

# GARDEN CITY NEWS



**Volume 26**

**Issue 2**

**March 2020**

A free collaborative newsletter produced by Barcaldine 60 & Better Program and 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.



## 2019 Trip to Emerald

Late last year we went to Emerald and spent a little time at the Emerald Botanic Gardens.

These photos along with others were taken on the day by Betty Wason. The photo of Euan Miller and Fay Stewart shows a map of the gardens and the other photo is a part of a garden, At the time Emerald like Barcaldine was hot and dry.



## Human Rights for Older Persons – An Exercise in Futility?

The first big Human Rights declaration was the Universal Declaration of Human Rights. Created by a fledgling United Nations, the declaration affirms a person's right to life, freedom, free speech and privacy as well as security, health, and education. More than 70 years later, the declaration has become the foundation of international human rights law and 16 other human rights conventions.

In 1991, the UN adopted the [Principles for Older Persons](#). These principles provided guidance on five themes – independence, participation, care, self-fulfilment and dignity. Since 2010, a working group has been meeting annually at United Nations (UN) to develop a convention for the rights of older persons. The global population is ageing faster than any other time in history, so coming to consensus is vital. The less good news is that after nearly a decade of working together, the UN working group is not much closer to its goal.

Being old is part of the life course and we all have the right to security, health and individual development no matter what stage in life we are at. Take a moment to consider what you can do in your country, town or neighbourhood to make human rights for older persons a reality.

Taken From GEMS—U3AOnline Newsletter <https://www.ageknowble.com/2019/12/20/human-rights-for-older-persons-an-exercise-in-futility/>

## 60 & Better Notes

March is here and we'll continue to offer our weekly and monthly activities. Health talk is Tuesday 3rd March. Hoy is 10th March Meeting date is 17th March and bingo will be on 24th March. As there is a 5th Tuesday (31st March) an outing to the Lloyd-Jones Weir is on the plan.

Exercises on Tuesdays, Tai chi on Thursdays and croquet on Fridays continue. There are a treadmill and an exercise bike for participant use on any weekday also. Our target group is older people but we welcome anyone who would like to join us for activities.

If you are interested in taking part in the Building Digital Skills courses, (**Computer Classes**) please contact Jean. The available topics range from the absolute basics and getting to know your device and getting started (desktop, laptop, tablet, phone) Android or Apple, through to using apps. As previously mentioned a minimum of 2 courses or 10 activities need to be completed before the end of June. Most activities can be completed in a short time as what is learned in one activity is used to further knowledge and skills in the next. Classes / sessions will commence on Friday 20th March but please enrol before then. Mondays and Fridays are preferred days for lessons.

There will be a **Down Memory Lane Café on Friday 27th March at 12:00pm**. The theme for the lunch is 'Kept for Best' Please bring along an article of personal attire or something brought out when there were special guests or special celebrations. Cost is \$5. All Welcome.

The annual **60 & Better Cent Sale** will be held on Saturday 4th April at the Barcaldine Town Hall. We welcome all donations of prizes and offers of help. Doors will open at 12:30pm and games will start at 1:30pm. Cost of admission is \$5 and tickets will be \$1 a sheet. Tickets can be pre-purchased from the 60 & Better office.

Is anyone interested in travelling to Charleville to compete in the **Charleville Senior's Games** on 22nd May? A team consists of 6—10 competitors. Nominations must be received before 10th April. Please let Jean know if you'd like to part of a team for the Charleville Games.

Time is running out for those wanting to submit their brief biography for inclusion in the **Over 80's Book**. Please complete the form or write your story and give it to 60 & Better member before 30th April 2020. If you prefer not to share a snapshot of your life story, but consent to your name and your photo being published in the book please let us know.

The time is always right to do what is right. – **Martin Luther King Jr.**

Till Next Time. **Try to be a rainbow in someone's cloud.**

**Take Care .** *Jean*

## Ceramics Workshops

If you are interested in learning to paint and glaze ceramics you are welcome to attend workshops at the Red Shed, Boree St. Painting workshop will be Friday 6th March from 10:00am—12:00pm with lunch provided. The glazing workshop will be on 20th March at the Red Shed. Please RSVP by Thursday 5th March to Central West Aboriginal Corporation 46511226 and for more details please contact Carmen at CWAC. These workshops are aimed at older people and are hosted by CWAC.

