



Garden City News

Volume 30

Issue 11

December 2024

Garden City News is a free 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 risk of harm and social isolation) with contributions from others, for participants and older people in the community. Please share this newsletter. In Barcaldine volunteers deliver newsletters or you can collect one from *The Willows*. The newsletter can be emailed to you or you can find it on Barcaldine Regional Council website

Regional Seniors Christmas Lunch The Regional Seniors Christmas Lunch is being held on Tuesday 10th December 2024 at Barcaldine Town Hall. We have asked that people **RSVP by Tuesday 3rd December** to assist with catering and seating. If you haven't responded and intend to come, please ring Jean on 46512354 email jeanw@barc.qld.gov.au or drop into the office so your name can be added to the list.



Christmas Lights Competition The annual Christmas lights competition is a Barcaldine Regional Council initiative which encourages individuals, businesses and community groups to take pride in their properties and streets. This year there are five categories for towns including best residence, peoples choice, business or community group, best window display and encouragement award. Entry is free. Judging will take place between Monday 9th and Friday 13th December 2024. For those on properties, there is a competition for best decorated rural mailbox. Mail in a photo of your property to sharnin@barc.qld.gov.au by Sunday 15 December 2024. Winners announced on Tuesday 17 December 2024. For additional terms and conditions, please contact your nearest Administration office.

2025 Australia Day Awards The Barcaldine Regional Council Australia Day Awards celebrate the achievements and contributions of individuals and community groups in our region. Nominate to acknowledge those who make a difference. Nominations close at 5:00pm on Friday 13th December 2024. The categories are Citizen of the Year, Young Citizen of the Year, Community Event of the Year, Sports-person of the Year, Young Sports-person of the Year, Volunteer Award, Cultural Award, Young Cultural Award. Nomination forms with information about nominations and how to complete the forms are available at all Council administration offices and on the Barcaldine Regional Council website.

Coordinator's Notes.

This is the last newsletter for this year. It does not seem that long ago that I was welcoming the New Year and the first newsletter for the year. The days slip past and we are left wondering what have I done, what have I achieved? There may be nothing outstanding, but if we have made a difference to someone or brought some joy or provided friendship or fellowship it's been a worthwhile experience.

After many years we are buying some new croquet mallets. Some of our current mallets we acquired from other players or bought second hand. Those we purchased new are over 20 years old and some mallets are require new shafts. These new acquisitions will be readily accepted by players

The last talk for the year is on 3rd December at 10:00am when there'll be question time with Barcaldine Regional Council District Manager, Jenny Lawrence who will be our guest. Please come and bring your questions and feedback but keep it relevant and we ask for courteous respectful discussion.

There is no hoy for December as 10th December is the Regional Seniors Christmas Luncheon. Have you booked your seat yet? If you don't tell us you are attending there will not be a place kept for you. It is your responsibility to make the booking.

Our final meeting for the year is at 10:00am on 17th December. Please bring along some ideas to keep things rolling in the new year. Following the meeting, we'll make our way to the Hotel Shakespeare for lunch.

Barcaldine Regional Council Depots close at 12:00pm on Thursday 12th December 2024 and open again on 13th January 2025. Administration Offices, libraries and other services close at 12:00pm on Friday 20th December. Council Administration Offices reopen 6th January 2025.

The 60 & Better office will be closed from 12:00pm 20th December until 8:00am Monday 13th January 2025. Please direct enquiries to Barcaldine Regional Council (phone 46515600) or a 60 & Better committee member.

Everyone have a Merry Christmas and a Happy New Year. Play Safely and come back and join us in the New Year.

"Just remember, the true spirit of Christmas lies in your heart." The Polar Express

Till Next Year

Jean

Barcaldine 60 & Better Program Christmas Lunch

HOTEL SHAKESPEARE

TUESDAY 17TH DECEMBER

FROM 11:30 AM

Lunch 12:30pm

We invite all 60 & Better participants and supporters to attend our Christmas / End of Year Lunch.

PLEASE BOOK A SEAT WITH JEAN (4651 2354, jeanw@barc.qld.gov.au or put your name on the list at 13 Willow St) and pay at 60 & Better office before the lunch.

