, even if that's not why you took up weight training in the first place.

An important lesson follows from this: since the muscle-bone connection plays such an important role in triggering bone strengthening, those bones that bear the load of the exercise will get the most benefit. If you only do upper-body workouts, for example, that does little for bones in your lower body.

Source: <https://www.health.harvard.edu/staying-healthy/the-muscle-bone-connection> June 2020

The active ingredients of tai chi

Tai chi is rooted in multiple Asian traditions, including traditional Chinese philosophy and medicine—mind and body. Its two central concepts are *yin* and *yang* (opposing yet complementary forces) and *qi* (vital energy). When your qi freely flows, you are balanced and healthy. Tai chi promotes the flow of qi. (While it is pronounced the same, qi should not be confused with the "chi" in tai chi. The latter is a superlative, meaning "supreme" or "ultimate.")



Tai chi looks at the body as an interconnected system, not as a collection of individual parts. As a result, when practicing tai chi, you won't do one exercise for your biceps and another for your glutes. Instead, tai chi integrates the upper body with the lower body, the right side with the left side, and the extremities with the core.

Alignment and posture are part of this structural integration, and tai chi trains you to find alignments that are safe and unstrained, allowing you to perform graceful movements. You move more efficiently—not just during your tai chi practice, but throughout your day. The result is less stress and load on your joints and better balance.

Improved posture provides tai chi benefits that extend well beyond your class. When you walk or sit with your shoulders rounded and your torso hunched over, it is hard to take deep breaths. But when you straighten your back, roll your shoulders back and down, and open your chest, you breathe more deeply and efficiently.

Not only does this integration improve your ability to move without pain, but it also affects your mental health. In two different studies, people who sat or walked more upright during the experiments had a more positive outlook afterward than those who slouched while sitting or walking.

Source: <https://www.health.harvard.edu/staying-healthy/the-active-ingredients-of-tai-chi> December 2019

Baked Beans a Nutritional Star

Only 7 per cent of Australian adults and 5 per cent of children eat sufficient serves of vegetables in their daily diet, according to [the Australian Institute of Health and Welfare](#).

So most of us need to be eating more veggies, and beans and legumes are one option that give you a lot of nutritional bang for your buck.

They are an inexpensive source of protein, particularly for vegetarians, and they also come packed with healthy levels of iron and other essential minerals such as folate, manganese and vitamin B1.

Beans have a high proportion of soluble fibre — the kind of fibre that attracts water and helps slow digestion — and a low glycaemic index or relative ability to affect blood glucose levels.

This means eating beans will generally make you feel full for longer, so less tempted to snack on other unhealthy options. This is one reason why legumes and beans have been shown to be beneficial in preventing and managing diabetes.

Let's clarify the terminology. The "beans" we are talking about are more correctly classified as pulses — that is, the dried seed of a plant from the legume family, such as bean and pea plants.

The baked beans Australians have grown to love go under various names. They're haricot beans, but are more commonly called navy beans, because they were chosen in the 1800s to feed the American Navy. And they came to Australia via America too.

The US company Heinz started producing them locally in the 1930s when tariffs made it prohibitively expensive to import tinned food.

Then, during WWII, with large numbers of American troops stationed in Queensland, local farmers began to grow navy beans and a local canning industry flourished.

Baked is also a bit of a misnomer. The dried beans go through a blanching process, and are then steamed in the can in a process called retorting.

There's no doubt that fresh vegetables are good for you, but unless you're eating them straight out of the garden, you may not be getting as many nutrients as you think. Many vegetables, particularly green vegetables with a high water content are extremely

perishable.

Studies have shown that certain nutrients like vitamin C can decrease dramatically within a couple of days of picking. Freezing, drying, pickling and canning all enable us to seasonally shift our food, saving some of the abundance and nutrition of one season to consume when times are lean.

Canning, invented in the early 1800s, is one of the most reliable methods to keep food preserved. It works by creating an airtight vacuum that prevents microorganisms from entering, and then heating the can with high pressure steam to kill any microorganisms inside. Heat also deactivates the enzymes in the food that would normally cause it to break down and spoil.

While it's true that the levels of some vitamins and minerals can decrease with heat, canning technology aims for a delicate balance of temperature and heating time, called thermal death time, to kill the maximum number of bugs while maintaining as much nutrition and structure in the food as possible.

And in the case of beans, cooking also makes the valuable fibre more digestible. It's also no accident that baked beans come with tomato sauce. Foods with lower acidity require higher temperatures and longer cooking times to ensure they're safely sterilised. Navy beans are a low-acid food, so adding the more acidic tomatoes allows less cooking and therefore more preservation of flavour and nutrition.

Beans are a good source of iron, and the vitamin C in the tomatoes helps your body absorb more of that iron. But what about the salt and sugar? We're often told to avoid them, but they are also part of the sterilisation process.

Sugar and salt both reduce the water content of vegetable matter by drawing water molecules out through osmosis. This partial dehydration creates an inhospitable environment for microorganisms to live and multiply. People worry about the sugar content in baked beans, but often don't realise some of those sugars are naturally occurring in the tomatoes.

