



# Garden City News



Volume 30

Issue 2

March 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. If you prefer, it can be emailed to you. The newsletter can be found on Barcaldine Regional Council website also.

Inside this Issue	
International Women's Day Dying to Know?	1
60+ Info Greetings	2
Vaccines	3
10 Commandments for Seniors	4
Boosting Energy Levels	5
Sexual Harassment	6
Recipes Malnutrition	7
Puzzles	8
Calendar	9
60 + Information Puzzle Solutions	10

Queensland Local Government Elections are on 16th March. Barcaldine Regional Council election is by postal voting. Ballot papers will be sent to all voters with a registered address in Barcaldine Regional Council area to complete and return.

Barcaldine 

## International Women's Day

### Friday 8th March 2024



Discussion and Lunch

'The Willows' (13 Willow St)

From 11:30am

12:00pm Inspirational Women Homage

Everyone will have an opportunity to speak briefly about a woman who has inspired them (family, friend, woman from the past or currently stimulating thought and action).

Lunch 12:30pm approximately (depends on number of speakers)

Please bring a small plate of finger food to share.

**All Welcome!!**

**Dying to Know, Death Café, Let's Talk about Death** - what ever name you give it, the story is the same. For many of us talking about death has been a taboo subject.

Talking about death is not an easy conversation to initiate but the opportunity to take part and discuss dying is being presented.

Join our guest facilitator, as well as palliative care nurse, Annie McConnell and Amber Ali from Western Queensland Primary Health Network as they discuss facts, fears, answer questions related to dying and we learn from one another.

**Tuesday 12th March 10:00am at 'The Willows'**

**Morning Tea Provided**

## From the Coordinator

We've navigated our way through summer and now we look forward to some cooler days with time preparing the garden, trying some different projects. We'll visit bonsai again and attempt to create some elementary Bonsai. Because there is some waste paper, it has been suggested we make paper briquettes for burning in fire pits or similar places. These activities will be on Thursday mornings after morning tea. We could start a Lego building group also.

**Change in Date for Hoy Hoy** will be 5th March so we can have our Death Café on 12th March. Please come to both events.

**International Women's Day is Friday 8th March.** Please join us to reflect on inspirational women in our lives and for lunch.

We are going to try **hydrotherapy** at the swimming pool. People can come on Mondays, Tuesdays, Thursdays and Fridays at 2:00pm to take part in some group water exercises. The exercise physiologist from North West Remote Health will be in attendance on Mondays 4th and 18th March. We'll follow the exercises provided by an exercise physiologist for hydrotherapy we did several years ago. There is an admission cost for the pool. Please make sure you wear a hat and a shirt.

Easter is at the end of the month. I think croquet will be the only activity that won't happen in that period. Please keep Saturday 18th May free. That is the date of the 60 & Better Cent Sale. Any donations will be accepted with gratitude.

Do you have any suggestions to celebrate the 30th anniversary of Barcaldine 60 & Better Program? The first meeting of the Barcaldine 60 & Better Program was held on 13th May 1994. We have minute books which can provide a history. There are photos from activities and trips across the years and some video tapes of concerts and Seniors Olympics

Do you have an activity you'd like to try or a skill you are proficient at and you'd like to share? What we do is guided by participant input and interest. Not everybody wants to attend hoy and bingo and others shy away from any physical activity. We have a diverse group of people whose needs and interests we are trying to accommodate, and we need some more active involvement to develop our ideas.

Please feel free to contact us at 60 & Better if you have any queries.

Till Next Time. Take Care. Play Safely. Happy Easter.



*Cheers Jean*

“Just living is not enough. One must have sunshine, freedom, and a little flower.”- Hans Christian Anderson

“Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul.” - Luther Burbank

**Birthdays for March** — We wish Lucille (Jenny) Thompson, Col Harvey, Kingsley Ward, Euan Miller, Heather Tysoe, Norma Hauenschild, Beccy Plumb, Gay Gesch, Shirly Jackson, Ivan Bashford a Happy Birthday. May your birthday wishes come true.

**Condolences.** -We send our condolences to the family and friends of Darryl Dern.

## Vaccines for adults and other information

Vaccination is important for adults to stay protected from harmful diseases. If you haven't had the recommended vaccines during your childhood, you can still get catch up vaccines. If you're not sure if you've had them, speak to your GP or vaccination provider. In Australia there are some vaccines recommended and provided for free to adults. These include vaccines for women during pregnancy for people with some medical conditions and for people older than 65 years of age.

