



# SENIORS WEEK 2020 ACTIVITY PACK

# SENIORS WEEK

In August 2020 Queensland is celebrating 60 years of Seniors Week by going virtual for the first time ever.

As Covid-19 regulations have seen many older people in self-isolation, never has it been more important to ensure people remain connected and are not adversely affected by long-term isolation.



In this booklet Banana Shire Council has compiled, we bring you a collection of ideas and activities that you can participate in from the comfort of your own home, or join with friends and explore your local community.

For more information and help with using the internet and other helpful features, please click [here](#)

or, enter the following link into your web browser:

<https://qldsensorsweek.org.au/wp-content/uploads/2019/10/Helping-you-access-virtual-seniors-week-event-202007.pdf>

To keep up to date with what is happening across Queensland this Seniors Weeks visit the Queensland Seniors Week website

<https://qldsensorsweeks.org.au/>

or check out the Queensland Seniors Week page on Facebook

[www.facebook.com/QldSeniorsWeek](http://www.facebook.com/QldSeniorsWeek)

Due to Covid-19, some of the attractions and events listed in this booklet may not be in operation or proceeding. We suggest a phone call prior to your planned visit to avoid disappointment.





## EMBRACE NEW TECHNOLOGY

Studies show that the use of new technologies by the elderly population significantly contributes to a better quality of life, improving parameters of daily living such as transportation facilitation, communication and participation in social life.

### **Tech Savvy Seniors - by Telstra**

Telstra have created some short self teach videos on technology, including mobile devices, computer and internet, online security and email programs.

CLICK [HERE](#) or enter below into web browser:

<https://www.telstra.com.au/tech-savvy-seniors/start-learning>

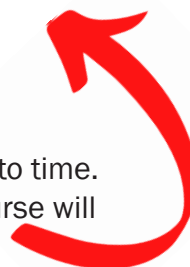
### **Be Connected & Upgrade your Online Skills - QLD Government**

Be Connected is an Australia wide initiative empowering all Australians to thrive in a digital world. Learn at your own pace with free courses on everything from how to access the internet, make video calls or set up your device.

CLICK [HERE](#) or enter below into web browser:

<https://beconnected.esafety.gov.au/>

These courses are offered through the libraries from time to time. Dependant on Covid-19 restrictions a "Be Connected" course will commence in Biloela in late 2020.



SENIORS WEEK

## USEFUL APPS



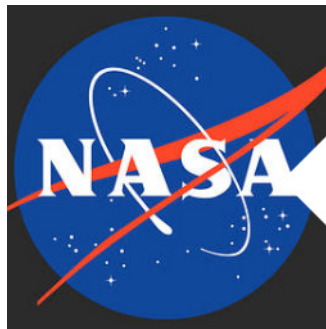
### **A Better Visit:**

The app is designed to especially help families have a 'Better Visit' with their family members living in residential care. Available for free on Android and iOS.



### **4 Pics 1 Word**

4 Pics 1 Word is a word puzzle game created by LOTUM GmbH, available for free on Android and iOS.



### **NASA**

Consider it the next best thing to being an astronaut or astronomer. NASA App HD features thousands of NASA photos, streaming video, shuttle launch information, and countdown clocks. Available for free on Android and iOS.



### **Magic Piano**

Relax your soul with beautiful sounds of piano while playing your favourite tunes on original #1 piano rhythm game. Available for free on Android and iOS.

## VISIT THE LOCAL LIBRARY

Why not set aside some time to pop into any one of our Banana Shire Libraries.

The friendly staff will be happy to inform and demonstrate the many services they have to offer - many of which are available from the comfort of your own home.

