



60 & better Bundaberg

- Coordinator - Des Kemp
- the Y Bundaberg
- 60 and Better
- 7 Quinn Street, Kepnock QLD 4670
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- Funded by Department of Families,
• Seniors, Disability Services and Child Safety

April – May – June 2025 Edition



- Like us on Facebook - YMCA Bundaberg 60 & Better

Seniors 60 & Better

Happy
BIRTHDAY!
to you.

April

**6th Fran J – 8th Ian C – 9th Marilyn T -12th Judy J- 16th Lyn Mcl –
20th Iris R - 24th Robyn P - Jean T**

May

**3rd Kevin L – Kay T - 5th Pat W – 6th Val Mac –
8th Win Mc – 15th Sally B - 20th Lyn Mac
29th John R - 31st Norm R – Rex W-P**

June

**1st Lynn S – Gicela C – 3rd Jan B – 12th Amanda L - Alan H
24th Rob W**

Welcome to all our new members

**Carmel W – Jan B – Judy Z – Donna D – Lyn Mac- Kay T –
Doreen F – Arthur F – Ross Mc – Pauline Mc – Jan B –
Colin B – Suzanne K – Gary K**



Seniors 60 & Better

Information sessions @ Kepnock Scouts Den

2nd Thursday of month @ 9.30am



April 10th – Disaster Readiness - BRC

May 8th – Michael Olsen – Exercise Physiologist

June 12th - Al Milgvray - Aim Hearing

Lunch Club last Tuesday of month



Phone Des on 0423652359 to book for Lunch



April 29th – Young Aussie

May 27th – Bundy Social Club

June 24th – RSL

Cards- 500



Tuesday and Friday s 8.30am to 12 noon

@ Kepnock Scouts Den –



\$5 per morning inc morning tea

Line Dancing



Thursday 1.30pm – \$10

@ Kepnock Progress Hall Totten Street



Forum Meetings

Last Thursday of the month (excluding public holidays) 9.30am

@ Kepnock Scouts Den



Seniors 60 & Better

Gym Classes for seniors

Bundaberg Gym Classes

- Monday – Light and Easy 10.30am \$11
 - Tuesday – Chair Yo Lates 8am \$8
- Wednesday – Light and Easy 8am \$11
- Thursday – Chair Yo Lates 9.15am \$8
- Thursday -- Line dancing 1.30pm (Kepnock Progress Hall) \$10
- Friday – Low Impact Dance Mix 8am \$11
 - Friday - Light and Easy 9am \$11

Bargara Gym Classes

- Monday – Light and Easy 9.15am \$11
- Tuesday – Breath & Balance 9.15am \$11
- Wednesday – Light and Easy 9.15am \$11
- Thursday – Breath & Balance 9.15am \$11

Note: all prices per person, per session

Prices are subject to change.

Prices current as of the 1/1/25.

Seniors 60 & Better



• **Ten pin Bowling Mondays**

- Cost - \$16.50 - 2 games, afternoon tea and shoe hire
 - Bundy Bowl and Leisure Lester Street
- **Not held over the school holidays & public Holidays**

• **Indoor Bowls**

- **Thursday 8.30am @ Carinity Kepnock Grove**
- Retirement Village Pavilion Nixon Street Kepnock
 - \$5 per morning inc morning tea
- **Computer & Phone Class**
 - **Wednesday @ the Y 7 Quinn Street**
 - 1 to 3pm in the activity room

60 and Better April 2025 Activity Calendar

	<p>Tues 1</p> <p>8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara</p>	<p>Wed 2</p> <p>8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Thurs 3</p> <p>8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Breath & Balance Y Fitness Bargara 1.30 – Line dancing Kepnock Progress Hall</p>	<p>Frid 4</p> <p>8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg</p>
<p>Mon 7</p> <p>9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg</p>	<p>Tues 8</p> <p>8.am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara</p>	<p>Wed 9</p> <p>8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Thurs 10</p> <p>8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Breath & Balance Y Fitness Bargara 9.30am Information Session Kepnock Scouts Den 1.30 – Line dancing Kepnock Progress Hall</p>	<p>Frid 11</p> <p>8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg</p>
<p>Mon 14</p> <p>9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg</p>	<p>Tues 15</p> <p>8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara</p>	<p>Wed 16</p> <p>8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Thurs 17</p> <p>8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Breath & Balance Y Fitness Bargara 1.30 – Line dancing Kepnock Progress Hall</p>	<p>Frid 18</p> <p>Good Friday</p>
<p>Mon 21</p> <p>Easter Monday</p>	<p>Tues 22</p> <p>8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara</p>	<p>Wed 23</p> <p>8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Thurs 24</p> <p>8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Breath & Balance Y Fitness Bargara 9.30am – Forum Meeting – Kepncok Scouts Des 1.30 – Line dancing Kepnock Progress Hall</p>	<p>Frid 25</p> <p>Anzac Day</p>
<p>Mon 28</p> <p>9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)</p>	<p>Tues 29</p> <p>8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara 11.30am – Lunch Club</p>	<p>Wed 30</p> <p>8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>		<p>School Holidays</p> <p>5/4/25 to 22/4/25</p>