The vaccines given during pregnancy protect the woman and the unborn baby from diseases during pregnancy and in the first few months of the new baby's life. As we get older, our bodies defences don't work as well and we become more vulnerable to some diseases.

Immunisations can provide protection for older people from these diseases. Talk to your doctor about your vaccination needs. To see which vaccines are recommended and provided free under the National Immunisation Programme Schedule in Queensland go to [www.vaccinate.initiatives.qld.gov.au/schedule](http://www.vaccinate.initiatives.qld.gov.au/schedule).

If you have questions or concerns about immunisation you can talk to your doctor or your local immunisation provider. If you need help with English when you talk to them you can use an interpreter by calling 131 450. This service is free. Australia is one of the safest countries in the world when it comes to vaccine preventable diseases. One of the main reasons for this is because Australia has one of the best immunisation programmes in the world.

If you have medically at-risk conditions, you may need extra vaccines. Talk to your GP for more information.

**19 to 49 years old** All adults should get an influenza vaccination every year. There may be a

fee for this. All adults born during or since 1966 who have not received 2 doses of MMR (measles, mumps and rubella) vaccine are recommended to receive 2 doses. Minimum interval between doses is 4 weeks.

**50 years old and older** All adults should get an influenza vaccination every year. There may be a fee for this. Aboriginal and Torres Strait Islander adults should get a pneumococcal vaccination depending on their previous vaccinations. If you haven't had pneumococcal vaccines before, you'll need to get a dose of Prevenar 13 then a dose of Pneumovax 23, 2 to 12 months after that. You'll then need to get a second dose of Pneumovax 23 at least 5 years after the first dose.

**65 years old and older** All adults should get an influenza vaccination. It's free for people 65 or older.

**70 years and older** All adults should get the following vaccinations: Influenza, it's free for people 65 or older Varicella zoster (shingles).

They should also get a pneumococcal vaccination. This is free for non-Indigenous people who must get it at least 12 months after any previous Pneumovax 23 dose.

Aboriginal and Torres Strait Islander adults should get this vaccination depending on their previous pneumococcal vaccinations.

People with certain conditions have an increased risk of pneumococcal disease and need extra doses of vaccines for better protection. For more information about pneumococcal vaccines, talk to your GP or other vaccination service provider.

Remember, immunisation saves lives.

Source: [https://](https://www.vaccinate.initiatives.qld.gov.au/who-should-get-vaccinated-and-when/adults)

[www.vaccinate.initiatives.qld.gov.au/who-should-get-vaccinated-and-when/adults](https://www.vaccinate.initiatives.qld.gov.au/who-should-get-vaccinated-and-when/adults)

## Barcaldine Community Care Contacts

Barcaldine:

Gordon Phone 0408 372 526 or 4651 5641

Gillian (NDIS) 4651 5643

Aramac : Maree 0427 465 134 or 4651 3346

Alpha : Cathy 0429 051 304 or 4651 5646

**CLEAN UP AUSTRALIA DAY**

**SUNDAY 3RD MARCH**

**7AM ROB CHANDLER PARK**



## Ten Commandments for Seniors

### I – Physical Health

Preserve your body in the best possible condition – a healthy body and a sound mind go hand-in-glove. Obtain thirty minutes of physical exercise every day – a brisk walk is a wonderful tonic.

### II – Mind Stimulation

Anticipate retaining your memory – temporary misplacement of stored facts can occur at any age. Each day obtain thirty minutes of challenging mental stimulation and read aloud for at least ten minutes.

### III – Healthy Eating

Eat nutritious meals that are in as natural a state as possible. Eat slightly smaller portions and select foods and beverages with more care. Aim for a low-fat, low-salt, low refined sugar, high fibre, and a nutrient complete diet.

### IV – Character

Do yourself and the world a favour. Become now the kind of person you want to be then – during your golden years. Characteristics developed during earlier years are simply magnified with age.

### V – Self-image

Develop a good self-image and an optimum level of self-esteem, realizing that there is no substitute for the wisdom of experience. Sharing the gift of knowledge is a priceless legacy to succeeding generations.

