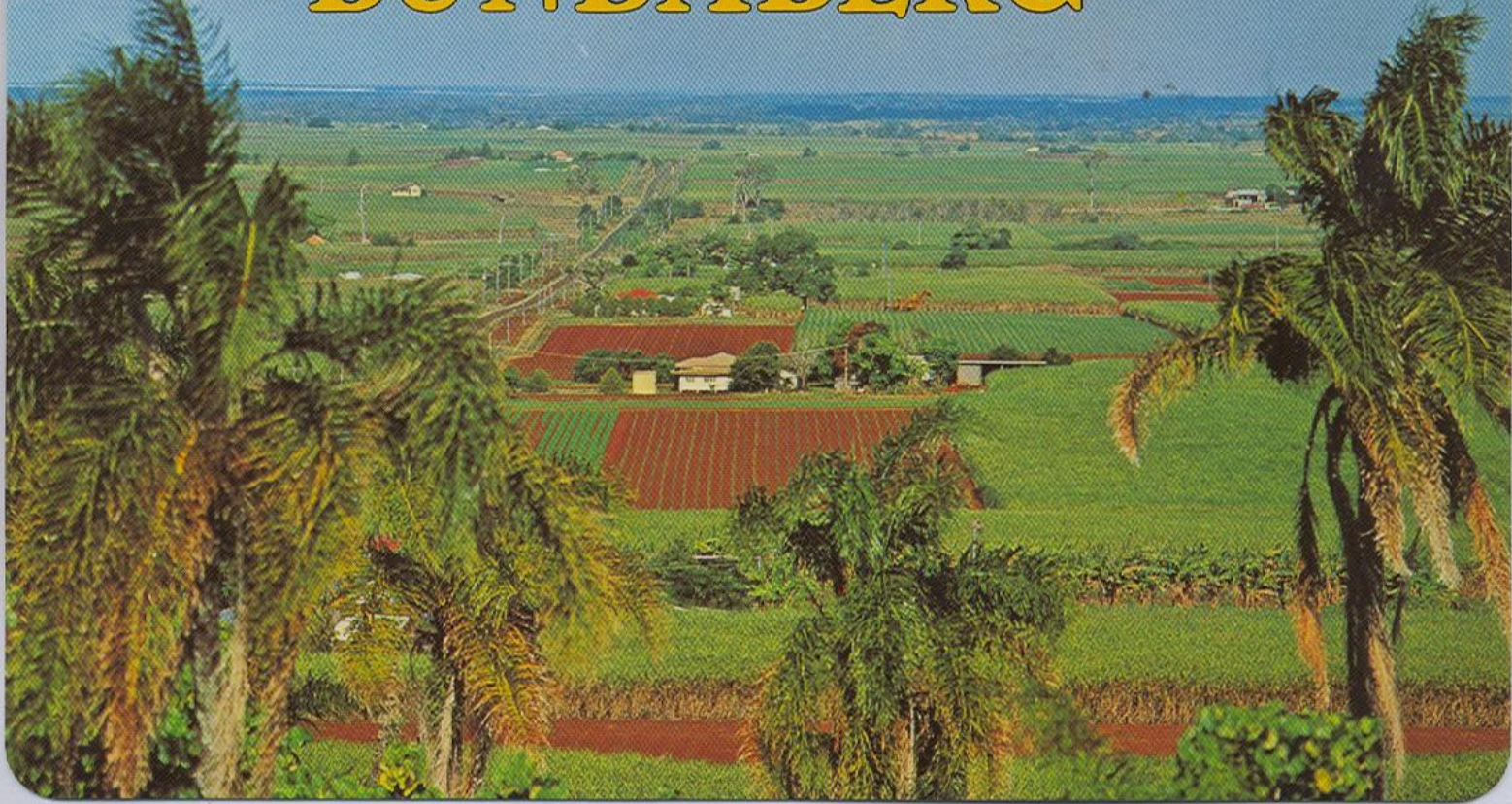


THE HUMMOCK BUNDABERG



- 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

April – May – June 2026 Edition



- Like us on Facebook - YMCA Bundaberg 60 & Better

Seniors 60 & Better

Happy
BIRTHDAY!
to you.

