

TOMNET's Lockyer Valley groups celebrate One Year Anniversary!

TOMNET launched its Lockyer Valley groups in late 2024, and celebrated their **one-year anniversary in November 2025**. The celebration was attended by local dignitaries including Mayor Tanya Milligan. Members from both the Lockyer and Toowoomba groups gathered to share stories and support the work being done in the Lockyer Region.

Groups meet weekly for small gatherings, coffee chats, and social activities: Mondays and Tuesdays in Gatton, Wednesdays in Glenore Grove, and Thursdays in Laidley. Monthly events include guest speakers, barbecues (last Monday), and "Lunch with Mates" (second Friday), plus bus trips and social outings. Volunteers visit Aegis Aged Care weekly, and Mentoring youth has been identified as a new opportunity for connections between youth and TOMNET Volunteers in the future.

Led by Program Manager Ben Ryan, TOMNET focuses on combating isolation among men 50+ through mateship and community involvement in Gatton, Laidley, and surrounding areas. Contact Ben at 0468 858 087 for details.





Christmas Dates

DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 Meetings - Toowoomba Meetings - Gatton	9 Meetings - Toowoomba Meetings - Gatton	10 Meetings - Glenore Grove	11 Meetings - Toowoomba Meetings - Laidley	12 Lockyer Lunch with Mates Lockyer Hotel BMS BBQ Saturday 13th
15 Meetings - Toowoomba Meetings - Gatton	16 Meetings - Toowoomba Meetings - Gatton	17 Meetings - Glenore Grove	18 Meetings - Laidley TOMNET Office Closed	19 Toowoomba Lunch with Mates 12.30pm Rink46
22 TOMNET Office Closed	23	24 Christmas Day	25 Boxing Day	26

JANUARY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 TOMNET Office Closed	30	31	1 New Year's Day	2
5 TOMNET Office Re-opens Weekly Meetings Recommence	6	7 LOCKYER TOMNET Weekly Meetings Recommence	8	9 Lockyer Lunch with Mates Falvey's Hotel
12	13	14 TOMNET Monthly Meeting 10 a.m. BBQ Lunch	15	16 Toowoomba Lunch with Mates 12.30pm Rink46
19	20	21	22	23
26 Australia Day TOMNET Closed	27 LOCKYER Monthly Meeting 9 a.m. BBQ	28	29	30

LOCKYER VALLEY LUNCH WITH MATES

Members from the Lockyer Valley TOMNET groups met at Porters Plainland for lunch on the 14th November for Lunch with Mates.

The next Lunch with Mates will be on the second Friday of each month. Contact Ben for more information - **0468 858 087**



lunch with mates

Toowoomba

Friday, 16th Jan
Friday, 20th Feb

RINK 46
46 Gipps St,
Drayton

Meals at own cost
Meet at 12.30pm

Lockyer Valley
Friday, 12th Dec
Friday, 9th Jan
Friday, 13th Feb

We swap between two
venues - call Ben
(0468 858 087) to confirm.

Meals at own cost
Meet at 12.00 noon

Venue may change please, contact TOMNET to confirm.

BOOK NOW

TOMNET on 4638 9080 or email
admin@tomnet.org.au

Over 60? Are These Exercises Better Than Walking...Senior Secrets Youtube Video

Watch the video here: [Exercise Video](#)
or type this into your browser:
https://tomnet.org.au/Exercise_Video

The video highlights that for people over 60, a short routine of **five targeted strength and balance** exercises is more effective for health and independence than relying mainly on walking. Citing recent studies, it claims these movements can **greatly improve strength, mobility, fall risk, and even brain and bone health** in less total exercise time than traditional walking programs.



Over 60? These 5 Exercises Are Better Than Walking — Surgeon Approved! | Senior Health Tips

After outlining research from a large Copenhagen study of adults over 60, the presenter notes that replacing walking with targeted exercises reduced falls by about three quarters **and increased**

strength by nearly 90%, with participants exercising roughly 40% less time than the walking group. Reported benefits included better blood pressure, reduced joint pain, and increases in bone density.