### VI – Happiness

Cultivate a happy face—it's an instant face-lift. Hone your sense of humor and learn to laugh at yourself and the incongruities of life. A merry heart is good medicine and strengthens immune system functions.

### VII – Reminisce

Reminisce regularly – recall the good with the bad, the happy with the sad. This contributes to healthy adjustment in the present.

### VIII – Realism

Be realistic in your expectations and learn to accept help graciously when it is offered. Avoid overemphasizing independence at the expense of interdependence.

### IX – Socialisation

Initiate regular contact with family members or family-of-choices, friends, and people of all ages. Socialisation stimulates the mind and helps keep life in perspective—love and caring are the secrets of graceful aging.

### X – Thankfulness

Continually give thanks for blessings – a grateful heart nourishes the bones and helps to prevent discouragement, illness, and depression. Again... a merry heart is very good medicine.



## Digital Learning for Older Adults (DLOA) <https://beconnected.esafety.gov.au/>

Be Connected is an Australian government initiative committed to building the confidence, digital skills and online safety of older Australians. Whether you want to pick up new skills or dive into a new topic, you can access our free learning resources online or join one of the thousands of community organisations running free computer classes across Australia.

Join a free online Be Connected presentation to develop your digital skills and keep safer online. Hosted by the eSafety Commissioner, Be Connected presentations cover a range of topics every month for older Australians, including how to use government websites, how to avoid scams, safer online shopping and banking and staying safe on Facebook.

All presentations are free, live streamed and delivered in an easy to understand format

Visit the Be Connected website for upcoming presentation topics and dates and information about how to register: [beconnected.esafety.gov.au/online-safety-presentations](https://beconnected.esafety.gov.au/online-safety-presentations).

You are welcome to use the computers or tablets at 60 & Better.

## **Boosting energy levels as we get older**

As we grow older, it's not uncommon to experience a decrease in energy levels. However, this doesn't have to be an inevitable part of aging. With the right strategies, it's possible to maintain and even boost your energy levels, helping you to stay active and enjoy life to the fullest. In this article, we'll explore a variety of tips and techniques that can help you maintain high energy levels as you age. From dietary changes to lifestyle adjustments, these strategies can make a significant difference to your overall vitality.

### **Nutritional Strategies for Energy**

What we eat plays a crucial role in our energy levels. By making smart dietary choices, you can fuel your body with the nutrients it needs to stay energized throughout the day. Here are some nutritional strategies to consider:

#### **Stay Hydrated**

Dehydration can lead to fatigue and decreased energy levels. As we age, our sense of thirst may not be as sharp, so it's important to make a conscious effort to drink enough water throughout the day. Try to drink at least eight glasses of water a day, and more if you're physically active. Herbal teas and fruit-infused water can also be good options if you're looking for something with a bit more flavor.

#### **Choose Energy-Boosting Foods**

Some foods are particularly good at providing long-lasting energy. These include complex carbohydrates like whole grains, fruits, and vegetables, which are slowly

digested and provide a steady source of energy.

Protein-rich foods like lean meats, fish, eggs, and legumes can also help to keep your energy levels up, as they provide the building blocks for your body's cells.

### **Physical Activity and Energy**

While it might seem counterintuitive, being physically active can actually increase your energy levels. Regular exercise helps to improve your cardiovascular health, boost your mood, and promote better sleep, all of which can contribute to higher energy levels. Here are some tips for incorporating more physical activity into your routine:

#### **Find Activities You Enjoy**

Exercise doesn't have to be a chore. In fact, you're much more likely to stick with a physical activity routine if you enjoy what you're doing. Try out different activities until you find something you love. Remember, the goal is to stay active, not to become a professional athlete.

#### **Start Slow and Gradually Increase**

If you're new to exercise or haven't been active for a while, it's important to start slow and gradually increase your activity levels. This can help to prevent injury and make the process more manageable. Start with short, low-intensity workouts and gradually increase the duration and intensity as your fitness improves. Remember to listen to your body and rest if you need to.

