



by Desley Cowley,  
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**National Seniors**  
AUSTRALIA

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## Branch Advocacy our priority Regular Monthly Meeting – Tuesday 25th June – 10.30am

At our June general meeting, Michelle Boon, from Envigor, will explain home care support and home care packages for those who would be able to stay in their home for a few more years if only there was a bit of help.

Michelle will explain what government support may be available. Even if you do not need support right now, knowing what is available when you do need it can help you avoid a lot of worry. Support could include help with chores around the

house or transport to the shops, library, hairdressers or doctors. It may also include modifications to the house like grab rails or ramps and maintenance such as clearing the gutters.

The meeting will commence at 10.30 am on Tuesday 25 June at the Oak Tree Retirement Village, 40 Foulkes Road, Norman Gardens. Morning tea and the meeting are free. Many of us stay for a light lunch. The charge for lunch is \$10.

## Upcoming Events

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

Niagara Therapy – Julian Campbell 0400 715 143.

July's guest speaker, Julian Campbell, is from an Australian medical organisation, Niagara Therapy. Julian is looking forward to talking to our community about the importance of mobility and the impact it has on age related health issues. Along with an interactive discussion

about what consists of good health, Julian will also be sponsoring a raffle with a large gift basket and additional small prizes drawn on the day for the community. As part of Niagara's sponsorship, Julian will also give out complementary therapy vouchers to those who wish to receive a free therapy demonstration. We hope you can come along and join the fun!

## Free Special Events

### **Be Connected – Every Australian online – fully booked until September!**

Be sure to register if you'd like to join our free Be Connected group. We are now fully booked until September!

Central Queensland University has generously donated laptop computers to assist with our presentation of the Be Connected program on Monday mornings.

This free 8 week, Australian Government designed program takes the beginner from getting the settings right on their phone, tablet or computer through to booking tickets

on line for the State of Origin, including flights, accommodation and tickets.

The July program is fully booked out, but you can register now for the September program by phoning Judi on 0447 227 630.

We appreciate CQUni's laptops, Oak Tree Retirement Village for providing the venue and Be Connected for the financial support that allows us to deliver this program to seniors for FREE. Thanks also to U3A for helping promote our workshops and for loaning us some laptops in the interim.

## 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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