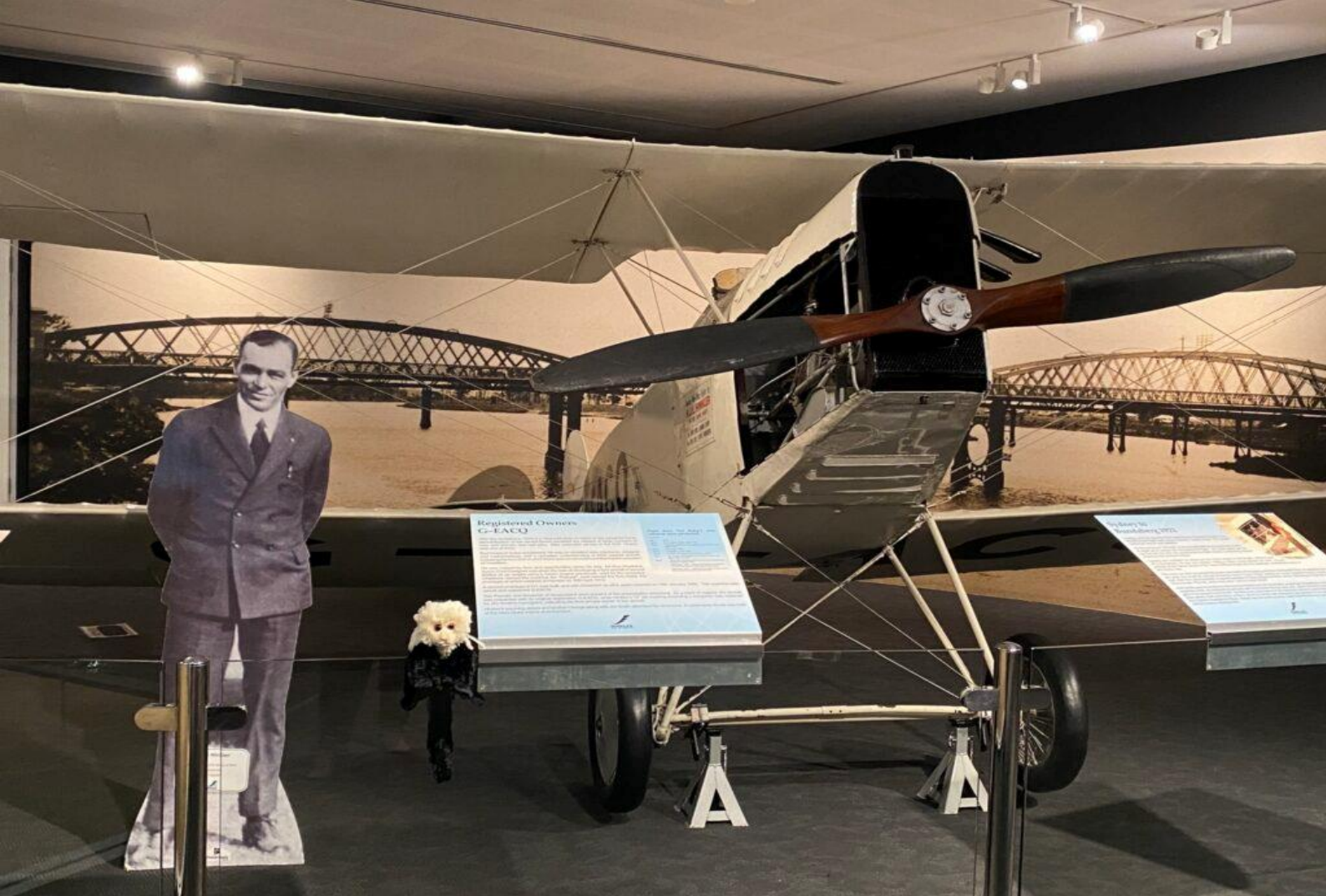




- Coordinator - Des Kemp
- the Y Bundaberg
- 60 and Better
- 7 Quinn Street, Kepnock QLD 4670
- Email: 60andbetter@ymcabundaberg.org.au
- Phone Contact : 0423 652 359
- Funded by Department of Families, Seniors, Disability Services, Child Safety