60 and Better May 2025 Activity Calendar

			Thur 1 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Breath & Balance Y Fitness Bargara 1.30 – Line dancing Kepnock Progress Hall	Frid 2 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg
Mon 5 Labour Day	Tues 6 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara	Wed 7 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thur 8 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Breath & Balance Y Fitness Bargara 9.30 am – Information Session – Scouts Den 1.30 – Line dancing Kepnock Progress Hall	Frid 9 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg
Mon 12 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 13 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara	Wed 14 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thur 15 8.45m – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Breath & Balance Y Fitness Bargara 1.30 – Line dancing Kepnock Progress Hall	Frid 16 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg
Mon 19 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 20 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara	Wed 21 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thur 22 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Breath & Balance Y Fitness Bargara 9.30am – Forum Meeting Kepnock Scouts Des 1.30 – Line dancing Kepnock Progress Hall	Frid 23 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg
Mon 26 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 27 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara 11.30am – Lunch Club	Wed 28 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thur 29 SHOW HOLIDAY	Frid 30 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg

60 and Better June 2025 Activity Calendar

<p>Mon 30 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin(BB&L)</p>				<p>School Holidays 28/6/25 to 13/7/25</p>
<p>Mon 2 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin(BB&L)</p>	<p>Tues 3 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara</p>	<p>Wed 4 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Thur 5 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Breath & Balance Y Fitness Bargara 1.30 – Line dancing Kepnock Progress Hall</p>	<p>Frid 6 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg</p>
<p>Mon 9 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin(BB&L)</p>	<p>Tues 10 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara</p>	<p>Wed 11 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Thur 12 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Breath & Balance Y Fitness Bargara 9.30 – Information Session Kepnock Scouts Den 1.30 – Line dancing Kepnock Progress Hall</p>	<p>Frid 13 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg</p>
<p>Mon 16 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin(BB&L)</p>	<p>Tues 17 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara</p>	<p>Wed 18 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Thur 19 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Breath & Balance Y Fitness Bargara 1.30 – Line dancing Kepnock Progress Hall</p>	<p>Frid 20 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg</p>
<p>Mon 23 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin(BB&L)</p>	<p>Tues 24 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara 11.30am Lunch Club</p>	<p>Wed 25 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Thur 26 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Breath & Balance Y Fitness Bargara 9.30am – Forum Meeting Kepnock Scouts Den 1.30 – Line dancing Kepnock Progress Hall</p>	<p>Frid 27 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg</p>

60 & BETTER Information & Media Consent Form

Part A: Member's Details

 New Member Previous Member

Name: _____ Date of birth: ____ / ____ / ____

Background: Culturally And Linguistically Diverse: _____ / Aboriginal / Torres Strait /
South Sea Islander / N/A (Please circle)Address: _____

Phone No: _____ and / or Mobile No: _____

Email: _____

Newsletter by Email / Post* / Pick Up (please circle)*Notes: * If you choose to have the newsletter posted there is an annual cost of \$7.00 to cover postage. If email provided, the program newsletter will be emailed to you unless indicated otherwise.*

Emergency Contact Person: _____

Phone number of contact person: _____ Relationship to member: _____

Name badge required (at your own cost): Yes / No (please circle)

Signed: _____ Date: ____ / ____ / ____

The YMCA acknowledges and respects the privacy of its clients and participants and will only collect information relevant to the requirements of individual programs. This form and any information about you obtained by the YMCA will be stored in a secure facility and only authorised YMCA staff will have access. The information will not be disclosed to third parties without your consent or unless required to be disclosed by law. A copy of the YMCA Bundaberg's Privacy Policy is available upon request.

Part B: CONSENT for photographic / video / audio / communication / Facebook / webpage / newspaper /TV release for this membership period

*Only complete this section if you are providing consent. Leave blank if consent is not provided.***Important Information for Service Users:** *When completed and signed by the participant, this consent will allow YMCA Bundaberg to use any photograph/s, video footage or sound recording of the service user in publications, productions and presentations. The consent form is placed in the program participants file and retained by YMCA of Bundaberg. If requested, photocopy of this form will be made available to the participant.***Consent:** I authorise YMCA of Bundaberg to take and use any photographs, video, sound recording and any other reproductions either in full or part and use them to promote the organisation in a positive and appropriate manner. I acknowledge that I have no ownership of this material, publication, production or presentation.**Specific Consent (Please Tick):** Facebook: yes no
YMCA Webpage: yes no
All Other Media- e.g., Newspaper /TV yes no

Full Name: _____

Signature: _____ Date: ____ / ____ / ____

Part C: Office Use Only

Newsletter cost if posted \$7 per year – Membership: \$10.00 per year.

Newsletter: Pick Up / Email / Post

Receipt # _____ Date: ____ / ____ / ____

Entered onto database: _____

Membership year: _____ Membership Number: _____