



## Choir appearances lifted spirits

SUNSHINE Coast seniors were delighted by two concerts from Buderim Male Choir during Seniors Week.

Established in 1974, the choir performed at Buderim Gardens Retirement Village and Emmanuel Retirement Village.

Currently under the direction of Paul Coppins, the choir is based in Buderim and

welcomes members from across the Sunshine Coast.

It rehearses Mondays from 7-9:30pm at the Uniting Church, Chr King Street and Gloucester Road, Buderim.

Phone 0429-009-897,  
www.buderimmalechoir.org.au



## Water safety class

**SAFETY FIRST** – Grey Medallion participants and trainers at the Grand Pacific Resort pool.

## Treated to town tour

SENIORS in Cloncurry Shire were treated to a special tour of new projects with Mayor Andrew Daniels to celebrate Seniors Week.

The tour took in the new equestrian centre, the age care unit at the Cloncurry Hospital, the proposed new weir location and the new housing being built in the town.

Morning tea was enjoyed at John Flynn Place and lunch at the new Visitor Information Centre at Mary Kathleen Park. Special guest was Pauline Bakhasha, who at 96 is one of Cloncurry's oldest residents.



**BIG DAY OUT** – Cloncurry resident Pauline Pakhas with Mayor Andrew Daniels.

WHILE many thousands enjoyed the mud and obstacles at Tough Mudder over the August 17-18 weekend, 30 seniors tackled challenges of a different kind at a Grey Medallion course held by Ithaca Caloundra City Lifesaving Club at the Grand Pacific Resort in Caloundra as part of Seniors Week.

Club patrolling members Patricia, Margaret and Tony ran the course, where participants learned about water safety skills, land and aquatic emergencies, "dry rescues", CPR, using a defibrillator, some first aid skills and how to deal with marine stings.

Everyone enjoyed the practical session in the pool.

"The pool session was great, as it put what we had learned in theory into action,

and we were able to practice it," said one attendee.

It was also a good opportunity to learn a few techniques to keep babies and young children safe when introducing them to the water.

"Numbers exceeded our expectations," Patricia said.

"The course proved so popular due to publicity that we had to split the group and will run a second course."

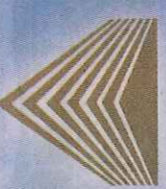
"Thanks to a grant from COTA for Seniors Week, we were able to offer the two-day course for free. Normally it costs \$35."

The Grey Medallion course is accredited by the Royal Life Saving Society and is specifically aimed at over 50s.

www.caloundracityasn.au

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