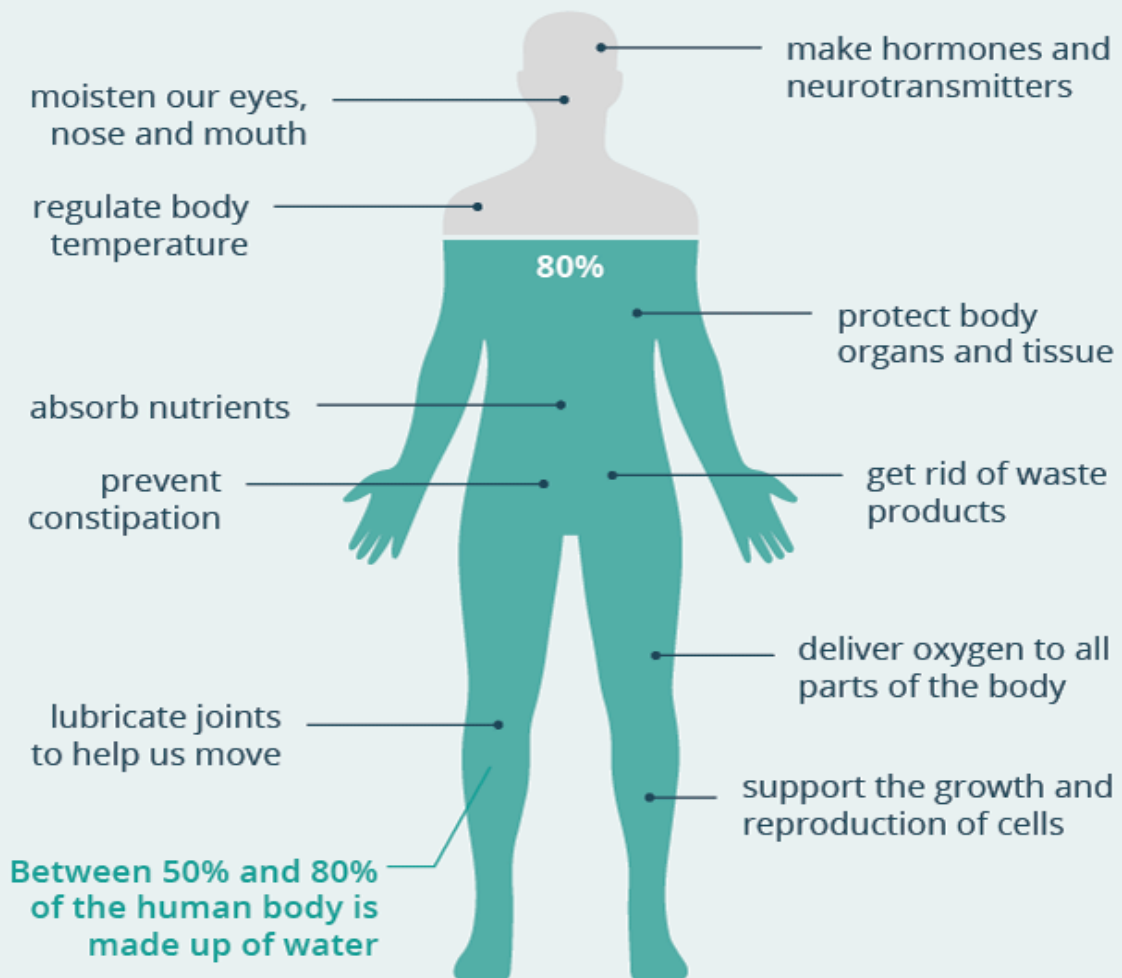
Why is water important for good health?

Water is an essential part of a healthy balanced diet. Over half of the human body is made up of water. We need water to: digest food and to absorb nutrients, move our bodies well, get rid of waste products, keep our body at the right temperature, Drinking water also keeps your teeth and mouth healthy.

In most parts of Australia, the tap water contains fluoride. This helps to protect against tooth decay.

Water is also needed for the body to make saliva. You need saliva to wash food away from your teeth. Saliva also helps you: chew, taste, swallow

Drinking plenty of water every day is important for good health. Our body relies on it for many of its functions. Water helps to:



We get about one fifth of the water we need from food and the rest from drinking fluids.

