

Community News & Views Ipswich

December 2017/
January 2018

A Free Magazine!

Vol: 24 No:12 Vol:25 No 1

Mission Statement: To enable older people at a local community level to participate in decisions and activities which affect their health and well-being.



*Wishing you all a
very Merry Christmas
and Happy New Year*



Good Stuff in this Issue

- ★ International Volunteer Day
- ★ Social Outings and Photos
- ★ Your health over Summer: Heat Stroke
- ★ Christmas Lunch
- ★ Fire Alarms
- ★ It's starting to look a lot like Christmas



You can't turn the
clock back but you
can wind it up again!

IPSWICH 60 AND BETTER PROGRAM Inc.

Funded by

Supported by Ipswich City Council and
Ipswich Hospital Foundation

A PROGRESSIVE PROGRAM FOR THE OVER 50'S



Ipswich 60 and Better Program Committee Members 2016-2017

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Annual Membership Fee \$15.00 (including GST) pro rata

Contributions to the newsletter are welcome and should be in the office by the **5th day of the month** for consideration by the editing committee. Please provide name of source and date of printing.

Convenor updates required by 20th day of the month



IPSWICH 60 & BETTER PROGRAM Inc.

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Website: www.60andbetteripswich.com.au; **email:** ips60bp@gil.com.au

Office Hours

Monday 9am - 5pm; Tuesday 9 am - 5 pm; Wednesday 9 am - 12pm

Thursday - CLOSED; Volunteer - Friday 9am - 2.30pm

Please call 3282 8644 first to ensure there is someone to attend to your needs.

Community News and Views Advertising Rates:

(*includes GST) Full Page: \$55* Half Page: \$33*

Business Card Size: \$22* Strip \$16.50*

1000 newsletters are printed each month and distributed through 104 outlets.

Also available at www.60andbetteripswich.com.au

Deadlines for advertisements – 1st day of the month

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President's Words

This past Wednesday, the Program enjoyed a morning of meeting up with various members and people connected to the groups that help form the main body of the activities. Our concert party entertained us all present with a variety of Christmas carols and pieces of music that encapsulated peace and goodwill. So talented they are and quite a few of us were reduced to having tears well up, as well as smiles and laughter. We were so privileged. Music is so good for the soul.

Hearing Richard and Bob read one of my recent reminiscences on Ipswich and how things were in years gone by and go on to speak of Jack Butt and the Ipswich Model Band brought back many a good thought for sure. They practised in an old hall down on Blackhall Street on the border of East Ipswich and Basin Pocket. From there they truly supported the town in all manner of events and festivities. Growing up I lived next door to Lily, who was an integral part of the Bluebird Concert Party, and most nights I would be lulled to sleep with the sound of her beautiful voice.

Settling down for a good night's rest can be the best thing, and now after a full year of amazing things that have made up the Program and filled each one of our minutes doing what we enjoy doing, it is now time to rest, gather up energy and restart back in 2018 with plenty of vim and vigour.

Enjoy the festive season and stay in touch with each other. Share a movie - there are few good ones on at the moment. Make a trip to the library even - it's on the bus route and a great place to read the daily news, have a coffee and be waited on for once. Make things happen on alternate days so as not to tire out and dance to your own music. Play your own tune and just enjoy life!

Happy Christmas, Ethel

December Birthdays

7th Hugh Goodger & Barry Beetham; 8th Lesley King; 12th Alan Suchting, Phillip Barnsley & Julie Goulding; 13th Marianne King; 14th Ethel Llewellyn & Robert Walker; 19th Lorraine Hughes & Gailene Miller; 20th Lois Hobart; 22nd Margaret Hutchinson; 24th Marie Maddox; 25th Noela Chalk & Karen MacLeod



January Birthdays

1st Margaret Lamprecht; 2nd Ingrid Kadir & Rick Muller; 6th Deborah Purdie; 7th Frances Kempen; 9th Joyce Nixon; 10th Lynette Ann Bryant; 15th Liz Jordan & Joan Preece; 17th Rosaleen Neville; 19th Janet Hancock; 26th Sharon Born; 28th Joyce Hogg; 31st Maree Harvey

Happy Birthday to you all!



