

Welcome to our Suncare Community Centre

Restoration works at the Maroochydore Day Respite Centre are now complete and we are pleased to rename and relaunch our Suncare Community Centre.

Suncare has a 35 year history creating community connections at this location.

Since 1987, this Centre has provided much needed respite, support, care and meals for the Sunshine Coast community.

We invite you to come and experience the many and

varied activities on offer.

These include art groups and exhibits, performances, events, coffee mornings and luncheons.

Our Centre is also a meeting place for walking groups and excursions that include day trips and scenic tours.

If you are keen to socialise and build friendships in your community, we invite you to get involved at our recently updated, and renamed, Suncare Community Centre.

Meals on Wheels

It's full steam ahead for the Meals on Wheels team who have returned to our newly renovated Suncare Community Kitchen!

We will be introducing breakfast packs to our Spring menu, available in three, five or seven day packs. If you are interested in receiving a meal service, please contact our Customer Service Team on 1800 786 227.



Suncare Community Centre Activities

Suncare has a growing program of activities focused on encouraging physical and mental health and wellbeing.

Events and activities are a great way to meet other people, and trying new experiences and learning new

things can help your body and mind remain fit and active.

We pride ourselves on the range of events and activities we offer at all our community centres including our recently updated Centre at Maroochydore.

There really is something for everyone.

To find out more about events and activities at the Suncare Community Centre or in your area, please contact the Customer Service Team on 1800 786 227.

Welcome

In this edition we welcome our customers back to the Suncare Community Centre in Maroochydore and showcase the many activities and events on offer.

We congratulate and send our birthday wishes to our 100+ Club customers and learn more about the wonderful Hervey Bay community and meet a couple of our dedicated Hervey Bay volunteers.

We also highlight the many benefits of our upcoming **'Stepping On'** program, uncover the rich racing history and achievements of some of our customers and as always we share a delicious recipe.

"Ageing is not lost youth but a new stage of opportunity and strength."
Betty Friedan

Suncare's 100+ Club

Congratulations and happy birthday to our customers who recently achieved their 100+ year milestone.

Jack

Jack turned 103 in April, and we reflect on his rich life experiences including working on the MS Oranje, a war time hospital ship, and competing in Holland's 200km endurance ice skating race the Elfstedentocht. This year's birthday celebrations were special but a little more restrained than his 100th birthday which included a ride in a glider!

Ossie

Ossie's 100th birthday was celebrated in April with family

in the home where he has lived for 54 years. The day involved reminiscing about his life achievements which included his impressive army career in the AIF 2nd Lighthorse and the 2/16th Battalion, fighting battles in New Guinea including Milne Bay, Gona and Shaggy Ridge.

Bill

World War II Navy veteran, Bill, claims his 100th birthday in June was "just another day." But his friends thought otherwise as they celebrated with lunch at the Golf Club. Bill attributes being "100 years young" to a positive attitude, enjoying a beer and staying busy.



Jack



Ossie



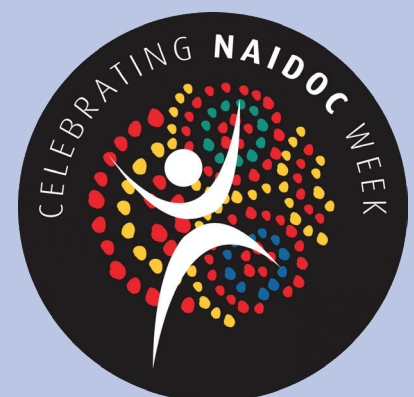
Bill

Get Up! Stand Up! Show Up!

Suncare recognised the history, culture and achievements of Aboriginal and Torres Strait Islander peoples during NAIDOC Week. Celebrations were led by Anthony Longbottom, Suncare's Reconciliation

Action Plan Engagement Coordinator.

We can all play a part by learning about First Nations cultures and histories and continue to Get Up! Stand Up! Show Up! for systemic change.