Men need about 10 cups* of fluids every day, women need about 8 cups and kids need 4-8 cups depending on their sex and age.

It's a good idea to choose water over other drinks that contain added sugars or alcohol.

*In Australia, 1 cup is equivalent to 250ml.

Sources:

Eat For Health - What is a serve?
Nutrient References Value - Water
Mayo Clinic - Nutrition and health eating

healthdirect

Antimicrobial resistance

Antimicrobials – including antibiotics, antivirals, antifungals, and antiparasitics – are medicines used to prevent and treat infectious diseases in humans, animals and plants.

Antimicrobial Resistance (AMR) occurs when bacteria, viruses, fungi and parasites no longer respond to antimicrobial medicines. As a result of drug resistance, antibiotics and other antimicrobial medicines become ineffective and infections become difficult or impossible to treat, increasing the risk of disease spread, severe illness, disability and death.

AMR is a natural process that happens over time through genetic changes in pathogens. Its emergence and spread is accelerated by human activity, mainly the misuse and overuse of antimicrobials to treat, prevent or control infections in humans, animals and plants.

Antimicrobial medicines are the cornerstone of modern medicine. The emergence and spread of drug-resistant pathogens threatens our ability to treat common infections and to perform life-saving procedures including cancer chemotherapy and caesarean section, hip replacements, organ transplantation and other surgeries.

AMR has significant costs for both health systems and national economies overall. For example, it creates need for more expensive and intensive care, affects productivity of patients or their caregivers through prolonged hospital stays, and harms agricultural productivity.

AMR is a problem for all countries at all income levels. Its spread does not recognize country borders. Contributing factors include lack of access to clean water, sanitation and hygiene (WASH) for both humans and animals; poor infection and disease prevention and control in homes, healthcare facilities and farms; poor access to quality and affordable vaccines, diagnostics and medicines; lack of awareness and knowledge; and lack of enforcement of relevant legislation. People living in low-resource settings and vulnerable populations are especially impacted by both the drivers and consequences of AMR.

The global rise in antibiotic resistance poses a significant threat, diminishing the efficacy of common antibiotics against widespread bacterial infections. As the effectiveness of these last-resort drugs is compromised, the risks increase of infections that cannot be treated.

As drug-resistant fungal infections increase, WHO is monitoring their magnitude and public health impact. Fungal infections can be difficult to treat, including due to drug-drug interactions for patients with other infections (e.g. HIV).

HIV drug resistance (HIVDR) is caused by changes in the HIV genome that affect the ability of antiretroviral (ARV) drugs to block the replication of the virus. Tuberculosis (TB) is a major contributor to antimicrobial resistance. Multidrug-resistant tuberculosis (MDR-TB) is a form of TB caused by bacteria that do not respond to isoniazid and rifampicin, the two most effective first-line TB drugs.

The emergence of drug-resistant parasites is a major threat to malaria control. The emergence of drug resistance against medicines for neglected tropical diseases (NTDs) is a significant threat to programmes to control, eliminate and eradicate NTDs, which especially affect vulnerable and marginalized populations.

It is important to monitor resistance and drug efficacy, put in place strategies to delay or curb resistance, and strengthen the pipeline of second-line medicines for NTDs.

WHO has developed the People-centred approach to addressing antimicrobial resistance in human health and WHO core package of interventions to support national action plans. This focuses on preventing infections and ensuring universal access to health services for quality diagnosis and appropriate treatment. As a crucial part of their AMR response, countries can integrate the core package of AMR interventions in national plans and strategies for universal health coverage and health emergency preparedness and response.

Excerpt from: <https://www.who.int/news-room/fact-sheets/detail/antimicrobial-resistance>

Did you know that alcohol affects your sleep quality?

Sleep is a foundation for good health. It plays a critical role in the body, affecting things as diverse as our appetite and metabolism, our mental health, and our immune system.

Getting a good night's sleep is a form of positive self-care you can do every day, and it's an excellent way to improve overall health. While we can't control everything that affects our sleep (like our genes, or high stress global and personal events) there are many factors we do have control over.