The **five recommended movements** are: **wall push-ups; seated leg lifts with resistance; standing heel raises; modified squats to a chair; and bird dog hold** progressions.

Each exercise is to be done slowly with holds, emphasising time under tension and gradual progression in reps, difficulty, or resistance.

The video highlights research suggesting **bird dog progressions** may improve lifespan markers, reduce fall risk, increase bone density, and stimulate neuroplastic changes such as increased brain volume in regions related to movement and executive function. It concludes that a

20-25-minute session of these five exercises, done three to four times per week, can produce better outcomes than longer walking routines, provided people start at their own level and focus on steady progression over perfection.

This information is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a qualified healthcare provider regarding any medical condition or concerns.

Nik Wignall - Advice for Managing Holiday Stress

This article explains three simple, practical ways to lower holiday stress: stop “pre-stressing” by catching unhelpful worry, practice asking for small “silly” kinds of help, and choose a personal holiday mantra to stay grounded in what matters most. Read the article by clicking the following link, or type the link into your browser.

https://tomnet.org.au/NikWignall_ChristmasStress



MEN'S MEETINGS

OLDER MEN SUPPORTING OTHER OLDER MEN

TOOWOOMBA

Monday, Tuesday, Thursday

9.30 a.m. to 11.30 a.m.

inc. Tuesday afternoon 1.00 p.m.

Weekly Meetings - 223 Hume St,
Toowoomba

Monthly Meeting

2nd Wednesday of the month

10.00 a.m. to midday.

279 Geddes St, Toowoomba

Call Anthony for more information:

07 4638 9080

MONTHLY GUEST SPEAKERS

FREE BARBECUE

MEET NEW FRIENDS

GET INVOLVED

All men over 50 years are welcome.

Our Members come from a wide variety of backgrounds and walks of life. All come with a wide range of skills and life experiences, all men are considered equal.

LOCKYER VALLEY

Monday & Tuesday

9.30 a.m. to 11.30 a.m.

Lockyer Community Centre

Wednesday

9.30 a.m. to 11.30 a.m.

Glenore Grove Hall

Thursday

9.30 a.m. to 11.30 a.m.

Laidley Library

Monthly Meeting

Last Monday of each month

9.30 a.m. to 11.30 a.m.

Call Ben for more information:

0468 858 087

LEARN MORE:

www.tomnet.org.au

07 4638 9080

MAIN CENTRE:

223 Hume Street,

Toowoomba QLD

admin@tomnet.org.au

15 2030



16

15 2030



16

15 2030



2030

highlights

2030

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15 2030



2025

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15

2030



15 2030

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15 2030

16

15 2030





2025



How to Manage Late-Night Overthinking: Lessons from Stoic Philosophy

Late-night anxiety is a struggle for many people, especially when our minds start racing at 3 a.m. with intrusive thoughts and worries that feel overwhelming. In a recent **Psychology Today** article, author Nancy Sherman explains why our brains are especially reactive in the middle of the night - and how Stoic philosophy offers powerful tools to manage mental distress.

Sherman explores research showing that during early morning hours, our prefrontal cortex - the logical, decision making centre becomes less active, while the emotional alarm system (the amygdala) ramps up. This chemical shift makes it easy to exaggerate threats and feel panicked over minor problems.

What practical advice do the Stoics provide during these anxious hours? Sherman highlights the teachings of Epictetus, known for the concept of the “dichotomy of control” - the idea that some things are within our power and others are not.

She recommends a three-step process:

1. Write It Down: Use pen and paper rather than digital devices. Externalising your worries by writing (not typing) helps distance yourself from

them and can reduce their power over you.

2. Sort Your Thoughts: Review each worry and ask, “Can I do something about this now?” If it’s actionable, handle it or make a note to address it in the morning. For worries beyond your control, mark them “not mine” and release them.