International Volunteer Day

International Volunteer Day is celebrated annually on the 5th of December in recognition of all of those who consistently and positively volunteer their time each day!



**International
Volunteer Day**

“The heart of a volunteer is not measured in size, but by the depth of commitment to make a difference in the lives of others”



“There is no ‘I’ in team, but we sure are glad there is ‘U’ in our volunteers”

We’d like to extend a massive THANK YOU to all of our volunteers! We are so grateful for all that you do for our Program; you all keep it running! You and your contributions are priceless.



Foot Problems?

Ace Foot Clinics

Podiatrist: Diana Ofman BSc BHSc

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Ipswich (within the USQ campus, open to the public)**

Phone 3381 1800 Fax 3381 1809 www.acefc.com.au



ILT 2018 SEASON

Tickets available online at ILT.org.au or at the Ipswich Visitor Information Centre (VIC) – 3281 0555.
All performances (unless otherwise advised) are held at the Incinerator Theatre, Burley Griffin Drive, Ipswich 4305.

WAIT UNTIL DARK

By Frederick Knott

Directed By
Aaron Evans



7-24 MAR

9 - 26 MAY

Dirty Dusting

By
Ed Waugh & Trevor Wood

Directed By
Chris Austin-Greenhill



11 - 28 JUL

SLEUTH

By
Anthony Shaffer

Directed By
Les Chappell

19 SEP - 6 OCT



A Piece of Cake



By
Lucy Bennett

Directors
Helen Pullar
& Jane Sheppard

21 NOV - 8 DEC

PICTURE IPSWICH (<http://picture.ipswich.qld.gov.au>)

Christmas promotion in Ipswich 1917

This photograph shows a crowd at the Cribb & Foote buildings on the corner of Brisbane and Bell Streets. Pigeons are being released for a Christmas promotion. Santa can be seen on the roof. This image is in Robyn Buchanan's book 'Ipswich in the 20th Century' that is on the Picture Ipswich website.

Picture Ipswich, is an online collection of images, documents and memorabilia of cultural and historical significance. Since 2008 it has provided a unique insight into the history of Ipswich - its people, families, places and way of life - from our earliest memories to the present day.

If you have items you think will add to the rich diversity of the Picture Ipswich collection please call **3810 7272** or email LibPictureIpswich@ipswich.qld.gov.au





Ipswich Colour City Carnival parade with Whybird's entry, 1969

A memory from Picture Ipswich

The Whybirds' removals' business took out 1st prize in the Commercial Section of the parade. Foreground shows a horse and cart of the early days of the business, with a truck from the modern day business. John Whybird had migrated to Australia in 1857 and worked for 'Hassel & Hogg'. After they ceased trading, he received a horse and dray in lieu of wages and started as a 'For Hire' drayman (date unknown). This would be the start of the Whybird removalist business in Ipswich. John Whybird died in the October of 1905. His son, Henry, carried on the business and in 1948 after his death, Allan continued as the third generation.

For a history of the business see Allan Whybird's 'Moving on: the story of five generations of removalists- the Whybird family.', and then follow on with Royston Whybird's further history, 'Whybirds don't fly.' Both are available at the Ipswich Libraries. The business was sold in 1997.

This photo is courtesy of Picture Ipswich (picture.ipswich.qld.gov.au). Here you can find more images of the business and a further 14,000 plus images to jog your memory. Enjoy!

Book Review

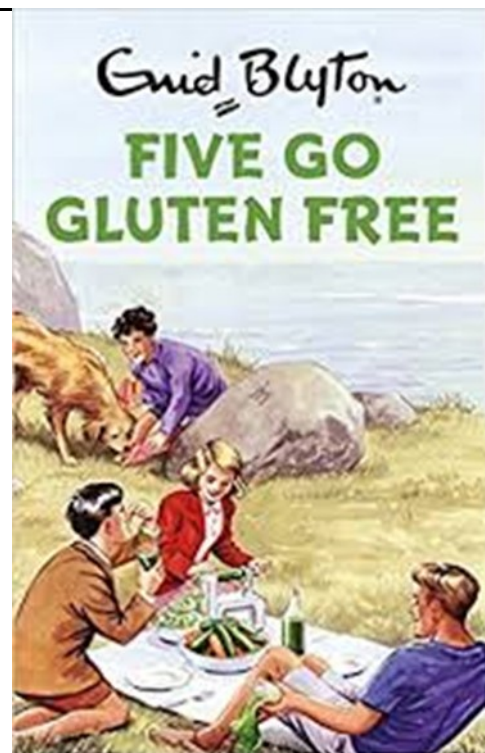
by Z Walker

Enid Blyton "FIVE GO GLUTEN FREE"