Now is a great time to think about prioritising your health by taking a few steps to prioritise your sleep. Start by considering the lifestyle factors that might be disruptive to sleep patterns. Most people know that caffeine and tobacco are stimulants and can be risk factors for poor sleep.

But, did you know that alcohol also affects your sleep quality? Alcohol has sedative effects, so it may not immediately look like a culprit for poor sleep.

People might find it easier to fall asleep – or even nod off when they don't mean to – if they've been drinking alcohol. Just because you fall asleep quickly doesn't mean that you will have a good quality sleep.

The way that sleep works, and how alcohol affects it, is complicated and still being researched. However, research indicates that as your body cycles through sleep stages across the course of the night, alcohol disrupts sleep by changing the amount of sleep you experience in those stages.³

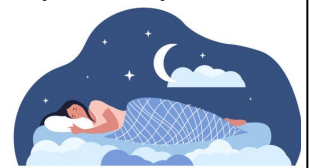
For example, the amount of rapid eye movement (REM) sleep you experience during the first half of the night can be different if you consume alcohol. Alcohol can also affect the duration of different sleep cycles in the second half of the night.³ The extent of the difference in those sleep patterns will also be related to how much alcohol you consumed.

Because alcohol disrupts your sleep, it can affect how you feel and function the next day too. Anyone who's had a bad night's sleep knows how it can make you feel.

In the short term, getting poor sleep may:

make you feel more irritable and less patient, increase feelings of stress and anxiety

reduce attention and reaction times, lead to poorer decision making and judgement.



In the long term, poor sleep can result in other negative impacts on: your cardiovascular system, such as higher blood pressure; your metabolism, such as weight gain; your immune system.

The good news is that there are strategies you can use to make sure you're sleeping as well as possible.

Practicing good habits to help you get the best night's sleep is called 'sleep hygiene'.

It includes things like going to bed and getting up at the same time every day, getting some sun exposure to help keep your body clock on track, and making sure your room is dark enough while you're sleeping.

Sleep hygiene is self-care.

Picking one or two habits to start off with – like skipping wine on a weeknight and putting your phone away 30 mins before your bedtime – can be a good way to start improving your sleep hygiene.

While it can be hard in the beginning to put ourselves and our health first, prioritising your sleep can have so many health benefits you'll thank yourself later. Source: <https://adf.org.au/insights/drink-less-sleep-better/>

"Christmas is doing a little something extra for someone." – Charles M. Schulz

"Christmas is the spirit of giving without a thought of getting. It is happiness because we see joy in people. It is forgetting self and finding time for others. It's discarding the meaningless and stressing the true values." – Thomas S. Monson

Nurture mental wellbeing during the holidays

Be kind to yourself this holiday season. Christmas can be a time of joy and celebration for some, but for others, it can be stressful and isolating, even amplifying mental health challenges. It's important to acknowledge how you feel at this time of year and prioritise your own mental wellbeing and that of others you may be caring for. These strategies may help:

Recognise emotions – Acknowledging how you feel is the first step in being able to prioritise what you need for your own mental health.

Don't forget to check in with others you care for.

Look after yourself – Eat healthy food, stay hydrated, exercise, get good sleep, avoid excessive alcohol and caffeine.

Choose supportive connections – Where possible, choose to be with people you value and who value you in return.

Have realistic relationship expectations – Being realistic about what you can expect this time of year enables you to plan for your own welfare and reduce stress and disappointment.

Set boundaries – It's ok to say no to things that aren't helpful to you – your needs are just as important as others.

Give thanks – Keep a daily gratitude list – appreciate the small things.

Take time out – Allow time for rest and relaxation. Go for nature walks, see a movie, read a book – do whatever makes you feel good.

Create your own traditions – Whether you're alone or not at Christmas, you can always create your own traditions. Choose things that bring you joy – having something positive to look forward to in the coming years can make a real difference.

Gift yourself – Treat yourself to a gift – it could be as simple as creating a self-help stocking – fill it with things that lift your mood and help you through challenging times. You could even make one for a friend or neighbour – acts of kindness enhance our mental wellbeing.

Connect and give back – Connect with com-

munity groups or volunteer. Helping others is a great way to reduce loneliness and generate support systems.

