



Healthy Ageing Program **Skylarkers** The newsletter for people over 50

Covering the postcode 4077 which includes Doolandella, Durack, Ellen Grove, Forest lake, Inala and Richlands

Volume 18, Issue 1

Summer 2011.

Skylarkers Healthy Ageing Program



Inside this issue:

2	Play it Safe Have a Laugh
3	Shared Meals
4	Recovery in all its forms
5	Our Activities
6	Tip of the Day
7	Margaret's Mutterings
8	Sudoku Puzzle

Please take me I'm Free

Come and make new friends at Skylarkers

It's official: According to our survey:

People come to Skylarkers because they make new friends, have fun and get information that helps them.



Play it Safe

Learn to use fire safety equipment:

Place fire safety equipment* (e.g. extinguisher or fire blanket) in the kitchen between the stove and exit so you can reach them without getting too close to the fire, while ALWAYS being in a position to escape. Learn how to use an extinguisher/fire blanket before an emergency occurs.

**This equipment can be purchased from most hardware stores or through 'Fire Protection Equipment and Consultants' in the Yellow Pages.*

NB: Aldi has fire blankets for \$4.99. It meets Australian Standards.



Have a Laugh

A nurse noticed a man in golf attire pacing up and down outside the operating room where another golfer who had a golf ball driven down his throat, was being treated.

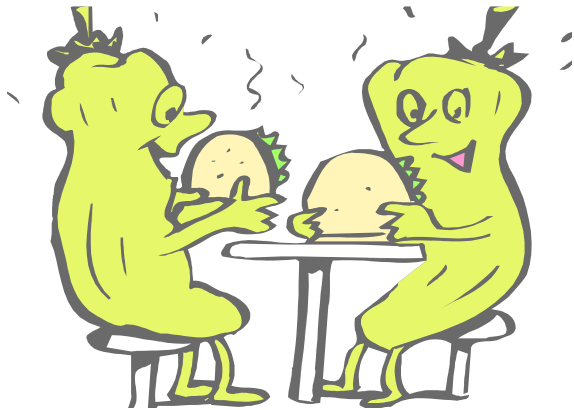
"Is he a relative of yours?" the nurse, stepping outside the room, asked the pacing golfer. .

"No," replied the man, "That's my ball!"



Let's meet and eat for health and enjoyment

Everyone is welcome for shared meals *but please book.*



Catered BBQ

6th April, 2011

At Noon

Cost: \$7.50

Please book before

1/4/11

Help needed:

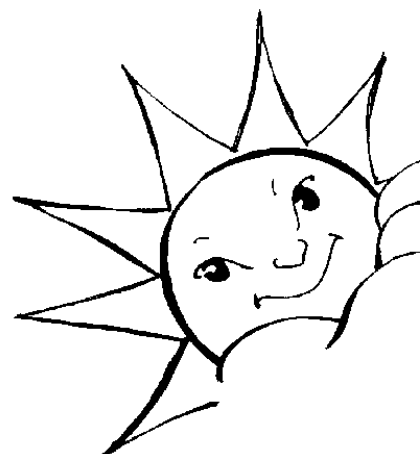
Would you like to assist with preparing food for our catered BBQ's? Just 90 minutes of your time is required—from 10.15 to 11.45 am on the day of the BBQ. Please phone Dianna (38790046) on either Wednesday or Thursday mornings after 9 am and tell her you can help.

Mahjong Players
meet every 2nd
Friday at 1pm.
Everyone Welcome

Men's Social
Morning Tea at
10:15 every
Wednesday.

Please Join Them

Card Players meet
Thursdays at 9am.
Everyone Welcome



Eventually the sun
shines through the
clouds

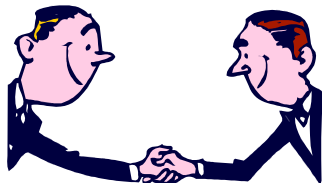
Recovery in all it's forms

In recent weeks we have heard a lot about recovery, from floods and cyclones in particular, but we all know there are many times when we need to focus on recovery and look after ourselves and the ones we love.

I think many of us watched far too much of the disasters on the media and have taken on the trauma of other people. Sure, people need to know what's happening, but we also need to make sure we are not putting undue stress on ourselves. If you can limit your exposure to trauma by perhaps only watching at set times, and being disciplined at not constantly watching the most graphic footage then you will be able to care for yourself better.

