Golden Horizons

HOLISTIC HORIZONS
SUPPORT SERVICES

a world of possibilities

ISSUE 2 SPRING 2026

REGISTERED CHARITY
acnc.gov.au/charityregister

Celebrating 10 YEARS

FREE Community Magazine



Ready to get out and about? We'd love you to join us!

If you've been looking to share a laugh, meet new friends, and enjoy a wonderful day out on the Peninsula, we'd love to welcome you along! We are currently taking expressions of interest for our upcoming small-group social outings. Whether it's a scenic morning tea or a relaxed local trip, these days are all about connection and community.

If you or a loved one are interested in joining a group social outing, give our Care Manager, Kate, a call on (07) 3048 1919 to have your name added to the list.
We can't wait to catch up!

Contact us

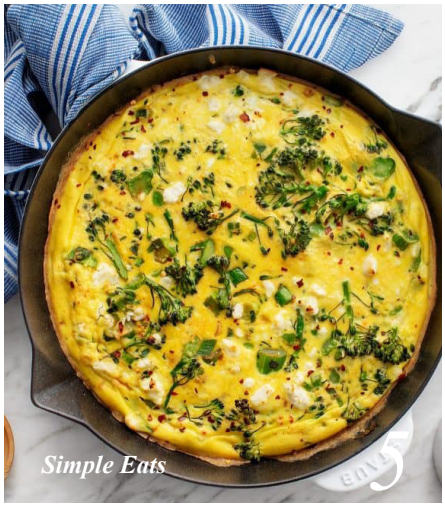
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We want to hear from you!

At Holistic Horizons, our community is built on your stories, experiences, and connections. Do you have a favourite family recipe to share, an inspiring story to tell, or an upcoming local event on the Redcliffe Peninsula or surrounding regions that deserves the spotlight?
We would love to feature it in our next edition!

Drop us a line or email grace@holistichorizons.com.au with your ideas - let's keep sharing, connecting, and celebrating the vibrant communities we create together.

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Simple Eats

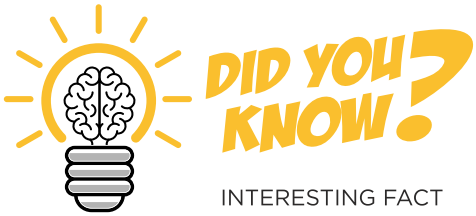
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Redcliffe once had its own major airport. Long before Brisbane Airport grew into the massive international hub it is today, Redcliffe was a critical aviation base.

During the 1930s and 1940s, the Redcliffe Aerodrome was a buzzing regional hub for mail, local passenger transport, and commercial flights.

During World War II, the area stepped up as a quiet front line, with the airfield acting as an RAAF training site, complemented by secret naval communication outposts hidden along the cliffs to watch for enemy submarines. While the original Clontarf airstrip is now covered by suburban housing, the aviation history continues further north at the airfield in Rothwell.

Welcome to Golden Horizons!



Spring is finally in the air, and there is a wonderful, uplifting energy right across our community. With the warmer weather arriving, it has been absolutely delightful to see so many of our clients back out and about, re-energised, and joining in our senior social groups. The connection, and conversations at our gatherings are a constant reminder of how special this community really is.

This season carries extra meaning for all of us at Holistic Horizons as we celebrate our 10-year anniversary. Looking back, it feels surreal to remember where this journey first began. We started by supporting just one single person, fueled by a simple yet powerful belief that care could be done differently. Over the past decade, despite how much we have grown, we have stayed grounded in that original vision. Every single day, we are driven by the exact same question: what could be possible if we put people first? Walking alongside so many of you, celebrating your achievements, and growing together as an extended family has been the greatest honour of our lives. We are deeply grateful for the trust you place in us every step of the way.

Hard as it is to believe, Christmas is also just around the corner! When I was writing this it was 14 Fridays to go.
For me personally, I love everything about the festive season especially the traditional Christmas meals that bring our whole extended family together around one big table. There is nothing quite like passing around delicious food, sharing stories of the past, laughing over old memories, and reflecting on how truly grateful we are to have each other in our lives.

While the holidays bring so much joy, we also recognise that this time of year can bring extra financial pressure. That is why in this second issue of Golden Horizons, we have put together some fantastic, practical ideas on how to celebrate, spread holiday cheer, and create lasting memories without blowing the budget. From simple festive traditions to free local events, celebrating is really about togetherness not high price tags. We warmly encourage you to step out, get involved, and embrace everything your local community has to offer.

Because this is only our second issue, we would love for Golden Horizons to be a true reflection of you. We encourage you to send in your feedback, share your own great community stories, or let us know about any upcoming local events you think others would enjoy.

Thank you for being such a valued part of our 10-year story. Enjoy the read, soak up the beautiful spring sunshine, and let's make this season one of connection and celebration!
Warmly,

Kylie

Director Holistic Horizons



"Every day we are driven by the exact same question: What could be possible if we put people first".

When it comes to your healthcare and financial future, don't leave decision-making to chance, appoint someone who knows what matters to you



Why every family needs an enduring power of attorney

When it comes to doing all the "legal" stuff often this gets push aside or we expect that our loved ones will automatically have the decision making processes for us.
This is often not the case.

What is an enduring power of attorney (EPOA) ? This is legal document that appoints your choice of friend or family to have the decision making right to act on your behalf, either now if you need assistance or when you are no longer able to make your own decisions.

This can be for financial matters or healthcare matters or personal decisions around where you live and who you live with, or all of these!

You can choose when this appointment comes into effect- it can be immediate or can be when you are no longer able to make your own decisions.

You can have several people listed as EPOA, it is important these are people that you trust to act in your best interests. You might have your partner listed as your first EPOA and then perhaps your children or other family as a secondary EPOA in case they are not able to act for you. Talk to those that you wish to be an enduring power of attorney and make sure they understand your wishes and are happy to do what is required, and are confident to advocate for you!

If you are appointing someone to manage your financial decisions it is important to choose someone who is good at managing money!! When it comes to health decisions having an Advanced Health Plan is a really helpful tool for your EPOA and medical team to understand your wishes in respect to healthcare when you are unable to decide. Sharing this document with them is really important.

If you are not comfortable asking family or close friends to be your enduring power of attorney you can request the Office of Public Guardian to be appointed as your EPOA.

