

Community News & Views Ipswich

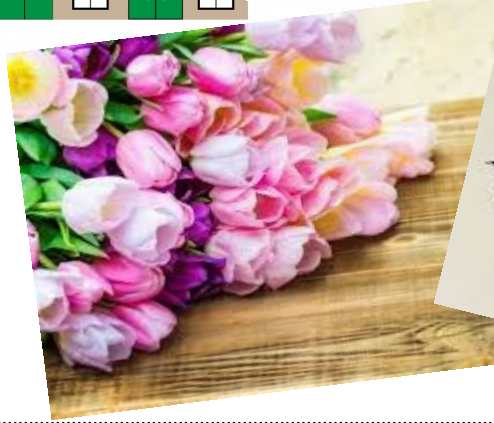
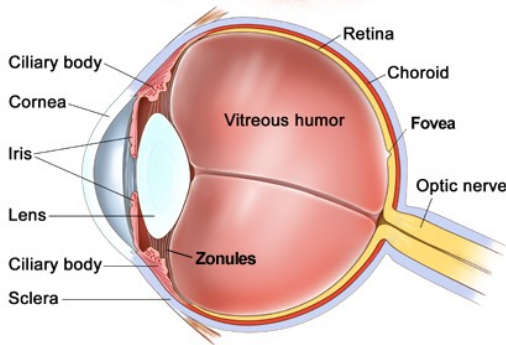
May 2018
Vol: 25 No:5

A Free Magazine!
Published Monthly

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



NATIONAL VOLUNTEER WEEK
Give a little. Change a lot.
21-27 May 2018



Good Stuff in this Issue

- ☺ National Volunteer Week
- ☺ Mother's Day
- ☺ Eye Health
- ☺ Vacating Considerations
- ☺ Power of Attorneys
- ☺ Activities & Upcoming Events



**IPSWICH 60
AND BETTER
PROGRAM Inc.**

Funded by



A PROGRESSIVE PROGRAM FOR THE OVER 50'S

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

Supported by Ipswich City Council and Ipswich Hospital Foundation



Ipswich 60 and Better Program Committee Members 2017-2018

President: Ethel Llewellyn c/- 3282 8644 **Vice President:** Dot Sawyers

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Maureen Reinke, Sue Schonknecht, Diana Wooldridge

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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



Newsletter
Available in
A4

IPSWICH 60 & BETTER PROGRAM Inc.

ABN 85 491 018 335

Level 1, Humanities Building, 56 South Street Ipswich 4305

Contact: Ph.: 07 3282 8644; Fax: 07 3282 8611; Mob: 0411661550 **office hours**

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

DISCLAIMER: Community News and Views Editing Committee reserves the right to edit all articles as necessary. While all care has been taken in the preparation of this material, no responsibility is accepted by the publisher i.e. Ipswich 60 and Better Program Inc., its staff or volunteers, for any errors omissions or inaccuracies. The material contained in this newsletter has been prepared to provide general information only. It is not intended to be relied upon or be a substitute for legal, health or any other professional advice. No responsibility can be accepted by Ipswich 60 and Better Program Inc. for any known or unknown consequences that may result from reliance on any information provided in this publication.

President's Words

I don't know about you but I really love watching "Grand Designs", a British hour long show on the ABC every Sunday evening at 7.30p.m., when the current season is showing on television. As I type this I have just finished watching a family exist whilst the father, with some help, designed and made his thatched house for well over a full ten year period.

He utilised timber, stone and sand from the local area to create something that we will never see the likes of again. The cathedral-like glass window in the main living area was hewn from the same tree, split down the centre to form a perfect arch. Even made hinges for the doors out of timber.

Amazing what one can do when the desire is there to achieve and without any coercion emerges to be a success. For the past twenty years or so, give or take a day or two, Anne Bertram has supported this Program as well as, in her way, the State. As our Coordinator she has taken the Program forward with all Members and Participants receiving nothing but her best in all aspects of the Program and its' needs.

We all have needs, wants and desires without working for each and every one of these three things no one would ever achieve. From each and every Member on Management, down through to the Convenors, co-convenors and members, past and present we applaud this milestone of yours Anne. Without your support we truly would not have what we have today.

Accept our bouquets and hand clapping Anne. It has certainly been earned.

Cheers Ethel

There have been no new members this month. Welcome participants!

May Birthdays

1st Derek Mann; 4th Mary Doyle; 9th Mary Buckley; 11th Mina Amba Lee; 12th Fay Hancox; 15th Maree O'Hanlon; 16th Pat Hall & John O'Hanlon; 20th Mary Leach; 26th Christine New & Christine Yeo; 30th Bill Williams

Happy Birthday to you all!



NATIONAL VOLUNTEER WEEK

21—27 MAY

"Alone we can do so little; together we can do so much."

Helen Keller

The verb was first recorded in 1755. It was derived from the noun volunteer, in [c.1600](#), "one who offers himself for military service," from the [Middle French](#) *voluntaire*. In the non-military sense, the word was first recorded during the 1630s.

Volunteering is often thought of as a selfless act with the emphasis focusing on the fact that your time and resources benefit others. However, as many a volunteer has discovered, although the primary goal is to help others, your sense of accomplishment in volunteering often brings to you a sense of pride, an increase in self-confidence and a new awareness of your inner person.

