

INUNDATED AT SENIOR'S EXPO

Volunteers at the Senior's Expo were swamped with enquires from men and women interested in finding out about our organisation. Volunteer Steve commented, "I had a blast today, at one stage we had people everywhere around our stand asking questions!"



A big thanks to Bernie, Steve, Neil, Jim, Darrell, Tony, Bevan, Ross for giving up their time to promote TOMNET. Bernie said, "We had a table near the door allowing the breeze to keep us cool, which we were grateful for considering all the people here today."

FEEDING THE MASSES AT THE CAREER'S EXPO

Cooking for 700 people can seem a bit daunting, but not for the fellas who cook in TOMNET's BBQ team.



Bevan, Graham, Leo, Darrell, and Bernie off to the side.

The recent Career's Expo at the Good's Shed attracted over 700 people looking for information. TOMNET cooked for attendees and industry representatives. The Volunteers fielded many questions about TOMNET and the work we do in the community.

Ask Anthony how you can get involved with the BBQ team.



TOMNET

Christmas Party

**Wednesday 13th
December 2023**

Blue Mountain Hotel
264 New England Hwy, Harlaxton QLD 4350

12 noon start

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

\$20.00 per person

Please RSVP and pay for your seat/s before
Thursday 8th December.
(sorry, no refunds after 8th December)

Proudly organised by your Management Committee

**Book by contacting the
TOMNET Centre - 07 4638 9080**

OUR JOURNEY TO THE STARS AND BEYOND - IN BRISBANE

Destination - The Planetarium at Mt Cootha. Departure Time: 9.26am

Celebrating Qld Seniors month, we strapped into a 30 ton vehicle, and proceeded to speed towards our destination with a smile on our face, and a desire to explore the cosmos from the comfort of an armchair.

Making our way to the destination, we marveled at the sights to be seen from our elevated positions, each sight more awe-inspiring than the last.

Reaching the first stop on our journey, we embarked on a discovery of space and time, leaving us hungry for more. However, time was against us as we hurried to our next destination. We needed to refuel our hunger in order to continue the journey, but not before engaging in a healthy dose of chatting, laughter, and necessary toilet breaks. Lone Pine Koala Sanctuary provided the perfect stop off.

Our time was coming to an end however, and under the guidance of our bus driver Kurt, navigated our way home to drop us off exactly where we started.

Thank you to the Qld Govt. and COTA Qld for supporting this event.



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 16th December
Call to book for Luke's Workshop - 07 4638 9080**

Monthly Men's Meeting - 10th January 2024

Welcome to the New Year get together!

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

FREE BBQ

TRIVIA

**HAPPY
NEW
YEAR**



WHAT'S ON

Christmas Luncheon

Wednesday 13th DECEMBER 2023

Blue Mountain Hotel | noon

Call TOMNET to book

Lunch with Mates

FRIDAY 17th NOVEMBER 2023

FRIDAY 15th DECEMBER 2023

starts at noon

Call us for the Venue - 4638 8080

Mayor's Over 80's Lunch

THURSDAY 7th DECEMBER 2023

at the Good's Shed

Call TOMNET to book - 4638 8080

Luke's Workshop

TOPIC: Having a Merry Christmas


Saturday 16th DECEMBER 2023

9.00 a.m. | TOMNET Centre

Talk to Shannon or Anthony for more information, or to book.

CHRISTMAS DATES

DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 Normal Morning meeting 9.30 - 11.30am	12 Normal Morning meeting 9.30 - 11.30am	13 TOMNET Christmas party 12-2pm 	14 Normal Morning meeting 9.30 - 11.30am	15 Lunch with Mates noon Luke's Workshop Saturday 16th 9am
18 Normal Morning meeting 9.30 - 11.30am	19 Normal Morning meeting 9.30 - 11.30am	20 Lake Annand Group Meeting 9.30 a.m. TOMNET Office Closed	21	22
25 TOMNET Office Closed	26	27 Lake Annand Group Meeting 9.30 a.m.	28	29

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 TOMNET Office Closed	2	3 Lake Annand Group Meeting 9.30 a.m.	4	5
8 TOMNET Office Re-opens Weekly Meetings Reconnence	9	10 TOMNET Monthly Meeting 10 a.m. BBQ Lunch	11	12

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



HELPING SENIORS SECURE THEIR HOMES - QLD GOVT

We (Qld Govt.) are helping eligible homeowners aged 60 and over to secure their home by providing financial assistance of up to \$10,000 for the installation of security measures.