Being married to someone does not always make you the next decision maker, sometimes if an EPOA is not in place, your case may be referred to the Office of the Public Guardian for an alternative decision maker to be allocated for you. This can be a timely process and may delay the next steps in your care, for example if you may need to go into residential aged care.

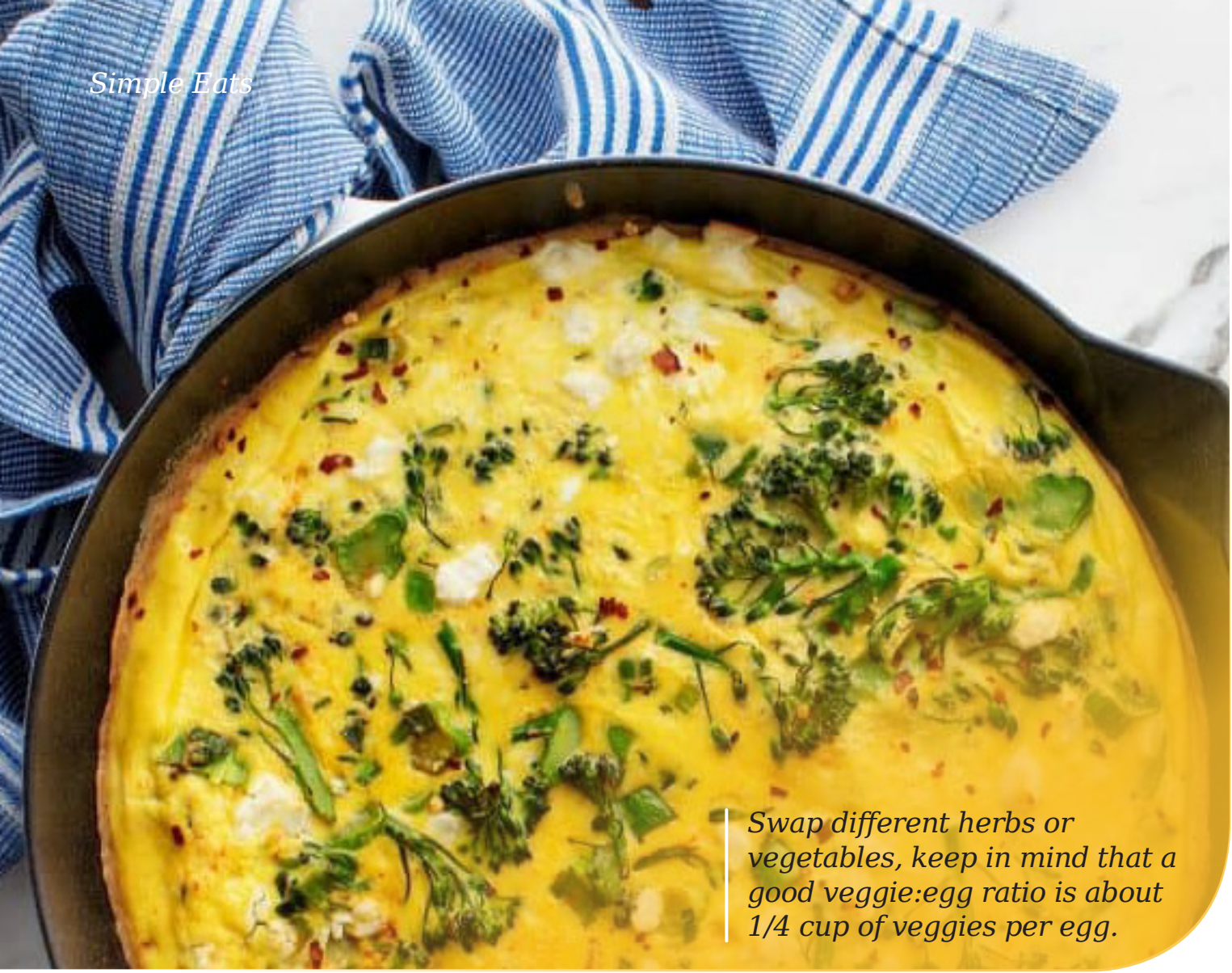
Enduring power of attorney requirements differ from state to state. Having an Enduring power of attorney is different to having a will (remember a will only comes into play after you pass away).

How do I make an EPOA? Documents can be downloaded from www.qld.gov.au there is a short form and a long form. Do I have to pay a lawyer to do this? Not necessarily, a JP, Commissioner for Declarations, notary public or lawyer can witness this document.

It is really important to keep it in a safe place!
It's a good idea to have a folder with important documents such as EPOA, Advanced health directive, summary of medications all together as a grab folder in case of hospital trips.

Lodging a copy with your GP or lawyer, and also your care provider is helpful so alternative decision makers can be contacted as needed.

If you would like a copy of the EPOA forms please ask our Care Manager or visit our website to download these.
https://www.holistichorizons.com.au/aged-care/



Swap different herbs or vegetables, keep in mind that a good veggie:egg ratio is about 1/4 cup of veggies per egg.

Broccoli Feta Frittata

Frittatas are wonderfully simple to make and perfect for a quick lunch or dinner. They are a brilliant "use-it-up" meal for whatever vegetables you have on hand, though in this recipe, humble broccoli takes center stage!

Nutrition
Serving: per serve Calories 175 kcal | Protein 12gm | Total Fat 12gm |Saturated Fat 4gm | Carbohydrates 4gm |Dietary Fiber 1.5gm | Sugars 1.5gm | Sodium 320mg Cholesterol 280mg

10 INGREDIENTS | 4 SERVES

6 large eggs, use 8 eggs for a 12-inch skillet
¼ cup unsweetened almond milk, or any milk
2 garlic cloves, minced
¼ teaspoon sea salt, more for sprinkling
Freshly ground black pepper
Extra-virgin olive oil, for drizzling
6 scallions, chopped
2 cups chopped broccoli or broccolini
⅛ teaspoon smoked paprika
¼ cup crumbled feta cheese

Method

Step 1: Preheat the oven to 200°C.

Step 2: Whisk the eggs, almond milk, garlic, and salt until well combined. Set aside.

Step 3: Heat 1 tablespoon olive oil in a 10 or 12-inch cast-iron skillet over medium heat (or a standard frying pan). Add the scallions, broccoli, and a pinch of salt and pepper and cook, stirring occasionally, until the broccoli is tender but still bright green, 5 to 8 minutes.

