



Community Connections

Newsletter

COME ON IN AND LAUGH, SHARE, LEARN, DO,
GROW, CRY, CONTRIBUTE, HEAL, SING, TALK,
THRIVE, LEAD, PLAN, CREATE, MEET, DISCOVER,
EXERCISE AND PLAY



October 2022

Celebrating Social Connections 1-31 October 2022

Throughout the month of October people of all ages, cultures, and abilities will come together and connect, celebrating the essential roles that older people play in our communities.

It provides a great opportunity to discover new programs, activities and support services.

All in all, it's going to be a connect fest!



Community Centre | 80 John Street Yeppoon | Phone 49133840

OCTOBER more details on following pages

1 to 31 October: QLD Seniors Month program of events

1 to 8 October: Yeppoon Lions Tropical Pinefest

7 October: Ageism Awareness Day

8 October: Advance Care Planning and World Hospice Day

8 October: Pinefest Grande Street Parade, Yeppoon

14 October: Wellness on the Coast, Yeppoon Town Hall

15 October: World Singing Day, Yeppoon Beachfront

16 October: Resident Reach, Emu Park

19 October: How to Make Your Meals Go Further, Food Relief, William St Yeppoon

22 October: Emu Park Oktoberfest, Bell Park, Emu Park

29 October: Resident Reach, Zilzie



Community Groups

YEPPOON BRIDGE is held at the Masonic Hall cnr Barmaryee and Rockhampton Rds.

Monday evening 6.45pm for 7.00pm start.

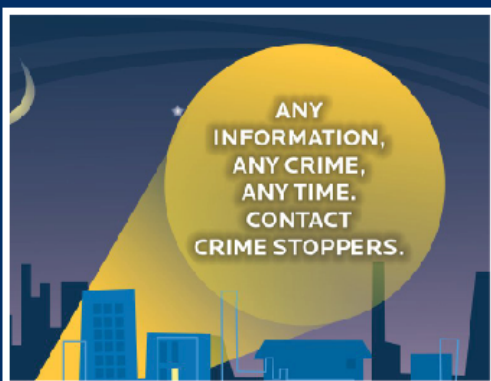
Wednesday and Friday mornings 9.00am for 9.15am start.

Tea, coffee and biscuits provided. Everybody welcome.

More details on our website or

phone Lauren 0409 110 899.

[Yeppoon Bridge Club \(bridgeaustralia.org\)](http://bridgeaustralia.org)



HELP MAKE OUR COMMUNITY A SAFE ONE

CRIME STOPPERS

1800 333 000 | www.crimestoppersqld.com.au

POLICE LINK

131 444 | www.police.qld.gov.au/policelink-reporting

Don't forget to like us and click to follow our page.

'Yeppoon Community Centre' www.facebook.com/YeppoonCommunityCentre



Community Groups (continued)



QCWA YEPPOON

SEASIDERS Branch Our motto of “Fun, Community and Connections” is evident when we work together on projects like preparing for our entry into the Pinefest 2022 Parade and also packing and delivering community Domestic Family Violence care packs to organisations based on the Capricorn Coast and Rockhampton.

If you would like to join in on the fun why not drop in for a cuppa at our monthly Coffee Catch-Up at Ross Creek or you are most welcome to attend our monthly meetings to get to learn more about CWA, the branch and their activities.

QCWA Yeppoon Seasideers meet:

- 4th Monday of each month, 6pm at the Hub Yeppoon
- Fortnightly Wednesday evenings at the Community Centre, and
- one Saturday each month for a friendly coffee catch up at Ross Creek.

Find us on facebook: [QCWA Yeppoon Seasideers | Facebook](#)

or email: qcwayeppoonseasideers.com.au



Emu Park Community Cuppa



Held at Sunset Ridge Recreation Hall
Svendsen Road, Zilzie
10am every second Friday
7th and 21st October

For more information contact:
Lynn on 0488 739 120

Come along to interact with your neighbours, make friends, have fun,
enjoy morning tea and be part of the community.