#### **Prioritise Quality Sleep**

For many, the irony of retirement lies in the challenge of enjoying a

restful slumber when the obligation to rise for work no longer exists. However, acknowledging the importance of sufficient sleep, typically around 7 hours per night, is paramount. To enhance your sleep quality, consider refining your nighttime routine:

#### **Mindful Alcohol Consumption:**

Avoid consuming alcohol close to bedtime. While it may induce momentary drowsiness, it adversely impacts the ability to attain a full night's rest.

#### **Strategic Caffeine Intake:**

Conclude all caffeine consumption by midafternoon, recognizing its potential to disrupt sleep patterns.

#### **Digital Detox Before Bed:**

Disconnect from electronic devices such as computers, smart phones, and TVs well before bedtime. The artificial light emitted from screens can interfere with the body's natural circadian rhythm.

#### **Optimise Sleep Environment:**

Cultivate an ideal sleep sanctuary by maintaining a cool, dark, and quiet bedroom environment. Consistency is key – strive to adhere to a regular sleep schedule by going to bed and waking up at consistent times. Should challenges persist in achieving adequate sleep, engaging in a dialogue with your healthcare professional is advised.

#### **Mental Wellbeing and Energy**

Your mental wellbeing can also have a significant impact on your energy levels. Stress, anxiety, and depression can all lead to feelings of fatigue and low energy. Here are some strategies for maintaining good mental health as you age:

*Continues next page*

*From previous page*

### **Stay Socially Connected**

Social connections can play a key role in your mental wellbeing. Regular interaction with friends and family can boost your mood and energy levels. Try to make time for social activities, whether that's catching up with friends over coffee, joining a local club or group, or volunteering in your community.

### **Practice Mindfulness and Relax-**

### **ation Techniques**

Mindfulness and relaxation techniques can help to reduce stress and improve your mental wellbeing. This can include practices like meditation, yoga, or deep breathing exercises. Even just a few minutes of mindfulness each day can make a big difference to your stress levels and overall energy.

While it's natural for energy levels to fluctuate as we age, there are many strategies you can use to maintain and boost your vitality.

By focusing on good nutrition, regular physical activity, and mental wellbeing, you can stay energized and active throughout your later years. Remember, it's never too late to make positive changes to your lifestyle. Start small, be consistent, and over time, you'll likely see a noticeable improvement in your energy levels.

[https:// www.60plusclub.com.au/health/boosting-energy-levels-as-we-get-older/](https://www.60plusclub.com.au/health/boosting-energy-levels-as-we-get-older/)

## **WHAT IS SEXUAL HARASSMENT?**

The Anti-Discrimination Act 1991 outlines the meaning of sexual harassment.

Sexual harassment happens if a person:

- a. Subjects another person to an unsolicited act of physical intimacy; or
- b. Makes an unsolicited demand or request (whether directly or by implication) for sexual favours from the other person; or
- c. Makes a remark with sexual connotations relating to the other person; or engages in any other unwelcome conduct of a sexual nature in relation to the other person;

And the person engaging in the conduct described above does so:

- a. With the intention of offending, humiliating or intimidating the other person; or
- b. In circumstances where a reasonable person would have anticipated the possibility that the other person would be offended, humiliated or intimidated by the conduct.

Sexual Harassment can take many different forms – it can be obvious or indirect, physical or verbal. Examples of sexual harassment include, but are not limited to:

- unwelcome physical contact such as touching, patting, pinching, grabbing, kissing or hugging
- unnecessary familiarity such as deliberately brushing against a person
- sexual propositions
- unwelcome and uncalled for remarks or insinuations about a person's sex or private life
- suggestive comments about a person's appearance or body
- staring or leering at a person or at parts of their body
- offensive telephone calls
- indecent exposure
- suggestive comments or jokes
- displays of offensive material such as sexually explicit pictures, posters, screen savers, or internet material
- persistent invitations to go out, where they are refused
- unwelcome requests for sexual favours
- sending rude or offensive emails, attachments or text messages

Sexual Harassment is not behaviour which is based on mutual attraction, friendship and respect. If the interaction is consensual, welcome and reciprocated it is not sexual harassment.

Information Source <https://www.legislation.qld.gov.au/view/html/inforce/current/act-1991-085#ch.3>

### Portuguese Roast Lamb

1/2 cup fresh continental parsley leaves  
100g rindless bacon, coarsely chopped  
3 garlic cloves, coarsely chopped  
2 tsp paprika  
125ml (1/2 cup) white wine  
1 (about 1.4kg) butterfly lamb leg  
1 tbsp olive oil  
250ml (1 cup) chicken liquid stock  
5 dried bay leaves

Process the **parsley**, **bacon**, **garlic**, **paprika** and 2 tablespoons of **wine** in a food processor until a coarse paste forms.