Step 4: Stir in the smoked paprika, then add the egg mixture and gently shake the pan to distribute.

Step 5: Sprinkle with the feta and bake 15 to 20 minutes or until the eggs are set. (if you're not using an iron skillet, place the contents into an oven proof contain to bake).
Season to taste and serve.



PLANT OF THE SEASON

Christmas Cactus (Schlumbergera)

Unlike delicate flowers, this requires little maintenance and rewards with beautiful, vibrant blooms for several weeks of the year

It is a popular, festive houseplant known for its vibrant winter blooms. Unlike desert cacti, it is a tropical epiphytic cactus native to the coastal rainforests of southeastern Brazil, meaning its care requirements are a bit closer to a tropical plant than a classic desert dweller.

Light: Christmas Cacti thrive in bright, filtered sunlight, so avoid placing them in direct, harsh sunlight. A east-facing window (morning sun) or a spot near a south- or west-facing window behind a sheer curtain works best.

Watering: Keep Soil Lightly Moist (Not Waterlogged): Water when the top of the potting mix feels dry to the touch. Do Not Overwater: While they like more moisture than desert cacti, their roots will rot quickly if left in standing water or soggy soil.

Size: Indoors, a mature Christmas Cactus typically grows 12 to 24 inches (30 to 60cm) tall and can spread 12 to 36 inches (30 to 90cm) wide.

SUDOKU

Fill each row, column, and 3x3 box with the numbers 1 to 9, ensuring that no number is repeated with the same row, column or box.

1				8				9
	5		6		1		2	
			5		3			
	9	6	1		4	8	3	
3				6				5
	1	5	9		8	4	6	
			7		5			
	8		3		9		7	
5				1				3

FOLLOW US!

From vibrant community events and local lifestyle features to independent living tips and inspiring stories from our participants, we love sharing our journey with you!

Follow us on social media or watch our stories on our YouTube channel to stay connected, inspired, and up-to-date with everything happening in our community.

LET'S CELEBRATE!

We love taking a moment to celebrate the wonderful people who make our community so special, and this quarter we have some extra reasons to celebrate. Join us in wishing a very Happy Birthday to all of our incredible clients celebrating a birthday coming up, may your day be filled with joy, laughter, and many happy returns!

October 2026
John, Susan, Betty, Arthur, Maria Luise, Nola, Marciana, Kenneth and Ian.

November 2026
Janette, George, John, Irene, Muntha, Jeanette, Roslyn and Doreen.

December 2026
Jeanette, Diane, Sandra, Barbara, William, Peter and Allan.



Life's Big Challenges

A guide to living well

As a trained counsellor (I am medically trained, this is purely my lived experience) I have often seen the start of depression with friends, and as a friend you want to try and help them without overstepping. Depression comes in many forms and what appears to be depression for one person may not be for others.

As we know depression can affect anyone, anytime. As we age and become more isolated depression can affect many of us more often, coming to terms with physical limitations, becoming more isolated as families grow and need us less, and losing friends and loved ones, often takes its toll.

Depression can present as;

- Loss of interest or pleasure in most of our usual activities
- Feeling sad, down, or miserable, most of the time
- Disturbed sleep
- Feeling of agitation and restlessness
- Slow movement and reaction
- Tiredness, or loss of energy
- Feeling worthlessness
- Poor concentration
- Feeling of confusion
- Memory disturbance
- Changes in appetite
- Not interested in socialising or going out.

If you have any of these concerns or someone you love does please speak to your doctor about this!

Having depression does not mean that you cannot still achieve goals and contribute to society. Many famous people throughout history have struggled through depression such as:-Winston Churchill, Shane Gould, Dawn Fraser, John Cleese, King Charles, Brook Shields, J.R. Rowling, Claude Monet, Buzz Aldrin [Astronaut], Garry Macdonald, Mozart.

Setting small achievable goals can help- maybe that looks like sitting outside in the sun for a while, or calling a friend.



> *Realise that it can be treated, it is an illness, not a sentence*

Depression is treatable, not just with medicines there are many simple things you can do to help yourself or those you love who may be suffering with depression.

Talk to you Doctor, truthfully. Take in a list of your symptoms and discuss them fully. Remember, you should book for a long session when making an appointment.

1. Make sure you eat good food, increase fruit and veggies and not just nibble or have junk food.

2. Avoid alcohol, increase your water consumption.

3. Learn to relax. Focus on deep breathing or do Tai Chi with a group.

4. Go out, meet people, join a social group, or sports club.

5. Start or rekindle an old hobby.

6. Offer your expertise to those who need it, like a club or organisation.

7. Talk to your family, explain your problems, ask for their understanding and support.

The big thing is to remember that YOU are an important! You are important to your family, friends, neighbours and the community. You have contributed to our community and continue to do so.
So, focus on the things in your life that you are grateful for!



Reflecting on whether this path aligns with your values offers a unique opportunity to turn a life's end into a lasting, transformative gift for the living.

Preparing for the future

As a qualified J.P. for some 45 years, I have found that it pays to be prepared for the future.

As most are aware whenever you go to a doctor or the hospital you get the same questions.

1.What medications are you on?
2.Do you have an Enduring power of attorney?
3. Do you have an advanced health directive plan?
4. Do you have a history of your health problems?
5. Do you go to any specialists?

To assist with some of these I have made up a list of what they require.

I recommend you type up a list of your doctors, medication, and history. This is in small print due to space. You can laminate this and leave it in your wallet.

You buy a pack of laminating pouches 54mm x 86mm in gloss finish. They come in boxes of 100.

The finished product is sealed by ironing the sleeve carefully. The sleeve is the same size as a credit card and so fit in your wallet. You may need a couple of sleeves for each section.

I have used these for some years now and it makes life easy when filling out forms, passing details to receptionists, etc.

Advanced health directive and enduring power of attorney- leave a copy of these with a trusted family member or friend- its great to keep a copy of these and a list of your medications in a plastic envelope on top of your fridge so that they are easy to find in case of a hospital trip!

I would suggest you ask a J.P. to assist you when completing the Advanced Health Directive and Enduring Power of Attorney. Also let your family know what you are doing and if you are using their names on the forms, they will need to sign them in front of a witness for the EPOA.