Any serve of veggies is probably a better option than biscuits or cake.

Source: <https://www.abc.net.au/news/health/2020-04-25>

The following observations about growing old were contained in an email I received. The instructions were to forward it to at least seven others. Instead I thought I'd share it more widely.



Good friends are like quilts—they age with you, yet never lose their warmth."

I have seen too many dear friends leave this world, too soon; before they understood the great wisdom that comes with aging.

Whose business is it, if I choose to read, or play on the computer, until 4 AM, or sleep until noon?

I will dance with myself to those wonderful tunes of the 50s, 60s & 70s, and if I, at the same time, wish to weep over a lost love, I will.

I will walk the beach, in a swimsuit that is stretched over a bulging body, and will dive into the waves, with abandon, if I choose to, *despite the pitying glances from the jet set*. **They, too, will get old.**

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And, eventually, I remember the important things.

Sure, over the years, my heart has been broken. How can your heart not break, when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us *strength, understanding, and compassion*. A heart never broken, is pristine, and sterile, and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn grey and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is *easier to be positive*. You care less about what other people think. I don't question myself anymore. **I've even earned the right to be wrong.**

So, to answer your question, I like being old. It has set me free. *I like the person I have become* I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

Chocolate Swirl Scone Loaf

1 ½ cups Self-Raising flour, sifted

¼ cup (55g) caster sugar

40g cold butter chopped

½ cup (125ml) milk, plus extra for brushing

100g dark chocolate, finely chopped

Preheat oven to 180°C (355°F). Place the flour and sugar in a bowl and mix to combine. Add the butter and use your fingertips to rub it into the flour mixture until it resembles fine breadcrumbs. Make a well in the centre and pour in the milk. Use a butter knife to gradually mix the milk into the flour mixture until just combined. Turn out onto a lightly floured surface and gently bring the dough together. Roll out to a 18cm x 24cm rectangle.

Sprinkle with the chocolate and roll up to enclose. Place in a 19cm x 9cm loaf tin lined with baking paper. Brush with extra milk and bake for 25–30 minutes or until cooked when tested with a skewer. Cool in the tin for 5 minutes and then turn out on to



a wire rack to cool. Slice to serve Serves 6–8.

Easy Potato and Chicken Bake

1 barbecued cooked chicken shredded

5 potatoes large medium peeled thinly sliced

300 ml thickened cream

250 g sour cream

1/4 cup tasty cheese grated

Par boil potatoes until just cooked.

Layer potatoes in an oven proof baking dish and top with a layer of chicken.

Repeat this process until all potatoes and chicken are used.

Combine cream and sour cream and pour over chicken and potatoes.

Top with grated tasty cheese.

Bake at 180°C for 30 minutes or until cheese has browned nicely on top.

in this issue >>>

Job List for Home Assist Secure

Home Modifications

NDIS – National Disability Insurance Scheme

Field Officer Update

Monthly Calendar

CONNECTING a Caring COMMUNITY



Volume: 14
Issue: 2

A Monthly Insight into Community Care Services

let's connect

Our funding Organisations >>>



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

There is a diversion on the old number, but this is for a limited time. Please change any contact details and numbers you have to reflect the new details.

We welcome visitors to our new office and look forward to extending our services to daily group activities in the near future.

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.

set the stage >>>

What is the NDIS and who is it for?

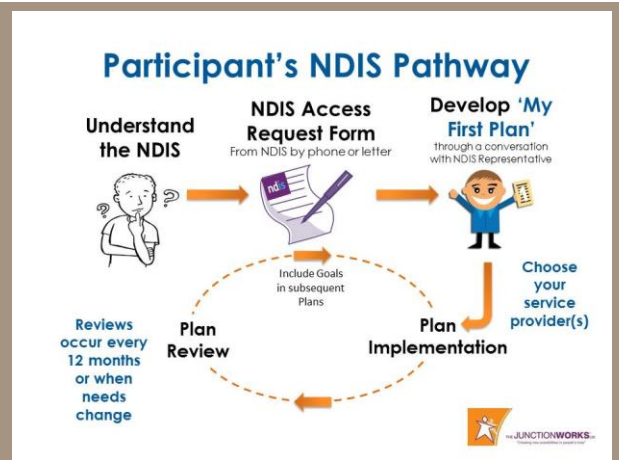
The NDIS is a registered program to deliver services to people with a disability to enable them to live their best life, access supports at home, engage in social and community activities and access allied health supports

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 you plan.



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**

Ph: 4651 5640

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 March 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Barcaldine	2 Barcaldine	3 Jericho	4 Barcaldine	5 Maintenance Day	6
7	8 Aramac	9 Barcaldine	10 Alpha	11 Barcaldine	12 RDO 	13
14	15 Muttaborra	16 Barcaldine	17 Jericho	18 Barcaldine	19 Maintenance Day 	20
21	22 Barcaldine	23 Barcaldine	24 Alpha	25 Barcaldine	26 RDO 	27
28	29 Barcaldine	30 Barcaldine	31 Jericho			

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!



the final thoughts...

