

SUNNYBANK AND DISTRICT COMMUNITY MEN'S SHED

MEN WORKING SHOULDER TO SHOULDER BUILDING COMMUNITIES



SHED NEWS

MARCH 2020

Life As We Know It



Our guest speaker on Friday 28 February, Helen Berry (Manager Community Care at Southern Cross Care), raised many interesting points.

Recent research says, to age in a healthy way, **try doing regular exercise, decreasing stress, lowering calorie intake, having a strong sense of purpose, having strong relationships and having a faith.**

No surprises there! But try this — out of the entire population of Australians over 65, **95 per cent live at home.** Even of those over ninety-five years of age, less than half live in an aged care facility.

You can remain in your own home for many years with help from the Government and Myagedcare.

They offer a home care package to help you to live independently in your own home for as long as you can. Your home care provider will work with you to choose and manage care and services that best meet your needs and goals. There are four levels of care on offer. You get to choose your provider of services and to change providers at any time.

You can get some help after a hospital stay. You can have help maintaining your home. You may receive help in the home with cleaning or doing shopping, modifications to your home like rails and ramps. The list goes on.

For more information www.myagedcare.gov.au or call **1800 200 422**

If you are a veteran or war widow/er you may also be eligible for Department of Veterans' Affairs services or programs.



So start going for regular walks, get out, enjoy life, stop assuming you are headed for an aged care facility. You can live at home for the rest of your life!

Come Gather Around People



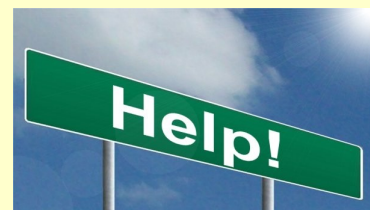
The First Twilight Meeting took place on Thursday 20 February. Tea and Coffee and a few Nibbles went down well.

All members are welcome to the next one on Thursday 5 March from 4 p.m. till about 6 p.m. A game of quoits will be on the cards.



Help Needed

If you can spare 4 hours on the afternoon of Saturday 28 March, we need your help at the Bunnings Barbecue at Acacia Ridge. Just write your name on the white board at the Shed.





On MARCH

- 6th-Kevin B.
- 7th-Russell S.
- 12th-Shuo-Hsien L., Colin C.
- 21st-Peter M.
- 24th-Brian D. 27th-Dave V.
- 28th-George P. 29th-Sam R.

What's the Latest?



For starters, we mended some chairs. Barbara was well-pleased with the new shine.

Ken needed somewhere other than the dining room table to finish jigsaws. Dale and others provided help along the way. Ta muchly!



Bunnings wanted two display areas, one for wooden flooring and another for rocks. See them at Acacia Ridge. Thanks Mike, Fred & Maurice.



DATES for 2020

SHED BBQ - \$5 LUNCH
FRIDAY 20 MARCH

Next Committee Meeting
WEDNESDAY 18 MARCH at 11:00 a.m.

From The Committee

- ⇒ Our Rules are lodged with the Office of Fair Trading.
- ⇒ Seventeen members have signed up to do the First Aid Course on Friday 27 March at Pinelands Lions Hall, Runcorn. Well done, Men! Knowledge is Power!
- ⇒ Lance B. is our new Welfare Officer.
- ⇒ Maurice has added a Chocolate Wheel for Officeworks and more Little Libraries to the Project List.
- ⇒ Letters of Thanks have gone out to Bug Guy and Guardian Fire for doing free work for us.

i before e except after c disproved by science.

Despite the high cost of living, it remains popular.

If you hate speeding tickets, raise your right foot.

I for one like Roman numerals.

The three symptoms of laziness - #1

New Faces



David C.

Hobbies: Building Musical Instruments

Previous Job: Handyman

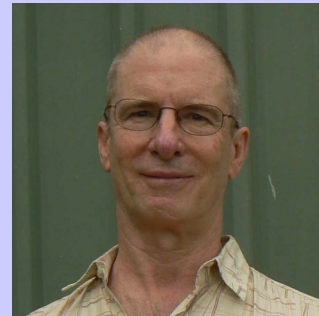
Recent Holiday: New Zealand

Russell D.

Hobbies: Photography

Previous Job: Disabilities Support Worker

Recent Holiday: N. Z. Cruise



Can YOU lend a Hand?

Burt needs someone to buy Morning Tea supplies while he's away for 3 weeks in March.
Call 0418 879 209



Contacts : Rob Johnson - President 0412 285 618

Paul Michaels - Secretary 0437 718 513

Rob de Martin - Treasurer 0411 759 203

Wyn Jones - Shed Manager 0412 043 795

Website: www.sunnybankshed.org

Find us on **Facebook** - Sunnybank Men's Shed

Location : Car park area adjacent to Sunnybank Uniting Church, Hillcrest St, Sunnybank Hills

Postal Address : Unit 5 / 62 Pinelands Road, Sunnybank Hills. QLD. 4109

Sunnybank Men's Shed is the initiative of **Sunnybank Uniting Church** and **Sunnybank RSL Sub Branch**

Shed News is printed by the office of **Kim Marx, Councillor for Runcorn**, who proudly supports us.