Be aware that these are 'legal documents' so all copies require a J.P. to certify each copy and to initial each page, even the front and rear pages so they can say they have checked EACH page.

When thinking about the future, another deeply personal decision to reflect on is how you would like your physical legacy to serve others after you have passed away.

For many, choosing to donate organs or bequeathing one's body to medical education is a profound act of quiet generosity. While it can feel daunting or uncomfortable to contemplate, medical students and researchers view these gifts with immense reverence and gratitude. The hands-on experience gained through donation provides future doctors with the essential skill, confidence, and knowledge required to perform life-saving treatments for countless families down the line.

Reflecting on whether this path aligns with your values offers a unique opportunity to turn a life's end into a lasting, transformative gift for the living.

Jim Elmes

Trained Counsellor

Social support that *actually* feels social?

Physical health is only half the battle as you age. True well-being comes from staying connected to the community you love. We don't just come to your home, we get you out and about to enjoy life on your own terms.

Our care team is here to help you lean back into the things that bring you joy:
Cafe Catch-ups: at your favourite local cafe for a coffee and a genuine chat.
Community Events: Accompanying you to local gatherings, markets, or club meetings.
Tailored Outings: Joining in on our fun, small-group morning teas and gentle social activities.
As a local, not-for-profit aged care provider, our Care Manager, Kate, can help you or your parents to build a support plan that works. No pressure, just a local conversation.

Ready for a better care experience or interested in joining our group social outing?
Contact our friendly local team on (07) 3048 1919.



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How one person's possibility built a community

Celebrating a decade of care

Ten years ago, Holistic Horizons didn't begin with a corporate boardroom strategy, a financial forecast, or a grand plan to build a major care provider.

It began with a single human connection. It began with Drew and Nathan.

Before the NDIS existed, Drew worked as a support worker caring for a young man named Nathan. At the time, Nathan was trapped in a deeply dark period of his life. Overwhelmed by isolation and a devastating lack of hope, he often couldn't bring himself to step inside his own home, spending long days isolating himself in the backyard. At his lowest points, Nathan struggled to find a reason to keep going.

Where others saw limits, Drew saw a life waiting to be lived.

When Queensland introduced Your Life Your Choice around 2012, Drew sat down with Nathan's father, Gavin, and asked a simple, life-changing question: "What if we did this differently?" What if Nathan's support wasn't built around rigid systems, but around the life, the community, and the dignity he actually deserved?

Determined to make that vision a reality, Drew made the brave decision to step out on his own. Alongside Kylie, he began laying the foundations of Holistic Horizons. Armed with nothing more than a passionate belief in people, they pitched their heart-led vision to the local Sandona family in Redcliffe, who generously offered a commercial property at half rent.

That building became "The Hub" the humble heart of Holistic Horizons. In those early days, everyone rolled up their sleeves and did whatever it took. Raylene, one of the original support coordinators, famously ran services from the laundry room, keeping a watchful eye on the washing machine while advocating for clients. It was small, hands-on, and deeply personal.

Support that fights for possibility

As word spread, that small seed grew into a movement. By 2020, Holistic Horizons had expanded to support over 150 clients and their families. But despite that remarkable growth, the heart of the organisation never shifted.

Because at Holistic Horizons, support has never been about simply "delivering funded hours". It is about standing beside people as family. It is about fighting for dignity, advocating fiercely when funding falls short, and refusing to let a system or a diagnosis dictate what someone's life can look like.

Nathan's journey is living proof of what happens when a service provider sees the human first. Diagnosed with Pelizaeus-Merzbacher disease, Nathan was once told he wouldn't live past the age of 21. In December 2026, he celebrates his 37th birthday believed to be the oldest living person with the condition in Australia. Through the unwavering support of Drew, his key worker Matthew. B whom Drew affectionately calls "the answer to a prayer" and the entire Holistic Horizons family, Nathan unlocked a world of purpose through hand cycling.

In 2021, when Nathan hand-cycled all the way from Noosa to Suttons Beach in Redcliffe, the cheering crowd of staff, clients, and community members waiting for him wasn't just celebrating a physical triumph. They were celebrating the very soul of Holistic Horizons.

Looking ahead to the next 10 Years

Whether it is an NDIS participant uncovering a new passion, an Aged Care client maintaining their independence at home, or a dedicated team member finding true purpose in their career, "A World of Possibilities" looks different for every single person.

Ten years later, Holistic Horizons remains grounded in the exact same question Drew asked in Nathan's backyard a decade ago:
What is possible when we put people first?

To our participants, clients, staff, and community thank you for a remarkable ten years of trust, connection, and family. Together, we will keep fighting, keep caring, and keep opening doors to what is possible.



Matthew B and Nathan





Drew, Nathan and Kylie



You're invited to celebrate with us.

16th October from 11:30am - 1:30pm
Jamieson Park, Newport

BBQ, fun games and great company.

RSVP: enquiries@holistichorizons.com.au

Watch Nathan's journey on building his bike

At Holistic Horizons, we see a life waiting to be lived. Our NDIS and Aged Care support is built purely around the life, community, and dignity you deserve, delivered with true heart by a family-owned, not-for-profit team dedicated to personalised care.

Moreton Bay Boat Club

the friendly club

Club Hours
10am till late
every day

Senior Specials
Tuesday Lunch
$15

MBBC Restaurant
- Lunch from 11.30am
- Dinner from 5.30pm
- **ALL DAY Dining** Sundays

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Parmi Night
Half size ~ **$18**
Full ~ **$22**

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enjoy on the deck
all day every day

Thursday Night
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Bird Opassage Parade

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MBBC Redcliffe





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Check out our full weekly activity timetable online at

www.sccredcliffe.wixsite.com/redcliffe-seniors

Looking for a wonderful way to keep your mind sharp, stay active, and make fantastic new friends in our local community? Look no further than the Redcliffe Senior Citizens Centre!

As a vibrant, local not-for-profit organisation, the Centre is dedicated to supporting everyone over 50 with fun, engaging activities designed to boost balance, coordination, and mental well-being. Science continuously shows that staying active and embracing new learning experiences during retirement keeps us feeling independent, healthy, and happy. Plus, it's a whole lot of fun!