3. Redirect Your Focus: Practice simple breathing techniques or grounding phrases - like “Let me do

what’s mine; let fate hold the rest” - to reclaim control over your attention and soothe your nervous system.

Sherman emphasises that Stoicism isn’t about

silencing thoughts; it’s about mastering your response to them. True mental sovereignty comes from meeting your anxiety with steady curiosity and recognizing what you can and cannot control.

For more insights and practical tools, read Nancy Sherman’s full article on **Psychology Today**:

<https://www.psychologytoday.com/us/blog/the-stoic-heart-the-human-whole/202509/stop-overthinking-at-3-am-with-this-ancient-stoic-hack>.



Podcast Series - Australian Carers Stories



Australian carers provide essential support to loved ones living with disability, illness, or age-related challenges - often with little recognition. Kintsugi Heroes and Carers Victoria have joined forces to share their powerful stories and raise awareness of the challenges and triumphs behind caregiving.

Listen to their stories:

<https://www.kintsugiheroes.com.au/australian-carers-series/>

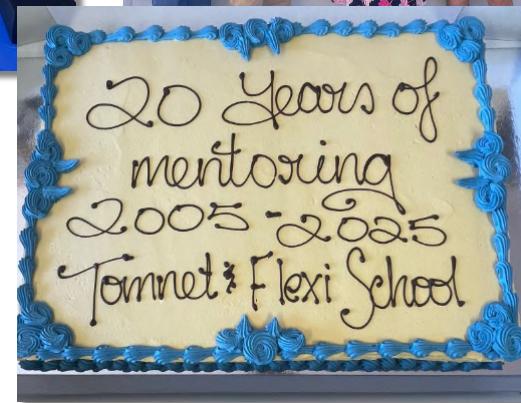
Flexischool and TOMNET - 20 years supporting youth and older men

TOMNET is very proud to mark two decades of partnership with Toowoomba Flexi School; connecting with students through guidance, encouragement, and friendship and changing lives across generations!

Toowoomba Flexi School, an annex of Centenary Heights State High School, supports at-risk youth aged 15-18 facing social, emotional, and economic barriers to mainstream education. Since 1998, it has enrolled about 55 diverse students each year. TOMNET partners with Toowoomba Flexi School through our mentoring program.



TOMNET volunteers, leveraging their life experience, provide one-on-one guidance to at-risk youth aged 15-18, fostering resilience, goal-setting, and community ties. This collaboration bridges generational gaps, with mentors offering emotional support, career advice, and real-world insights during school sessions and events. For more information, or to get involved, contact TOMNET on 07 4638 9080.



NEED COMPUTER HELP? CALL CHARLIE

Internet problems?
Help with emails?
Help finding that app on your iPad?
How to stay safe online