July – August – September 2026 Edition



• Like us on Facebook - YMCA Bundaberg 60 & Better

Seniors 60 & Better



July

7th Ann H – 15th Christine N – Rhonda K

17th Elaine A – 24th Colin B - 27th Doug R

30th Sarah P – 31st Peter P

August

4th Rex H – 5th Ray Mc – 6th Bev W – 7th Gary K –

10th Pauline Mc- 12th Gayle C – 13th Carol H –

Neville S - 24th Holmes G – 26th Tom R - 28th Sandra H

September

3rd Suzanne K -7th Patricia B - 8th Joyce B –

10th Pat D - 12th Robert C – 14th Loretta C –

16th David K - 17th George S -18th Marilyn B –

Beverley C - 19th George P – 22nd Jeff M –

25th Janette P

Welcome to all our new members

Bev W – Jeff M – Dianne H – Tony H – Pat D – Gloria Mac

Seniors 60 & Better

Information sessions @ Kepnock Scouts Den

2nd Thursday of month @ 9.30am



July 9th – MP for Burnett Stephen Bennett

August 13th – Peppermint Care

September 10th - Optical Superstore



Lunch Club last Tuesday of month

Phone Des on 0423652359 to book for Lunch



July 28th – South Kolan Hotel

August 25th - Bargara Golf Club

September 29th – Sangs Asian Fusion

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 \$12
 - Tuesday – Chair Yo Lates 8am \$9
- Wednesday – Light and Easy 8am \$12
 - Thursday – Chair Yo Lates 9.15am \$9
- Friday – Low Impact Dance Mix 8am \$12
 - Friday - Light and Easy 9am \$12

Bargara Gym Classes

- Monday – Light and Easy 9.15am \$12
 - Tuesday – Yoga – 8am \$12
- Tuesday – Virtual Chair Yo Lates 9.10am \$12
 - Wednesday – Light and Easy 9.15am \$12
- Thursday – Total Resistance 9.15am \$12
 - Friday – Yoga – 9.15am \$12

PRICE RISE AS OF THE 1st of August 2026

Note: all prices per person, per session

Prices and programs are subject to change.

Prices current as of the 1/8/26.



Seniors 60 & Better



• Ten pin Bowling Mondays

- Not held over the school holidays & public Holidays
 - 12.30pm
- Cost - \$17.80 - 2 games, afternoon tea and shoe hire
 - Bundy Bowl and Leisure Lester Street

Mahjong Thursdays

Wanting to learn or play Mahjong.

The 60 and better program has a Mahjong Group.

Thursday - 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

Seniors 60 & Better

Des is on Leave from Monday the 14th to the 18th of September 2026 returning to the office on Monday 21st of September 2026 at 8am.

Des is on Leave from Monday the 28th of September to the 5th of October 2026 returning to the office on Tuesday the 6th of October 2026 at 8am.

Brenton who is a youth support worker will be in the office on the Wednesdays from 9am to 1pm while I am away if you have any questions, please contact Brenton on 0423 652 359

Thank you, Des

60 and Better July 2026 Activity Calendar

School Holidays 27/6/26 to 12/7/26		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 8.30am – Mahjong – Activity Room 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 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 6 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg	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 -Phone	Thurs 9 8.30am – Mahjong Activity Room 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 12.30pm – Tenpin (BB&L)	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 -Phone	Thurs 16 8.30am – Mahjong Activity Room 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 -Phone	Thurs 23 8.30am – Mahjong Activity Room 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 -Phone	Thurs 30 8.30am – Mahjong Activity Room 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 Scouts Den	Frid 31 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

60 and Better August 2026 Activity Calendar

Mon 31 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)				
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 – 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 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 8.30am – Mahjong Activity Room 8.45am – Indoor Bowls Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara	Frid 7 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 10 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 11 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 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 8.30am – Mahjong Activity Room 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 14 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 17 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 18 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 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 8.30am – Mahjong Activity Room 8.45am – Indoor Bowls Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total resistance Y Fitness Bargara	Frid 21 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 24 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin (BB&L)	Tues 25 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 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 8.30am – Mahjong Activity Room 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 28 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

60 and Better September 2026 Activity Calendar

	Tues 1 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 2 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thur 3 8.30am – Mahjong Activity Room 8.45am – Indoor Bowls – Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara	Frid 4 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 7 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin(BB&L)	Tues 8 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 9 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thur 10 8.30am – Mahjong Activity Room 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	Frid 11 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 14 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg 12.30pm – Tenpin(BB&L)	Tues 15 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 16 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thru 17 8.30am – Mahjong Activity Room 8.45am – Indoor Bowls Carinty Kepnock Village 9.15am – Chair Yo Lates Y fitness B/Berg 9.15am Total Resistance Y Fitness Bargara	Frid 18 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 21 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg	Tues 22 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 23 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone	Thur 24 8.30am – Mahjong Activity Room 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 25 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 28 9.15am – Light & Easy Y Fitness Bargara 10.30am – Light & Easy Y Fitness B/Berg	Tues 29 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 30 8am – Light & Easy Y Fitness B/Berg 9.15am – Light & Easy Y Fitness Bargara 1 to 3 pm – Technology Class Computer -Phone		School Holidays 19/9/26 to 5/10/26

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:	☐ yes ☐ no
YMCA Webpage:	☐ yes ☐ no
All Other Media- e.g., Newspaper /TV	☐ yes ☐ 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: _____