by Bruno Vincent

Did you enjoy reading Enid Blyton's books when you were young? Since the 1930s her books have been among the world's bestsellers, selling more than 600 million copies (Wikipedia). I loved the Famous Five adventures and read them all so I very much appreciated being given a copy of this book. It brought back lots of happy memories.

Bruno Vincent has created "Enid Blyton for Grown-Ups" and there are a number of titles in the series. They are a parody of the original series, keeping the illustrations and the tone of Blyton's writing. The Five are all still together, going to work, showing the same personality traits and having to cope with the modern world instead of the 1940s version. As Anne looks after the house she has made the decision that they will all eat healthily so they cut out gluten, dairy, sugar and anything else that is bad. They are guided, and fleeced, in this by Cousin Rupert who has recently been incarcerated in a South American prison, possibly for drug smuggling. He appears in other stories as well. Life on the clean eating road is hard and there are many hurdles but as always the Five work as a team and while they might disagree they always support each other. For a break they go to visit Kerrin Island but discover that the island is now off limits as there is a species of vole there that has been declared protected. Julian has difficulty coping with buying a train ticket online and declares he doesn't like the modern world and wants to go back to a simpler time. George in her no-nonsense way tells him "It's gone, buddy." In memory of the good old days Victoria sponges and buns make an appearance alongside the alfalfa salads and spiralized vegetables and there are plenty of reminders of the original books.



If you'd like to revisit there are a number of titles including "Five on Brexit Island", "Five Get Gran Online" and "Five Lose Dad in the Garden Centre".

THANK YOU to Chris Draper for all of your contributions to our Program. We wish you well in your new life in Canberra next year!



Apologies to Clive Greensill whose birthday was incorrectly mentioned in last month's Community News & Views.

Happy Birthday for the 17th of November!



Ipswich Physiotherapy Centre

FOR ALL INQUIRIES AND BOOKINGS **07 3281 7611**

IPSWICH OFFICE: 102 LIMESTONE ST, IPSWICH 4305
 KARALEE OFFICE: KARLEE SHOPPING VILLAGE,
 SHOP 12 JUNCTION ROAD, KARALEE
 FERNSVALE OFFICE: FERNSVALE VILLAGE SHOPPING CENTRE
 10/1455 BRISBANE VALLEY HIGHWAY, FERNSVALE

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 Referrals Accepted. HICAPS
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A Christmas Wish for you:

Comfort on difficult days
 Smiles when sadness intrudes
 Rainbows to follow the clouds
 Laughter to kiss your lips
 Sunsets to warm your heart
 Hugs when spirits sag
 Beauty for your eyes to see
 Friendships to brighten your being
 Faith so that you can believe
 Confidence for when you doubt
 Courage to know yourself
 Patience to accept the truth
 Love to complete your life



November's Answers

Mansa Test:

1.	7 Wonder of the World
2.	66 Books of the Bible
3.	13 Strips in the United States Flag
4.	5 Toes on a Foot
5.	26 Letters of the Alphabet

Rhyming Syllables:

To
 Boo
 Blue

Riddle:

The letter "t"

Hidden Meaning:

1. Painless operation
2. Space Invaders
3. For instance
4. Trip around the world
5. Stand in alphabetical order

Out and About with the Social Committee: pre-Melbourne Cup Lunch

The inaugural Ipswich 60 and Better pre-Melbourne Cup luncheon was held Wednesday 1 November at the United Sports Club at East Ipswich. We enjoyed a private room with tables decorated beautifully by Lyn - we were spoilt with those handmade chocolate numbers!