Whether you're a seasoned pro or looking to try something completely new, there is a warm welcome waiting for you across a huge variety of weekly activities:

Get Moving
Table Tennis (with 5 weekly sessions!), Indoor Bowls, Line Dancing, and Ballroom Dancing.

Friendly Competition
Darts, plus Ladies', Men's, and Mixed Snooker.

Brain Games & Social Fun
Cards (500), Mahjong, Hoy/Bingo, and the popular Games Café!

Unbeatable local value

Joining couldn't be easier or more affordable. Annual membership is just $10 per year, and your very first session for any activity is 100% free! After your first visit, individual activity fees start from just $4 per session.

Regardless of your skill level or mobility, every single face is welcome and making new friends is practically guaranteed.

Pop in & say hello!

Why not drop by this week, try out an activity, and see how easy it is to keep your heart and mind thriving right here at 401 Oxley Avenue, Redcliffe.

RIDDLE ME RIGHT

Ready to give your brain a quick workout? Pour yourself a cup of tea, grab a pen, and test your wit with this issue's collection of fun riddles! Whether you love a good wordplay puzzle or a clever head-scratcher, take a moment to challenge yourself and see how many you can solve. Don't worry if you get stuck, you can check your answers at the back of the magazine whenever you're ready!

Q: What gets smaller every time it takes a bath?
Q: I'm not a blanket, yet I cover the ground; a crystal from heaven that doesn't make a sound. What am I?
Q: What has a head but no brain?
Q: What word contains 26 letters but only has three syllables?
Q: What five-letter word typed in all capital letters can be read the same upside down?
Q: The more you take, the more you leave behind. What am I?
Q: What is more useful when it is broken?
Q: What goes up, but never comes down?
Q: What is full of holes but still holds water?

How an old partnership built Moreton Bay's unique coastal heritage



Long before steamships crossed Moreton Bay or coastal lighthouses dotted the headlands, a remarkably sophisticated relationship was thriving along the shores of Moorgumpin (Moreton Island) and Minjerribah (North Stradbroke Island). Here, the Indigenous Ngugi people of the Quandamooka nation practiced a method of cooperative fishing with wild dolphins (ijna) that remains one of the most documented inter-species partnerships in modern history.

Reading nature's calendar

Long before modern weather forecasts, local elders relied on subtle ecological cues to predict the annual fish runs.

The Paperbark signal: When the coastal broad-leaved paperbark trees (Melaleuca quinquenervia) burst into thick white blossoms, it signaled that the winter sea mullet (Mugil cephalus) were migrating up the coastline.

The bird calls: The arrival of vibrant rainbow lorikeets feeding on local nectar served as a secondary confirmation that massive schools of mullet were entering the shallow bay channels.

> *The Ngugi people practiced a method of cooperative fishing with wild dolphins that remains one of the most documented inter-species partnerships in modern history.*

The calling ritual

When a school of fish was spotted in the shallows, the fishermen would rush to the water's edge equipped with hand-woven bark nets (tow-row) and heavy wooden spears. To summon their hunting partners, the men would strike their spears vertically into the wet sand or slap their wooden paddles in a distinct, rhythmic pattern against the water's surface.

Recognising the auditory cues from hundreds of meters away, local pods of wild Indo-Pacific bottlenose dolphins (Tursiops aduncus) would instantly respond. Working as a coordinated unit, the dolphins would circle out into the deeper channel, rounding up the dense school of mullet and driving them back toward the shoreline.

As the fish were trapped in the shallows between the shore and the dolphins, the fishermen netted their catch with ease.

This was not a case of animals being trained; it was a voluntary, mutually beneficial alliance governed by strict traditional laws.

The fishermen strictly observed the law of reciprocity. The best fish were speared or scooped up and tossed back out to the waiting dolphins as a direct reward.

Individual dolphins were known to the clan by distinct markings, and elders passed down knowledge of specific dolphin personalities across generations.

European settlers in the mid-1800's were so astounded by this phenomenon that early Queensland colonists recorded detailed accounts in historical journals, marveling at how the dolphins refused to eat until the fishermen took their share.

The legacy today

While traditional spear-and-net dolphin herding faded as coastal life shifted in the 20th century, the cultural memory of this partnership never left the bay.

Today, when you see wild dolphins gathering in the shallows off Tangalooma or playing in the waves off Moreton Island, you are watching the descendants of those very same dolphin pods a living link to a rich, 1,000-year Moreton Bay tradition.

Share your story with others

Do you have a fascinating piece of local history, a cherished community memory, or a forgotten story from around our region that deserves to be shared?

We'd love to help tell it! Send your stories, photos, or ideas to enquiries@holistichorizons.com.au so we can celebrate the rich heritage of our community together in an upcoming issue.

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quality and flavour and freshly baked delights

Celebrating 20 years 'of baking happiness'

