

Merry Christmas
and a
Happy New
Year



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- Coordinator - Des Kemp
- the Y Bundaberg
- 60 and Better
- 7 Quinn Street, Kepnock QLD 4670
- Email: 60andbetter@ymcabundaberg.org.au
- Phone Contact : 0423 652 359
- Funded by Department of Families, Seniors, Disability Services, Child Safety & Prevention of Domestic & Family Violence



Queensland
Government

January – February – March 2026 Edition



- Like us on Facebook - YMCA Bundaberg 60 & Better

Seniors 60 & Better



January

1st Kelly C – 5th Heather B – 9th Emanuel S

17th David J – 18th Sandy O – 19th Kay D

23rd Louise L - 25th Pamela C

February

2nd Maria A – 13th Bill N - 17th Gary L

18th Raymond O - 25th Cheryl H – 27th Joan J

28th Valma Mac

March

4th Cherie L – Annette J – 6th Ron H – 7th Chris R -

10th Cheryl M – 11th Dorothy G - 18th Maxine C –

27th Pamela H - 28th David C



Welcome to all our new members

Graham F – Rex H – Patricia B – Janette P – Frank B –

Sandra H – Doug R - Cheryl M – Stephenie M – Valma Mac

– Carolyn G -

Seniors 60 & Better

The Y 60 and Better Program Members invites you to enjoy a BBQ lunch with us.

When: Thursday 5th March 2026 at 12 noon

Where: Kepnock Scouts Den—Quinn Street Kepnock

Cost: \$8.00 per person – 1 Sausage & 1 Rissolle and salad

\$10.00 per person – 2 Rissoles and Salad

inc Tea & Coffee and Dessert

**You don't need to be a member,
come along and enjoy the lunch with us.**

We look forward to seeing you there

***Contact Des on 0423 652 359 to book by the 26th of
February 2026 with payment and for more information. Members
are asked to bring a small plate of dessert to share.***



Seniors 60 & Better

Information sessions @ Kepnock Scouts Den

2nd Thursday of month @ 9.30am



February 12th – JPs – Russell & David

March 12th – Footprints Community -Michelle

Lunch Club last Tuesday of month



Phone Des on 0423652359 to book for Lunch

January 27th – Truly Asia

February 24th - Moore Park Beach Tavern

March 24th – Bucca Hotel



Cards- 500

Tuesday and Friday 8.30am to 12 noon

@ Kepnock Scouts Den –

\$5 per morning inc morning tea



Forum Meetings

Last Thursday of the month (excluding public holidays) 9.30am

@ Kepnock Scouts Den



Seniors 60 & Better

• Program Closures & Recommencing

- Line dancing Last Day 4/12/25
- Tenpin last day 8/12/25 Recommencing 2/2/26
- Indoor Bowls last day 11/12/25 Recommences 22/01/26
- Gym Classes last day 20/12/25 Recommences 5/1/26
- Computer Classes last day 17/12/25 Recommences 7/1/26
 - Office – Closed 12 noon 19/12/25
 - Reopens 8am 5/1/26

• 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
- 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 – Total Resistance 9.15am \$11

Note: all prices per person, per session

Prices and programs are subject to change.

Prices current as of the 1/1/26.