It was an afternoon of fun with nice food, good company and lots of laughs, especially during the “roll the dice / plait the tail / cut the chocolate slab with a knife and fork” game. We also played “pin the tail on the horse” won by Mary with Rob in second place. The best ladies’ hats were won by Gladys and Sandra with Michael and Brian holding up the men’s end in this competition. A Cup quiz had us thinking - “What is the prize money for this year’s Cup” and the Cup itself, run by past winners, was won by Phyllis (1), Gladys (2) and Michael (3). There seemed to be one particularly lucky table on this occasion!

A big thank you for your company to those who were able to join us and a sincere thank you to those who helped on the day. We hope to see you all again next year.

Cheers from the Social Committee



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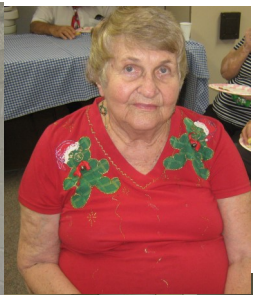
Christmas Lunch

Congratulations to all of our raffle winners!

The raffle raised \$338 and we thank all of those who donated. There was a total of 30 prizes.

Major Prize Winners

1st prize: Shona Carter; **2nd prize:** Brian Schilling;
3rd prize: Betty McMillan



60 & BETTER GROUPS				
Art Group	Thursdays 1.30pm-4pm	* Donation BYO Art Supplies A/Tea to share	Annex Humanities Building	Ted 3288 6398
Boccia	Tuesdays 9am-12pm	* Donation includes Morning Tea	Annex Humanities Building	The Office 3282 8644
Bridge	Wednesdays 11.45am-2pm	* Donation	Cafeteria Humanities Building	Garry 3281 4072
Chess	Tuesday 10 –12noon	* Donation	Office, Humanities Building	The Office 3282 8644
Concert Party	Fridays 1pm-2.30pm Practice	* Donation Bring A/Tea to share 2.30pm –3 pm	Auditorium Humanities Building	Kath Hogan 3201 6075
Discussion Group	Friday 10.30am-12 pm	* Donation	60 & Better Office	The Office 3282 8644
Gentle Exercise	Tuesdays 9.45am-10.45am Fridays 9.30am-10.30am	\$5	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
Cuppa & Chat After Class	Tuesday 11am-11.30am Friday 10.30am-11am	* Donation	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
Tai Chi for Diabetes	Wednesdays 2pm-3pm	\$5	Cafeteria, Humanities Building	The Office 3282 8644
Movie Buffs	Saturday 9th Dec Pick ups from 8am	Movies \$4.50 Pensioners \$6.50 Seniors Bus \$10	Cineplex Redbank Plaza	The Office 3282 8644
UFO: Un-Finished Objects * Donation Final meeting Thursday 7th Dec 10am and restart 8th Feb 60 & Better Office Ph.: 3282 8644 Bring your own 'unfinished' project.				

60 & BETTER GROUPS continued

* \$2 donation welcomed

Newsletter Editing Sub Committee	Mon 8th Jan 1 pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 31st Jan 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
60 & Better Social	Enjoy your Christmas break! Meet up with friends and enjoy the new year! Catch up at the Meet & Greet Monday 12th February 2018 10am			The Office 3282 8644 RSVP 22/11/17
Social Sub Committee	15th January 1.30pm		60 & Better office	The Office 3282 8644
Table Tennis	Tues 1pm-4.30pm Fri 1pm-4.30pm	* Donation Bring A/Tea to share	Annex, Humanities Building	The Office 3282 8644

Activities in Partnership with Ipswich 60 & Better

Square Dancing	Monday 1pm - 3pm \$6 Beginner 12 noon - 1pm \$3	Caller: Kay Walker Town & Country Squares	Annex, Humanities Building	The Office 3282 8644
Stroke Support Group	Friday 10am	Commences again in February	Silkstone Baptist Church Hall	Bill Waterson 3281 4925
Tai Chi for Health	Tuesday 1pm advanced 2pm beginners	\$3	Goodna Neighbourhood House	Phone 3818 1648



FIT4LIFE
Fitness Activities

LOW COST SESSIONS

For detailed information please visit:

www.ihfoundation.org.au

Or phone the IHF office on: 1300 736 428

Prostate Cancer Support Group	Thursday 7.30pm	No meeting in December or January	Cafeteria Humanities Building	Len Lamprecht 32813656
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Summer is here: Managing the heat

People over the age of 65 are more prone to heat-related illnesses due to biological changes, medications and medical ailments.