Keep coping strategies handy – Make a list of things that help you in difficult times and keep it somewhere visible.

Seek support – Whether it's reaching out to a trusted friend or a professional support service, it's important to acknowledge when you may need help. If you have been experiencing concerning symptoms for over 2 weeks, book an appointment with your GP, call 13 HEALTH (13 43 25 84) for 24-hour confidential health advice, or find a mental health service in your area.

Remember, you are not alone – there are plenty of support services and resources available. Here are a few: [The Black Dog Institute](#) has developed tips to tackle common holiday worries.

[Lifeline](#) has created a similar Christmas holiday mental health toolkit.

Helping Minds has tips for protecting your wellbeing.

Dear Mind has tips on how to take time for yourself.

The Queensland Government's mental wellbeing initiative offers wellbeing apps, courses, links and podcasts.

My mental health offers mental health carer and family support resources.

SANE Forums connect you with people who've been there too.

For phone support call:

Lifeline – 13 11 14 | <https://lifeline.org.au/>

Beyond blue – 1300 22 4636 | <https://beyondblue.org.au/>

Suicide Call Back Service – 1300 659 467 | <https://suicidecallbackservice.org.au/>

Kids Help Line – 1800 55 1800 | <https://kidshelpline.com.au/>

ADIS (alcohol and drug support) – 1800 177 833-

In an emergency call 000.

<https://www.qldmentalhealthweek.org.au/mental-wellbeing-holidays/>

Slow Cooker Gingered Pork Roast

- 1 1/2 kg pork loin trimmed
- 1 pinch salt and pepper *to taste
- 3 Granny Smith apples peeled cored quartered
- 1 tbs brown sugar
- 2 tsp ground ginger
- 1 tsp salt
- 1 tbs water

Tie pork with kitchen string. Rub pork rind with salt and pepper.

Arrange apples in the base of a slow cooker. Place pork on top of apples.

Combine brown sugar, ginger and salt. Spoon over top surface of pork. Cover and cook on low for 7 hours.

Ten minutes before serving, strain off 1 cup of liquid into a small saucepan. Blend cornflour with water to make a smooth paste and stir into liquid.

Heat until thickened.

Remove string from pork and carve.

Serve with sauce, accompanied by the apples and fresh steamed vegetables.

Roast Potatoes in Cream

- 150ml double cream
 - 1/2 tsp mustard powder hot
 - 1/2 tsp salt
 - 500g potatoes peeled halved
- Preheat oven to 180°C.

Place cream, mustard and salt in a jug and whisk with a fork.

Place potatoes in a small roasting tin and pour cream mixture over the top.

Bake for 1 hour, basting every 20 minutes.

Crispy Bacon and Onion Stuffing Tray Bake

- 2 (300 g) brown onions, thinly sliced
- 1/2 cup malt vinegar
- 1/3 cup brown sugar
- 400 g bread, sliced and cut into 2cm pieces
- 100 g butter melted
- 1/2 cup chopped flat-leaf parsley, plus extra to serve
- 300 g streaky bacon, chopped
- 1/2 cup almonds, chopped
- 1 egg, lightly beaten

Preheat oven to 200°C (fan forced).

Put the onions, vinegar and sugar in a medium frying pan over high heat. Cook for 15 minutes,

stirring occasionally, until golden brown and liquid has been absorbed. Set aside to cool.

Put the onion mixture, bread, melted butter, parsley, bacon, almond and egg in a large baking dish and use your hands or a large spoon to mix to combine.

Cook in the oven for 20 minutes, or until golden brown. Serve sprinkled with extra parsley.

Serve with roast chicken, pork, lamb or beef, along with some steamed greens or a mixed leaf salad.

Mango and Avocado Smoothie

- 1/2 mango
- 1/2 avocado
- Handful of ice
- 3 teaspoons lime juice
- 2 teaspoons honey
- 1 cup milk

Blend all ingredients together until smooth and pour into a chilled glass. Serve immediately.



Three Ingredient Buttery Shortbread

- 200g Butter, chopped, softened
- 2/3 cup (100g) icing sugar mixture, plus extra for serving

1 1/2 cups (225g) plain flour

Preheat oven to 160°C (fan-forced) and line 2 baking trays with baking paper.

