

OPN LUNCHES

Monthly.....

For the
'Young at
Heart'?!.....

Call Care
46700700 for
bookings or to
join the seniors'
groups at Care
Goondiwindi.

Care Seniors
Group= trips,
lunches, shows,
dinners,
entertainment,
raffles, music,
dancing,
morning teas,
health
information &
friendships
made....



CARE GOONDIWINDI

Care Seniors Newsletter

April 2024

Older Persons Network





**GOONDIWINDI
CINEMA & THEATRE**

Golden Hour Matinees Morning Tea Movie Club

In the summer of 2014 ~ the 70th Anniversary of the D-Day Landings ~ octogenarian Bernie Jordan (Michael Caine) made global headlines. He'd staged a "great escape" from his care home to join fellow war veterans on a beach in Normandy, commemorating their fallen comrades. It was a story that captured the imagination of the world ~ Bernie seemed to embody the defiant, "can-do" spirit of a generation that was fast disappearing. But of course, it wasn't the whole story. It was the story we all tell ourselves to make war and old age bearable. The bitter-sweet script explores the reality with wit and a very big heart. Bernie's adventure, spanning a mere 48 hours, also marked the culmination of his 60-year marriage to Irene (Glenda Jackson) ~ the story celebrates their love without sentimentality and with an eye to the lessons we can all learn from the Greatest Generation.

01 May 2024 - 9.30am for morning tea, 10.00am movie start
Cost: \$10

**MICHAEL CAINE
GLENDA JACKSON**

THE GREAT ESCAPER
INSPIRED BY TRUE LOVE STORY

IN CINEMA MARCH

Meet, Move, Munch and Make!

Prioritise your mental health and come join us for a day of relaxation, creativity, and connection!

Proudly presented by Greenup Events Group and supported by Goondiwindi Regional Council

9:30-16:00 13th or 14th April

40 Greenup Limevale Road, Coolmunda

\$65 per person, per day (*plus booking fee)

BOOK NOW!



Only 10 slots available each day!

Book through the QR code above or visit the Eventbrite website

Join us for a morning yoga session or nature walk, a hearty lunch, and creative workshops

The choice is yours between:



Paint on a Chopping Block

Kristy from "Kreate It"

Paint a Hummingbird on Saturday, or a cow on Sunday

OR



Create a Wire Sculpture

Jobella from "Wedgetail Winds Studio"

Create a wire bird sculpture on Saturday, or a dragonfly on Sunday

For more details, ring Michele: 04 07733533



This project is jointly funded by the Australian and Queensland governments under the Disaster Recovery Funding Arrangements.

Tech Sessions for Seniors

Hosted by Goondiwindi Library and FoodWorks Goondiwindi

Thursday
18th April at 10am
Goondiwindi Library, 100 Marshall Street

Get help from the Library Team and FoodWorks Goondiwindi Consultant to set up your personalised app for:

- Click and Collect Shopping
- How to view Weekly Specials
- Home Deliveries

What you will need to bring:

- Your device; phone or tablet and your app store login
- A positive attitude
- A mate, why not learn together



Bookings essential, contact the Library today to book your FREE spot:

07 4671 7470







Oak Tree Goondiwindi are hosting **FREE** Be Connected meetings for the community and would love for you to come along. We are offering **FREE** Tea, Coffee, Morning Tea, Lunch and the chance to learn more on the following topics.

Wednesday 1st May 2024

10.00am to 11.00am

- **Scams presentation**

Do you feel anxious every time you go online in case you become a victim of cybercrime?

If so, join us as we explore helpful strategies, useful tools and basic guides to arm you with the information needed to protect & keep your personal details secure online.

Learn how to easily recognise a scammer knocking on your door or identify a fraudulent call, text or email to help you stay safe.

Discover easy ways to manage your passwords on your devices to keep one step ahead of these dishonest people.

An hour of your time could save you thousands!

11.30am to 12.30pm

- **Apple Hints & Tips**

1.00pm to 2.00pm

- **Facebook Hints & Tips**

2.30pm to 3.30pm

- **Video chat (Messenger)**

Thursday 2nd May 2024

10.00am to 11.00am

- **Navigating myGov, My Aged Care & My Health Record**

To book in, call 0439 295 732 or email vmgoondiwindi@oaktreegroup.com.au

LOOKING FOR A HANDYMAN OR LAWN MOWER??**Handymen -**

BJG Woodwork & Handyman Services – Ben 0408906865

Handyman Services – Alain 0456616476

Lawnmowers –

Alex Haines - 0435545102

Alicia Black Ph: 0428505584

Gold Standard Lawns – Jesse 0492895938

Cutty's Lawn's 0439357405

YDS Yard Maintenance – 0402537530

Ross Privitera - 04170426244

How to prepare for your Monthly CHSP - Garden Maintenance Service

If a worker visits your home for your monthly Garden Maintenance Service, they have very limited time to complete your garden maintenance services. It is important to prepare your yard before they arrive by doing the following:

- Wind up hoses – do not leave out on the lawn.
- Pick up any items, rubbish and/or dog poo to ensure the lawn is clear for mowing.

By doing these few simple steps this will ensure that your services are completed in a timely manner – if contractor needs to take time to do this prior to your services, you may not get your whole yard completed in the time allocated for the monthly service.

ATTENTION – ALL CARE SENIORS PROGRAM MEMEBERS!

PLEASE LET US KNOW IF YOU WOULD LIKE TO BE REMOVED FROM OUR MAILING LIST.... IT IS COSTLY TO SEND A NEWSLETTER EACH MONTH IF YOU DO NOT INTEND ON COMING TO ANY EVENTS/TRIPS/LUNCHESES. Alternatively, if you have email, we can send you a copy via email.