## Birthday Greetings

Firstly a number of people have had or will be having an 80th birthday shortly. We say congratulations to Lionel Walsh, Col Harvey, Kingsley Ward on attaining this milestone. We send belated birthday greetings to Beryl Thompson.

We also acknowledge Marj Egerton's 90th birthday and her daughter Beccy Plumb's birthday. Others having a birthday in March include Neville Brown, Ivan Bashford, Shirley Jackson, Ann Gribble, Euan Miller and Norma Hauenschild. Happy Birthday to those mentioned and others having a birthday in March.

## Healthy Scalloped Potatoes

- Spray olive oil
- 200g reduced fat natural yoghurt
- ½ cup reduced fat milk
- 1 tablespoon wholegrain mustard
- 4 medium Sebago potatoes or substitute, peeled, thinly sliced
- 1 brown onion, thinly sliced
- 3 cups baby spinach leaves
- 2 tablespoons fresh thyme leaves
- ½ cup reduced fat cheddar cheese, grated



### **Method**

1. Preheat oven to 200°C. Spray a 6cm deep, 15cm x 24cm ovenproof dish.
2. Combine the yoghurt, milk and mustard in a small mixing bowl. Spoon 1/3 of the yoghurt mixture over the bottom of the baking dish.
3. Arrange half the potatoes over the yoghurt. Top with a layer of onion, 1.5 cups spinach leaves and 1 tablespoon thyme leaves.
4. Repeat by layering another 1/3 of the yoghurt mixture, followed by a layer of potatoes, 1 ½ cups spinach leaves and 1 tablespoon thyme leaves.
5. Finish with a layer of the remaining yoghurt mixture and sprinkle cheese evenly over the top.
6. Cover baking dish tightly with foil. Bake for approximately 1 hour or until potatoes are just tender.

7. Cook for an additional 30 minutes to 1 hour until potatoes are soft.

8. Place under grill until top is golden.

## Weet Bix Protein Slice

- 2 tablespoons no-added-salt, crunchy peanut butter
- 1 tablespoon honey
- 1 cup sultanas
- 2 tablespoons desiccated coconut
- 4 Weet-Bix
- 3 tablespoon cacao
- 2 tablespoon water

### **Method**

1. Lightly spray a 6cm-deep x 20cm x 20cm square baking dish with baking paper. Set aside.
2. Place peanut butter and honey in a small saucepan and heat until melted. Set aside to cool.
3. Place sultanas, coconut, Weet-Bix, cacao, water and cooled peanut butter and honey in a food processor and blend until mixture is well combined and smooth.
4. Press the mixture into the baking tin and refrigerate for 2 hours.
5. Slice into 8 pieces.
6. If freezing, once sliced into portions place in individual freezer bags or large container.

## What is cellulitis?

Cellulitis is a spreading inflammation of the skin and the tissues directly beneath it. It's usually caused by a bacterial infection and can become serious if not treated with antibiotics.

If you think you or someone in your care has cellulitis, it's important to get medical attention soon as possible.

The main signs of cellulitis are skin that is red, painful, swollen, tender and warm to touch. People with severe cellulitis can get fever, chills, sweating and nausea, and might feel generally unwell.

Cellulitis often affects the lower leg, but can occur on any part of the body including the face. The infection may occur when bacteria enter the skin through an ulcer, cut or a scratch or an insect bite. However it can occur without any visible damage to the skin.

Sometimes bacteria from cellulitis spreads into the

blood stream, which is called sepsis and this is a medical emergency.

People with cellulitis can quickly become very unwell and a small number of people may develop serious complications.

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People with cellulitis can quickly become very unwell and a small number of people may develop serious complications.