Place the **lamb**, skin-side down, on a work surface. Spread with parsley mixture. Roll up and use kitchen string to tie at 2cm intervals. Cover. Place in fridge for 24 hours to marinate.

Preheat oven to 200°C. Place the lamb in a roasting pan. Drizzle over **oil**. Roast for 20 minutes. Add remaining wine. Reduce heat to 180°C.

Add **stock** and **bay leaves**. Roast for 1 hour 10 minutes for medium. Transfer lamb to a plate. Cover. Set aside for 10 minutes to rest. Thickly slice lamb. Drizzle over pan juices. Serve with roast potatoes with paprika & lemon salt and broad beans with chorizo & coriander

### Baked Jacket Potato

one potato, scrubbed  
sour cream or yoghurt  
1/2 95g canned tuna  
1/4 cup grated cheese (of your choice)  
1–2 tablespoons finely chopped vegetables of your



choice (sweetcorn, capsicum, spring onions, carrots)

Preheat your oven to 200°C.

Pierce potato with a fork a few times and bake in the oven for 45–60 minutes or cook on high in microwave oven for 3 minutes then check with a skewer.

Once your potato is cooked through, cut in half lengthways and scoop out the flesh, leaving about 1/2cm thickness. It will be hot, so be careful.

Place flesh in a bowl and mash with the sour cream or yoghurt. Add in the remaining ingredients and mix together.

Put mixture back into the potato and cook in the oven for another 10 minutes.

### Easter Egg Bikkies

200g white chocolate melts  
25 milk arrowroot biscuits  
Coloured sprinkles, to decorate

Place the chocolate in a heatproof bowl over a saucepan half-filled with simmering water (make sure the bowl doesn't touch the water). Use a metal spoon to stir for 5 minutes or until the chocolate melts and is smooth.

Use a small palette knife or butter knife to spread chocolate over 1 biscuit. Transfer to a wire rack. Carefully sprinkle 1 colour of sprinkles across the centre of the biscuit to form a wide stripe. Carefully sprinkle 2 other colours over either end of the biscuit to form 2 more stripes. Repeat with the remaining chocolate, biscuits and coloured sprinkles (if the remaining chocolate starts to set, repeat step 1). Set aside for 20 minutes or until the chocolate is completely set.

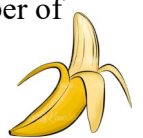
**What causes malnutrition in the elderly?** Malnutrition in the elderly can be caused by a number of things, including medical, physical and social, and physiological reasons

As we age we become more vulnerable to malnutrition for a number of reasons:

- our requirement for a number of nutrients increases, such as; protein, calcium and vitamin D
- we experience changes in our ability to taste and smell food as we get older, this can mean we no longer get the same enjoyment out of eating as we once did
- physical changes can also make it more difficult to buy, prepare, cook, and eat food without help
- Medical illnesses such as depression, poor dentition (condition of teeth), difficulty swallowing, side effects of medication, dementia, and chronic illness become more commonplace

social isolation, loneliness and financial strain can also play a large part in the emphasis we place on food.

Source: <https://www.independenceaustralia.com.au/health-articles/nutrition/malnutrition-and-ageing/>



Two Paddies were working for the city public works department. One would dig a hole and the other would follow behind him and fill the hole in.

They worked up one side of the street, then down the other, then moved on to the next street, working furiously all day without rest, one man digging a hole, the other filling it in again.

An onlooker was amazed at their hard work, but couldn't understand what they were doing. So he asked the hole digger, "I'm impressed by the effort you two are putting into your work, but I don't get it – why do you dig a hole, only to have your partner follow behind and fill it up again?"

The hole digger wiped his brow and sighed, "Well, I suppose it probably looks odd because we're normally a three-person team. But today the lad who plants the trees called in sick."