272 Anzac Ave, Kippa-Ring

OPEN Mon-Fri 8am-6pm and Sat 9am-4pm

(07) 3284 8822

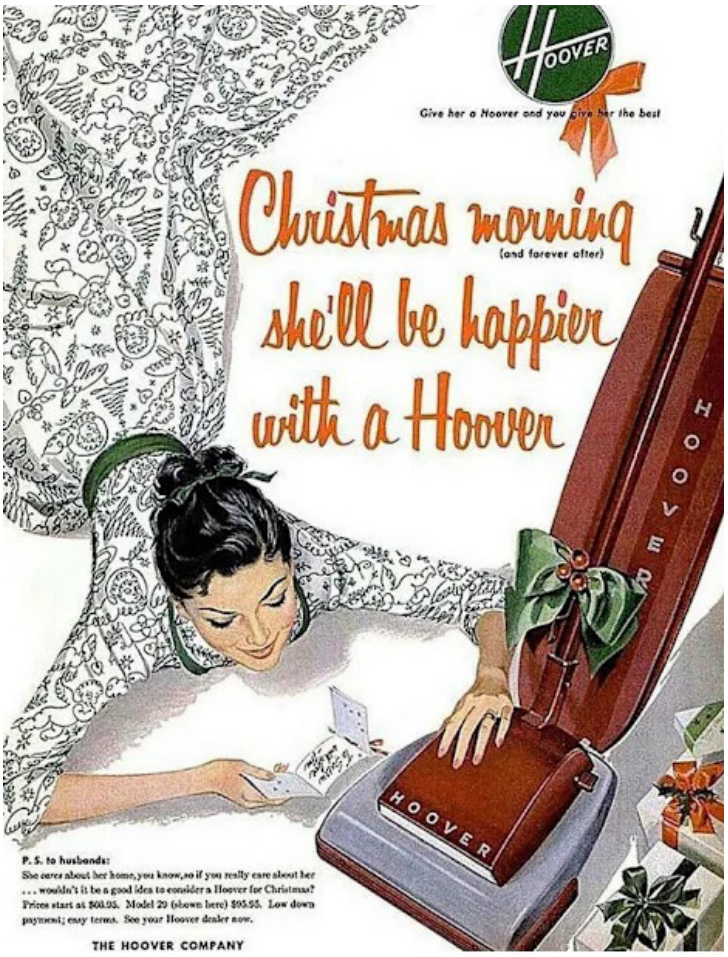
WORD SEARCH

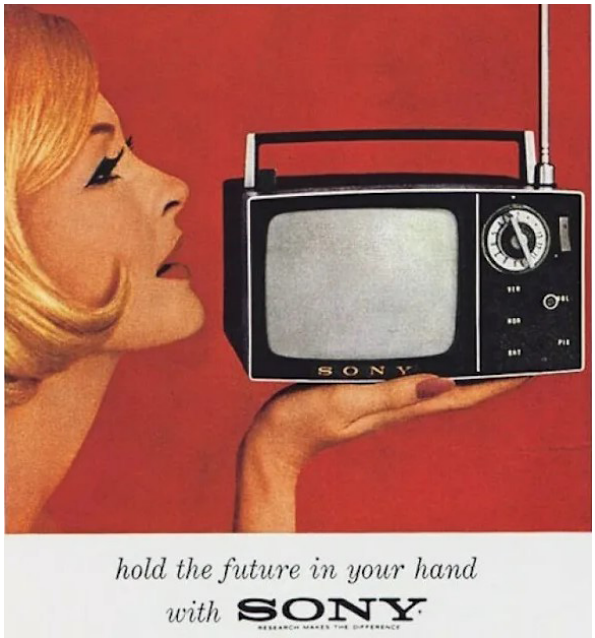
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BLACK HAWK	GETTYSBURG	POSTMASTER	STATESMAN	WHIG
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T H I N T E G R I T Y P E A G
I C O N G I A P M A C R B R S
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S E T S A W E A T W R S D O T
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E L E C T I O N I B A C G O L

Do you remember the days when...

Advertising through magazines was also extremely popular during the 20th Century. Many of these ads, especially the older ones, look quite foreign to us today because they have so many words. Nowadays, most of our attention spans have been ruined by social media and short-form content, but back in the day, when this was one of the only ways to reach customers, it worked brilliantly.





Small home modifications that won't break the bank.

Staying in the comfort of your own home as you age shouldn't require a complete structural overhaul or an astronomical budget. Often, it's the smallest, most thoughtful adjustments that make the biggest difference in maintaining safety, ease, and daily confidence. By making a few affordable upgrades, you can transform your living space into a safer, more supportive environment while keeping your full independence intact.

Here are four simple, low-cost modifications that deliver maximum peace of mind:

1. **Motion-sensor nightlights**
Midnight trips to the bathroom or kitchen are one of the leading causes of household stumbles. Inexpensive plug-in or stick-on motion lights illuminate hallways and skirting boards automatically, ensuring a clear path without you having to fumble for switches in the dark.

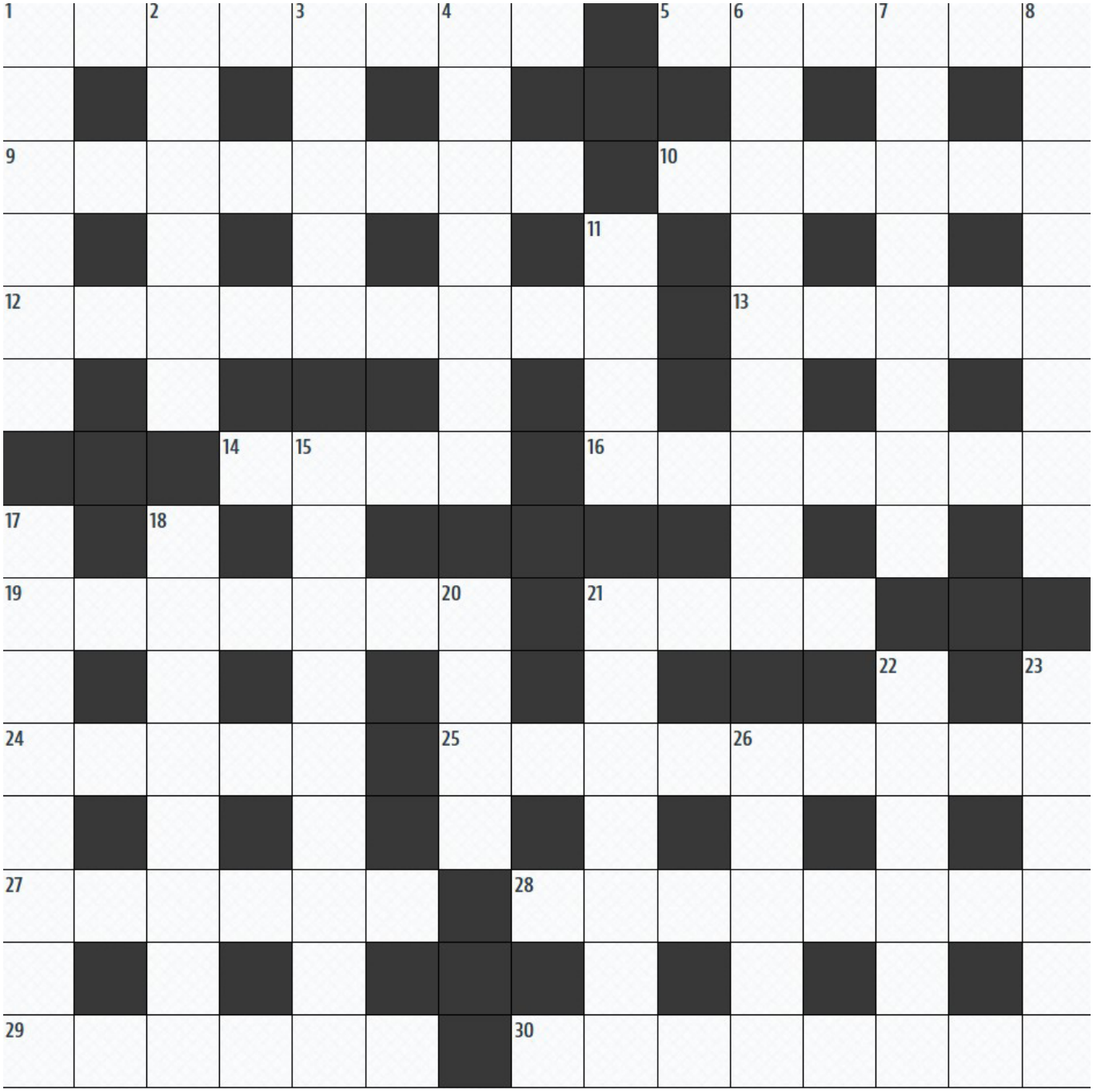
2. Lever-style door handles
Traditional round doorknobs can become surprisingly difficult to turn for hands affected by arthritis or reduced grip strength. Swapping them out for smooth, lever-style handles allows you to open doors effortlessly using a wrist, forearm, or gentle press of the hand.