Antibiotics are the main treatment, usually orally at home. Some people need treatment in hospital. Rest and elevation (raising) of the limb are also very important. In some cases the affected limb may need compression.

Source: <https://www.healthdirect.gov.au/cellulitis>

## **Think you mainly need protein to build bulging biceps or keep your pecs in perfect order?**

Think again. This important macronutrient does a lot more than just fuel your muscles — it's essential for many aspects of your health.

A number of different functions in our body need protein, said Rosilene Ribeiro, a dietitian at the University of Sydney. We do use it for building and maintaining muscle mass, but also for producing hormones, and even sometimes as a source of energy.

The main thing people don't realise, said Sandra Iuliano, a nutritionist at the University of Melbourne, is that every part of us is made from protein. "Our skin, our muscles, our hair, everything," Dr Iuliano said.

"So if we don't have enough protein then those body organs aren't going to work properly."

Protein is made up of different amino acids, nine of which our bodies can't make so we have to source them from food. Our bodies also can't easily store protein, which is why we need to get it from our diet every day.

According to the Nutrient Reference Values for Australia and New Zealand, the average adult needs about 0.8 grams of protein per kilogram of body weight. It's a little less for the average woman and a little bit more for the average man, because men usually have bigger muscles.

For someone who weighs 75 kilograms, this is about 60 grams, or the protein you might get from four or five large eggs, although we're sure you can come up with a more interesting menu than that!

Growing children, pregnant and breastfeeding women need a bit more protein in their day. And once we reach 70, our recommended daily protein intake rises to about 1 gram per kilo.

However, the average Australian actually consumes around 1.2 grams of protein per kilo of body weight, said Dr Ribeiro, so most of us are getting more than we need.

As we age the ability of our body to respond to protein decreases, said Dr Iuliano. "So more protein has to be there in order for that muscle to respond."

From about the age of 50 we also start to lose some of our skeletal muscle — that is, the muscles we use to move our bodies, as opposed to the involuntary muscles in our heart or gut. This natural decline in our muscle mass and strength is called sarcopenia. It's primarily due to age but can also be exacerbated by chronic illness, poor diet and lack of activity.

How much protein you need also depends on your overall health circumstances. "If you're frail and sick then chances are that you are losing a lot of muscle mass because you're spending a lot of time in hospital," Dr Ribeiro said.

"That's when you will need more protein because you want to protect the muscle and maintain it."

The European Society for Clinical Nutrition and Metabolism has recommended people over 65 who are malnourished or at risk of becoming malnourished due to illness should aim for 1.2 to 1.5 grams of pro-

tein per kilo of body weight, along with daily physical activity or exercise.

Another way of thinking about how much protein you should consume is thinking about how much of the total number of kilojoules we're eating each day should be coming from protein versus fat and carbohydrates.

"You want to have 15 to 25 per cent of the energy coming from protein, and then up to 35 per cent from fat and up to 65 per cent from carbohydrates," Dr Ribeiro said.

If you're eating the right percentage of protein as part of your diet each day, you'll meet the recommended daily intake, Dr Ribeiro said. On the flipside, consuming too much protein can be bad for our health, including by putting unnecessary strain on our kidneys and liver. Emerging research suggests it could also shorten our lives.

We can either get protein from animal-based sources like milk, cheese, yoghurt, eggs, fish, poultry and lean meat, or plant-based sources like seeds, nuts, beans, legumes, grains and cereals. The difference between the two groups is that animal sources have the complete set of the nine essential amino acids our bodies can't make on their own, whereas individual plant sources often don't.

A way around this is to combine plant sources of protein, Dr Iuliano said, particularly for people following vegan or vegetarian diets. "If I put my legumes and my grain together I get all the amino acids I need," she said. "Baked beans on toast are an example."

Dr Ribeiro also encourages people to not just go for the obvious sources of protein. "I do encourage older individuals to eat beans and lentils and things like that because they are cheaper, and they are healthy, and they are great protein sources," she said, as well providing additional vitamins and fibre which are good for your health as well.

But she urges people to avoid processed meats like salami and ham, except as an occasional treat.