Don't forget to like us and click to follow our page.

'Yeppoon Community Centre' www.facebook.com/YeppoonCommunityCentre



Connecting Seniors in our Shire!

OCT QUEENSLAND
2022 SENIORS
MONTH

PROGRAM INSIDE



COME 'N TRY

OCTOBER 2022

01 SAT **7.00AM | GOFAR WALKING GROUP**
Join us for a Gentle Walk
Beaman Park, James St, Yeppoon
No bookings required

07 FRI **10.15AM | MUSIC APPRECIATION U3A**
Listen to different music genres
Community Centre, John St, Yeppoon
Bookings Peter 0422 818 799

08 SAT **10.00AM | PICKLEBALL**
Paddleboard sport - singles/doubles
Yeppoon Tennis Club, Chrisney St
Bookings John 0427 220 399

10 MON **9.00AM | YEPPOON SENIOR CITIZENS**
A morning full of darts, cards and craft.
Morning tea provided. **Gold Coin Donation**
Old TAFE Building, Tabone St, Yeppoon
Bookings Shirley 0418 184 892

11 TUE **10.00AM | ASTRONOMY & SCIENCE U3A**
Presentation on the universe and space
Community Centre, John St, Yeppoon
Bookings Ken 0417 910 925

12 WED **1.00PM | YSC LINE DANCING**
Enjoy learning line dancing steps
Community Centre, John St, Yeppoon
Bookings Sharyn 0455 290 427

12 WED **4.00PM | PETANQUE ON THE LAWN**
A game similar to Boules, Raffa or Bocce
Merv Anderson Park, Yeppoon
Bookings Valda 0488 193 503

14 FRI **8.45AM | TAI CHI**
Gentle movements that help with stress
Emu Park Hall, Emu Park
Bookings Wilma 0409 301 164

17 MON **10.15AM | BOOKCLUB U3A**
Discuss a selected book
Community Centre, John St, Yeppoon
Bookings Carol 0437 252 692

18 TUE **10.00AM | RAILWAY TECHNOLOGIES U3A**
Presentation on railway infrastructure
Community Centre, John St, Yeppoon
Bookings Mark 0414 979 993

19 WED **8.30AM | OHM CHAIR YOGA**
Modified Yoga
Emu Park Cultural Hall, Emu Park
Bookings Jo 0429 633 702

19 WED **10.00AM | STEADY STEPS**
Exercise class to learn balance and confidence, breathing & flexibility
Emu Park Cultural Hall, Emu Park
Bookings Jo 0429 633 702

20 THU **1.00PM | CCHA DANCING**
Grab your dancing shoes & enjoy old time/new vogue dances
Emu Park Cultural Hall, Emu Park
Bookings Dell 0400 583 955

22 SAT **5.00PM | PICKLEBALL**
Paddleboard sport - singles/doubles
Emu Park Gym & Swim, Emu Park
Bookings Annie 0412 485 328

25 TUE **10.00AM | AQUA AEROBICS**
Pool fitness class - all fitness levels
Emu Park Gym & Swim, Emu Park
Bookings Michelle 0437 022 521

26 WED **9.00AM | GENTLE MOVES**
Exercise class that helps core strength and flexibility
Emu Park Gym & Swim, Emu Park
Bookings Michelle 0437 022 521

26 WED **10.00AM | STRETCH & RELAX**
Gentle stretch class
Emu Park Gym & Swim, Emu Park
Bookings Michelle 0437 022 521

29 SAT **5.00PM | TENNIS**
Racket sport - singles/doubles
Emu Park Gym & Swim, Emu Park
Bookings Annie 0412 485 328

13 THU **20 THU** **27 THU**

10.00AM | GOLF MORNING
Pair up with an experienced vet player and play a 6 hole Ambrose event. Tuition, clubs and buggy provided.
Gold Coin Donation
Yeppoon Golf Club, Yeppoon Road
Bookings Bryan 0439 568 513
or Karen 0407 030 514