Never regret a day in your life.
Good days give you happiness
and bad days give you
experience!



Current Events

New Contacts:
Barcaldine Community Care
Services has a new phone
number:

07 4651 5640

That is our main office number.
If you would like to call please
use this number from now on.
We are also at a new address:

**71 Beech Street
Barcaldine**

What are Group Activities?

Group activities are designed to increase social interactions and give you the chance to engage with your peers and other people from the district. Our Group activities will be commencing soon. Everyone is welcome to attend. We will assist you to register with My Aged Care and provide a calendar of events for each month. We look forward to having you join us!

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 5640**

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



March 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Anointing Mass 9.30am The Willows Men's Shed	2 60 + Tai Chi Talk	3 Men's Shed	4 60 + Tai Chi	5 Croquet World Day of Prayer	6	7 Clean Up Australia Day
8 Internatio nal Women's Day Men's Shed	9 60 + Tai Chi Hoy	10 Men's Shed	11 60 + Tai Chi	12 Croquet	13 Races	14
15 Men's Shed	16 60 + Tai Chi Meeting	17 Men's Shed <i>St. Patrick's Day</i>	18 60 + Tai Chi Palliative Care info morning 10:00am	19 Croquet	20 Barcy Amazing Race	21 Mad Bag Min - Triathlon Amazing Race
22 Men's Shed	23 60 + Tai Chi Bingo	24 Men's Shed	25 60 + Tai Chi	26 Croquet Memory Lane Lunch	27	28
29 Men's Shed	30 60 + Tai Chi	31 Men's Shed	International Women's Day Theme for 2021 is 'Choose to Challenge'		Computer Tip: You can use emojis on your computer, just press Windows + . (Dot) and you will see all the emojis that we use on our smart phone.	

Can you work out the kinds of sport from the following anagrams? Word lengths are shown in brackets.

NESTLE IN BAT (5,6) _____

IS NO CHARGER (5,6) _____

BAT ON MIND (9) _____

IN NETS (6) _____

KEY CHOICE (3,6) _____

MYSTIC SANG (10) _____

TAKES ICING (3,7) _____

NOW GLIB (7) _____

SING AIL (7) _____

Why did the man put his money in the freezer?

He wanted some cold, hard cash.



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

	x		—		=	8
x		x		+		
	—		+		=	6
—		—		—		
	+		+	1	=	13
=		=		=		
27		5		11		

Hopefully these Irish jokes give you a bit of a laugh and brighten up your day.

A cop pulls up two Irish drunks, and says to the first, "What's your name and address?" "I'm Daniel, of no fixed address." The cop turns to the second drunk, and asks the same question. "I'm Shane, and I live in the flat above Daniel."

Two Irish mothers, Kate and Lorna were talking about their sons.

Kate says, 'My Patrick is such a saint. He works hard, doesn't smoke, and he hasn't so much as looked at a woman in over two years.'



Lorna responds, 'Well, my Francis is a saint himself. Not only hasn't he not looked at a woman in over three years, but he hasn't touched a drop of liquor in all that time.'

'My word,' says Kate, 'You must be so proud.'

'I am,' announces Lorna, 'And when he's paroled next month, I'm going to throw him a big party.'

Kieran O'Connor always slept with his gun under his pillow. Hearing a noise at the foot of the bed, he shot off his big toe.

'Thank the Lord I wasn't sleeping at the other end of the bed,' Kieran said to his friends in Donegal's pub. 'I would have blown my head off.'

A ventriloquist is telling Irish jokes in Davy Byrne's pub in Grafton Street, Dublin, when, O'Leary, an irate Irishman stands up shouting, 'You're making out we're all dumb and stupid. I oughtta punch you in the nose.'

'I'm sorry sir, I.....'

'Not you,' says O'Leary, 'I'm talking to that little fella on your knee.'

Old man Murphy and old man Sean were contemplating life when Murphy asked, "If you had to get one or the other would you rather get Parkinson's or Alzheimer's?"

"Sure, I'd rather have Parkinson's", replied Sean

"'Tis better to spill a couple of ounces of Jameson whiskey than to forget where you keep the bottle!"

PUZZLE SOLUTIONS

TABLE TENNIS	6	x	2	—	4	=	8
HORSE RACING	x		x		+		
BADMINTON	5	—	7	+	8	=	6
TENNIS	—		—		—		
ICE HOCKEY	3	+	9	+	1	=	13
GYMNASTICS	=		=		=		
ICE SKATING\	27		5		11		
BOWLING							
SAILING							

**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

Exercises: Tuesday 9:00am

Tai Chi: Thursday 9:00am

Croquet Friday 8:30am

Digital Learning: Thursday & Friday 10:00am

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

Hoy 2nd Tuesday 9th March 10:00am

Meeting 3rd Tuesday, 16th March 10:00am **Bingo**

4th Tuesday 23rd March 10:00am

Memory Lane Lunch Friday 26th March 12:00pm

Games? 5th Tuesday 30th March 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