"It has protein but it's got so much other stuff that is not good for you, such as sodium and saturated fats." And opt for food over supplements to meet your protein requirements, said Dr Iuliano, because of the additional benefits that come with it.

Here are some suggestions to make sure you're getting protein at every meal.

Breakfast could be cereal and milk, or porridge with some milk or yoghurt and nuts.

Lunch could be a salad or sandwich with lots of vegetables and maybe some lean meat, tofu or quinoa mixed in with your salad or sandwich.

Dinner could be a cheese omelette, soup, stew or perhaps another salad with some chicken or lean meat in it.

For snacks opt for things like yoghurt, nuts or perhaps some vegetables with hummus.

Source: <https://www.abc.net.au/news/health/2019-08-08>



The Department of Health

# HOME ASSIST SECURE

Funded by



Queensland Government



CHSP, QCSS, HCP, HAS, NDIS, HOME MODS, MOW

# Community Care Services

## From the Senior Community Care Services Officer

### eHSP (e Home Support Program)

Thanks to those who have been interviewed and provided your details to get our new system up and running. This is to ensure our compliance with the new **Aged Care Quality Standards**. As part of this process we will be rolling out 'scheduling' of services and staff. You will all receive a **Care Plan** and an **Agreement** – these are compulsory under the Aged Care Act. The Care Plan outlines your goals and how we are going to work together to achieve them.

The new standards, ensure that we work as partners in your care and that we have mutual tasks that develop and improve your independence.

Those who receive Nursing services will continue to receive these services with a greater partnership between local medical services, GP's and us. This will ensure that we are all working towards improving your health, as a team.

Education sessions will be offered to explain these changes and we encourage you to ask questions to ensure you understand the new approach to your care.



### Jobs List for Home Assist

There are many 'jobs' that we can offer to you around your home including:

- ⇒ Checking on home security concerns including lighting
- ⇒ Cleaning & Servicing of Air Conditioners
- ⇒ Construction and Install of Grab Rails and Handrails
- ⇒ Uniden phone alert systems

#### Inside this issue:

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#### What we can offer clients:

- Easy access to local tradespeople
- Local, personalized service
- A comprehensive Education Program
- Information & Referral
- Wide variety of Minor Maintenance services
- Smoke alarms & fire safety materials
- Home Security advice

## From the Senior Community Care Services Officer continued

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### Training

Recently, all our staff undertook training in Stress & Mental Health in the Workplace, Understanding Wellness and Reablement, Person Centred Care and Empowerment and End of Life Care—all essential for our staff to continue to provide quality care to you.

### Aged Care Quality Standards Compliance

At some stage, we will have a quality audit—this will mean that an outside agency will come and have a discussion with you about the services we deliver. The auditor will then check to make sure that what you have said is reflected in our Policies, Processes and paperwork. This is an important part of our compliance and we welcome your thoughts and suggestions throughout the process.

### Contact

If you need to contact us, details are below:

Office: 07 4651 2187

Jordan's Mobile: 0409 621 346

Carl's Mobile: 0408 372 526

Until next time, take care

Carl 😊

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## Central & Far West Home Modifications

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**Currently, we have a waiting list for services. Under Consumer Directed Care you are able to choose your own contractors. If there is anyway we can assist you, please contact us today for an assessment!**

This program provides Modifications to the homes of clients who are eligible. We are able to provide you with increased access and keep you safely within your own home, instead of moving into an Aged Care Facility.

An Occupational Therapist will visit and make some recommendations and refer you through My Aged Care. We are also able to offer a Tele-health option for those clients who wish to take part. This may include the construction of a **ramp, steps, bathroom, kitchen, stair climber, water lift or other modification** to your home, to increase access and safety.

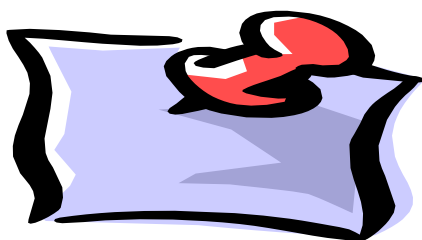
**After** we receive your referral from My Aged Care, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

This Program covers the whole of the Central West Region, including Diamantina, Winton, Barcoo, Blackall/Tambo, Barcaldine and Longreach areas. Eligibility and funding conditions do apply to this Program.