**FREE unless otherwise stated*



EVENTS

**FREE unless otherwise stated*

11 TUE **10.00AM | CONNECT WITH YOUR LOCAL LIBRARY @ EMU PARK**
Emu Park Library, Hill St, Emu Park
Bookings Karen 4913 3840

11 TUE **2.30PM | SENIORS MONTH LAUNCH**
Come along to meet 'Bob & Betty' while you enjoy nibbles and drinks
RSL Emu Park, Emu Park
Bookings Karen 4913 3840

14 FRI **9.00AM | OAK TREE SENIORS EXPO**
One stop shop for information and products for Seniors and Carers
Bell Park, Hill St, Emu Park
No bookings required

14 FRI **10.00AM | BABY BEATZ**
Grandparents and parents welcome
Emu Park Cultural Hall, Emu Park
No bookings required

15 SAT **10.00AM | WORLD SINGING DAY**
Sing Together. Unite the World.
Yeppoon Foreshore Amphitheatre
Bookings Jan 0434 396 179

15 SAT **2.00PM | ART EXPERIENCE**
Enjoy an experience at Emu Park Art Gallery tour and watch an artist work in real time
Emu Park Art Gallery, Hill St, Emu Park
Gold Coin Donation
Bookings Susan 0438 395 437

18 TUE **10.00AM | CONNECT WITH BOB & BETTY**
Learn how to get an email at the Emu Park Library. Bring your phone/tablet/laptop.
Emu Park Library, Hill St, Emu Park
Bookings Karen 4913 3840

19 WED **9.30AM | EAT WELL FOR LESS**
Come and join us to learn about shopping smarter. Morning tea provided after.
Food Relief Capricorn Coast Shed
William St, Yeppoon
Bookings Karen 4913 3840

20 THU **9.00AM | MUSIC MORNING**
Join Yeppoon Senior Citizens for their morning of music. **\$5.00**
Old TAFE Building, Tabone St, Yeppoon
Bookings Shirley 0418 184 892

20 THU **3.00PM | VIVE LA FRANCE**
Alliance Francaise CQ and Keppel Coast Arts are hosting Vive La France! Afternoon of games, songs, quiz and movie 'The Young Love'.
Bookings www.afcq.org.au or Francois 0409 056 668

25 TUE **10.00AM | CONNECT WITH BOB & BETTY**
Learn how to get an email at the Yeppoon Library. Bring your phone/tablet/laptop.
Yeppoon Library, John St, Yeppoon
Bookings Karen 4913 3840

27 THU **9.00AM | BUS TRIP**
Yeppoon Seniors Citizens bus trip to Rockhampton Zoo. Morning tea and lunch included. Leaving from Old TAFE Building, 26 Tabone St, Yeppoon **\$35.00**
Bookings Shirley 0418 184 892

31 MON **9.30AM | KEPPEL KIDS PLAYGROUP**
Bring your grandchild and share in the fun of playgroup.
Community Centre, John St, Yeppoon
No bookings required

Ask Bob & Betty...

Need advice? Want to connect with others? Then just ask Bob and Betty... They have an answer for everything!

All you need is email on your smart phone, tablet or desktop computer.

bobandbetty@
livingstone.qld.gov.au
4913 3840



Ask Bob and Betty...

They've got an answer for everything!

Need advice? Want to connect with like-minded individuals?
Then just ask Bob and Betty.

All you need to do is send your question to
bobandbetty@livingstone.qld.gov.au
and they'll send an answer.

Bob and Betty will also be on hand during
Seniors Month to teach you how to create an email
address and then how to send and receive emails.

Meet Bob and Betty

Tuesday 11 October | 2.30PM | RSL Emu Park
Seniors Month Launch



Connect with Bob and Betty

Tuesday 18 October | 10.00AM
Emu Park Library

Tuesday 25 October | 10.00AM
Yeppoon Library

Bookings: 4913 3840





Live life, don't retire from it

Whether you're ready to make the move now or just beginning your retirement journey and are still in the planning process, come and experience what Oak Tree has to offer at our four Central Queensland village locations.