To find out more about your local branch, it's services and opening hours

Click [here](#) or visit

<https://www.banana.qld.gov.au/community-cultural/facilities/library>



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## **BANANA SHIRE LIBRARY SENIORS WEEK EVENTS**

### **Biloela 10am onwards:**

**Saturday 15 August:** Movie Classic “Penny Serende” starring Cary Grant & Irene Dunne

**Monday 17 August:** Craft Activity: re-purposing books to make a set of hanging shelves

**Tuesday 18 August:** Introduction to library online resources

**Wednesday 19 August:** Do you know about these library resources and services? Home Library Service, public access computers, Inter-library loans, magazines, Montage catalogue and more!

**Thursday 20 August:** Family History Research, including scanning photos and slides

**Friday 21 August:** Bring your picture to Life! - Augumented Reality

**Saturday 22 August:** Movie Classic “The last time I saw you in Paris”, starring Elizabeth Taylor and Van Johnson

### **Taroom**

**Tuesday 18 August:** 10.30 onwards - Family History Research

### **Theodore**

**Tuesday 18 August:** 2.30 onwards - Family History Research

### **Moura**

**Thursday 20 August:** 1.30pm onwards - Family History Research

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## VIRTUAL TOURS

Did you know you can visit various Museums and Galleries without even leaving your home? See the following for some suggestions:

### **Australian War Memorial**

<https://www.awm.gov.au/visit/exhibitions-online>

### **National Museum of Australia**

<https://www.nma.gov.au/learn/resources>

### **QLD Museum Network**

<https://artsandculture.google.com/partner/queensland-museum-network>

### **Umoona Opal Mine & Museum**

<https://www.umoonaopalmine.com.au/virtual-tour/>

### **Sydney Opera House**

<https://artsandculture.google.com/partner/sydney-opera-house>

### **Vatican Museum, Rome**

<http://m.museivaticani.va/content/museivaticani-mobile/en/collezioni/musei/tour-virtuali-elenco.html>

### **Smithsonian Museum of National History**

<https://naturalhistory.si.edu/visit/virtual-tour>

### **British Museum, London**

<https://www.britishmuseum.org/learn/schools/ages-7-11/ancient-britain/virtual-visit-peek-prehistory>

### **QUT Art Museum**

<http://www.artmuseum.qut.edu.au/whats-on/exhibitions.php>

### **QLD Art Gallery**

<https://www.qagoma.qld.gov.au/whats-on/events/virtual-exhibitions>

### **Parliament House Canberra**

<http://virtualltour.aph.gov.au/#?>



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## LOCAL MUSEUMS AND GALLERIES

### BANANA SHIRE REGIONAL ART GALLERY

Open Saturday, 15 August 2020  
From 10am to 12 noon. No booking required

### MOURA

Moura Museum  
Located on Gillespie St  
P: 0419 722 189 for bookings  
Moura Miner's Memorial. Located on Gillespie St

### BARALABA

Baralaba Historical Village  
Located on Wooroonah St, Baralaba  
P: 0427 981 235 for bookings

### TAROOM

Taroom Historical Museum  
Located on Kelman St  
P: 0409 663 701 for bookings

### THEODORE

Dawson Folk Museum  
Cnr Second Ave & Dawson Pde  
P: (07) 4993 1482

### WOWAN

Wowan & District Museum  
Leichhardt Hwy (red tin roof)  
Fred - 0421 577 273

### CRACOW

Cracow Heritage Centre  
21-39 Third Ave, Cracow  
P: (07) 4628 6113 for  
bookings

### BILOELA

QLD Heritage Park  
11 Expedition Ave  
P: (07) 4992 2400







# ONLINE CLASSES

## FREE FOR BANANA SHIRE SENIORS



The Good Foundation, through Jamie's Ministry of Food Australia is now offering our popular 5 week cooking course online to the Banana Shire! It is easy to join in – all you need is a kitchen, basic cooking utensils, everyday ingredients (we will provide you with a full ingredient & recipe list) & a hunger to learn how to cook some of Jamie's popular recipes.

*Jamie's*  
**MINISTRY  
OF FOOD  
AUSTRALIA**  
**ONLINE**

### START DATES & COST

**Friday 21st August 2020 – 6pm - 7pm**

Course is for 5 weeks, occurring same time each week – each class is 1 hour. Recordings of each session are available to attendees after each class to refresh their skills until the next wonderful cook along session.