April

**4th Nancy S – 6th Fran J - 8th Ian C – 9th Marilyn T -
12th Shirley W – Judy J - 20th Iris R-**

23rd Stephanie Mc – Caroline G - 24th Robyn P –

May

**3rd Frank B - Kevin L – 5th Patricia W -6th Val Mc - 8th –
Win Mc – 12th Joyce S - 13th Catherine M – 21st
Debbie T – James C - 23rd June R – 29th John R – 31st
Norman R**

June

**1st Lynn S – Gisela C - 4th Robyn R -18th Jan S – 24th
Robert W**



Welcome to all our new members

**Nevill S - Nancy S – Colin & Gayle B – Shirley W- Debbie T – Ian A
Joan & Roger B-S – Shirley W – Darren W – June R – James C –
Lyndle & Ian E - Joanne & Peter P -**

Seniors 60 & Better

YMCA Bundaberg 60 and Better Program members invite you to attend our

Soup Day

When: Thursday 11th June
2026 at 11.30am

Where: Kepnock Scouts Den
Quinn Street Kepnock

Cost: \$10.00 per person

BYO Cup or bowl and spoon to enjoy some wonderful home made soup. Members please bring a plate of dessert or nibbles to share.

You don't need to be a member to come along.
Contact Des on 0423 652 359 for more information and to let us know you are coming. RSVP by 8/6/26

To support awareness of Elder Abuse, we encourage everyone to come along and wear purple.

Seniors 60 & Better

Wanting to learn or play Mahjong.

The 60 and better program is starting a Mahjong Group.

When – Start Date -Thursday the 23rd of April 2026.

Time 8.30am to 12 Noon.

Where – YMCA 7 Quinn Street Kepnock – Activity Room

Cost \$5 per morning Inc. Morning Tea.

Limited spaces (24 Maximum) please phone Des on 0426 652 359 before Tuesday the 21st of April 2026 to book in.



Seniors 60 & Better

Information sessions @ Kepnock Scouts Den

2nd Thursday of month @ 9.30am



April 9th – David Batt MP for Hinkler

May 14th – Five Good Friends

June 11th - Pivot 21 Dietitian



Lunch Club last Tuesday of month

Phone Des on 0423652359 to book for Lunch



April 28th – Baltimore's

May 27th - Bundy Social Club

June 30th – Avondale Tavern



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

- **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 – Yoga – 8am \$11
- Tuesday – Virtual Chair Yo Lates 9.10am \$11
- Wednesday – Light and Easy 9.15am \$11
- Thursday – Total Resistance 9.15am \$11
 - Friday – Yoga – 9.15am \$11

Note: all prices per person, per session

Prices and programs are subject to change.

Prices current as of the 1/4/26.

Seniors 60 & Better



• Ten pin Bowling Mondays

• 12.30pm

- Cost - \$17.80 - 2 games, afternoon tea and shoe hire
 - Bundy Bowl and Leisure Lester Street
- Not held over the school holidays & public Holidays

Des is on Leave from Monday the 13th to the 17th of April 2026 returning to the office on Monday 20th of April 2026 at 8am, Brenton who is a youth support worker will be in the office on Wednesday from 9am to 1pm while I am away if you have any questions.

Thank you, Des,

60 and Better April 2026 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 -Phones	Thurs 2 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara	Frid 3 Good Friday
Mon 6 Easter Monday	Tues 7 8am – Yoga Y Fitness Bargara 8.am – Chair Yo Lates Y Fitness B/Berg 8.30am – Cards (500) 9.10am – Virtual Chair – Yo Lates 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 -Phones	Thurs 9 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 – Information Session – Kepnock Scouts Den	Frid 10 8am –Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg 9.15am – Yoga Y Fitness Bargara
Mon 13 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg	Tues 14 8am – Yoga Y Fitness Bargara 8am – Chair Yo Lates Y Fitness B/Berg 8.30am – Cards (500) 9.10am – Virtual Chair – Yo Lates 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 -Phones	Thurs 16 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara	Frid 17 8am – Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg 9.15am – Yoga Y Fitness Bargara
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 – Yoga Y Fitness Bargara 8am – Chair Yo Lates Y Fitness B/Berg 8.30am – Cards (500) 9.10am – Virtual Chair Yo Lates 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 -Phones	Thurs 23 8.30am – Mahjong – Activity Room YMCA 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y Fitness B/Berg 9.15am Total Resistance Y Fitness Bargara	Frid 24 8am –Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg 9.15am – Yoga Y Fitness Bargara
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 – Yoga Y Fitness Bargara 8am – Chair Yo Lates Y fitness B/Berg 8.30am – Cards (500) 9.10am – Virtual Chair Yo Lates Y Fitness Bargara 11.30am Lunch Club	Wed 29 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phones	Thurs 30 8.30am – Mahjong – Activity Room YMCA 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara	School Holidays 3/4/26 to 19/4/26