- Boutique retirement villages designed to help you maintain your independence and enrich your retirement
- Lower maintenance lifestyle offering so you can relax and spend your time on what matters most to you
- Great village facilities for you to use at your leisure that promote an active, healthy lifestyle
- Regular activities and events so you can enjoy a vibrant social life and keep your calendar as full as you'd like

**PARK AVENUE • NORMAN GARDENS
YEPPON • CAPRICORN COAST**



OAK TREE
RETIREMENT VILLAGES

Call 1300 367 155

oaktreegroup.com.au

Recovery Wrap

Livingstone

Edition 2. October 2022

Welcome to the second edition of Recovery Wrap Livingstone.

What's coming up?

Livingstone's Local Disaster Management Group (LDMG) Exercise

Livingstone's Local Disaster Coordination Centre (LDCC) will be alive with activity on Wednesday 19 October for the LDMG's annual exercise. This activity helps both Council and associated agencies apply their skills and learn whilst dealing with a mock scenario. These types of exercises ensure that when a real disaster strikes agencies, business and community are prepared.

What's been on?

Resilient Ricky Disaster Crusader received a Highly Commended at the recent 2022 Get Ready Queensland Resilient Australia Awards.

The results were announced in September 2022. Congratulations Ricky and team for making such an impact and flying the flag for Livingstone.

To see the results, follow the link

<https://www.getready.qld.gov.au/RAA22>

Beach Day Out This Free, inclusive, and accessible day was held on Friday 16 September at Kerr Park, Emu Park. A large crowd sampled many different activities including the readings of the Birdie Books and trialled the Disaster Prepared Communities Portal.



State Emergency Service (SES) Week was held from 3rd to the 11th of September and incorporated an awards ceremony on the Saturday. A special outstanding congratulations to Yeppoon group leader Julie Palmer for taking home a trifecta of awards. She claimed the SES week, Meritorious Service and Distinguished service award. Congratulations Julie and the Livingstone SES crews for all your achievements and the work you do to keep our community safe.



How can you keep up to date?

Livingstone's Disaster Dashboard The dashboard is a one stop shop for all the information you need to know. Follow this link to access emergency news, road conditions, power outages and much more

disaster.livingstone.qld.gov.au

Sign up for Opt in

Notifications. You will be subscribing to receive area specific weather warnings direct from BoM and/or emergency news alerts.

How can you be better Prepared?

Have you completed a Preparedness Check?

Enter your address online, complete the Ready Check and protect your home and family in a few simple steps. Don't leave it until the last minute to think about your extreme weather plan. Follow the link and complete the check to ensure you have a plan.

beprepared.livingstone.qld.gov.au/



Save your progress to a PDF as you complete each section.

Recovery Wrap

Livingstone

Edition 2. October 2022

Prepare Your Property for Disaster.

It is now time to get your property prepared. Every home is different but there are always tasks you can do to maintain your home so it's ready for the next disaster. If you are renting and notice something that needs rectifying, talk to your property manager or landlord about getting it fixed. Get Ready Queensland has great advice including tasks such as cleaning your gutters and downpipes as well as checking the condition of your roof. Follow the link for more information

<https://www.getready.qld.gov.au/get-prepared/house-maintenance-and-preparation>



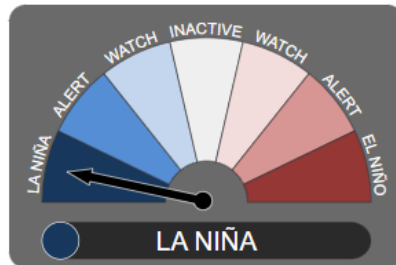
What's the season look like?

La Niña is under way in the tropical Pacific

The Bureau of Meteorology [ENSO Outlook](#) has been raised to LA NIÑA.