CARE GOONDIWINDI – Will now be closed from 12:30pm – 1:30pm Monday to Friday. New opening hours are from 8:30am until 12:30pm & 1:30pm – 4:30pm.

MEDICO SERVICE: This service is available to take clients to essential medical appointments between 9:00am – 2:45pm. It is also available to take clients to Care run events. Medico service fee is \$2 per trip. Please call the Care office to book the medico service 46700700.

OTHER SERVICES -

EMERGENCY RELIEF: Operating on Tues, Wed & Thurs. Please ensure you have access to your Centrelink Income Statement. Times: 9:30-11:30am & 2pm-3pm.

JP/COMMISSIONER OF DECLARATIONS: This service can still be accessed but you MUST call the office first for an appointment 46700700.

LEGAL AID: Is no longer offered at Care Goondiwindi

NON-INTEREST LOANS SCHEME (NILS): Nils loans are interest free loans for essential household items & car repairs/registration. Please call the office 46700700 to make an appointment.

Older Person's Network Luncheon Dates 2024

	DAY	VENUE
January	NO luncheon	
February	21st Wednesday	Victoria Hotel
March	20 th Wednesday	Oaktree
April	17 th Wednesday	Royal Hotel
May	15 th Wednesday	Oaktree - Mums Day
June	19 th Wednesday	Victoria Hotel
July	17 th Wednesday	Oaktree – Hot Dish
August	21 st Wednesday	Victoria Hotel
September	18 th Wednesday	TBA ?Bowls/Royal
October	16th Wednesday	Oaktree
November	20th Wednesday	Mystery Tour
December	11 th Wednesday	Oaktree xmas party

Birthdays – HAPPY BIRTHDAY!

April

1st - Elaine Collins
2nd - Kath Horn
4th - Patsy Hodge
5th - Deanna Boston
25th - Ann Raymond
26th - Jackie Farrell
28th - Reg Owens
13th - Vic Carlyon
29th - Mary Collins
18ih Margaret Connelly

Southern Downs Steam Railway Home of the Downs Explorer



Goondiwindi to Toobeah by Steam Train and "End of the Rail Line" bus trip to Thallon

Sunday 30th April 2023

SDSR will be operating a three day rail adventure from Warwick to Goondiwindi 29th April to 1st May 2023
If you will be visiting the area or live locally, you may like to join us on a nostalgic rail or bus journey on Sunday 30th April

Option 1: Return train ride Goondiwindi to Toobeah
8:00am returning 12:00 noon - \$50 Adult \$20 Child

Option 2: Return train ride Goondiwindi to Toobeah
1:00pm returning 5:00pm - \$50 Adult \$20 Child

Option 3: Train from Goondiwindi to Toobeah, then bus to Thallon to visit the end of the old rail line
8:00am returning 5:00pm \$50 Adult \$20 Child
Lunch available in Thallon

Book now 24/7 on our website www.downsexplorer.org.au
Phone (enquiries only 9am - 3pm) 07 4661 9788

DUE TO UNFORESEEN CIRCUMSTANCES, SUCH AS SEVERE FIRE CONDITIONS, WE MAY HAVE TO SUBSTITUTE THE STEAM LOCOMOTIVE FOR OUR DH45 HERITAGE DIESEL

SOUTHERN DOWNS STEAM RAILWAY Warwick Qld. info@sdsr.com.au

Story Sharing Workshop for Women

Join Nike Sulway, novelist, short story writer, researcher and teacher for a day of food, conversation and stroytelling

Tuesday, 16 April

9am to 1pm

Goondiwindi Library, 100 Marshall St

Bookings essential 07 4671 7470





ROADS TO HOME

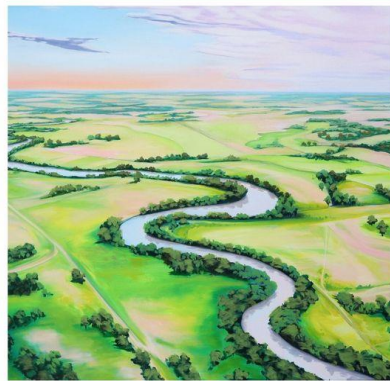
ART EXHIBITION

JUDE MCBEAN & LEIGH PRITCHARD

GOONDIWINDI ART SPACE

12 APRIL - 25 MAY

OPENING EVENT - FRIDAY 12 APRIL FROM 5:30PM



DATE CLAIMERS:

15th May OPN lunch at Oaktree – Mother’s Day

30th May – Biggest Morning Tea ☺



You're invited to our *Australia's Biggest Morning Tea*.
 Let's get together and enjoy some tasty treats so we can
 support those impacted by cancer.

Where: "The Deck" Care Goondiwindi 111 Callandoon St.

Date: Thursday 30th May 2024

Time: 10:30am—12md

Details: \$5 per person—All money goes straight to Cancer
 Council & you'll enjoy a delicious morning tea!

RSVP: 07 46 700 700 Kirsty.dowling@caregoondiwindi.org.au

*Raffles, games & lucky door prizes!!

3rd Sunday
Feb - Nov

**FREE
Community
Event**

**2024
Dates**

- February 18th
- March 17th
- April 21st
- May 19th
- June 16th
- July 21st
- August 18th
- September 15th
- October 20th
- November 17th
- Christmas Market
- December Saturday 7th

Bookings: gundymarkets@gmail.com
 More info
 contact 0428 714 140
www.facebook.com/GundyMarketsInc



Contact Us

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111 Callandoon Street
Goondiwindi 4390 Q

www.caregoondiwindi.org.au

Kirsty.dowling@caregoondiwindi.org.au