**WORD SEARCH : SOUNDS**

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

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

- ACOUSTICS
- APPLAUSE
- BANG
- BLAST
- BURST
- CHANGE
- DEAF
- DECIBEL
- DOMINANT TONE
- EARDRUM
- ECHO
- ELECTRONICS
- FREQUENCY
- GONG
- HEADPHONES
- HEARING IMPAIRED
- HERTZ
- INSTRUMENT
- LOW
- MONOTONOUS
- MUFFLE
- NOISE
- REPEAT
- SHRILL
- SONG
- SOURCE
- SPEED
- SPURT
- STEREO
- TALK
- THRESHOLD
- THUNDER





I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I? \_\_\_\_\_

I am a box that holds keys without locks, yet they can unlock your soul. What am I? \_\_\_\_\_

Take one out and scratch my head, I am now black but once was red. What am I? \_\_\_\_\_



# March 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mongrels Men Saturdays 8am Ski Park Diner		Water Ex- ercises Barcald- ine Swim- ming Pool 2pm- Mon Tues Thu Fri		1 St David's Day Croquet	2 Mongrels Men <i>Barcald- ine Ball</i>  Cultural Assn	3 Clean Up Australia Day
4 Men's Shed	5 Tai Chi <b>Hoy</b>	6 Anointing Mass 9:30am Men's Shed Cultural Assn	7 Exercises Tai Chi Briquettes Bonsai	8 Croquet Interna- tional Women's Day	9 Mongrels Men Barcaldine Races Cultural Assn	10
11 Men's Shed ADALink - Library 9:30am - 11:30am	12 Tai Chi Death Cafe	13 Men's Shed CHSP Lunch Cultural Assn	14 Exercises Tai Chi Briquettes Bonsai	15 Croquet Mad Bag Colour Run	16 LGQ Elections Mongrels Men Cultural Assn	17 St Pat- rick's Day
18 Men's Shed	19 Tai chi Meeting	20 Men's Shed CHSP Lunch Cultural Assn	21 Exercises Tai Chi Bonsai Briquettes	22 Croquet	23 Mongrels Men Cultural Assn	24
25 Men's Shed	26 Tai Chi Bingo	27 Men's Shed Cultural Assn	28 Exercises Tai Chi Bonsai Briquettes	29  <i>Good Friday</i>	30 Easter Saturday Barcaldine Races	31  EASTER SUNDAY



BARCALDINE  
60 & BETTER PROGRAM

AUSPICEE OF  
BARCALDINE REGIONAL COUNCIL



Funded by



FUNDED BY

Queensland Department of Child Safety, Seniors and  
Disability Services

Contact Information

*The Willows*

13 Willow Street

Barcaldine Q 4725

Phone 4651 2354

Email [jeanw@barc.qld.gov.au](mailto:jeanw@barc.qld.gov.au)

**Coordinator:** Jean Williams

**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.

**Committee Executive**

President K. Brown

V. President B. Church

Secretary P. Miller

Treasurer S. Jackson

**Activity Times & Dates March 2024**

**Tai Chi:** Tuesdays 9:00am

Thursdays 9:00am

**Exercises:** Thursdays 8:30am

**Bonsai or Briquettes:** Thursdays 10:30am

**Croquet:** Fridays 8:00am

**Hydrotherapy:** Mon, Tue, Thu, Fri 2:00pm

**Hoy:** 10:00am Tuesday 5th March

**IWD Lunch:** 11:30am Friday 8th March

**Death Café:** 10:00am Tuesday 12th March

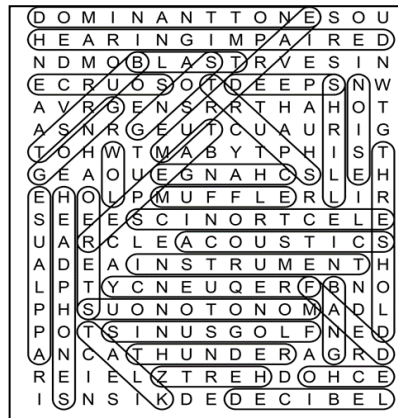
**Meeting:** 10:00am 3rd Tuesday 19th March

**Bingo:** 10:00am 4th Tuesday 26th March

**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



**Sentence:**

Sound moves in waves that are caught by the auricle and carried inside

**Riddles**

Pencil lead  
Piano  
Match

If unclaimed return to -:

Barcaldine 60 & Better Program

PO Box 269

Barcaldine Q. 4725