What is heat stroke?

Heat stroke is a serious condition that results from prolonged exposure to or physical exertion in high temperatures, and is the consequence of the body overheating. When the body reaches 40 degrees Celsius, numerous physiological changes occur. Untreated heat stroke can damage the brain, heart, kidneys and muscles and the longer treatment is delayed, the more serious the complications become. Hence, it is urgent to consult a doctor or emergency services professional.

What increases my risk of developing a heat-related illness?

Diseases of the heart and lungs, diabetes, having a physical disability, dementia or other cognitive impairment, being overweight, consuming alcohol, being dehydrated, performing strenuous activity, being older than 65 and certain medications may increase the risk of heat stroke. In addition, living in a hot, dry environment, lacking transportation, overdressing, crowded areas and air pollution may also increase the risk of and worsen heat-related illness.

Signs of heat stress include a:

- ◆ Strong, rapid pulse
- ◆ Loss of appetite
- ◆ Rising body temperature
- ◆ Dry skin, particularly the mouth and eyes
- ◆ Tiredness
- ◆ Dizziness or disorientation
- ◆ Headaches
- ◆ Difficulty concentrating
- ◆ Nausea
- ◆ Muscle fatigue or cramps

To prevent heat stress and heat stroke, it is important to:

- ◆ Stay hydrated – aim to take a big mouthful of water every 15 minutes, even if you're not thirsty.
- ◆ Drink cool drinks and eat cool foods, but avoid ice. Eat small meals more often.



- ♦ Avoid alcoholic beverages as they dehydrate you.
- ♦ Monitor your wee – if you're passing less urine than normal, you need to drink more water. Ensure that it's clear to a straw-yellow colour – if it's any darker, drink more water.
- ♦ Talk to your doctor if you're taking any medications.
- ♦ Avoid completing strenuous activity.
- ♦ Wear clothing that is lightweight.
- ♦ Take cool showers throughout the day.
- ♦ Stay inside between 10am-3pm.
- ♦ Use blinds/curtains to shade your house.
- ♦ Use an air conditioner or a fan and open the windows.



If you suspect that someone is suffering from a heat-related illness, move them indoors and to a cool place, lie them down or encourage them to rest, remove heavy and tight clothing, apply cold water, ice packs or wet cloths to their skin, encourage them to drink water or juice, and seek medical assistance.

What do you have in your first aid kit?

Bandages

- 1 packet of plastic strips/band aids
- 4 triangular bandages
- 3 gauze bandages (10cm; 7.5cm; 5cm)
- 1 10cm hospital crepe bandage
- 2 sterile dressings (9cmx10cm; 20cmx20cm)
- 1 medium (#14) wound dressing
- 3 non-adhesive dressings (5cmx7.5cm; 10cmx7.5cm)
- 2 sterile eye pads
- 1 roll of non-allergenic tape
- 2 square gauze swabs
- 5 alcohol swabs

Utensils

- 1 pair stainless steel scissors
- 1 pair forceps
- 1 stainless steel splinter remover

Liquids/Lotions

- 2 bottles saline solution (eye irrigation)
- 1 tube antiseptic cream
- 1 wound closure steri-strip
- 1 bottle antiseptic solution

Other

- 1 first aid hints booklet
- 1 pack latex gloves
- 1 resuscitation mask
- 1 EpiPen

Sources: Queensland Fire and Emergency Services, Queensland Government, 2016

Australian Hearing

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● hearing.com.au

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smoke alarms when you
mention this ad



Mandala Dreaming

Relax, enjoy your colouring-in, reduce your stress levels & start a new hobby



Your Jokes, Delivered

I just got a letter which said “do not bend”. I got it last week and I’m still trying to work out how to pick it up.

In some movies where actors dive underwater, I like to hold my breath to see if I could survive in that situation. I almost died during the filming of Finding Nemo and Pinocchio.



