



GET ACTIVE
Gold Coast

Profile: May, Pat & Gwen

Get up, get out... get active!

May, Pat & Gwen's Story

We come to 60 and Better Inc. three times per week for exercise and sometimes other activities because it makes us feel good!

The exercises enable us to keep doing things around the home and they are also terrific because anyone can get involved. We hate it if we have to miss our exercises...

There are all sorts of activities to get involved in including craft, line dancing, cards, tai chi or steady steps and we find they are all at great prices. We sometimes also get to go on great trips. Lately we have taken a day trip to Mt Tamborine, and on other occasions we have gone out to dinner or coffee altogether.

Joining this community program has been a great way to make new friends. They are a great group of people to get to know. All we do is laugh!



SENIORS

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