

January 2020 Edition 212

Your Newsletter

We would like to ensure that Snippets is discussing topics that are important to you. If there are specific topics or themes you would like added, please contact Seniors Enquiry Line and we will try our best to address them in future issues.

Quote of the Month

“Life can only be understood backwards; but it must be lived forwards” Soren Kierkegaard

Contact Details

Phone: 1300 135 500

Email: sel@ucommunity.org.au

www.seniorsenquiryline.com.au

Seniors Enquiry Line is an information and referral service for Queensland seniors, proudly sponsored by the Queensland Government and operated by UnitingCare.

Monthly Fun Facts

We are born with 350 bones in our skeleton. Over the course of time and during our aging process, our bones fuse together leaving us with 206 bones as adults.



Time to Get Fit!!!

All of us here at Seniors Enquiry Line would like to wish you all the very best for the New Year !! We look forward to talking to all current any new customers to answer your enquires. Let's start the New Year with a health kick. Getting in to a routine for physical fitness is the key!



Joining in a physical fitness program is not only good for your health but great for your social world too! You can meet new friends or even a new partner! Most councils run fitness programs such as walking clubs at a low cost or for free. Remember to check with your doctor before starting on any new fitness program. There are also a number of programs that help with balance and flexibility, which can prevent falls. We would love to help you find the program in your area that suits you. It may be Yoga on the Sunshine Coast or Hydrotherapy in Maryborough. Don't hesitate to call and ask us to assist to find the one that suits **you** best.

Funded by



Returning Goods Purchased on Sale

New Year sales are in full swing with many people rushing out to grab a bargain! Now you have your new item home and its not working, but it was purchased on sale – what can you do? Under Australian Consumer Law (ACL) you may be entitled to a refund, repair, replacement or repeat service if goods or services do not meet your consumer guarantees - even if the item was on sale. If the item was on sale because it is faulty, you cannot claim a refund for any problem that the seller informed you of before the sale. However, you may still be entitled to your consumer guarantees on other problems with the item.

For more information you can visit the Office of Fair Trading Queensland's website <https://www.qld.gov.au/law/your-rights/consumer-rights-complaints-and-scams> or call Seniors Enquiry Line on 1300 135 500.

Bits and Bobs

- If you wish to stay with your current phone number and current phone (eg a land line phone) when the NBN come knocking then a company called **Southern Phones** can assist. They have a product called "Next Home Phone" that can do this. Check out their website or give them a call for details specific to your needs 131 464 southernphone.com.au
- The Gold Coast Blokes lounge is a social activity and meeting group for men who live on the Gold Coast. The group runs activities (fishing, golf, darts) and also has informal gatherings (BBQ, beach walk). Website is blokeslounge.org or call us!

Rural Patient Support

Rural Patient Support assists families or individuals who need to be in Brisbane for medical treatment/appointments. It is run by Justine Christerson and her husband. It is not a registered business or charity - Justine runs it by herself and relies on her husband's income to support her service.

Rural Patient Support can assist with transport and has supplies for those who unexpectedly have to stay overnight or arrive due to an emergency such as clothing, strollers, pre-made meals, toiletries and personal care needs.

The program receives a small amount of funding from the POP Foundation, and sometimes the people she helps donate to her service.

If you or anyone you know needs assistance attending Brisbane for medical appointments - just email, SMS or call the contacts below.

Justine Christerson
Breaking Down the Barriers for Rural Patients in City Hospitals
Phone: 0432303582
Email: ruralpatient@gmail.com

Events: What's on in January?

- Ten Pin Bowling, Bundy Bowl and Leisure – Lester Street, Norville, Every Monday 12.30pm, 2 games - \$13.50 call Des at the Seniors 60 and Better program Bundaberg 041328224.
- Food n Groove Fridays – 166 Old Maryborough Road, Hervey Bay 17th January, 2020 4.00- 9.00pm call 4196 9600
- Ginger Flower and Food Festival, 50 Pioneer Road, Yandina, 17 – 19th Januarys, 2020, Free 9.30am – 3.00pm call 1800 067 686
- Australia Day Community Celebrations, Longreach, Sunday 26th January, phone 4658 4111