

YOU'RE INVITED

TOMNET

CHRISTMAS LUNCHEON



**WEDNESDAY
4TH DECEMBER, 2024**

\$20.00 pp 12 NOON start

Please RSVP and pay for your seat/s before
Thursday 11th November. (set by venue)
(sorry, no refunds after 11th November)

Members and their partners/carers are
welcome. Seats limited to 75 people.

Blue Mountain Hotel

264 New England Hwy, Harlaxton QLD 4350

RVSP TO TOMNET 4638 9080

WHAT'S ON

Luke's Workshop

SATURDAY 14th December

9.00 - 11.00am | TOMNET Centre

Topic: Prepare for the Festive Season

BMS Barbecue Dates

SATURDAY 14th December & SATURDAY 11th January

9 - 1pm | BMS Stenner St store

Monthly Meeting

WEDNESDAY 8th January

10 - 1pm | 279 Geddes St

Barbecue | Trivia

HAVING A MERRY CHRISTMAS?

A workshop to help YOU prepare for the Christmas period.

Happiness, joy and excitement are commonly experienced feelings at this time of year, however feelings of **anxiety, stress, and sadness** can also be experienced.

The festive season can bring a lot of **pressure to entertain, engage, and perform**. It can require a lot of energy to plan and participate. With the **emotional highs** can come the **emotional lows** so it is important to prepare for the holidays and have a game plan and be prepared.

This workshop explores aspects of how we all experience the Christmas season and proactively looks at ways to prepare for this time of year.

Workshop starts at 9.00am Saturday 14th December

Call to book for Luke's Workshop - 07 4638 9080



OUT and ABOUT

East Creek Community Centre hosted Grandparent's Day on the 24th October, and TOMNET cooked the food.

Thank you to **Jim, Glenn, and Ross**, who setup and cooked for



The TOMNET Minstrals reformed earlier in the year, singing at various Aged Care facilities throughout Toowoomba.

The Minstrals recently visited Symes Thorpe to sing to the residents. Pictured are **Jim, Charlie, and Glenn**.



lunch with mates

Friday, 15th November

Friday, 20th December

Rink 46,
Drayton Bowls Club
46 Gipps St, Drayton

Meals at own cost
Meet at 12:30pm
Stay for a game of bowls afterward

Book Now

www.tomnet.org.au



To book - call TOMNET on 4638 9080
or email admin@tomnet.org.au

LOCKYER VALLEY MEN'S MEETINGS

50
plus

9.30 a.m. to 11.30 a.m.

MON, TUES, WED 9.30 a.m. start
LOCKYER COMMUNITY CENTRE
14 CRESCENT ST, GATTON

THURSDAY 9.30 a.m. start
WYMAN ROOM, LAIDLEY LIBRARY

Weekly meetings for men 50 and over to catch-up with each other, find support, and have a chat over coffee or tea.

TOMNET

The Older Mens Network Inc.

- GET INVOLVED IN YOUR COMMUNITY
- BUILD FRIENDSHIPS

Download our Retired Bloke's Book for ways to help navigate retirement.

Scan the QRCode



**WE
SUPPORT**

CAMS BARBECUE FOR LOCKYER COMMUNITY CENTRE
21st November, 2024, Littleton Park, Gatton



Contact **Ben** on **0468 858 087**
The Older Mens Network - Gatton/Laidley

07 4638 9080 | www.tomnet.org.au | PO Box 7801, Sth Toowoomba

Grand Central Senior's Expo



TOMNET was invited to have a stand at the recent the **Grand Central Senior's Expo** on the 23rd and 24th October. Members spent two days talking with men about TOMNET and the value of mateship.

Thank you to **Bernie, Bevan, Charlie, Graham, Neil, Steve, Rick, and Darrell** for your hard work and dedication to TOMNET.

Simple things can make a world of difference!

Officially - TOMNET is an organisation aimed at reducing social isolation among older men through social connections and community engagement.

Reality - blokes sitting around a table laughing, sharing a yarn, and solving the world's problems over a cuppa.