A man interviewing a candidate for commercials told her, “When we finish the commercial, it will be shown on over 200 T.V.s. It will be a great opportunity to expose yourself.”

Thank you Patrick.

**LIFE IS
BETTER
WHEN
YOU'RE
LAUGHING.**

Pineapple-glazed Shrimp

Ingredients

- ◇ 2 teaspoons garam masala
- ◇ 1 teaspoon ground coriander
- ◇ 1 teaspoon coarse kosher salt
- ◇ 1 teaspoon sugar
- ◇ 1/2 teaspoon ground cumin
- ◇ 30 large peeled and deveined shrimp
- ◇ 3 tablespoons extra-virgin olive oil
- ◇ One 6-ounce can pineapple juice



Method

1. Stir together the garam masala, coriander, 3/4 teaspoon salt, 1/2 teaspoon sugar and the cumin. Add the shrimp and toss to coat.
2. Heat the oil in a large skillet over medium-low heat. Cook the shrimp, working in batches to prevent crowding, until just cooked through, about 2 minutes per side. Transfer to a platter.
3. Meanwhile, combine the pineapple juice and the remaining 1/2 teaspoon sugar in a medium skillet or saucepan and bring to a boil. Cook until syrupy and reduced to 1/3 cup, about 7 minutes. Stir in the remaining 1/4 teaspoon salt and pour the glaze over the shrimp and serve.

Are you up to speed with your fire alarms?

Working smoke alarms save lives

Fires start and spread quietly and very quickly. Smoke is known as a ‘silent killer’ because whilst people are sleeping, they are unable to smell the smoke. The toxic fumes produced from a house fire can result in serious illness and even death.



Photoelectric smoke alarms detect smouldering fires earlier, and thus give earlier warning and increase a person’s escape time. Photoelectric fire alarms are less sensitive to nuisance set-offs such as steam from showers and burnt toast. Consequently, as we’re not required to shut them off after every time we boil the kettle, we fiddle with them less, so they are ready to work when needed and have a longer battery life.

“Smoke alarms are a nuisance”

Indeed, smoke alarms do produce an ear-piercing sound at often, the most inconvenient time, however this is necessary to give you time to escape if a fire breaks out in your home. Never take the batteries out, unless of course, you are replacing them. Always ensure batteries are replaced in a timely manner.

Interconnected smoke alarms prevent 50% of deaths from house fires

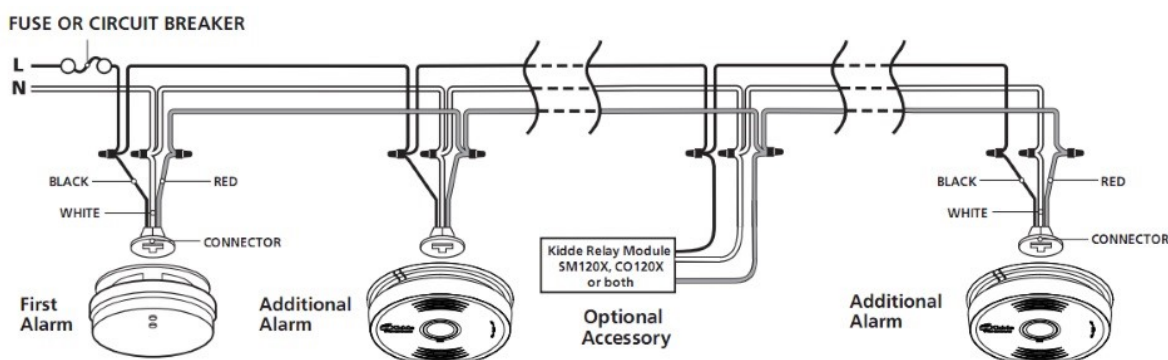
When you close the doors, you may not be able to hear the smoke alarms ringing in another room or on other levels of the house (for two or more storied houses). When alarms are interconnected, that is, wired together, when one smoke alarm goes off, all the others do too.

DIY smoke alarm maintenance

- Following the manufacturer’s instructions or recommendations, test your smoke alarms monthly.
- Clean your smoke alarms monthly by brushing off the dust with a small fine-bristled brush or the nozzle of a vacuum.
- Change the batteries once a year, as a minimum. Refer to the manufacturer’s instructions regarding battery life of mains-powered batteries (if applicable).