Key atmospheric and oceanic indicators of the El Niño–

Southern Oscillation (ENSO) show an established La Niña. Models indicate this La Niña event may peak during the spring and return to neutral conditions early in 2023. La Niña events increase the chances of above-average rainfall for northern and eastern Australia during spring and summer.



Mitigation Works

HQPlantations prescribed burning program

Stack burning has commenced within the Maryvale (Mapes Road) and Brampton Logging area (north of Byfield township). Operations will continue through until the end of October 2022. You can access HQPlantations burn program online as well as find more information about their fire preparedness, fire detection and much more, simply follow the link below.

www.hqplantations.com.au/fire



Hazard Reduction Burns

Council continues to liaise with Queensland Fire and Emergency Services to implement their 2022 burn program. These works have started and will be finalised as soon as possible.



What's New??

Building Inclusive Disaster Resilient Communities, Livingstone Community Forum.

The forum was held at Yeppoon Town Hall on 28 and 29 September. People with disability, carers, community members, State and Local government, community organisations and emergency services were invited to participate in a 2-day forum to work together to build a more inclusive disaster resilient Livingstone Shire. This was a productive event and a unique opportunity to network. This was the first in a series of three forums over two years.



Fitzroy Community Hospice

invites you to a free
Advanced Care Planning
information session

Yeppoon Community Development Centre - 80 John Street

Saturday 8 October, 10 – 11.30am



Plan ahead

Think now

Peace of mind later - for you & your family



Come along and learn everything you need to know about important Advanced Care Planning processes & documents, including the Advanced Health Directive, Statement of Choices & Enduring Power of Attorney.



**Fitzroy
Community
Hospice**

www.fitzroyhospice.org.au

Email: admin@fitzroyhospice.org.au

RSVPs not required



Awareness



Belonging



Connection



Wellness at the Coast

14 October 2022

Yeppoon Town Hall & Beaman Park
9.00am - 2.00pm | Free Entry to Event



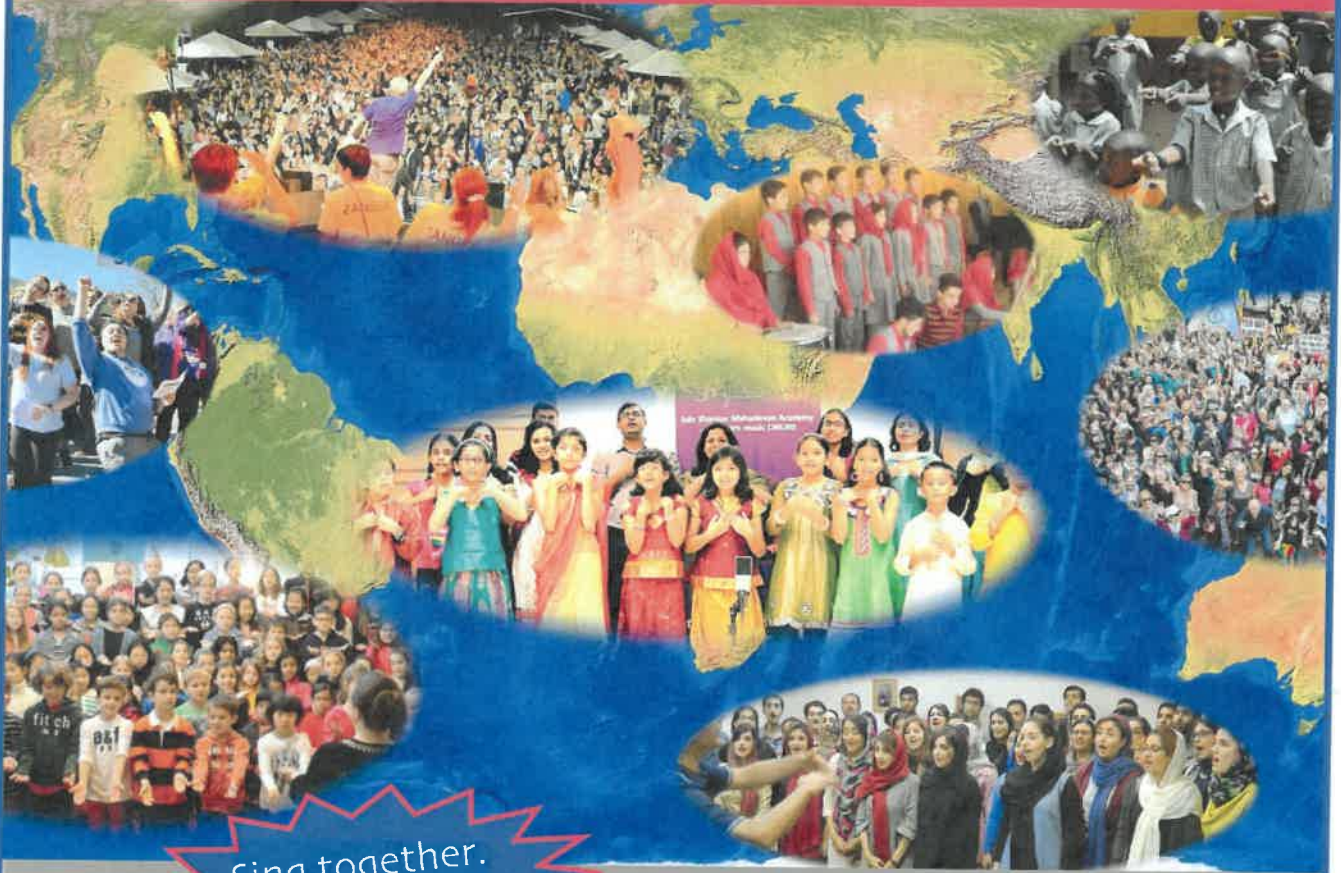
Lucky Door Prizes Exhibitions Yoga
Panel Discussion Wellness Sessions
Art Workshop Guest Speakers