One of the things that has seemed to help people feel that they have some control is to find a way to help other people. Some of the participants helped relatives and friends, some made sandwiches for the army of volunteers helping in the cleanup. Even as early as December one of the participants had collected all the items she could do without for those flooded.

Skylarkers decided to run a small fundraiser to raise money for Rockhampton 60 and Better Participants, who have been badly effected by the flooding. Anita from Rockhampton tells me she had a number of



her participants and volunteers very badly affected. She has over a dozen people who are grieving the loss of their old life, and having to start again. We raised \$376.45 for Anita to put on a function so that those people can get together and talk to each other, knowing also that they are supported by people from outside their area. She will decide what fits their needs best.

We had intended to help Tara 50 and Better program who need a replacement fridge to continue operating the groups. Before the fundraising event Active 60 and Better Program, at Deception Bay gave them enough money to replace their Fridge so they asked me to give all our funds to Rockhampton..

The reality is that by helping these people we also helped ourselves to feel a little less overwhelmed by the disasters that have happened, and put to good use our ability to make a difference to others in their time of need. Thanks for your support.



[Our Activities for 2011](#)

Most of our activities are available at **\$3 a day**. If you attend more than one activity you only pay once. The **exceptions** are those with costs noted in the details column.

All activities at 20 Skylark Street unless otherwise stated.

Activity	Day and time	Details
BBQ	<i>Ad hoc—check with office or web</i>	Bookings essential. Cost \$7.50
Card Playing	Thursday at 9am to noon	The most popular canasta, samba and Bolivia.
Card making – day	1 st and 3 rd Thurs day at 1 pm	Learn to make beautiful hand made cards \$6 <i>Bookings essential.</i>
Social Craft	Mondays 10:30 am	The emphasis on social, bring your craft.
Computer Lessons	Individual bookings	\$5 individual lessons with various tutors. <i>Bookings essential</i>
Exercise Practice	Monday Wednesday and Friday at 9 am	Practice your exercises with us. All levels catered for.
Family History	On hold	Teacher not available at the moment
Relaxation	Fridays 10.15 am	Visual imagery after exercise
Forum	1st Monday each Month 12.30 pm	Your opportunity to have your say in what the program does and how.
Mah-jong	Every 2 nd Friday 1 pm	Check our calendar for the right day.
Men's Social Morning	Wednesdays 10.30 am	Join the men for a cuppa and chat
Weigh in	Any time	Check and record your weight
Computer Trouble Shooting	<i>We want to start this again.</i>	Discuss your computer problems with other computer users.

Other activities run in Inala and suitable for Older People

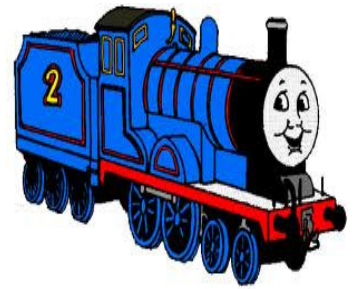
Craft Inala Community House	Thursday 10 am	Ph 3372 1711 for more details
Line Dancing	Wednesday 1 pm	Inala Community Hall near library
Musical Morning Tea— Inala Community House	Monday 10 am	Ph 3372 1711 for more details
Tai Chi—Hub	Monday 10 am	Ph 3372 3770 for more details

Summer Days	D	A	Y	L	I	G	H	T	B	Y	S	H	Q	B	B
DAYLIGHT	J	B	E	A	N	E	W	Y	E	A	R	D	R	E	R
INDOOR GAMES	C	O	W	G	D	B	E	P	C	M	M	B	Z	A	E
SWIMMING	O	L	C	S	O	U	T	D	O	O	R	S	S	C	E
NEW YEAR	L	Y	G	H	O	P	S	D	T	P	W	Q	B	H	Z
AUSTRALIA DAY	D	G	S	J	R	G	D	O	I	P	Z	Z	S	E	E
SUMMER	D	M	C	L	G	M	S	G	U	S	V	J	E	S	S
HOT	R	Q	D	O	A	M	M	N	Q	C	T	M	I	L	E
WET	I	J	S	D	M	S	R	I	S	S	H	R	K	V	I
RAIN	N	Z	R	P	E	O	N	P	O	S	V	N	S	N	L
OUTDOORS	K	G	E	T	S	W	I	M	M	I	N	G	E	V	F
BREEZES	S	O	M	S	N	C	V	A	L	O	Q	R	U	T	T
BBQ	C	S	M	N	I	V	G	C	C	G	W	V	L	C	T
COLD DRINKS	V	E	U	P	A	A	Y	A	G	B	J	P	B	P	O
FLIES	A	U	S	T	R	A	L	I	A	D	A	Y	M	V	H
CAMPING															
MOSQUITO															
BEACHES															
BLUE SKIES															

Test Your Knowledge:

(answer from page 8)

Ipswich to Grandchester



Don't know what to do with those chokos?

