

SENIOR MOMENTS



December 2019

July was a quiet month for the Community Activities and Seniors Program as some of our seniors were involved in the CWA "Pop Up" Markets that had been opened in L R McManus building in Brolga Street. A Pot Luck luncheon was held Wednesday 24 July at St Matthews Hall. Thanks to everyone that brought a dish along to share for lunch. Eight people attended the lunch.

Seniors week celebrations kicked off Monday 19 August, with Lisa Hamlyn officially opening Senior's Week followed by a morning tea at the Visitors Information Centre and then viewing the local photography competition.



On Tuesday 20 August, "Catch up and Cuppa" was held at CWAATSICH. There was a lot of yarnning and laughing going on with the seniors.



There was a Jam Drop competition on Wednesday 21 August, this was open to any person over 50 in the the Quilpie Shire. We had nine entries on the day which was fantastic. Ann Lewis from the Imperial Hotel was the judge and Cr Jenny Hewson assisted. Winners on the day: 1st Place – Bernadette Hall, 2nd Place – Michelle Donohue and 3rd Place – Fran Murray.



A Cent Sale was held at St Matthews Hall on Thursday 22 August. Seniors took home heaps of prizes from the Cent Sale.



CENT SALE



On Friday 23 August, we headed to Moble Station for lunch. A delicious two-course meal was served on the lawn by hosts Brian and Kylie Rutledge after we were given a tour of the beautiful gardens. Such a beautiful place to visit. Thanks to Cr Roger Volz for driving the bus. It was much appreciated by all the seniors.



MOBLE HOMESTEAD



Foot care mornings are held at the Quilpie Multi Purpose Hospital once a month. The seniors enjoy the special treatment given to their feet. Everyone enjoys a chat, cuppa and morning tea before heading home. Friday 20 December will be the last footcare morning for 2019.





Men's Group mornings have been happening monthly. The men still enjoy catching up and having a cuppa once a month.



Aqua sessions with Alina Graham at the Quilpie Pool have been going well. The aqua sessions are twice a week on Monday and Thursday mornings starting at 9.00am.

The aqua classes are free to all seniors in the community. Aquatic exercise can reduce impact on the joints and supports full range of movement to improve, flexibility, strength and endurance. Exercising in the water is great for reducing arthritis and other joint pain. Water also acts as a form of resistance, so strength exercises can be performed in the water without heavy weights. If you are interested you can contact Michelle Donohue on 0427 243 055.

Active Agers sessions went really well with trainer, Ann Kent during the cooler months. The women also enjoyed the two sessions with trainer, Emily Tully when Ann was not available. They enjoyed finishing the session with meditation. Active Agers has now finished for the year.



It was Show Time in September and the theme was “Helping Hands In the Outback” the seniors craft group took part in making hands for a window display in Killer’s shop window and created a banner, using the QCWA logo for a display in the pavilion for the Quilpie and District Show.



The monthly luncheons have been well supported by the seniors in the community. The HPO / CHSP Program participants enjoy the Pot Luck lunches where everyone brings a dish to share.



Seniors were very excited to meet and have morning tea with Johnathan Thurston and the JT Academy on his recent visit to Quilpie.





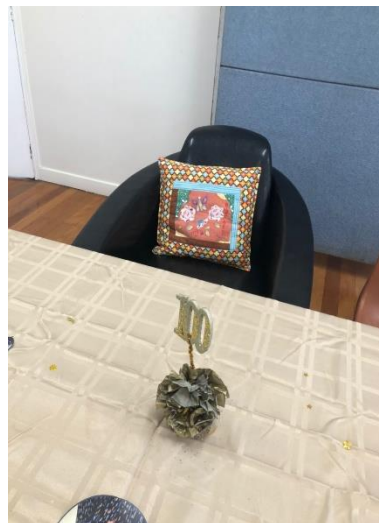
Remembrance Day falls on the 11th November each year. On the 11th hour on the 11th day of the 11 month, a minutes' silence is observed and dedicated to those soldiers who died fighting to protect the nation.

The Quilpie community gathered in Bob Young Memorial RSL Park to remember those who made the supreme sacrifice for us in time of war.

The Seniors Craft Group made poppies out of the bottom of plastic bottles which were painted and the Men's Group put stems onto the poppies which were then placed in RSL Park to mark this special day.



Seniors attended a morning tea on Thursday 14 November for local resident, Beryl Pegler who turned "100". Beryl had a fantastic day surrounded by family and friends. The craft group handmade decorations for the tables and made a birthday banner for Beryl's special day!



HAPPY
100TH



The Seniors Christmas luncheon was held at the Imperial Hotel on Tuesday 17 December. We had thirty six people attend the lunch and everyone had an enjoyable time catching up before Christmas. Thank you to Ann, Blue and team for such a delicious lunch.



Tina, Nicola and I would like to wish everyone a Merry Christmas and
A Happy New Year!

Happy Holidays and see you in 2020!