There will also be an **information session** held on the **Wednesday 19th August from 5.30-6PM**, to meet your facilitator, practice using your ZOOM link, and ask any questions you might have about the program.

## BOOK NOW AT

[www.TheGoodFoundation.com.au](http://www.TheGoodFoundation.com.au)

**P:** 0407 149 333 **E:** [info@thegoodfoundation.com.au](mailto:info@thegoodfoundation.com.au)



Brought to you in collaboration with



SENIORS WEEK

## COOKING AT HOME

Banana Shire Council are delighted to offer this opportunity to the seniors in our shire, enter the link below into your internet browser to register or click on the link, by doing so through us you are saving yourself \$49.95 - be quick though, limited spots available!

CLICK [HERE](#)

alternatively, enter this link into your browser:

<https://thegoodfoundation.secure.force.com/bookings?&p-m=007&courses=MF0024&ba=&fb=>

State		Location		Course Type		Availability	Your Info	Summary/ Payment
Start Date	Start Day	Start Time	Finish Time	Finish Date	Availability	Click + to expand for prices		
21/08/2020	Friday	6:00 PM	7:00 PM	18/09/2020	50	+		

Participants will learn how to bring the best flavours out of fresh ingredients and how-to meal plan on a budget, so your food goes further. The course is broken down into 5 sessions over 5 weeks with the following themes:

- Session 1 - Intro to cooking
- Session 2 - Simple pasta for the whole family
- Session 3 - Batch cooking with delicious chilli
- Session 4 - Pantry staples with homemade pizza
- Session 5 - Wholesome Home Meals with hearty soup

Don't miss out! Learn how to get the most out of your pantry through cooking fantastic healthy meals!



To access more online cooking videos, check out Maggie Beers kitchen diary with loads of online videos and recipes!

Visit: <https://www.maggibeer.com.au/kitchen-diary/category/videos>



## RECIPE TO TRY AT HOME

### Jamie's 1-Cup Pancakes

You will need:

- 1 Egg
- 1 Cup Self-Raising Flour
- 1 Cup Milk
- 1 pinch of Salt

#### Method:

1. To make the batter, crack the egg into a large mixing bowl
2. Add the flour, milk and a tiny pinch of sea salt.
3. Whisk everything together until you have a lovely, smooth batter.
4. Put a large frying pan on a medium heat and after a minute or so, add 1/2 tablespoon of oil.
5. Carefully tilt the pan to spread the oil out evenly.
6. Add a few ladles of batter to the pan, leaving enough space between each one so they have room to spread out slightly - each ladle will make one pancake, and you'll need to cook them in batches.
7. Cook the pancakes for one to two minutes or until little bubbles appear on the surface and the bases are golden, then use an egg flip to carefully flip them over.
8. When the pancakes are golden on both sides, use an egg flip to transfer the pancakes to a plate.
9. Repeat with the remaining batter, adding 1/2 tablespoon of oil in the pan between batches, if needed.
10. Serve the pancakes straight away, topped with a dollop of natural yoghurt and some extra berries, if you like.

CLICK [HERE](#) to view more recipes online  
or visit [www.jamiesministryoffood.com.au](http://www.jamiesministryoffood.com.au)

## VIRTUAL FITNESS

Free, Fit & Fun Seniors workouts that can be done from home!  
Bought to you by:

### FITANEERS

[www.fitaneers.com](http://www.fitaneers.com)

Low Impact - Get Motivated

Meet New People - Full Body Workout

The 10 minute strength workout you should be doing every day!