What does the 2017 legislation say?

“All Queensland dwellings will be required to have interconnected smoke alarms in all bedrooms, in hallways that interconnect bedrooms with the rest of the dwelling on every level.” By 2027, all houses are required to have interconnected smoke alarms.



Fire escape plans: what's next if a fire breaks out in your home?

Draw a floor plan of your home and aim to plan two ways out of every room. Mark the rooms and draw arrows showing the ways out. Pick a meeting place and highlight it on your diagram.

Place the plan in an obvious spot and ensure everyone in the household is aware of it. Practice the escape plan at both day and night time. During the night, practice it with the lights on and then with the lights off. This simulates the effect of heavy smoke - distance is difficult to judge when the lights are off, as is when there is heavy smoke in the house.



Quirky Events over Christmas and New Year!



Pretend to be a Time Traveller Day (Dec 8th) -

At one point in time everyone has wanted to travel back to a certain date or into the future to see what it holds. This day combines performance art, humour and fun to give an unforgettable experience. Celebrate this day by pretending to travel back in time, into the future.

Alternatively, imagine yourself from the past or future and travel to the present day. Why not get the whole family on board too?

Answer your Cat's Questions Day (Jan 22nd) -



Sometimes you may wonder what your cat is thinking? Cat lovers all around know just how cheeky and mischievous they can be and many can pick the subtle differences among their kitty's meows. Have some fun pondering about what your cat may be thinking and consider the questions they're asking, and attempt to answer them.



We'd love to know your thoughts and feelings about our Program, our groups and our newsletter! If you have any feedback, please let us know!

Activity News

Movies 8 buffs met at the movies this month. 7 watched Murder on the Oriental Express and one watched Thor Ragnorok. Congratulations to Grace Molloy for winning the lucky seat!

If you love the cinemas and haven't been in a while, or alternatively, want a day out shopping or getting food, give the office a call on 3282 8644.

Upcoming Events

Management Meeting—24th January
Meet and Greet 12th of February 10am



Mark Your Calendar

» UPCOMING EVENTS

Heartfelt Condolences

Peg Peace and Barry Vesper passed away on the 14th and 17th of November, respectively. Peggy was heavily involved in Boccia and Barry in Art and Table Tennis. We are so grateful for all of your contributions to our Program across the years.



Our thoughts are with your friends and family at this time. Let special memories bring you all comfort.



Many thanks to all members and friends who have collected and donated used stamps: Joyce Munt, Sharon Born, Betty Ball, Patrick Pearce, Brian Schilling, Eileen Bhen, Jean & Charles and all others



Welcome

New Members

Lorraine Moore, Fay Hancox and Christine Hill!



Weekly Aqua Aerobics

Goodna Aquatic Centre 3381 8240
Tues, Fri 8-9am Mon, Wed, Thurs 6.15 – 7.15pm
\$10 per session or 10 sessions for \$88
<http://www.australiancrawl.net.au/>

McMahon's Swim Factory \$9.00 3812 2923
Gentle Mon Fri 1pm, Multi Level Wed 1pm; Tues
Wed Thur 6pm; Fri 8am
<http://www.swimfactory.com.au/index.html>

Do you have an activity or interest group you'd like for 60 & Better?
Arthur suggested a humour morning -
Interested??

Tai Chi for Arthritis

Please contact Instructors for 2017 information

Ipswich: Phone Roslyn 54644515
Rosewood: Phone Jean 54641023
Laidley: Phone Joanne 0448050447
Marburg: Phone Roslyn 54644515

Weekly Social Dancing:

Phone Bruce: 3281 4288
Fridays 7.30am - 12 noon \$6.00
Mondays 9-12noon beginners \$6.00
Trinity Uniting Church Hall
Jacaranda St, East Ipswich

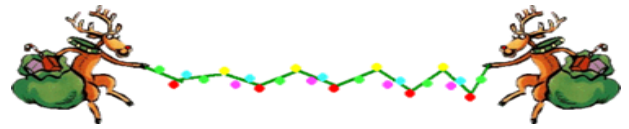
Your afternoon relaxation puzzles and laughter



SCRAMBLED PRESENTS



- What do snowmen eat for breakfast?
- How do Christmas trees keep their breath fresh?
- Do Christmas trees knit?
- Why does Santa Claus have three gardens?
- What Christmas carol is a favourite of parents?



