

## 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

June 2025

Older Persons Network

PLEASE JOIN US

# SENIORS LUNCH

OAKTREE AT 12 MIDDAY

\$15 PER PERSON FOR 2 COURSES

RSVP ESSENTIAL TO CARE

46700700 *Transport Available*

**WED 14th May**  
**2025**



*Torvil & Dean*



**"OUR LAST DANCE"**

*Seniors Trip - Brisbane  
Entertainment Centre*

**Sunday 15th June 2025**

**1pm Matinee Show**

**Bus leaves Care 7:00am**

**\$200 per person - includes all meals, show ticket  
& bus. Payment plans can be arranged. Bus  
returning Sunday evening. Call 46700700 ASAP to  
secure a seat.**



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Better Movement Clinic  
Goondiwindi – 074662 2900

[info@bettermovementclinic.com.au](mailto:info@bettermovementclinic.com.au)

Services include:

- EXERCISE PHYSIOLOGY
- PHYSIOTHERAPY
- EXERCISE SCIENCE
- CLINICAL PILATES
- DIETETICS
- PODIATRY
- REMEDIAL MASSAGE THERAPY
- INDIVIDUALISED EXERCISE PROGRAMS

#### **LOOKING FOR A HANDYMAN OR LAWN MOWER??**

##### **Handymen -**

BJG Woodwork & Handyman Services – Ben 0408906865

Handyman Services – Alan 0456616476

##### **Lawnmowers –**

Alex Haines - 0435545102

Gold Standard Lawns – Jesse 0492895938

Cutty's Lawn's 0439357405

YDS Yard Maintenance – 0402537530

Bobs Lawn & Yard Services – 0428177953

#### **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 & 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 2025***

	DAY	VENUE
January	NO luncheon	
February	19th	Victoria Hotel
March	19 <sup>th</sup>	Oaktree
April	16 <sup>th</sup>	Victoria
May	14 <sup>th</sup> (One week early)	Oaktree
May	20th Biggest M.Tea	Care
June	18 <sup>th</sup>	Victoria
July	17 <sup>th</sup> Hot Dish Day	Oaktree
August	20 <sup>th</sup>	
September	17 <sup>th</sup>	
October	15 <sup>th</sup>	
November	19 <sup>th</sup>	
December	10 <sup>th</sup> Oaktree	Xmas Party

## **Birthdays – HAPPY BIRTHDAY!**

May 2025

2<sup>nd</sup> Kath Horn, 5<sup>th</sup> Deanna Boston, 25<sup>th</sup> Ann Raymond, 13<sup>th</sup> Vic Carlyon,  
29<sup>th</sup> Mary Collins.



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:** Tuesday 20th May 2025

**Time:** 10:30am—12md

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

**RSVP:** by 20th May. 07 46 700 700 [Kirsty.dowling@caregoondiwindi.org.au](mailto:Kirsty.dowling@caregoondiwindi.org.au)

**\*Raffles, games & lucky door prizes!!**

\* You are welcome to bring a small plate but just let Care know what you are bringing along.

I will be attending this Information Session at the GTT. If you would like to come along I can RSVP for you &/or organise transport. Just call the office 46700700.

Thanks Kirsty

## Aged Care Conversations



Seniors, Carers, Families and Providers are invited to join us for a free event to talk all things aged care in your community.

Thursday 22 May 2025

Gateway to Training

15-21 Russell Street, Goondiwindi

10am: Seniors Information Session

12pm: Service Provider Meet & Greet

(A free lunch will be provided)

RSVP: [events@adaaustralia.com.au](mailto:events@adaaustralia.com.au) or 1800 818 338

### Meet and ask the aged care experts:

- What are the options?
- How much does it cost and can I afford it?
- When should I look at getting support?
- What help is available for carers?
- What does the new Aged Care Act bring?



**ADA Australia**  
*Your aged and disability advocates*

3rd Sunday  
Feb - Nov

**GUNDY**  
markets

FREE  
Community  
Event

**2025**

February 16th  
March 16th  
April 20th  
May 18th  
June 15th  
July 20th  
August 17th  
September 21st  
October 19th  
November 16th  
Christmas Market  
**December Saturday 6th**

Bookings: [gundymarkets@gmail.com](mailto:gundymarkets@gmail.com)  
More info  
contact 0428 714 140  
[www.facebook.com/GundyMarketsInc](https://www.facebook.com/GundyMarketsInc)

**NO ILL  
FEELING**

A musical by : Mary McMahon and Allan Melville

You won't need laughing gas  
for this hospital saga!

Hospital of the Sister's of Percy

**May 2025**

PERCY'S  
MARKS  
GONDWINDI

GOONDIWINDI  
**CUSTOMS HOUSE**  
*Museum*

**50 Year**  
*Celebrations*  
& 'PAST TRADES' DISPLAYS

**SATURDAY 7th JUNE 2025**  
**10am to 3pm**  
**STALLS | LIVE MUSIC | COFFEE**  
**BBQ | FREE ENTRY**

Cash and Eft available for food + drink on the day

family friendly event

Discover Leather work, Blacksmithing...  
...Quilting, Wheel making, Fine needlework, Coopering.

For further info  
(07) 4671 3041

Like us on Facebook  
Customs House Goondiwindi

Customs House Museum  
1 McLean Street, Goondiwindi

"Thank you to the FRRR Strengthening Rural Communities Grant for supporting this event!"

**BOTANIC BEATS**  
**FAMILY FUN DAY**  
**MUSIC BY SPLIT IMAGE**  
**BBQ | BAR | OPEN MIC**  
**GAMES FOR THE YOUNG AT HEART**

*Save The Date*

**6 July** | **LIVE MUSIC**  
**FREE COMMUNITY EVENT**  
Goondiwindi Botanic Gardens  
Brennans Road  
Kids Games throughout the day  
Entertainment

**ALSO JOIN US FOR OPEN MIC**  
OPEN TO SOLOS, DUOS, TRIOS AND BANDS. BRING YOUR INSTRUMENTS OR BACKING TRACKS

**LUCKY DOOR PRIZE**  
BYO chair / Picnic Rug



VENDORS WELCOME

WWW.GOONDIWINDIBOTANICGARDENS.ORG





### Goondiwindi & Districts Community Gardens

#### **Mother's Day Festival—**

Community Gardens

33 McDougal St Goondiwindi

***Sunday 11th May***

From 8am—12 midday



## Contact Us

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CARE Goondiwindi

111 Callandoon Street

Goondiwindi 4390 Q

[www.caregoondiwindi.org.au](http://www.caregoondiwindi.org.au)

[Kirsty.dowling@caregoondiwindi.org.au](mailto:Kirsty.dowling@caregoondiwindi.org.au)