CLICK [HERE](#), or enter below into your browser:

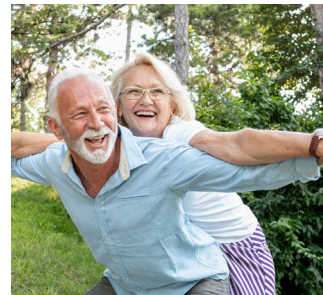
[www.fitaneers.com/post/10min-seniors-workout](http://www.fitaneers.com/post/10min-seniors-workout)



### DIVERSIONAL THERAPY

Did you know that Diversional Therapy improves the health and wellbeing of people with:

- Dementia
- Chronic pain & disease
- Stroke and Parkinson's disease
- Depression
- Carers
- Disability
- Social isolation
- Age-related conditions



Together Diversional Therapy Solutions are offering free initial 30 minute consultations for new clients, servicing most areas of the Banana Shire. Call Ros for more information on 0447 149 949, or visit: [www.togetherdtsolutions.com](http://www.togetherdtsolutions.com)

### VIRTUAL SENIORS IN THE STUDIO

This Queensland Seniors Week join in one of four FREE Virtual Seniors in the Studio dance classes, Sunday 23 August 2020.

The four classes on offer will cater to all abilities:

- Ballet for Seniors Beginners
- Ballet for Seniors Intermediate
- Seniors Repertoire class
- Seniors Jazz class

You can enjoy the classes from the comforts of your home, taught to you on Zoom.

Whilst these events are FREE, please consider donating to Queensland Ballet by clicking [HERE](#), or paste the following link into web browser:

[https://donate.charidy.com/8281?mc\\_cid=7146b15731&mc\\_eid=-4dec58142e](https://donate.charidy.com/8281?mc_cid=7146b15731&mc_eid=-4dec58142e)

**Registrations are essential and numbers are limited.**

**For more Virtual Seniors Week Events, visit:**

<https://qldseniorsweek.org.au/>



## WHAT TO DO

Why not get together with friends and check out some of the great opportunities in our own 'backyard'?



### **Sandstone Wonders Self Drive**

Travel one of our self-drives with the help of our itineraries that have been prepared by passionate locals who know our national parks and towns like the back of their hand. CLICK [HERE](#) or enter below into web browser: <https://sandstonewonders.com/self-drives/>



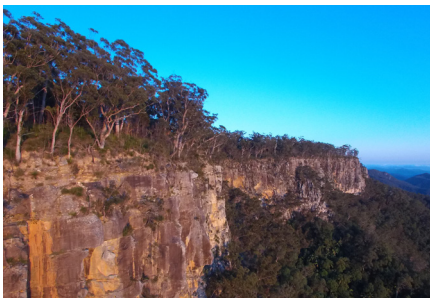
### **Local Walking Trails**

The Sandstone Wonders webpage features 4 walking tracks - Biloela, Taroom, Theodore and Moura. you can plan your walk or bike trail according to how far you want to go. CLICK [HERE](#) or enter below into web browser: <https://sandstonewonders.com/activities/walkways-and-bikeways/>



### **Volunteer in the Shire**

We are always in need of volunteers.  
Library - Contact Biloela Library on (07) 4992 7362  
Art Gallery (07) 4992 9500 - Shanna  
Community Resource Centre (07) 4992 9500 - Pam



### **Visit a National Park near you**

Have you visited a National Park near you recently? Most are within a short driving distance from our shire towns. Visit the Sandstone Wonders page link below, and plan your next day trip! CLICK [HERE](#) or enter below into web browser: <https://sandstonewonders.com/#parks-featured>



### **A game of lawn bowls**

Why not get some friends together and go and have a game of lawn bowls, followed by some lunch or dinner at your local bowls club!