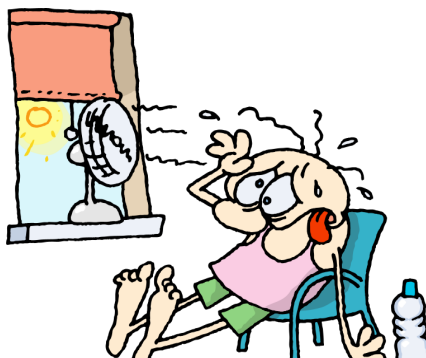
# Community Care Services Office (Barcaldine)

## Notice board & Sign

There is a notice board at the front of the office for you to leave a message, should you call in and no one is in the office. If you leave your name and number we will contact you when we return.



With the air conditioning in our office, a sign on the footpath is displayed when we are in the office. This will advise if someone is in the office!



## Phone Messages

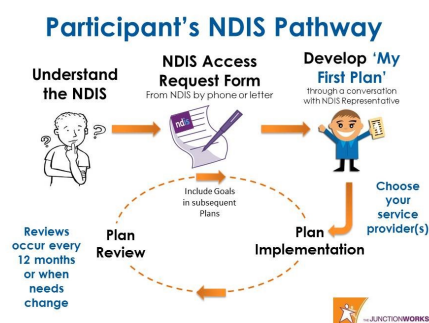
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



## National Disability Insurance Scheme NDIS

Barcaldine Regional Council is a Registered Provider of the NDIS. Once you have an NDIS Plan, we are able to assist you in implementing that Plan to best suit your needs and assist you to live the best life possible. These supports are divided into Core, Capital and Capacity Supports. We deliver the following service groups:

- Daily Tasks, including consumables
- Social & Community Participation
- Assistive Technology
- Home Modifications
- Community Nursing Care
- Assist with Personal Activities
- Assist with Travel & Transport
- Household Tasks
- Group & Centre Activities
- Plan Management & Support Co-ordination



NDIS Plans focus on the individual, to assist you to engage in local and community based activities. Our team will work **with** you, to achieve your goals. Your Plan is developed to increase your independence within your home and to improve your connection to your community.

Plan Management support is where we act as the 'bank' for your Plan funds, managing payments and invoices on your behalf. All invoices for services must be made out to **Barcaldine Regional Council, CW NDIS Services** and can be emailed to: [invoices.ccs@barc.qld.gov.au](mailto:invoices.ccs@barc.qld.gov.au)



**COMMUNITY CARE SERVICES**

66 Ash Street  
PO Box 191  
Barcaldine Q4725

Phone: 07 4651 2187  
Fax: 07 4651 2376  
Jordan's Mobile: 0409 621 346  
Carl's Mobile: 0408 372 526  
E-mail: carlo@barc.qld.gov.au

**We can't change your world, but together we can make a difference**

**Don't let your past define you, destroy you or defeat you. Let it strengthen you!**

**CoronaVirus (COVID-19)**

Firstly, I think it is important to state that there is no need for alarm or drama.

We have always taken infection control very seriousl , with Policies and Processes in place and yearly training units completed by all staff i.e. Hand washing, etiq- uette when coughing and sneezing.

You need to maintain healthy habits at home and when you are out. If you feel unwell—flu like symptoms (the coronavirus is related to the common cold) please seek medical advice.

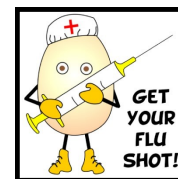
We have ordered a shipment of masks, which are a specific type (P2) should someone present with symptoms.

There is a 24 hour National COVID-19 Information Hotline is **1800 020 080**.