**Meet at TOMNET, or talk
over the phone.**



Call TOMNET to book - 4638 9080

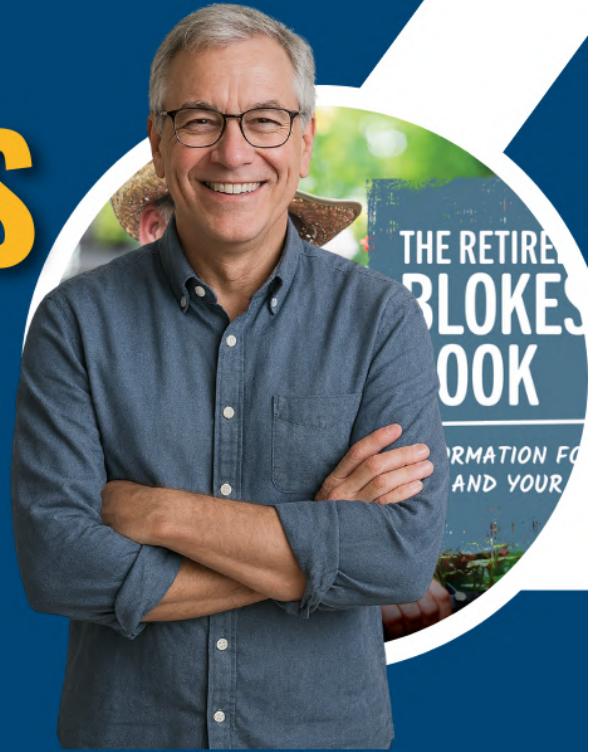
by tech guru Charlie

Luke's WORKSHOP'S

SAT 17th January 2026 **L** 9.00 a.m. to 11.00 a.m.

SAT 28th February 2026 **L** 9.00 a.m. to 11.00 a.m.

SAT 11th April 2026 **L** 9.00 a.m. to 11.00 a.m.



TOMNET Centre, 223 Hume St, Toowoomba

To Register: 07 4638 9080

VISITING OLDER MEN IN AGED CARE HOMES

Join other TOMNET members visiting older men who are seeking friendship and lively conversation?

Facility	Times	
Bolton Clarke	1.30 p.m. to 3.30 p.m.	1st Monday of month
BUPA - Glenvale	10.00 a.m. to 11.30 a.m.	4th Friday of month
BUPA - Rangeville	11.30 a.m. to 1.00 p.m.	1st Tuesday of month
OZ Care	2.30 p.m. to 4 p.m.	3rd Monday of month
Yukana	2.30 p.m. to 3.30 p.m.	Last Monday of month
Lourdes	11.30 a.m. to 1.00 p.m.	Last Wednesday of month
Brownesholme	11.30 am to 2.00 p.m.	every 2 nd month
Palm Lake	2.00 p.m. to 3.30 p.m.	2nd Thursday of month

Contact the TOMNET Centre for more information.

LOCAL BUSINESSES SHOW THEIR SUPPORT TO TOMNET BY DONATING PRIZES AND GOODS FOR OUR MEMBERS.



at the Hooper Centre



Stenner St store



at Westridge Shopping

SUPPORT BUSINESSES THAT SUPPORT TOMNET.

TOMNET MANAGEMENT COMMITTEE

President Bernie Moran	Vice President Darrell Pierpoint	Treasurer Ross Lange
Secretary Charlie Brun	Pat Mc Namee	Rob Burey
Alan Yorkston		Jim Aulbury

The Mgt. Committee meets on the 3rd Wednesday of each month.

Pioneers Room

A quiet and private space to relax after the ceremony and appreciate the value of reunion.



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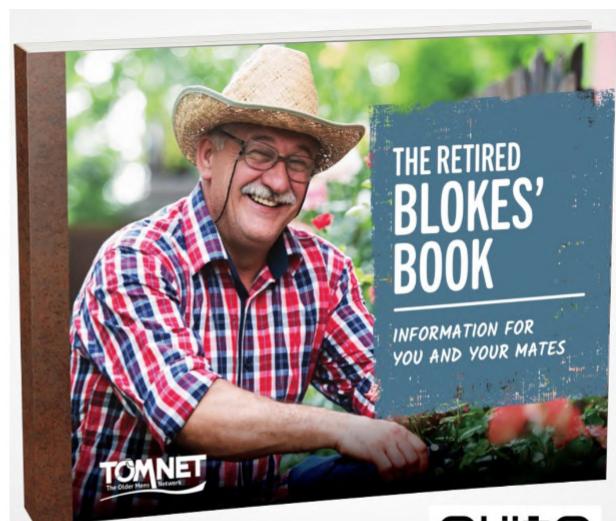


The Retired Blokes' Book

The Retired Bloke's Book is a directory of services, contacts, support groups, and current information from services in your community.

This book is a free resource to help you plan for a meaningful retirement and make it one of the best chapters in your life.

Call TOMNET for your
copy 074638 9080
www.tomnet.org.au



Download by scanning
the QRCode with your
phone.



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