PLUS an evening performance at 6.30pm with Tibetan musician **Tenzin Choegyal**
\$15 Adults | \$10 Child



WORLD SINGING DAY 2022



Sing together.
Unite the world.

The global sing-along for everyone

**World
Singing
Day
Capricorn
Coast QLD**

**Saturday
15 October 2022**

Time: 9.30am
Yeppoon Beachfront
Stage
Yeppoon, QLD



Sing along to popular songs, from classics to the latest hits, at World Singing Day Capricorn Coast QLD.

For details, contact your host Jan Boyd at
janboyd5@bigpond.com.





EAT WELL

FOR LESS

**USE THE TIPS YOU
LEARNT AND SHOP
ON THE DAY FOR
JUST \$50!**

FREE EVENT!

**WEDNESDAY 19 OCTOBER
FOOD RELIEF CAPRICORN COAST SHED (WILLIAM ST)
9.30AM - 11.00AM**

**Special Guest Speaker
'How to Make Your Meals
Go Further by Shopping Smarter'**

**Morning Tea Provided
Bookings: (07) 4913 3840**



“Vive la France!”

20 October - Yeppoon

Join in for an afternoon and evening of French themed activities!

More info: www.afcq.org.au



Or scan below:



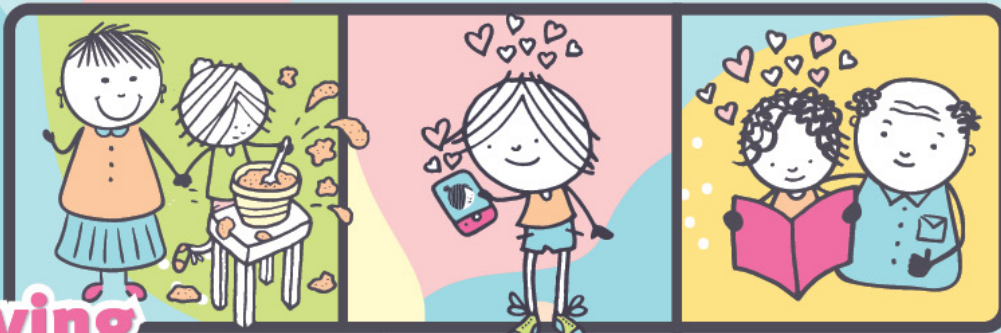
Play petanque, enjoy a fun quiz about France, sing some French songs, and a light dinner made of French inspired food. In partnership with our friends Keppel Coast Flix, enjoy the French film “The Young Lovers” (M).