In relation to the 2020 influenza season, I would encourage you all to make sure you have your flu shots this year. It is important that you protect yourself and our staff in preparation for the 2020 influenza season. All Community Care Services staff will be immunized as part of Council's commitment to your health and well-being.

If you have any question, please don't hesitate to ask—that's what we are here for. 😊

**Field Officer Update**



**March Focus:**

The focus for 2020 is **appreciation!** (Windows, doors, screens and lighting are the monthly focus again this month.)

Window jammed? Door won't open or close? It's an easy fix.

**Reminder:** we **DO NOT** do gardening or hedging. The focus is on safety in your home.

Please ask Jordan about the jobs around your home, if we can't help, we can certainly direct you to someone who can. Your safety and security, in your home, is our main focus.

If you are not a client, we can certainly join you up! It's free to join! Some friendly advice—well, its free also!

We are here to assist and help you out! Don't be afraid to ask for assistance—that's what we are here for! 📞





# March 2020

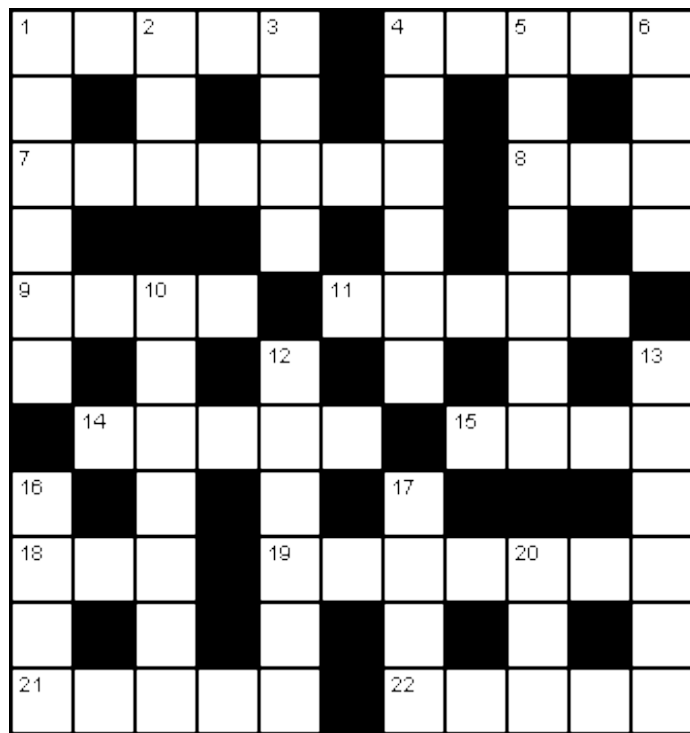
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	1
						
2	3	4	5	6	7	8
Aramac	Barcy	Alpha	Barcy	Maintenance		
9	10	11	12	13	14	15
Muttaborra	Barcy	Jericho	Barcy	RDO		
16	17	18	19	20	21	22
Barcy	Barcy	Alpha	Barcy	Maintenance Day		
23	24	25	26	27	28	29
Barcy	Barcy	Jericho	Barcy	RDO		
30	31					
Barcy	Barcy					

## Community Care Services Schedule of Events

- ◆ Give some thought to where you would like to go this year as part of a group activity?
- ◆ Regional Calendar of Events—Has been distributed

# March 2020

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Qld Women's Week 6–15 March				6th March Ceramics Workshop at Red Shed		<b>1</b> Clean up Australia Day
<b>2</b> Men's Shed	<b>3</b> 60 + Exer- cises Talk	<b>4</b>	<b>5</b> 60 + Tai Chi	<b>6</b> Croquet World Day of Prayer 7pm Angli- can Church	<b>7</b>	<b>8</b> Intern- ational Women's Day (IWD)
<b>9</b> Men's Shed IWD Morn- ing Tea 10am Town Hall	<b>10</b> 60 + Exer- cises Hoy	<b>11</b> CHSP Lunch	<b>12</b> 60 + Tai Chi	<b>13</b> Croquet	<b>14</b> Barcaldine Races	<b>15</b>
<b>16</b> Men's Shed Anoint- ing Mass at The Willows	<b>17</b> 60 + Exer- cises Meeting 	<b>18</b>	<b>19</b> 60 + Tai Chi	<b>20</b> Croquet  Ceramics Glazing Red Shed	<b>21</b> QCWA Markets Oak St	<b>22</b>
<b>23</b> Men's Shed	<b>24</b> 60 + Exer- cises Bingo	<b>25</b> CHSP Lunch	<b>26</b> 60 + Tai Chi	<b>27</b> Croquet Down Memory Lane Cafe	<b>28</b>	<b>29</b> Mad Bag Mini Tri- athlon Trains at Museum
<b>30</b> Men's Shed	<b>31</b> 60 + Exer- cises Outing?				<b>4th</b> April 60 + Cent Sale	