Every meeting and every week fellas spend valuable time with each other to support each other, find friendship, and make their lives better in some way.



Take a chance and join us at one of our meetings, it really does make a difference!

Metphys Highfields joins us at the Monthly Meeting.



Les from **Metphys Highfields** presented an informative talk on how we can keep fit as we get older. Les talked about making sure we get regular exercise, strength training, adequate sleep and having regular check-ups.

Les talked about how we can use daily activities/chores to keep us healthy like the vaccuming, doing the laundry, and gardening to stay flexible and strong as we get older. Thank you to Les for supporting our Members and attending the meeting.



Queensland
Seniors Month
2024

We had a great day out visiting the **Ipswich Rail Museum**. Thank you to Robertson's Coaches who provided another memorable bus trip, courtesy of Elliott, our driver.

The bus trip was organised as part of Senior's Month. Thank you to **COTA** and the **Qld State Government** for providing funding to keep costs down.



Ipswich Rail Museum



Funded by



Queensland
Government



VISITING OLDER MEN IN AGED CARE HOMES



Why not join other TOMNET members visiting older men who are seeking friendship and lively conversation?

TOMNET Members currently participate in visiting 7 aged care facilities within the Toowoomba region. Members provide social contact to older men living in aged care facilities.

TOMNET Members visit as a group, to talk, bring the news of the “outside” world, and develop new friendships. Visits generally last for 1.5 to 2 hours long. Members have afternoon or morning tea with residents.

Facility	Times	
Glenvale Villas	2.00 p.m. - 3.30 p.m.	2nd Thursday of month
BUPA - Glenvale	10.00 a.m. - 11.30 a.m.	4th Friday of month
BUPA - Rangeville	11.30 a.m.- 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. - 3.30 p.m.	Last Monday of month
Lourdes	11.30 a.m.- 1.00 p.m.	Last Thursday of month
Palm Lake	2.00 p.m. - 3.30pm	2nd Thursday of month

Contact the TOMNET Centre for more information.

 07 4638 9080
 tomnet.org.au

TOMNET

Member Spotlight

Q. How do you think the world has changed during your lifetime?

A. Lots of chuckles, technology, and with technology comes the loss of community and personal touch.

Q. What book or movie has had a big impact on you?

A. Kakadu Man

Q. What's something new you've learned recently?

A. How TOMNET and Ben help Ben connect older men with each other.

Q. Looking back, what career advice would you give to your younger self?

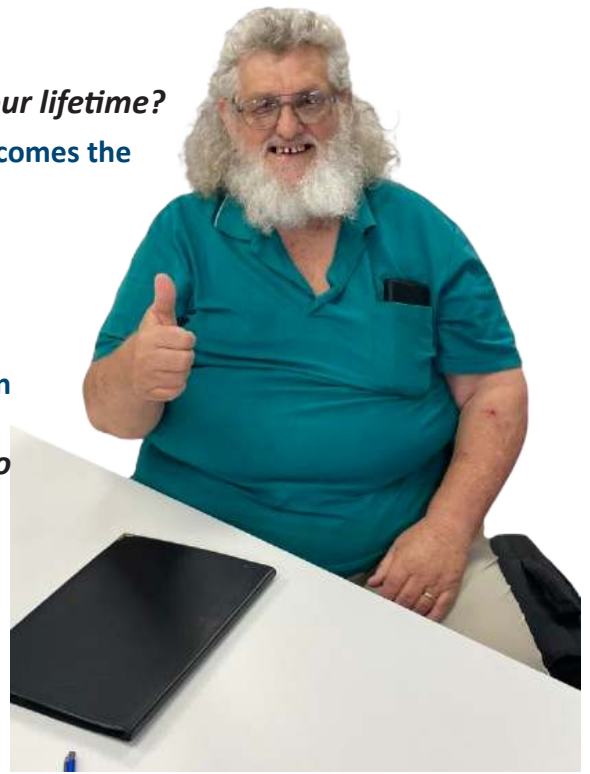
A. Just do it, back myself.