3. Smart light bulbs & voice control
Replacing standard globes with Wi-Fi-enabled smart bulbs lets you turn lights on or off using simple voice commands (via systems like Alexa or Google Home) or a smartphone app. You can switch on bedside lamps before even stepping into a room.

4. Non-slip flooring & tread strips
Tying down loose rug edges with double-sided carpet tape and adding clear, textured anti-slip strips to outdoor steps or smooth bathroom tiles drastically reduces slip risks, preserving your mobility without changing the look of your home.

Making your home safe for you doesn't have to mean sacrificing its warmth or style. With a few budget-friendly tweaks, you can protect your peace of mind and continue enjoying your home on your own terms.

CROSSWORD



ACROSS

1. Gypsy dance
5. Has life
9. Lashing
10. Dessert...split
12. Always (5,4)
13. Theme
14. Floor cleaner
16. Slimmers
19. Thumped
21. Corn ear covering
24. Possessor
25. Crossword setters
27. Pay a short visit (4,2)
28. More nauseous
29. Copenhagen language
30. Fireproof material

DOWN

1. Bowed & scraped
2. Cropped up
3. Drain (glass)
4. Sweets
6. December conifers (4,5)
7. Crabbier
8. Least abundant
11. Quarrel
15. Hospital workers
17. Ambled
18. Reject (4,4)
20. Ship's platform
21. Panders to
22. Male chauvinist
23. Seizes (power)
26. Senseless



Congratulations to Thelma winner of our The Redcliffe Retirement Living & Senior Lifestyle Expo raffle on 14th July 2026



Congratulations to Angela who was one of our winners of the spring hamper at the Care Expo in September 2026.



Pumpkin Apple Muffins

These muffins are so easy to make and perfect for a quick breakfast or afternoon treat

11 INGREDIENTS | 12 MUFFINS

1 1/2 cups all purpose flour
3/4 cup granulated sugar
1/4 cup brown sugar
1 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon Mixed Spice
2 eggs
Heinz 100% Smooth Pumpkin Baby Puree
1 teaspoon vanilla extract
1/2 cup coconut oil melted
1 small apple finely diced
(fugi or gala are great choices)

Nutrition

Serving: 1muffin | Calories: 226kcal | Carbohydrates: 32g | Protein: 2g | Fat: 10g | Saturated Fat: 8g | Cholesterol: 27mg | Sodium: 166mg | Potassium: 88mg | Fiber: 1g | Sugar: 19g | Vitamin A: 3225IU | Vitamin C: 1.4mg | Calcium: 17mg | Iron: 1.2mg

Method

Step 1: Preheat oven to 180°C. Line a standard 12-cup muffin pan with paper liners.

Step 2: In a medium bowl, mix together the flour, sugar, brown sugar, baking soda, salt, and pumpkin pie spice.

Step 3: In a small bowl whisk together the eggs, pumpkin puree, vanilla extract, and melted coconut oil.

Step 4: Add the wet ingredients to the dry and whisk until well blended. Stir in the diced apple.

Step 5: Fill each paper liner 2/3rds of the way full with the batter.

Step 6: Bake for 22-25 minutes or until a toothpick inserted into the centre comes out clean or with just a few crumbs.

Step 7: Allow to cool before serving.

FREE events in October 2026

Seniors Month:
Joy in Motion
Wednesday, 14 October 2026 | 10AM - 11AM
Bribie Island Library, 1 Welsby Pde, Bongaree
Saturday, 17 October 2026 | 11:30AM - 12:30PM
North Lakes Library, 10 The Corso, North Lakes
Sunday, 25 October 2026 | 11AM - 12PM
Redcliffe Library, 476 Oxley Avenue, Redcliffe

Memory books
Various homemade memory books on a table
Learn how to create your own memory book in this hands on workshop with Helen Geale
Wednesday, 21 October 2026 | 10:30AM - 11:30AM
Redcliffe Library, 476 Oxley Avenue, Redcliffe

Brain training
Keep your mind active and have fun! Enjoy a range of brain training games to help your memory-building abilities
Monday, 19 October 2026 | 10:30AM - 12PM
Caboolture Library, 4 Hasking St, Caboolture
Friday, 02 October 2026 | 11AM - 12PM
Friday, 09 October 2026 | 11AM - 12PM
Friday, 16 October 2026 | 11AM - 12PM
Friday, 23 October 2026 | 11AM - 12PM
Redcliffe Library, 476 Oxley Avenue, Redcliffe

Mornings on Memory Lane
Step back in time on Fridays in October at Bribie Island Seaside Museum with Mornings on Memory Lane
Friday, 09 October 2026 | 10:30 AM - 11:45 AM
Friday, 16 October 2026 | 10:30 AM - 11:45 AM
Friday, 23 October 2026 | 10:30 AM - 11:45 AM

Let's talk death, grief and all that at Burpengary Library
Join us for a conversation exploring how we talk about and understand death, dying and grief.
Thursday, 29 October 2026 | 11AM - 12:30PM
Burpengary Library, 121 Station Rd

