

# Safe & Confident Living for Logan Seniors

Logan Central Community Centre  
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## September Newsletter 2004

### Seniors Celebrations

Were held on Wednesday 18<sup>th</sup> August 2004 and Friday 20<sup>th</sup> August 2004

With over one thousand seniors who attended. A big thanks to Logan City Council for providing the funding.

A big thank you to all the local organisations that sponsored the events with providing prizes for both days and to Zupps Hillcrest for providing some funding for Fridays day of celebrations.

Thanks must also go to our Master of Ceremonies Cr. Graham Able and to all the volunteers who donated their time.



### Home Library Service

Is available to Logan residents who are unable to go to their local library

Please contact Librarian  
Janet Poole on 3826 5446

### Mental Health Week

Commences 10<sup>th</sup> October 2004 to  
16<sup>th</sup> October 2004

The Mental Health Association (Qld) Inc. publishes a journal, Balance, and a newsletter, Between Us, as well as a variety of information brochures (Please contact us if you would like to know more about the brochures)



For further information, to contribute to or to obtain copies of either Balance or Between Us contact the Editor on:

Telephone: (07) 3271 5544

Email: [association@mentalhealth.org.au](mailto:association@mentalhealth.org.au)

The Safe & Confident Living Program is fully funded by the  
Department of Communities



## *Nuisance Phone Calls*



The most alarming may be calls involving threats or menacing statements. In these cases you should notify the Police immediately: they have the authority to trace calls to establish who is making them. Obscene phone calls are usually made to women by men selecting phone numbers randomly.

If the calls are persistent contact your service provider, Telstra or Optus and request a silent number. This will also eliminate your details from being placed in the telephone directory.

## *Logan Central Community Centre Activities for Seniors*

Mondays - Indoor bowls  
Monday – Friday Computer lessons  
Tuesdays:  
Logan Legacy Ladies (1<sup>st</sup> of month)  
Logan & District Orchid Society  
(3<sup>rd</sup> of month)  
Logan City Garden Club  
(other Tuesdays)  
Wednesday: (Alternate)  
Autumn Years Club  
Jacaranda Friendship Club  
Thursday:  
Learn-a-Craft  
Friday:  
Red Cross (1<sup>st</sup> of month)  
Gentle Exercise (all other Fridays)

## *Desley Scott MP Member for Woodridge*

*Presents*

### *“YEARS AHEAD” RACQ Driver Education Workshop*

*The RACQ “Years Ahead” program assists with road safety issues affecting the mature age driver. It examines ways in which the driver can reduce the risk of being involved in a road crash and thereby can continue to drive safely.*

- *Age related road safety issues*
- *The road rules and how to apply them*
- *Identifying changes in driving capabilities*
- *Defensive driving techniques and skills*
  - *Being fit to drive*
  - *Alternative transport options*

### **No Cost Involved**

*Date*

**Wednesday 13th October 2004**

*Time*

**1.30pm**

*Venue*

**Logan Central Community Centre  
9 Jacaranda Avenue  
Logan Central**

**RSVP** Please phone Sandy or Colleen on 3808-5212 or

Email [woodridge@parliament.qld.gov.au](mailto:woodridge@parliament.qld.gov.au)

by 7th October 2004 as numbers are limited.

**Free Afternoon tea will be provided**



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