The initiative will help subsidise practical home security improvements such as:

- strengthening window locks and shutters
- installing CCTV cameras
- addressing other security weaknesses.

Eligibility criteria

To be eligible, applicants must be:

- homeowners living in Townsville, Mount Isa, Cairns, Toowoomba, Tablelands and Mareeba Local Government Areas
- aged 60 years or over; and
- a current Pensioner Concession Card or Veteran Card holder.

Applications for the security improvements must be at the applicant's principal place of residence.

Customers with immediate security requirements will be prioritised.

More information

Eligible customers can apply by calling **13QGOV (13 74 68)**



Queensland Government

Source: qld.gov.au/housing/buying-owning-home/maintenance-modifications/maintenance-assistance/safer-homes

AGED CARE VISITING TEAMS

If interested in attending these meetings contact Anthony at the TOMNET Centre on 4638 9080.

Symes Thorpe	last Friday of each month at 11.30 a.m.
Glenvale Villas	2nd Thursday of each month at 2.00 p.m.
Ozcare	3rd Monday of each month at 2.30 p.m.
Lourdes Home	4th Thursday of each month at 11.30 a.m.
Brodribb Home	4th Friday of each month at 9.30 a.m.
Yukana	4th Monday of each month at 2.30 p.m.
BUPA Rangeville	2nd Tuesday of each month at 11.30 a.m.

TOMNET MANAGEMENT COMMITTEE

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

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

LIFE MEMBERSHIPS 2023



John Haylock, Joined in 2018, promotes men's well-being in the community with TOMNET and the Withcott Men's Shed.



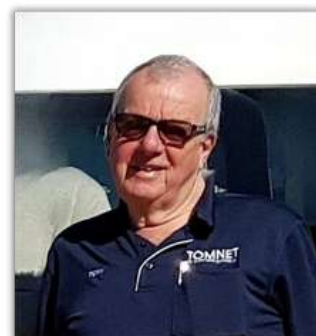
Rob Burey, joined in 2018, actively involved in TOMNET. Cooks at barbecues, visits men at Lourdes Home, and current Management Committee Member.



Ross Lange, joined in 2018, Volunteer at Mothercraft Daycare Centre, cooks barbecues, visits Lourdes Home, Treasurer - Management Committee.



Doug O'Neill, joined as a Volunteer in 2017. Mentor at Flexi School and cooked many barbecues for TOMNET.



Tony Mc Keon, joined in 2018, active Member and Volunteer. Aged Care visitor, cooks at barbecues, attends functions to promote the TOMNET ethos.

Pioneers Room

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



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at Westridge Shopping Centre



at the Hooper Centre

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

FUTURE EVENTS

- ★ **Lunch with Mates**
17th November
- ★ **International Men's Day**
19th November
- ★ **Garth Hamilton visit to TOMNET**
22nd November
- ★ **Intergenerational Games at Centenary Heights**
27th November
- ★ **Christmas Lights Display - December**
Botanic Gardens, Lindsay St Toowoomba
- ★ **Workshop with Luke**
16th December at TOMNET
- ★ **Barbecues**
Mothercraft Daycare, East Creek Community Centre, BMS
- ★ **TOMNET Christmas Lunch - 13th December**

Postal Address:
PO Box 7801
Toowoomba South Qld, 4350

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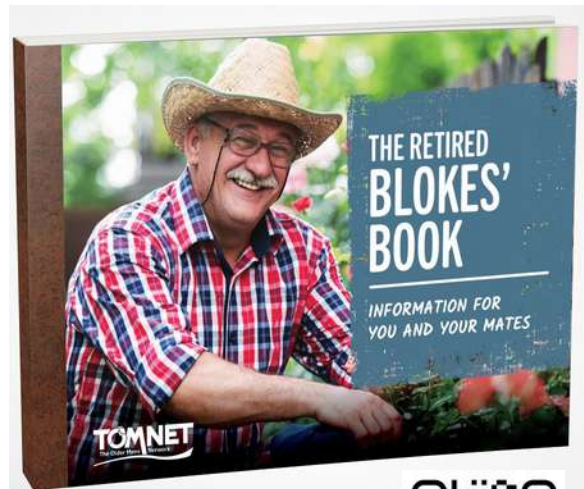


The Retired Blokes' Book

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

Major funding provided by:



**Queensland
Government**

Newsletter printed by:



Articles for the Telegraph must be received by the 3rd Monday of the month, and may be edited.

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