

So for a change Lesley is having the Opening word!

You will all know that we've experienced difficulties with staffing over the past month, which became a monumental effort to keep the care of you, our clients, first and foremost.

Today, we're all back at work. Danielle is doing well and continues to improve. We have a new staff member whom I have no doubt some of you will already know - Tracy Fullagar.

Poor Tracey started in the middle of the whirlwind and has done remarkably well. You'll meet her in due course. We are incredibly grateful to our service provider, Trilogy Care, for jumping in to back us up during the last difficult month. I know that you probably haven't ever really understood how the Trilogy Foundation works - but this is it.

It is a fact of life for these community based care projects that things happen - departures, illnesses, family crises - which take away our very valuable local staff. Handing everything over to Trilogy Care was the only way we could keep going. Despite the never-ending rumours - we haven't gone broke, we haven't shut down, we haven't 'sold out' - we simply needed some support that had to be provided by our service provider. I know that some of you have ended up with a strange worker or two, who Trilogy accessed outside our usual circle - but I'm hopeful that our gracious Bell Cares clients could grin and bear it momentarily, until things get back to normal.

Our emails are being looked after by us again and our phones will come over next week - Monday 8 June. So if you ring before that date, you'll still end up in Brisbane.

One of the things that has become very obvious to us is that, no matter how painful, we are living in a digital world and we need to contact people quickly at times. I live in hope that we can sometime soon have some digital literacy training, so our elder citizens feel better equipped to have other means of contact - not just snail mail and landlines.

My heartfelt thanks to all of you - workers and clients - that as a team we managed to get through this. I'm proud of you all!



We Recognise The Challenges of
Country Living & are Committed
to Helping Local Seniors Get
Better Value Care.

Contact Us:
35 Dennis Street, Bell Qld 4408
Phone: 4663 1333
Email: info@bellcares.com.au
www.bellcares.com.au



Lesley Bryce
*President
& Founder*



Danielle Bryce
Office Manager

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BELL CARES EVENTS & DATE CLAIMERS



CHRISTMAS *in* JULY



THURSDAY
30
JULY
11.00AM

DALBY BOWLS CLUB
58 PATRICK STREET, DALBY

\$20 PER HEAD
LUNCH, SWEET TREATS
AND FABULOUS MUSIC

BRING YOUR SINGING
VOICE WITH YOU!

RSVP BY MON 20 JUL 26
4663 1333



JUNE 2026

Thursday, 4th June
10:00am

Social Morning Tea
at Pips'N'Cherries
15 Ensor Street, Bell

There will be no
morning tea on
Thursday, 18th June

JULY 2026

Thursday, 2nd July
10:00am

Social Morning Tea
at Pips'N'Cherries
15 Ensor Street, Bell

Thursday, 30th July
11.30am - 2.00pm
Christmas in July
(see flyer above for further
information)

AUGUST 2026

Thursday, 6th August
10:00am

Social Morning Tea
at Pips'N'Cherries
15 Ensor Street, Bell

Follow us on 
to be kept up to
date on our events

YOUR HOME - YOUR WAY - YOUR CHOICE

KEEPING UP WITH EVENTS IN YOUR COMMUNITY

We were sorry to lose a piece of Bell history last week, with the passing of Peter Bridges. Peter's wishes were to be buried in Bell and this will take place on Friday 5th June at 11.30am at the Bell Cemetery.

Our love to Shirley and family at this sad time.



Chair Yoga at the Bell RSL Hall

every Wednesday, 9:00am - 9:45am
(PN. Sessions will resume after Easter, 22nd April)

Cost - \$10.00 per person

Contact Wendy for details 0428 686 754

Follow Paddock to Mat Yoga on Facebook to be kept
up-to-date with class details



Cooranga North CWA proudly presents

Brisbane's premier pub band on

20

June

2026

Full Signal

Cooranga North Memorial Hall

7pm till late

\$20 individual/\$50 family

Light supper provided

Tickets available at the door

Kindly supported by Tilt Renewables



Are you interested in lending a hand to help revive our Community Garden at the Bell Bunya Community Centre? Together, we can achieve so much more!

Whether you can spare an hour to help or donate items to help re-establish the garden, we'd love your support. We are looking for things like seedling pots, seeds, chook manure, compost materials, earthworms, or anything you can contribute.

A little bit of help can go a long way, and we hope to grow fresh produce for our community to enjoy.

Let's work together to bring our garden back to life! 🌱

For information, please phone Cathy 0413 220 104
or email: bellcommunitygarden@pm.me

Bell MEN'S BREAKFAST

SATURDAY 6TH JUNE | **7:30-10:00AM**

★ Guest Speakers ★
GIBBO & HUCK
SPEAKING ABOUT

- THE HISTORY OF WAGYU BEEF IN AUSTRALIA
- LIFE/CAREER IN THE BEEF INDUSTRY

GOOD FOOD ★ GREAT COMPANY ★ STRONG MEN

ALL MEN WELCOME! | Come for the food, stay for the fellowship.

YOUR HOME - YOUR WAY - YOUR CHOICE

How we're tracking

103

People receiving Co-ordination & in-home support

50

Local people employed through the project

 KADI LILLIS THE RURAL MYOTHERAPIST

WHERE TO FIND US!

DALBY:
TUESDAY & FRIDAY
Dalby Health Foods Store
123 Cunningham St
Dalby, 4405

BELL:
MONDAY & THURSDAY
Bell Bunya Community Centre
71 Maxwell St
Bell, 4408

WWW.THERURALMYO.COM.AU

 **WEEKLY MAHJONG** 

EVERY THURSDAY & FRIDAY
1:00pm – 3:00pm
BELL RSL

Come along and enjoy a relaxing afternoon of Mahjong — all skill levels welcome!

 Kindly supported by
Western Downs Regional Council

For more information, contact Leny Gaffney on 0467 231 346



Find us on 

To keep up-to-date on upcoming events, follow us on Facebook or email us at accounts@bellcares.com.au to be added to our email list.

Adult Cognitive Worksheet

Fill in the blank to complete each analogy.

1. Cat is to Meow as Dog is to _____
2. Finger is to Hand as Toe is to _____
3. Sun is to Day as Moon is to _____
4. Teacher is to School as Chef is to _____
5. Fire is to Hot as Ice is to _____
6. Clock is to Time as Thermometer is to _____
7. Pen is to Write as Brush is to _____
8. Fish is to Water as Bird is to _____
9. Pencil is to Eraser as Knife is to _____
10. Book is to Read as Song is to _____
11. Car is to Road as Boat is to _____
12. Eye is to See as Ear is to _____
13. Doctor is to Patient as Mechanic is to _____
14. Milk is to Cow as Wool is to _____
15. Lock is to Key as Puzzle is to _____
16. Hammer is to Nail as Screwdriver is to _____
17. Paint is to Artist as Words are to _____
18. Smile is to Happy as Frown is to _____
19. Sing is to Singer as Draw is to _____
20. Seed is to Plant as Egg is to _____

APPLE CINNAMON PORRIDGE

2 cups rolled old-fashioned oats
1 teaspoon cinnamon
1 teaspoon baking powder
½ teaspoon sea salt
2 cups milk
¼ cup honey
1 tablespoon ground flaxseed
1 tablespoon coconut oil
1 cup diced apple, divided
½ cup raisins

*Something to warm you
this winter!*