- 1. _ _ _ _ ○ _ _ _ _
- 2. ○ ○ _ _ _
- 3. _ ○ _ _ _ ○ _
- 4. ○ _ _ ○ _ _
- 5. _ _ _ _ ○ ○ _ _ _
- 6. _ _ _ ○ _

Unscramble the words, then use the circled letters to answer the riddle:
What nationality is Santa Claus?

Quick Mind Puzzles

- How many calendar months have 28 days?
- I have many keys but few locks. I have space but no room. You can enter, but you cannot come in. What am I?
- What gets wetter as it dries?
- What sport begins with a 'T' and has 4 letters?

Twelve Days of Christmas

- | | | |
|---------------|--------------|--------------|
| Calling Birds | Golden Rings | Pear Tree |
| Christmas | Laying | Pipers |
| Days | Leaping | Piping |
| Drummers | Lords | Swans |
| Drumming | Maids | Swimming |
| French Hens | Milking | Turtle Doves |
| Geese | Partridge | Twelve |

F	R	E	N	C	H	H	E	N	S	W	A	N	S	V
E	S	G	K	M	G	S	R	E	M	M	U	R	D	G
S	D	O	A	H	D	N	G	P	M	G	C	Q	M	J
E	R	L	B	N	I	D	I	Q	P	I	P	E	R	S
E	O	D	F	P	I	P	N	Y	I	M	X	C	B	G
G	L	E	L	R	I	K	D	W	A	D	N	H	U	N
N	D	N	T	N	M	A	I	D	S	L	N	R	E	I
G	P	R	G	M	I	L	K	I	N	G	D	I	H	M
Y	A	I	F	U	Z	T	W	O	M	L	O	S	M	M
P	E	N	T	Q	G	N	I	P	A	E	L	T	E	U
J	V	G	S	W	I	M	M	I	N	G	D	M	N	R
I	L	S	D	R	I	B	G	N	I	L	L	A	C	D
U	E	T	U	R	T	L	E	D	O	V	E	S	Y	P
U	W	B	N	O	O	S	Q	Y	T	X	P	C	F	S
N	T	V	O	M	U	Y	E	E	R	T	R	A	E	P

Teacher: Johnny, define claustrophobia.
Johnny: Fear of Santa Claus?

May the simple joys of Christmas — warm your heart, fill your home, and last a lifetime

Attention GROUPS: 2017 Finishing Dates and 2018 Start Dates

Group	Break Up Date	Re-Commencement Date
Art Group	21st December	18th January
Bridge	29th November	2nd week of January
Boccia	12th December	16th January
Chess	12th December	2nd January
Concert Party	15th December	19th January
Gentle Exercise (Tuesday)	5th December	30th January
Tai Chi for Diabetes	6th December	17th January
Gentle Exercise & Cuppa & Chat (Friday)	1st December	2nd February
Discussion Group	22nd December	12th January
Movie Buffs	9th December	10th February
Newsletter Workshop	6th December	31st January
Office	13th December	2nd January
Social Group	29th November	12th February (Meet and Greet)
Square Dancing	4th December	5th February
Stroke Support Group	November	February
Table Tennis (Tuesday)	20th December	2nd January
Table Tennis (Friday)	15th December	2nd January
Tai Chi Goodna	28th November	1st week of February
UFO	7th December	8th February
Walking	5th December	16th January
Computers for Beginners	1st December	12th January



Christmas Break Dates of Closing

The office will be closed and unstaffed between Thursday the 14th of December and Tuesday the 2nd of January. Brittney will be back at 9am in the office bright-eyed and bushy-tailed on the 2/01/18.

Remember to view the break up and commencement dates of each of the activities in the previous page.

We wish you a Merry Christmas and
Happy New Year!



Check out our Facebook page at:
<https://www.facebook.com/IpsSixtyandBP>



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