Q. What would you choose if you had to choose one meal to eat for the rest of your life?

A. Corn Beef and Pickles.

Q. If you could have dinner with anyone, who's one person you'd go with?

A. My Dad.



RON JOHNSTONE - GATTON

IN MEMORIUM

Stan Carroll

6/9/1940 - 30/09/2024

Joined TOMNET in 2012



Kev Bryant

27/06/1937 - 4/11/2024

Joined TOMNET in 2004



Stan and Kev will be deeply missed, never forgotten.

TOMNET Management Committee

President Bernie Moran	Vice President Alan Yorkston	Treasurer Ross Lange
Secretary Bill Mc Millan	Pat Mc Namee	Rob Burey
Darrell Pierpoint	Ian Bray	Jim Aulbury

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

Christmas Dates

DECEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Morning meeting 9.30 - 11.30am	10 Morning meeting 9.30 - 11.30am Afternoon meeting 1.00 - 3.00pm	11	12 Morning meeting 9.30 - 11.30am	13 Saturday 14th BMS BBQ Saturday 14th 9am Luke's Workshop
16 Morning meeting 9.30 - 11.30am	17 Morning meeting 9.30 - 11.30am Afternoon meeting 1.00 - 3.00pm	18	19 TOMNET Office Closed	20 Lunch with Mates 12.30pm Rink46
23 TOMNET Office Closed	24	25 Christmas Day 	26 Boxing Day	27

JANUARY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 TOMNET Office Closed	31	1 New Year's Day	2	3
6 TOMNET Office Re-opens Weekly Meetings Recommence	7	8 TOMNET Monthly Meeting 10 a.m. BBQ Lunch Trivia	9	10 Saturday 11th BMS BBQ

Monthly Men's Meeting 8th January 2025

Join us at the Monthly Meeting to kick the New Year off with a banger!

FREE BBQ & TRIVIA

HAPPY
NEW
YEAR

Pioneers Room

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



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(A fifth generation family firm)



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Westridge
FRUIT & VEGETABLES

at Westridge Shopping Centre

PATTON'S
The Bargain Butcher

at the Hooper Centre

MIGHTY HELPFUL
MITRE 10

BMS BUILDING
MATERIAL
SUPPLIES

Stenner St store

Local businesses show their support to TOMNET by donating prizes and goods for our Members. **Support businesses that support TOMNET.**

WAYS TO STAY CONNECTED OVER CHRISTMAS...

Phone a Mate: Make a commitment to call your mate and have a chat. Make someone's day and spread some joy this Christmas time.

Lake Annand catch-up: Attend the Wednesday weekly meeting at Lake Annand to catch-up with your mates. Bring your own coffee/tea from 9.30 a.m. at the Lake Annand Rotunda on Long St. **Check dates above.**

Invite some friends over for a barbecue, go out for lunch, or just a coffee.

Volunteer opportunities: Search here -
www.volunteer.com.au/volunteering/in-toowoomba-qld-4350





Postal Address:
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Toowoomba South Qld, 4350

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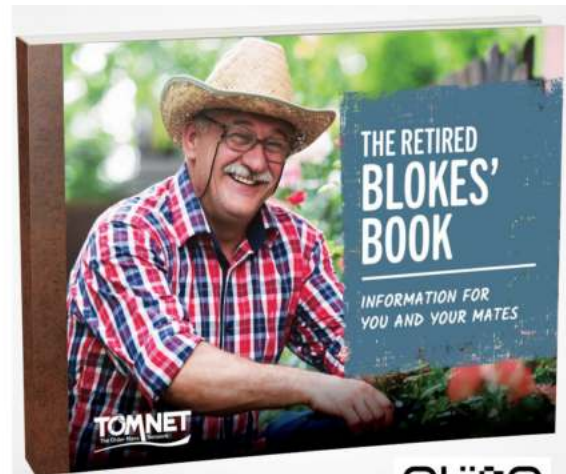


The Retired Blokes' Book

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.**



223 Hume St Toowoomba QLD 4350 | (07) 4638 9080 | admin@tomnet.org.au | www.tomnet.org.au

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www.tomnet.org.au