60 and Better May 2026 Activity Calendar

				Frid 1 8am – Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg 9.15am – Yoga Y Fitness Bargara
Mon 4 Labour Day	Tues 5 8am – Yoga Y Fitness Bargara 8am – Chair Yo Lates Y Fitness B/Berg 8.30am – Cards (500) 9.10am – Virtual Chair Yo Lates Y Fitness Bargara	Wed 6 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phones	Thur 7 8.30am – Mahjong – Activity Room YMCA 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara	Frid 8 8am – Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg 9.15am – Yoga Y Fitness Bargara
Mon 11 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 12 8am – Yoga Y Fitness Bargara 8am – Chair Yo Lates Y Fitness B/Berg 8.30am – Cards (500) 9.10am – Virtual Chair Yo Lates Y Fitness Bargara	Wed 13 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phones	Thur 14 8.30am – Mahjong – Activity Room YMCA 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	Frid 15 8am – Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg 9.15am – Yoga Y Fitness Bargara
Mon 18 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 19 8am – Yoga Y Fitness Bargara 8am – Chair Yo Lates Y Fitness B/Berg 8.30am – Cards (500) 9.10am – Virtual Chair Yo Lates Y Fitness Bargara	Wed 20 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phones	Thur 21 8.30am – Mahjong – Activity Room YMCA 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total resistance Y Fitness Bargara	Frid 22 8am – Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg 9.15am – Yoga Y Fitness Bargara
Mon 25 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 26 8am – Yoga Y Fitness Bargara 8am – Chair Yo Lates Y Fitness B/Berg 8.30am – Cards (500) 9.10am – Virtual Chair Yo Lates Y Fitness Bargara 11.30am – Lunch Club	Wed 27 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phones	Thur 28 8.30am – Mahjong – Activity Room YMCA 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	Frid 29 8am – Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg

60 and Better June 2026 Activity Calendar

<p>Mon 1 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin(BB&L)</p>	<p>Tues 2 8am – Yoga Y Fitness Bargara 8am – Chair Yo Lates Y Fitness B/Berg 8.30am – Cards (500) 9.10am – Virtual Chair Yo Lates Y Fitness Bargara</p>	<p>Wed 3 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm –Technology Class Computer-Phones</p>	<p>Thur 4 8.30am – Mahjong – Activity Room YMCA 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone</p>	<p>Frid 5 8am – Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg 9.15am – Yoga Y Fitness Bargara</p>
<p>Mon 8 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin(BB&L)</p>	<p>Tues 9 8am – Yoga Y Fitness Bargara 8am – Chair Yo Lates Y Fitness B/Berg 8.30am – Cards (500) 9.10am – Virtual Chair Yo Lates Y Fitness Bargara</p>	<p>Wed 10 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phones</p>	<p>Thur 11 8.30am – Mahjong – Activity Room YMCA 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 12 8am –Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg 9.15am – Yoga Y Fitness Bargara</p>
<p>Mon 15 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin(BB&L)</p>	<p>Tues 16 8am – Yoga Y Fitness Bargara 8am – Chair Yo Lates Y Fitness B/Berg 8.30am – Cards (500) 9.10am – Virtual Chair Yo Lates Y Fitness Bargara</p>	<p>Wed 17 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phones</p>	<p>Thur 18 8.30am – Mahjong – Activity Room YMCA 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 19 8am –Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg 9.15am- Yoga Y Fitness Bargara</p>
<p>Mon 22 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin(BB&L)</p>	<p>Tues 23 8am – Yoga Y Fitness Bargara 8am – Chair Yo Lates Y Fitness B/Berg 8.30am – Cards (500) 9.10am – Virtual Chair Yo Lates Y Fitness Bargara</p>	<p>Wed 24 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phones</p>	<p>Thur 25 8.30am – Mahjong – Activity Room YMCA 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 26 8am – Low Impact Dance Mix Y Fitness B/Berg 8.30am – Cards (500) 9am – Light & Easy Y Fitness B/Berg 9.15am – Yoga Y Fitness Bargara</p>
<p>Mon 29 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg</p>	<p>Tues 30 8am – Yoga Y Fitness Bargara 8am – Chair Yo Lates Y Fitness B/Berg 8.30am – Cards (500) 9.10am – Virtual Chair Yo Lates Y Fitness Bargara</p>			<p>School Holidays 27/06/26 to 12/07/26</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: _____