Seniors 60 & Better



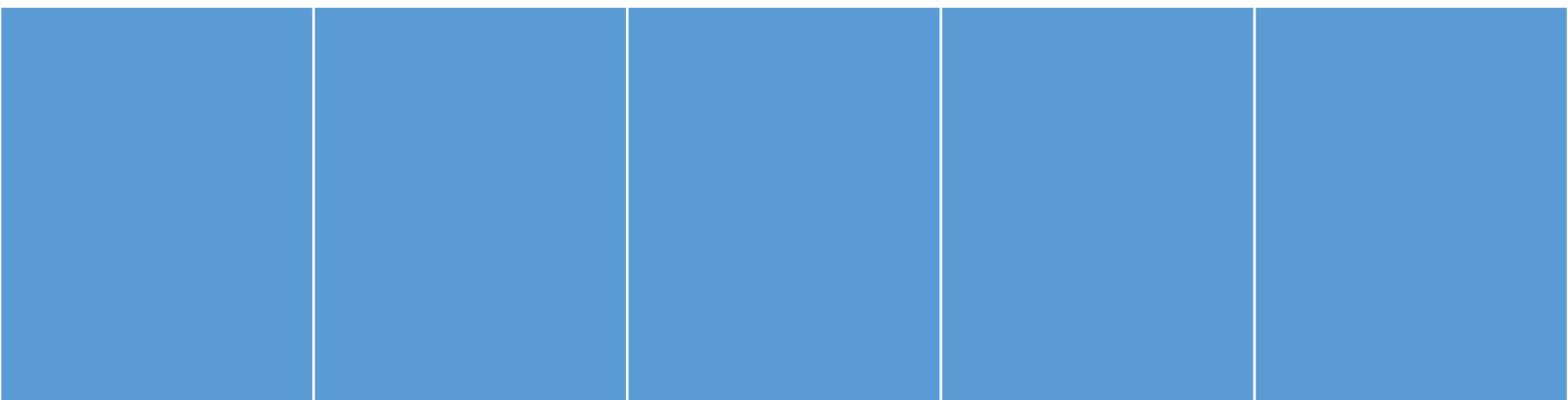
• Ten pin Bowling Mondays

- 12.30pm
 - Cost - \$16.80 - 2 games, afternoon tea and shoe hire
 - 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 January 2025 Activity Calendar

			Thurs 1 New Years Day	Frid 2 8.30am – Cards (500)
Mon 5 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg	Tues 6 8.am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara	Wed 7 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thurs 8 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara	Frid 9 8am –Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg
Mon 12 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg	Tues 13 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara	Wed 14 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thurs 15 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara	Frid 16 8am – Low Impact bDance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg
Mon 19 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 20 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara	Wed 21 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thurs 22 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara	Frid 23 8am –Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg
Mon 26 Australia Day	Tues 27 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara 11.30am Lunch Club	Wed 28 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thurs 29 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara	Frid 30 8am – Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg

60 and Better February 2025 Activity Calendar



<p>Mon 2 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)</p>	<p>Tues 3 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara</p>	<p>Wed 4 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Thur 5 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara</p>	<p>Frid 6 8am – Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg</p>
<p>Mon 9 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)</p>	<p>Tues 10 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara</p>	<p>Wed 11 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Thur 12 8.45m – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara 9.30 am – Information Session – Scouts Den</p>	<p>Frid 13 8am – Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg</p>
<p>Mon 16 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)</p>	<p>Tues 17 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara</p>	<p>Wed 18 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Thur 19 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total resistance Y Fitness Bargara</p>	<p>Frid 20 8am – Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg</p>
<p>Mon 23 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)</p>	<p>Tues 24 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara 11.30am – Lunch Club</p>	<p>Wed 25 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Thur 26 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara 9.30am – Forum Meeting Kepnock Scouts Den</p>	<p>Frid 27 8am – Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg</p>

60 and Better March 2025 Activity Calendar

<p>Mon 30 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin(BB&L)</p>				
<p>Mon 2 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin(BB&L)</p>	<p>Tues 3 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara</p>	<p>Wed 4 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Thur 5 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara</p>	<p>Frid 6 8am –Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg</p>
<p>Mon 9 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin(BB&L)</p>	<p>Tues 10 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara</p>	<p>Wed 11 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Thur 12 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara 9.30 – Information Session Kepnock Scouts Den</p>	<p>Frid 13 8am –Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg</p>
<p>Mon 16 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg</p>	<p>Tues 17 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara</p>	<p>Wed 18 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Thur 19 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara</p>	<p>Frid 20 8am – Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg</p>
<p>Mon 23 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg</p>	<p>Tues 24 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.15am – Breath & Balance Y Fitness Bargara</p>	<p>Wed 25 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Thur 26 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara 9.30am Forum Meeting – Kepnock Scouts Den</p>	<p>Frid 27 8am – Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg</p>

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: _____