Beat butter and sugar in a large bowl of an electric mixer until light and fluffy. Add sifted flour and mix on low until combined

Turn out the dough onto a lightly floured work surface and knead gently until smooth. Shape into a disc and wrap in plastic wrap. Refrigerate for 30 minutes, or until firm

Divide the dough into two. Rewrap one half and set aside. Roll out to 5mm thick and use lightly floured cookie cutters to cut out 36 shortbreads, re-rolling dough as necessary. Using a small round cutter, cut out centres from half of the shortbreads. Place onto prepared trays. Repeat with remaining dough. Bake for 10-12 minutes or until light golden, swapping trays halfway. Set aside on trays to cool completely

Eat as is or sandwich shortbreads together with passionfruit or lemon butter and dust with icing sugar just before serving

What's as big as a Christmas tree but is lighter than a feather? Its shadow.

What do you call an old snowman? Water.

What is it called when a snowman has a temper tantrum? A meltdown.

Knock, knock! *Who's there?* Noah. *Noah who?* Noah good Christmas joke?

Knock, knock! *Who's there?* Mary. *Mary who?* Mary Christmas!

Knock, knock! *Who's there?* Holly. *Holly who?* Holly-days are here again!

What do gingerbread men use when they break their legs? Candy canes.

Two naughty boys begged their father to open one present on Christmas Eve. With a knowing look, their father handed them two big boxes filled with coal.

"Just remember, this is only the first present."

He wanted them to learn a lesson, but not to be too disappointed.

Upon opening the coal, the two boys jump up and down in excitement.

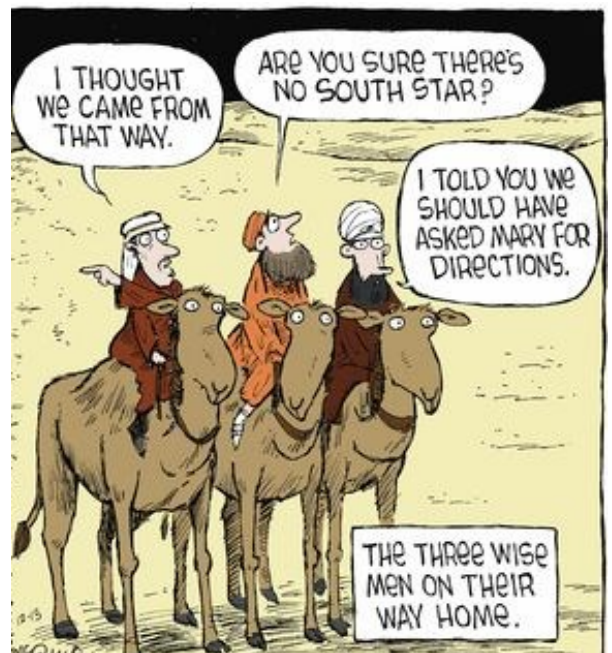
Confused, the father looked at them, asking, "Why are you so excited about coal?"

The youngest boy looked at him in exasperation. "You said this is only the first present, and we really didn't think Santa would bring us that train."



Thanks to Dad Hengeveld (See Luke 2:1-16) 12-20-2001

SORRY FOLKS, WE'RE BOOKED SOLID ... GOD HIMSELF COULDN'T GET A ROOM HERE TONIGHT



Christmas Word Search

S N G D O N N E R S N S T B S E N A C S
T E E G G N O G U C O T I U R T A F P V
O X I D F Q V A J O S O R B W G O I S E
C I N E F H L D O M A C E L E B R A T E
K V H W G C X W L E E K L T O I F X F P
I H E I A I E K L T S I E H T X W S D D
N M E T E M A I Y E X N O H O S N A Q S
G L N B L I T Z E N C G N R L L N K T E
S A Z E E R T S A M T S I R H C I N Z V
S Y S W E E T P O T A T O R E Q V D K L
X O S C R O O G E G B U J R U S C E A E
Y Y D R E E D N I E R F J S D G H O Z Y
F R U I T C A K E J D F V G S N I T C A
X D W J U B I L E E I E E N D I M E A O
J F R O S T Y N W D P R M I R D N L N H
L N O R T H P O L E U S E T A I E T D A
R R E C N A R P K V C R R E C T Y S Y T
H Z O L N I S Y R O F B R E N L D I W G
S A I T T E S N I O P R Y R S P W M A H
F A I R I E S H T A E R W G M D E L S X