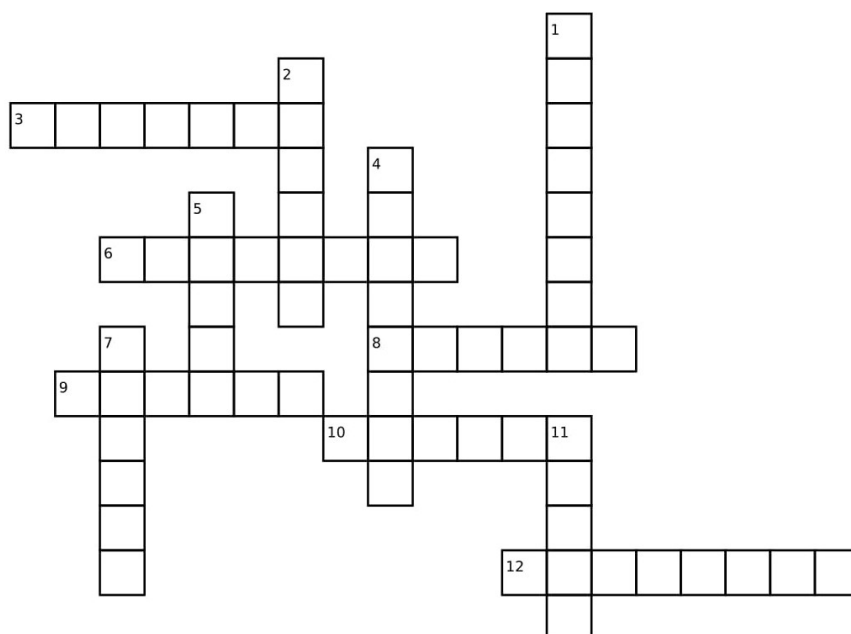
## PUZZLE TIME

Can you complete our Crossword by naming all the towns in the Banana Shire Region?

Hint!

Visit: [www.sandstonewonders.com](http://www.sandstonewonders.com)

### Crossword Puzzle



#### Down:

1. This town is home to a sizable squab industry, providing Australia with 60 per cent of its squab supplies
2. Part of the Callide Valley, the town is wedged between the Callide Creek to the west and the highway to the east
4. Here you will find a community owned pub, located between the Dawson River and Castle Creek
5. For almost six decades, coal mining has been pivotal to this town.
7. The region opened up to settlers in the 1840's with the northern exploits of early explorer Ludwig Leichhardt
11. In my heyday, I was the dairy capital of the region

#### Across:

3. Home of the Queensland Heritage Park
6. Fewer than 300 people live here, a small rural village in the region's northern farming heartland.
8. The northern most town in the Banana region
9. Visitors are always a little baffled by the town's unusual name!
10. A tiny ghost town packed with surprises
12. The name of this town means high mountain or land of the blue mountain in the local language of the Gangulu people

## FEEDBACK FORM



Banana Shire Council would appreciate your feedback on our 2020 Seniors Week Booklet we put together for you. We have a few options available for you to submit your valued feedback:

**Option 1:** Please fill out the questions below, and return to our council administration office either by mail or in person:  
62 Valentine Plains Road,  
BILOELA QLD 4715

**Option 2:** Click on the link [HERE](https://www.surveymonkey.com/r/M8N37SN) or enter this link into your web browser:  
<https://www.surveymonkey.com/r/M8N37SN>  
and submit your answers online.

**1** Did you like the content we included in our Senior's Week brochure? Yes / No  
Comments:

**2** Did you participate in any of the virtual activities? Yes / No  
If so, which ones (please circle)?  
Online Fitness classes - Fitaneers  
Tech Savvy - Telstra  
Be connected - QLD Government  
Downloading of applications for phone or tablet  
Virtual Tours of Museums  
Ministry of Food - Jamie Oliver

**3** Was the brochure easy to read and understand? Yes / No  
Comments:

**4** Did you participate in the Ministry of Food by Jamie Oliver? Yes / No

If yes, how would you rate the program?  
(Circle 1 star - very disappointed / 5 stars - Very happy)



**5** Would you like Council to continue to provide this resource for future Seniors Weeks?  
Yes / No

If yes, do you have any suggestions for other things we could include?

SENIORS WEEK

*Celebrating*  
**QUEENSLAND  
SENIORS**

— 15-23 AUGUST —

