

# Still Playing Strong!

What is the ideal age to start learning a musical instrument?

7 or 8 years old? Virtuoso violinist Arnold Steinhardt says that starting the violin at the ancient age of, say, 13 will most likely be a 'losing battle'... but you can't tell Richard Turner that!

of ICO, the er Orchestra, b. He started it age 65, and years! That's in May this he orchestra, rehearsals and is! the Atherton a key singer oral Society ent in 1975, for someone e bass. So he rom Sydney, ed the local After moving joined the chestra, and nic member ! to coincide irthday, the n afternoon and tea at

which members of the orchestra, including Richard himself, will play selected musical items. The event will be attended by many of Richard's friends and members of his extended family. The venue for the bash (Holy Cross Church Hall in Woolloowin) was organised by Richard's son David and daughter Dona. David says that playing with the orchestra is one of Richard's main interests.

Richard serves as a marvellous example of both the virtue of tolerance and acceptance when things are not fully under your control, and how to grow old gracefully with music.

So it's never too late to learn! Indooroopilly Chamber Orchestra is always on the lookout for new members of all standards (you don't need to be over 50!). They rehearse on Thursday nights in Chelmer and generally stage two or three concerts a year. If you are interested in joining them, visit [www.ico.org](http://www.ico.org) or call 0404 050 452.



## Stay standing

Did you know that one in three people over the age of 65 fall every year? Jubilee Community Care offers a program that can help prevent the elderly from falling.

The course, called Stay Standing, is offered free of charge. Helen Bowers (82) and Pat Colbran (83) took the course in 2013, and both found great improvements in their balance and walking.

"I was looking for help to keep myself safe and also active," said Helen. "I found the course very comprehensive. The health professionals who came to speak were very knowledgeable and made sense. I've found the exercises easy to do - you can do them while watching TV!"

"I was looking to improve my balance and walking as I have issues with tripping over" said Pat. "Since finishing the course, I have found I am walking much better: even my daughter commented when we were out recently how much better my walking was."

"I feel better and I am continuing on with the exercises even though the class has finished" she added.

The program runs for eight weeks, and is based on research and best practice, emphasising independence and falls prevention. Participants learn to self-manage common emergencies, balance, strength, continence, chronic pain, bone health, vision, footwear, medication and sleep.

The next program commences on Friday 2nd May and will run for eight weeks at the Indooroopilly Senior Citizens Hall, Stamford Rd, Indooroopilly. Travel to and from the venue can be arranged. Even if you are using a walking stick or wheelie walker you are still able to attend the program.

Bookings are essential. Call Nicky at Jubilee Community Care on 3871 3220 to book your place.



Helen and Pat

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