BLITZEN
CANDY
CANES
CARDS
CELEBRATE
CHIMNEY
CHRISTMASTREE
COMET
CUPID
DANCER
DONNER
EGGNOG
ELVES
FAIRIES
FROSTY
FRUITCAKE
GREETINGS
HAM
HOLIDAY
JOLLY
JUBILEE
MERRY
MISTLETOE
NOEL
NORTHPOLE
POINSETTIA
PRANCER
REINDEER
SANTACL AUS
SCROOGE
SEASON
SLED
SLEIGH
SPIRIT
STOCKING
STUFFERS
STOCKINGS
SWEETPOTATO
TIDINGS
VIXEN
WREATH

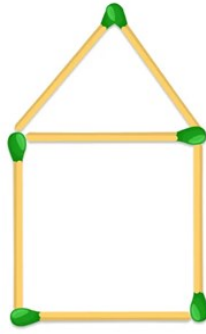
CHRISTMAS TRIVIA (Answers not Provided in this newsletter)

1. In which town was Jesus born? _____
2. What was the name of the Roman Emperor during the time of Jesus' birth? _____
3. What words follow Silent Night in the carol 'Silent Night'? _____
4. In Charles Dickens's A Christmas Carol, what was the first name of Scrooge? _____
5. Which country started the tradition of putting up a Christmas tree? _____
6. How many gifts in total were given in 'The Twelve Days of Christmas' song? _____
7. Which fairy tale were the first gingerbread houses inspired by? _____
8. What is the best selling Christmas song ever? _____
9. What was Frosty the Snowman's nose made out of? _____
10. What was the first company to use Santa Claus in advertising? _____

Correct the Roman number equation by moving 2 matchsticks



Are the two upright lines longer than the middle line?



Move 2 matchsticks to get 5 squares

Move 2 matchsticks to change the cube to 4 equal triangles



The more of this there is, the less you see. What is it?

What goes through cities and fields, but never moves?

What tastes better than it smells?

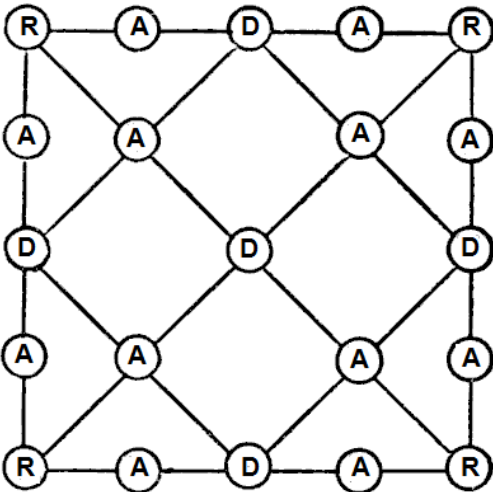
Under the Radar

Spell the word RADAR.

Start on any R.

Advance in any direction, forwards or backwards. Follow the lines from letter to letter. You can not skip letters.

Question: How many different ways can you spell RADAR?



Using all of the letters A to Z, each once only, complete these common words:

ba_g_ d_ed dia _ _

_uo_a i_de _o_el

_um_s py_y_g_ou_

nal tra _umb_

d_ty

Gift to Epimethius

I had a mistress, with beauty and grace,
 With a curious hand and fair of face.
 She was the first on earth, and made of clay.
 I was a gift to Epimethius on their wedding day.
 The Gods, they warned her to let me be.
 But none of their warnings did she heed.
 You see, my mistress was alone one day,
 When to me her inquisitive hand did stray.
 She gave you sickness, destruction, and greed,
 And all of the things from which evil does feed.
 But do not be angry, do not mope.
 The last she gave you? It was hope.
What am I and who was my mistress?