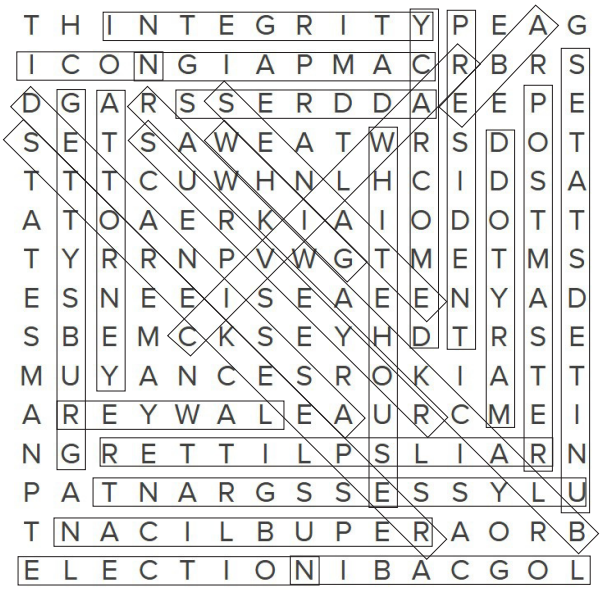
Groovin' in the Green - Moreton Bay Rhythms
Saturday, 10 October 2026 | 02PM - 06PM
Apex Park, 47 Captain Cook Pde, Deception Bay

Answers

CROSSWORD

ACROSS
1. Gypsy dance - FLAMENCO
5. Has life - EXISTS
9. Lashing - WHIPPING
10. Dessert...split - BANANA
12. Always (5,4) - EVERY TIME
13. Theme - TOPIC
14. Floor cleaner - MOPS
16. Slimmers - DIETERS
19. Thumped - THUDDED
21. Corn ear covering - HUSK
24. Possessor - OWNER
25. Crossword setters - COMPILERS
27. Pay a short visit (4,2) - LOOK IN
28. More nauseous - QUEASIER
29. Copenhagen language - DANISH
30. Fireproof material - ASBESTOS

DOWN
1. Bowed & scraped - FAWNED
2. Cropped up - ARISEN
3. Drain (glass) - EMPTY
4. Sweets - CANDIES
6. December conifers - XMAS TREES
7. Crabbier - SNAPPIER
8. Least abundant - SCARCEST
11. Quarrel - FEUD
15. Hospital workers - ORDERLIES
17. Ambled - STROLLED
18. Reject (4,4) - TURN DOWN
20. Ship's platform - DECK
21. Panders to - HUMOURS
22. Male chauvinist - SEXIST
23. Seizes (power) - USURPS
26. Senseless - INANE



SUDOKU

1	3	7	4	8	2	6	5	9
8	5	9	6	7	1	3	2	4
6	2	4	5	9	3	7	8	1
2	9	6	1	5	4	8	3	7
3	4	8	2	6	7	1	9	5
7	1	5	9	3	8	4	6	2
9	6	3	7	4	5	2	1	8
4	8	1	3	2	9	5	7	6
5	7	2	8	1	6	9	4	3

RIDDLES

A: Soap
A: Snowflake
A: Lettuce
A: Alphabet
A: SWIMS
A: Footsteps
A: An egg
A: Age
A: Sponge

Creating holiday magic and lasting memories on a friendly budget.



Connecting across generations throughout the festive season doesn't require high-energy outings or big spending. The most cherished memories between grandparents and grandchildren come from shared stories and simple hands-on projects.

Here are budget-friendly, low-prep activities designed for grandparents and grandchildren to build lasting memories together:

Simple Hands-On Projects

Mason Jar Snow Globes
Save washed pasta or jam jars. Have your grandchildren glue a small plastic figure or laminated photo to the inside of the jar lid using waterproof glue. Fill the jar with water, a drop of glycerine (or baby oil), and glitter. Screw the lid on tight, turn it over, and watch it snow.

Keepsake Salt Dough Ornaments:
Mix simple pantry staples (2 cups flour, 1 cup salt, 1 cup water) to roll out dough. Stamp the grandchild's handprint into the dough, poke a small hole at the top with a straw for a ribbon, and bake at 120°C for 2 hours until dry. Paint them together when cool with the year written on the back.

The 'No-Bake' Biscuit Decorating Station
Skip the stress of baking from scratch. Set out plain tea biscuits, a small bowl of simple powdered sugar icing, and bowls of sprinkles or crushed lollies. Grandchildren handle the decorating while grandparents share stories of holiday treats from their own childhood.

Community & Neighbourhood Cheer

Targeted Acts of Doorstep Kindness
Bake a simple batch of cookies or assemble small hot-cocoa kits (instant cocoa packets, marshmallows, and a candy cane tied with string) and drop them on a neighbor's or elderly friend's doorstep with a handwritten note.

First-Light Thank You Notes
Dedicate one morning over the break to writing 2-3 handwritten thank-you notes to people who serve your community year-round (your mail person, local librarian, or garbage collectors).

Storytelling & Memory Exchange

'When I Was Your Age' Treasure Hunt
Gather 3 to 5 old family photos, vintage trinkets, or everyday items from your past (an old record, a cassette tape, a handwritten letter, or a photo of yourself as a child). Hide them around the living room. As your grandchildren find each item, tell a short story about what life was like when you were their age.

The Shared Memory Journal
Buy an inexpensive notebook or sketchbook. Have your grandchild draw a picture of a favourite day spent together, and write a sentence or two underneath detailing what made that day special. Add a entry every time they visit.



Check community calendars, local libraries, or churches for free tree-lighting ceremonies, holiday concerts, library storytimes, or craft workshops



Join our Community Catchup

Holistic Horizons
The Jingle Bells Senior Lifestyle Expo
Caboolture: 19th of November, 2026
North Lakes: 25th of November, 2026

Holistic Horizons
Senior Groups - October
Monday 12th October- Redcliffe Leagues Club
Monday 26th October- Holistic Horizons Hub

Holistic Horizons
10-year Community Catchup
Jamieson Park, Newport
16th of October from 11:30am - 1:30pm

Join our events **RSVP: 0413 595 865.**

HOLISTIC HORIZONS
SUPPORT SERVICES

a world of possibilities

Head Office: 1/228 Anzac Ave,
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E: enquiries@holistichorizons.com.au
www.holistichorizons.com.au

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acnc.gov.au/charityregister

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