



by Desley Cowley,
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National Seniors
AUSTRALIA

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Branch Advocacy our priority

Following pressure from NSA Chief Advocate, Ian Henscke, the federal government has announced a much needed reduction to the deeming rate. The lower deeming rate will be reduced from 1.75% to 1% on investments up to \$52,000 for single pensioners and \$86,000 for couples. The deeming rate for larger investments will be cut to 3%.

The changes will take place in September and will be backdated to 1 July.

**Our July meeting guest speaker
July 23rd 2019 – 10.30am**

The importance of mobility

and the impact it has on age related health issues is our July meeting topic, presented by Helen Sutcliffe. She will discuss the Australian Physical Activity and Sedentary behaviour guidelines and how physical activity and maintaining muscle strength assists to prevent falls. There will also be an interactive discussion about what consists of good health particularly for Diabetics. Helen will also tell you about the new Diabetes support group about to commence in Rockhampton.

Upcoming Events

This year there are plenty of events being held in the region to celebrate National Seniors Week in August.

Saturday 17th,

Back to the Sixties afternoon tea at Carinity Shalom Retirement Village

Sunday 18th,

Funny Business for Seniors, Bauhinia House, North Rockhampton Senior Citizens Club

Monday 19th

Morning Melodies _ Practically Perfect - the Music of Julie Andrews, Pilbeam Theatre

Seniors Karaoke Competition, Frenchville Sports Club, Life without Barriers

Tuesday 20 August

Capricorn Coast Country Music Concert, Capricorn Coast Country Music Complex, Bus from Bauhinia

Wednesday 21 August

Live Better Aged Care Trade Show, Rockhampton Sports Club

Thursday 22 August

Morning Tea and entertainment by Emmaus College Musical Students and a two-course luncheon, Bauhinia House
Oak Tree Village, Park Avenue

- Mask Act (Presented by Dr Kerr Reid-Searle CQU Lecturer)
- The Importance of Shoes & Poetry (Presented by Judy Dash)
- Lunch - Light Refreshments
- Decluttering (with Steph Jackson)
- Reflexology (with Veronica Germann)

Multidraw, Comedy Skit, Music by Viv & Karen Jenkinson, Rockhampton Senior Citizens Club, Schotia Place

Cultural Diversity Through Music, 60s and Better, Morning tea and BBQ lunch, Norbridge Park

Friday 23 August

Seniors Luncheon & Youth Concert by Emmaus College Musical Students, Bauhinia House

Tech Savvy Seniors and under 5s play with robots, at Oak Tree Norman Gardens, presented by Rockhampton library

Bob & Gary from "Two for the Road," Eureka Villages
Oak Tree Village, Park Ave

- Ken Bressington - Solicitor (Wills, POA and Health Directives)
- Bush Poetry (Steve Wordsmith and Rita Diplock)
- Lunch - Light Refreshments
- Country Music (Laurel and John)

Saturday August 24

These are a few of my favourite hymns, Rockhampton Baptist Church

Sunday 25 August

Seniors week service, Rockhampton Baptist Church
Details are available from the National Seniors web site and our Facebook page. Search for National Seniors Capricornia events. These are the events that National Seniors have been told about. If there are others, contact us through the web site or Facebook and we will add relevant events to our calendar, whether in Senior's week or during the year.

Join us

Looking for ways to contribute? Consider joining CNSA.

You have a voice and can have genuine input into a range of issues concerning older Central Queenslanders.

Meetings are held on the fourth Tuesday of the month from 10.30am.

Unless otherwise stated, events and meetings are

held at Oak Tree Retirement Village Community Centre, 40 Foulkes St, Norman Gardens. Limited parking and disabled parking is available on site with ample parking in the street. Optional RSVP lunch - \$10.
<https://nationalseniors.com.au/about/branches/capricornia-rockhampton>

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