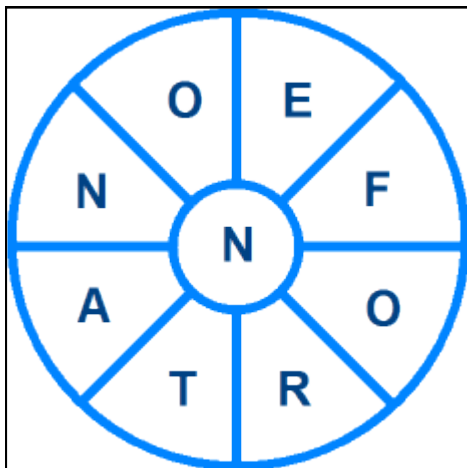
**Across**

- 1. Comical (5)
- 4. One of the senses (5)
- 7. Freedom (7)
- 8. Regret (3)
- 9. Woodwind instrument (4)
- 11. Ire (5)
- 14. Valuable item (5)
- 15. Singing voice (4)
- 18. Large antelope (3)
- 19. Greed (7)
- 21. Force out (5)
- 22. Compare (5)

**Down**

- 1. Bird of prey (6)
- 2. Seize suddenly (3)
- 3. Tall story (4)
- 4. Attempting (6)
- 5. Dreamlike (7)
- 6. Level (4)
- 10. Vague (7)
- 12. Leave (6)
- 13. Forward-looking (6)
- 16. Monster (4)
- 17. Shopping precinct (4)
- 20. Writing fluid (3)

How many words can you make from the letters in the wheel? Each word must contain the hub letter N. Can you find a 9-letter word and at least 25 other words of four letters or more avoiding proper nouns?




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A tough old cowboy from Texas one day told his granddaughter that if she wanted to live a long life, the secret was to sprinkle a pinch of gun powder on her oatmeal every morning. The granddaughter did this religiously until the age of 103, when she died. She left behind 14 children, 30 grandchildren, 45 great-grandchildren, 25 great-great-grandchildren, and a 40-foot hole where the crematorium used to be.

Don't let anyone tell you that you're getting old. Squash their toes with your rocker.

Doctor: With a gut like that, I find it hard to believe that you work out.

Patient: But I exercise every day!

Doctor: What kind of exercises are you doing?

Patient: Well, I jump to conclusions, push my luck, make mountains out of molehills, bend over backward, put my foot in my mouth, go over the edge, and beat around the bush.



A scientist tells a pharmacist: "Give me some prepared tablets of acetylsalicylic acid."

"Do you mean aspirin?" asks the pharmacist.

The scientist slaps his forehead. "That's it!" he says. "I can never remember the name."

Puzzle Solutions

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

9 Letter Word  
AFTERNOON

**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](mailto: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

**Craft:** Thursday 10:00am

**Croquet:** Friday 8:00am Oak St Park

**Health Talk:** 10:00am Tuesday 3rd March

**Hoy:** 10:00am Tuesday 10th March

**Meeting :** 10:00am Tuesday 17th March

**Bingo:** 10:00am Tuesday 24th Marc

**Lunch:** 12:00pm Friday 27th March

**Trip to Weir:** 10:00am Tuesday 31st March



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

Funded by



Under the auspices of  
Barcaldine Regional Council

**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

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