



# SENIOR MOMENTS

**July 2018**

Who said they were bored? Not the Community Activities and Seniors Program. We have had a busy few months with I-Pad lessons, Transcribing sessions, Under5's Easter Parade at the Library, Seniors / Pot Luck luncheons, Footcare mornings, Active Agers, Outback Senior Games and Mosaic Workshops.... just to mention a few things we have been doing in the program.

## Wellbeing

Aqua sessions with All About Aquatics has been great for all that have attended. Alina Graham presented Bernadette Hall with a certificate for her dedication to the Aqua sessions during the season. Aqua sessions finished in April and we have been at Active Agers at the Quilpie Sport and Recreation Centre with trainer, Ann Kent. We have been working on our balance and bone strength.



If you hear a voice say  
"you cannot do it,"  
turn around  
and say "Watch Me!"





We headed to Eromanga for a foot care morning which was at the RFDS Clinic building, belonging to the QCWA Eromanga Branch.

Amy Kliese and a Graduate Nurse from the Quilpie Multi-Purpose Hospital Service attended to the clients that came along for the morning.

Betty Marchant and Georgie Walker provided a delicious morning tea for everyone.

Foot care mornings at the Quilpie Multi-Purpose Hospital Service are going well. Thanks to Amy Kliese and Tina Johnston CSHP Coordinator for hosting the seniors at the hospital. Lots of chatter and laughter coming from the verandah on foot care mornings.



### Healthy Ageing Luncheon

Brain Week was 18-22 March. Seniors attended a luncheon at the Quilpie Multi-Purpose Hospital Service on 19 March. Laura Wilson, Registered Nurse gave a presentation and seniors took part in some brain games and received information regarding health tips for the brain.







A Pot Luck Luncheon was held at the CWA hall on Friday 12 April. The seniors brought along their favourite dishes to share. The food was delicious. Everyone went home feeling very full from the lunch.

The June Healthy Ageing Luncheon was at 27 Coffee Gallery. There was a great roll up for the lunch. Thanks to Jenny Anderson and her staff for such a delicious lunch. Guest Speaker was Karen Sherlock, Senior Clinician from the RFDS Drought and Wellbeing Service, Charleville. Karen spoke about the five main things for looking after your mental health.



### **Men's Group**

Men's Group was on Wednesday 26 June. Five men attended the morning. There were many stories told. It is great to have these mornings for the men, as it is the only time some of them catch up with each other. Sadly on 27 May we lost a friend from the Men's Group, Duro Kljaic (Little George). He would come along when he was feeling well enough and have a cuppa and a chat. We will miss him at Men's Group.

### **Craft Creations**

Our crafty seniors have been doing a variety of crafts over the past few months - Decorating Easter Bonnets, making poppies and slouch hats for Anzac Day. Margaret Stevenson from Windorah held a Mosaic Workshop with the seniors for two days. Everyone had an enjoyable time and learnt a lot about mosaics.



**MOSAIC**



We were also very fortunate to be able to take part in a Mosaic Paver Workshop, an initiative of the Quilpie Shire Council and part of the Borehead Water Feature Community Art Project with Pamela Denise. Seniors that attended were able to take home a paver and assisted with gluing tiles on the Borehead Water Feature. A World



Wide “Knit In Public Day” was held in RSL Park. Students from Quilpie State College joined in for the morning. It was a fun morning for the young and the old to get together.





## EASTER BONNETS



## Senior Games

The Outback Seniors Games were in Charleville on Friday 10 May. The theme for the day was “Year of the Outback”. The Quilpie Opals team dressed according to the theme and won the “Best Theme Team” Award, came second in the Trivia Quiz and came 11<sup>th</sup> out of 20 teams. Congratulations to the two teams from CWAATSICH - the Brolga’s coming first and Eagles coming second.





## Out and About

Charleville Healthy Ageing Group joined the Community Activities and Seniors Program for a Healthy Minds day. Morning Tea was served on arrival and then games of Skip Bo, Euchre, Canasta, Yahtzee and Scrabble were played. Some just chatted until lunchtime. A Mini Cent Sale was held which went off very well. The Charleville Healthy Ageing Group took home several prizes as well as the lucky door prize from the day. They enjoyed the day and thanked us for our hospitality.





The Seniors Craft Group took part in decorating the Quilpie Shire Hall foyer for Anzac Day. We received many comments by the community how nice it looked on the day.



We visited the Quilpie Cultural Society to view the beautifully restored furniture by participants that took part in the Furniture Restoration workshop with tutor, Dean Timms.



Water Colour Painting with Tina.



Craft and Conversation with Michelle.



A group of seniors attended a morning tea at the Visitor Information Centre on Wednesday 15 May. Lyn Barnes, local artist was there to show us through the gallery to view the outstanding artwork from her art students at the local A Palette of Pastel Exhibition.



The students from Emmanuel College, Gold Coast visited us over the holidays. They joined in for cards and afternoon tea at St Matthews Hall on Thursday 27 June. They have been visiting Quilpie for a few years and they always make time to visit our seniors in the community.



Sadly, on Tuesday 15 February we lost a dear friend Joan Houghton. Joan was part of the Seniors Group and an inpatient at the Quilpie Multi - Purpose Hospital Service. Joan loved coming along to the Seniors Group where she would play her piano and do her crosswords. Sadly, she had to stop attending due to her health. We will always have fond memories of our dear friend Joan.