Funded by



Seniors' Month Event

GrandParents Day



**Staying
connected**

We would like to invite you to bring your grandchildren to a special Seniors Month Playgroup to celebrate Grandparents Day!

Monday 31 October 2022
The Garage @ The Community Centre
(80 John Street, Yeppoon)
Playgroup and Story Time
9.30am - 11.00am

Bring hats and waterbottles. We'll supply the snacks!

Bookings: (07) 4913 3840

Grandparents Day is celebrated in October each year throughout Australia.

The aim of Grandparents day is to honour grandparents and provide an opportunity to show love for their grandchildren. It helps children to become aware of the strength, information and guidance that older people can offer.





We pledge

‘We stand for a world without ageism where all people of all ages are valued and respected and their contributions are acknowledged. We commit to speak out and take action to ensure older people can participate on equal terms with others in all aspects of life.’

Share a photo of you and your signed pledge:  @EveryAGECounts  @EveryAGECounts  @everyagecounts

Make your voice count by signing the pledge online too: www.everyagecounts.org.au

Proudly supported and funded by 



Connecting you to aged care services

We've made it easier for you to find out about My Aged Care services.

It can be overwhelming when you start your aged care journey and are thinking about how to access aged care services. Whether you're looking for help at home or thinking about entering an aged care home, we're here to help.

If you need help finding general information about government-funded aged care services you can:

- go to myagedcare.gov.au
- call My Aged Care on **1800 200 422***
- visit any Services Australia service centre.

For more in-depth information about aged care services you can:

- talk to an Aged Care Specialist Officer if one is available in your area
- call My Aged Care on **1800 200 422***.

Aged Care Specialist Officers

You, your family or a representative may be able to speak to one of our Aged Care Specialist Officers. This is a free service available in some of our service centres to help you with your aged care matters. They can help you by:

- providing in-depth information on the different types of aged care services
- checking if you're eligible for government-funded services and making a referral for an aged care assessment
- providing financial information about aged care services
- helping you appoint a representative for My Aged Care
- connecting you to local support services.

FIND OUT IF THERE'S AN AGED CARE SPECIALIST OFFICER IN YOUR AREA

To find out if there's an Aged Care Specialist Officer in your area, go to servicesaustralia.gov.au/myagedcarefacetoface

To book an appointment with an Aged Care Specialist Officer:

- call **1800 227 475***
- ask at your local Services Australia service centre.





Aged Care Rights Service

- Are you finding it difficult to access aged care services?
- Are you concerned about the quality of your aged care services?
- Do you need information about aged care fees and statements?
- Do you know your rights in aged care?

Your say, your rights in aged care

Freecall 1800 700 600



ADA Australia is the
Queensland service for the
Older Persons Advocacy
Network (OPAN)

Our advocates work for you and can:

- Assist you to explore care options and access new or additional government funded services
- Research care and equipment options
- Provide information about your rights in aged care
- Support you to express your views and wishes
- Support you to work through care related issues with your service provider
- Provide information about service agreements, fees, statements and budgets.

Our services are:

- Free, confidential and independent
- Directed by you - we don't talk to anyone unless you ask us to
- Available to care recipients or their representatives.

ADA Australia acknowledges the Traditional Custodians of this land and pays respect to Elders, past, present and emerging.



Contact ADA Australia

Freecall: 1800 700 600
(07) 3637 6000

www.adaaustralia.com.au

info@adaaustralia.com.au



Interpreter Ph: 131 450

*ADA Australia aged care
advocacy is supported by*



Australian Government