



- Coordinator - Des Kemp
- the Y Bundaberg
- 60 and Better
- 7 Quinn Street, Kepnock QLD 4670
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- Phone Contact : 0423 652 359 –

- Funded by Department of Child Safety, Seniors, Disability Services

October – November – December 2025 Edition



• **Front Cover Donations to LifeFlight & RFDS**

• **Like us on Facebook - YMCA Bundaberg 60 & Better**

Seniors 60 & Better

Christmas Function

Date : Tuesday 2nd December 2025

Time : 10:30am to 2pm

Venue : Burnett Bowls Club

Cost: \$30.00 per Member

\$40.00 for non-Members

Includes: Main meal, dessert, tea & coffee.
Lucky door prizes, raffles on the day and live music. RSVP with payment to Des by November 14th, 2025, to book your seat. Come and join us for lunch and festivities. Donations for raffle prizes - Please wrap in clear wrapping and bring them in on the day.



Seniors 60 & Better



October

**2nd Deirdre M - 9th Dawn H - 10th Ingrid M – Wally T – 15th Heather P
17th David K – 22nd Susan S - 26th Ernie B –
27th Maree R - 28th Jennifer J - 29th Helga R -30th Barry S -
31st Jan B**

November

**3rd Doreen F – 7th Derek G – 9th Colin B - 12th Noel A -13th Moya V-L
18th Nolene W - 19th Donnie B - Annette C - 24th David J - Ross McL
27th Kay T – 28th Lexi McG - 29th Robert S**

December

**5th Bronwyn S - 6th Virginia B - 11th Elaine Mc-
14th Jan J – Jennifer B - 22nd Helen McL– 25th Gwen W
27 Dot W**



Welcome to all our new members

**Joyce S, Robyn & Tom R,
Barry S, Philip M, Virginia C**

Seniors 60 & Better

Information sessions @ Kepnock Scouts Den



2nd Thursday of month @ 9.30am

October 9th – BRC Cr Gary Kirk – waste & recycling

November 13th – JP – Russel Lyons

Lunch Club last Tuesday of month



Phone Des on 0423652359 to book for Lunch

11.30am



October 28th – White China

November 25th – Urban Dragon Fly



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



Computer & Phone Class

Wednesday @ the Y 7 Quinn Street
1 to 3pm in the activity room



Indoor Bowls

Thursday 8.30am @ Carinity Kepnock Grove

Retirement Village Pavilion Nixon Street Kepnock

\$5 per morning inc morning tea



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 1/6/25.

Seniors 60 & Better



• Ten pin Bowling Mondays

- Cost - \$16.50 - 2 games, afternoon tea and shoe hire

- 12.30pm

- Bundy Bowl and Leisure Lester Street

- Not held over the school holidays & public Holidays

- **Membership renewal is due by the 31st of December 2025 – Complete the attached form and return to Des with membership fee of \$10 – Newsletter Postage is \$7 per year**

60 and Better October 2025 Activity Calendar

		Wed 1 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thurs 2 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 3 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg
Mon 6 Public Holiday	Tues 7 8.am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara	Wed 8 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thurs 9 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 10 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg 11.30am- 30th Birthday Bash
Mon 13 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 14 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara	Wed 15 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thurs 16 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 17 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg
Mon 20 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 21 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara	Wed 22 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thurs 23 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 24 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg
Mon 27 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 28 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara	Wed 29 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thurs 30 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 31 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg

60 and Better November 2025 Activity Calendar

Mon 3 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 4 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara	Wed 5 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thur 6 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 7 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg
Mon 10 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 11 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara	Wed 12 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thur 13 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 14 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg
Mon 17 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 18 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara	Wed 19 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thur 20 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 21 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg
Mon 24 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 25 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara 11.30am – Lunch Club	Wed 26 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thur 27 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 1.30 – Line dancing Kepnock Progress Hall	Frid 28 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg

60 and Better December 2025 Activity Calendar

Mon 29	Tues 30 8.30am – Cards (500)	Wed 31		School Holidays 13/12/25 to 26/1/26
Mon 1 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin(BB&L)	Tues 2 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara	Wed 3 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thur 4 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 5 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg
Mon 8 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin(BB&L)	Tues 9 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara	Wed 10 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thur 11 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	Frid 12 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg
Mon 15 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg	Tues 16 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara	Wed 17 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thur 18 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Breath & Balance Y Fitness Bargara	Frid 19 8am – Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg
Mon 22 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg	Tues 23 8am Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500)) 9.15am – Breath & Balance Y Fitness Bargara	Wed 24 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara	Thur 25 CHRISTMAS DAY	Frid 26 BOXING DAY

Seniors 60 & Better

Program Closures over Christmas

Line Dancing last day 4/12/25 Recommencing 5/2/26

Tenpin last day 8/12/25 Recommencing 2/2/26

Indoor Bowls last day 11/12/25 Recommences 16/01/26

Gym Classes last day 20/12/25 Recommences 5/1/26

Computer Classes last day 17/12/25 Recommences 7/1/26

Office – Closed 12pm 24/12/25

Reopens 5/1/26 8am

**On behalf of the 60 & Better program, we wish everyone
a Safe and Merry Christmas & A Happy New Year. If
travelling to visit Family and Friends travel safe.**

Des is away on Annual Leave 24/12/24 to 5/1/26

Thank you, Des.



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:	<input type="checkbox"/> yes <input type="checkbox"/> no
YMCA Webpage:	<input type="checkbox"/> yes <input type="checkbox"/> no
All Other Media- e.g., Newspaper /TV	<input type="checkbox"/> yes <input type="checkbox"/> 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: _____