Try this Tip of the Day:

Choko Pears

Peel, quarter and de-seed four medium sized chokos so that they resemble freshly cut pears. Dissolve 3 cups of sugar in 1 litre of water. Add a dash of lemon juice and a few drops of cochineal and some vanilla essence. Place the prepared chokos in the syrup and poach for about 30 minutes or until tender. The cochineal gives the choko an attractive pinkish tinge while the lemon juice and vanilla removes any vegetable taste. Serve warm or cold with custard or use to make pies and cakes.

Gentle Exercise Practice group
 meets 9am every
Monday, Wednesday and Friday.
 Everyone Welcome
Do much or do little but do some!



IMPORTANT: The absolute deadline for articles and other items to appear in the Winter 2011 issue of the Skylarkers newsletter is:
Second last Friday in April 2011

Margaret's Mutterings

What a start to 2011. As I write this we are hearing about the Earth Quake in Japan. We have been flooded with very stressful images, and commentary describing all the horror.

With these days of instant communication, the world's horrors and dramas constantly bombard us. Self care demands that we do not allow ourselves to become overwhelmed with too much information. Turning off sources of that information may be the method you need to adopt to stop yourself becoming overwhelmed.

Another thing to remember is that there are a lot of very stressed people on the roads. Stressed people have accidents. So just driving on the roads at the moment requires extra vigilance and care. During the week of the floods I rang many of the participants to check they were ok. Three of those participants had had motor vehicle accidents that weren't their fault in the 3 days after the flood. Again I remind you stressed people have accidents.

In the next month I will be working to reduce my own stress. I think I will like that. We run a relaxation visualisation exercise every Friday morning at 10.15 am. Please join us if you think it will help you.

4	6	9	1	8	5	3	7	2
7	2	5	9	3	6	1	4	8
3	1	8	4	2	7	6	9	5
5	7	4	6	1	3	2	8	9
2	3	1	8	4	9	7	5	6
9	8	6	7	5	2	4	1	3
8	4	3	5	6	1	9	2	7
1	9	2	3	7	8	5	6	4
6	5	7	2	9	4	8	3	1

Be well everyone

Margaret Redsell

Skylarkers

60 and Better Program
The Newsletter for People Over 50 Years

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Thank you contributors.

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Disclaimer: Although the newsletter workshop tries to keep submissions intact, it reserves the right to edit all submissions and articles as deemed appropriate and necessary.

Opinions expressed in this publication do not necessarily reflect those of the Skylarkers Healthy Ageing Program.

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**Queensland
Government**
Department of
Communities



Support:

Skylarkers Healthy Ageing Program receives funding from Department of Communities and is managed by Inala Community House.

Decisions about our activities are made at our Forum of older people of the area. All Welcome.

This newsletter was produced with the assistance of Participants and Volunteers.

Solution to puzzle below is on page 7

	6		1			3		2
		5	9	3		1	4	
3	1		4	2		6	9	5
	7	4	6			2	8	9
2		1	8	4	9	7		
9	8			5	2	4	1	3
8		3	5	6				7
1				7			6	4
6		7		9	4	8	3	

Got something to say about your program?

Come to the Forum Group Meeting and help us make the program relevant to all who wish to participate.

Bring your ideas and a willingness to help make them come true.

1st Monday of Month
at 12.30pm
No cost to you but time.

Please join our activities this year Everyone over 50 welcome

- Exercise group meets every Monday, Wednesday and Friday from 9 am
- Men's Group meets after Exercises on Wednesdays (with morning tea)
- Craft group meets on Mondays at 10:30 am
- Computer Lessons on Tuesdays from 9 am to 1 pm
- Card Playing on Thursdays from 9 am
- Card Making on every 1st and 3rd Thursday from 1 pm
- Relaxation Group every Friday after Exercises
- Mahjong every second Friday (eg 18/3/2011)
- Shared Meals when advertised

Test Your Knowledge:

Question: Where did the first Queensland Railway run?

(answer on page 6)