Health and Wellbeing

Suncare's 8-week 'Stepping On' program is designed to improve your overall health, wellbeing and physical strength, all while creating new social connections.

Following positive feedback from our customers, Suncare

is delivering a third 'Stepping On' program in mid-August. Reducing falls, increasing confidence and giving people the tools to remain active, safe and independent, 'Stepping On' covers topics including exercise for strength and balance, safe mobility at

home and in the community, home hazard reduction, vision, footwear, nutrition and medication.

Spaces are limited for the next program, so please book now. Contact our Customer Service Team on 1800 786 227.

Celebrating our Customers: Durelle

Durelle is no stranger to accepting challenges...

To overcome her fear of flying as a young woman, Durelle took flying lessons! At age 67, she travelled alone to Zambia, dedicating six years to volunteering including teaching local women how to sew.

More recently, 83-year-old Durelle signed up for another challenge – studying her

Bachelor of Criminology and Criminal Justice at the University of the Sunshine Coast.

She's a cheerful face on campus, and is greeted enthusiastically by students and staff alike.

Durelle does not let her age hold her back and says, "you can do anything if you just set your mind to it."



From the horse's mouth

One of the great highlights for Suncare staff is uncovering the rich history of our customers and here we share some stories, from the horse's mouth.

Baz: A 30 year history of horse racing

Baz has a 30 year history in horse racing. At 13 he left home to live and work at Flemington. At 14 he won his first race and by 15 he had won 50 races! In retirement, Baz started writing about his racing days. His often hilarious tales are regularly featured at Suncare customer events, and are always received with applause and laughter.



Joan: A racehorse owner at 88

At 88 years young, Joan became part-owner of a winning racehorse, Sirileo Miss. The mare has raced in 14 races, with six wins and four placings. Joan travelled all the way to Adelaide to watch her horse race, and was presented with the saddlecloth, which is now a prized feature in Joan's home.



Out and About in Hervey Bay



Suncare customer Gail with CEO Melanie Wilson

Suncare's CEO Melanie Wilson and the team enjoyed a visit to Hervey Bay recently, visiting customers along the way.

The team received a warm Hervey Bay welcome at our

recent Community Careers Event. The event was an opportunity for people in the area to meet our team, learn about the great work we do in community care, and invite more people to join our caring community.

Hervey Bay's Caring Community

When Suncare customer Rick was diagnosed with terminal cancer, he was unable to stay busy the way he used to - he needed a hobby.

What started out as helping his partner Marian thread her knitting machine, has turned into a very satisfying hobby making warm and colourful beanies that Rick generously donates to the Cancer Council.

Suncare volunteers Amanda and Kerry enjoy giving back to their Hervey Bay community. After ten years in the navy, Amanda who works full time also makes time to volunteer.

Kerry has recently joined Suncare as a volunteer and wants to help customers and make a difference in her Hervey Bay community.



Marian and Rick



Amanda and Kerry



Chocolate Zucchini Cake

To celebrate World Chocolate Day in July, we share Support Worker Graeme Smith's delicious chocolate cake recipe.

Ingredients

- ½ cup (130g) butter
- 1½ cups (350g) sugar
- 2 eggs
- 1 tsp vanilla essence
- ½ cup milk or plain yoghurt
- 2½ cups (360g) plain flour
- 50g cacao powder
- ½ tsp ground cinnamon
- ½ tsp salt
- 1 tsp bicarbonate of soda
- 1 tsp baking powder
- 2 cups (250g) zucchini, shredded
- 250g chopped nuts, optional (pecans, walnuts or macadamias)

Method

1. Cream butter and sugar then beat in the eggs.
2. Fold in milk/yoghurt and vanilla.
3. Add sifted dry ingredients.
4. Stir in zucchini.
5. Pour into a 23 cm x 30 cm pan lined with baking paper.
6. Bake at 160°C for 50-60 minutes.

(Original recipe from Jean Kozak, Sunshine Charity Sewing)



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COMMUNITY SERVICES

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