The poem is written from the point of view of Pandora's Box; "my mistress" refers to Pandora. According to Greek mythology, Pandora was created out of clay. Before Pandora, there were only men on earth. Finally, Zeus gave her curiosity. He gave her as a gift to Epimethius and presented the box as her dowry, telling them both not to open it. Pandora's curiosity got the better of her and she opened the box releasing all the evil that is in the world today. However, some good came from it; at the bottom of the box was hope.

December 2024

Mon Tue Wed Thu Fri Sat Sun

						<p>1 Council Community Christmas Party Town Hall 6 – 8 pm</p>
<p>2 Men's Shed</p>	<p>3 60+ Tai Chi Talk</p>	<p>4 Men's Shed Cultural Assn</p>	<p>5 60+ Exer- cises Tai Chi</p>	<p>6 Croquet</p>	<p>7</p>	<p>8</p>
<p>9 Men's Shed</p>	<p>10 Regional Seniors' Christmas Lunch</p>	<p>11 Men's Shed Cultural Assn CHSP Lunch</p>	<p>12 60+ Exer- cises Tai Chi</p>	<p>13 Croquet</p>	<p>14</p>	<p>15</p>
<p>16 Men's Shed</p>	<p>17 60+ Tai Chi Meeting Lunch</p>	<p>18 Men's Shed Anointing Mass at <i>The Willows</i> CHSP morn- ing tea</p>	<p>19 60+ Exer- cises Tai Chi</p>	<p>20 Croquet BRC Ad- min offices and ser- vices close 12:00pm</p>	<p>21</p>	<p>22</p>
<p>23 Men's Shed</p>	<p>24 Christmas Eve</p>	<p>25 <i>Merry Christmas</i> </p>	<p>26 Boxing Day</p>	<p>27</p>	<p>28</p>	<p>29</p>
<p>30 Men's Shed</p>	<p>31 New Year's Eve</p>	<p>BRC Offic- es reopen Monday 6th Janu- ary 2025</p>	<p>60 + Office reopens Monday 13th Janu- ary 2025</p>			



BARCALDINE 60 & BETTER PROGRAM

AUSPICEE OF
BARCALDINE REGIONAL COUNCIL



Funded by



Queensland Department of Child Safety, Seniors and
Disability Services

Contact Information

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Barcaldine Q 4725

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jeanw@barc.qld.gov.au

Coordinator Jean Williams

Hours of Operation Mon -Thu 8:00am-4.30:pm
Fri 8:00am—12:00pm or 8:00am—3:30pm

Committee Executive

President: H. Duncan

V. President:

Secretary: P. Miller

Treasurer: S. Jackson

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.

Activity Times & Dates December 2024

Tai Chi: Tuesdays 9:00am

Thursdays 9:00am

Exercises: Thursdays 8:30am

Croquet: Fridays 8:00am

Talk: 10:00am Tuesday 3/12/24

Regional Seniors Christmas Lunch from 11:00am Tuesday 10/12/24

Meeting: 10:00am 3rd Tuesday 17/12/24
60 + Christmas Lunch following meeting

60 & Better Office Closure 12:00pm 20/12/24

Activities Resume 14th January 2025

DISCLAIMER

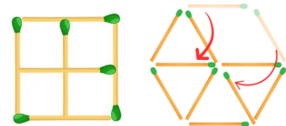
The Barcaldine 60 & Better Program reserves the right to edit all articles as necessary. Opinions expressed in this newsletter do not necessarily reflect those of the 60 & Better Program. Information is of a general nature and not meant to be specific advice. Efforts have been made to ensure it is accurate.

Puzzle Solutions

Answers using alphabet letters once
ba-g- = badge (DE)d--ed = dazed (AZ)dia-- = diary (RY)-uo-a = quota (QT)i-de- = index (NX)-o-el = vowel (VW)-um-s = bumps (BP)py--y = pygmy (GM)g-ou- = ghoul (HL)--nal = final (FI)tra-- = track (CK)-umb- = jumbo (JO)d--ty = dusty (US)

Roman numbers—make V from one II

Lines are the same length
80 ways to spell RADAR



Darkness, a road, a tongue

If unclaimed return to :-

Barcaldine 60 & Better Program

PO Box 269

Barcaldine Q. 4725