Although the fundamental goal through volunteering may be to help others, it is also about making a difference in the community, creating new friendships, learning new skills and simply enjoying the experience that helping others brings to you.

Many non-profit organisations may be comprised entirely of volunteers, therefore not all the services would be able to be provided if it wasn't for the important, vital contribution that the volunteers provide.

Some questions that you should ask yourself prior to offering your services as a volunteer might be – is there a cause that is close to my heart? What skills can I contribute? How much time am I willing to commit?

Contacting a group or organisation that you're passionate about will also enable you to offer your services with enthusiasm giving you a sense of achievement and purpose. **It can also bring meaning and purpose to your life, and increase your self-esteem and well-being.**



From Wikipedia

Volunteers from around the world came to [Ithaca, Queensland](#) to address an influenza epidemic through the [Women's Emergency Corps](#) (later the [Women's Volunteer Reserve](#)) in July 1919.



MOTHER'S DAY IN AUSTRALIA

Many Australians celebrate Mother's Day by showing their appreciation for the achievements and efforts of mothers and mother figures. It is annually observed in Australia on the second Sunday of May.



Following the losses of World War I, a Sydney woman Jane Heyden, a resident of Leichhardt Sydney, became concerned for the lonely, forgotten aged mothers at Newington State Hospital where she regularly visited a friend.

She successfully started a campaign for donations which could be distributed to the ladies, approaching schools and businesses with a request for gifts. She organised small gift parcels to brighten the lonely lives of the mothers in the home for destitute women.

This was 1924 and Mother's Day was first held in Australia, a wonderful tradition commenced that continues to the current day, although it has now become heavily commercialised.

Traditionally, the Chrysanthemum is given to mothers for Mother's Day as the flower is naturally in season during May, which is Autumn in Australia.



While Mother's Day initially began to promote peace and support for women, over the years in Australia, it has become an occasion for family reunions.



Some funny true sayings relating to mothers -

- * Your lost things usually suddenly appear when your mother starts looking for them!
- * Sorry, your argument is wrong... I am your mother!
- * Folk wisdom says that nothing is really lost until your mother can't find it!

My mother said to me, "If you are a soldier, you will become a general. If you are a monk, you will become the Pope."

Instead, I was a painter and became Picasso.

Pablo Picasso

Wild Rose Cottage

Welcomes Ipswich 60 and Better
for
Coffee, Tea, Snacks and Lunches

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Open Weekdays 6:30am—5:00pm
Saturdays 6:30am—2:00pm

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At Laubman & Pank Riverlink, we know how important your eyes are, so we take the time to understand you, your eyes and your lifestyle, and offer solutions that best suit you.

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On the spot claiming for all health funds. DVA Gold Card accepted.
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Riverlink Shopping Centre, opposite Medibank kiosk Ph 3281 1505

The Eyes Have It

May is Macula Month

Macular disease is the leading cause of blindness and severe vision loss in Australia. It includes age-related macular degeneration and diabetic eye disease, along with other less common diseases of the macula. The macula is the name given to the area at the very centre of the retina. This region is responsible for detailed central vision and most colour vision. It is responsible for the ability to read, recognise faces, drive a car, see colours clearly and any other activity that requires fine vision.

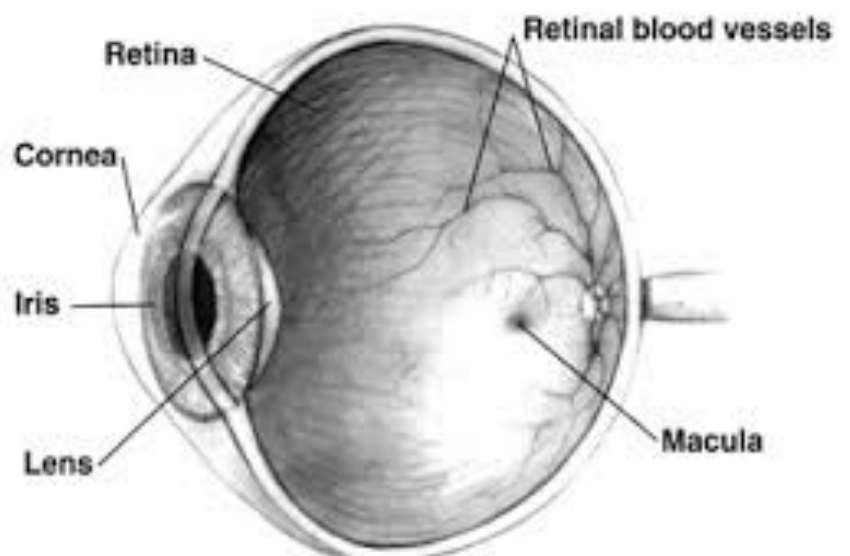
Many people in our community are at risk of developing macular disease but just don't know it. Those over 50 are at higher risk of age-related macular degeneration, and everyone with diabetes is at risk of developing vision loss from retinopathy.

A diet rich in fish, fresh fruit and veggies in combination with regular exercise has been shown to help prevent macular disease. Avoiding smoking and protecting your eyes from UV light with a hat and sunglasses is also recommended. People at higher risk of macular disease may consider taking dietary supplements formulated for eye health such as Macuvision (Blackmores) which contains anti-oxidants, or supplements containing Zeaxanthin and Lutein.

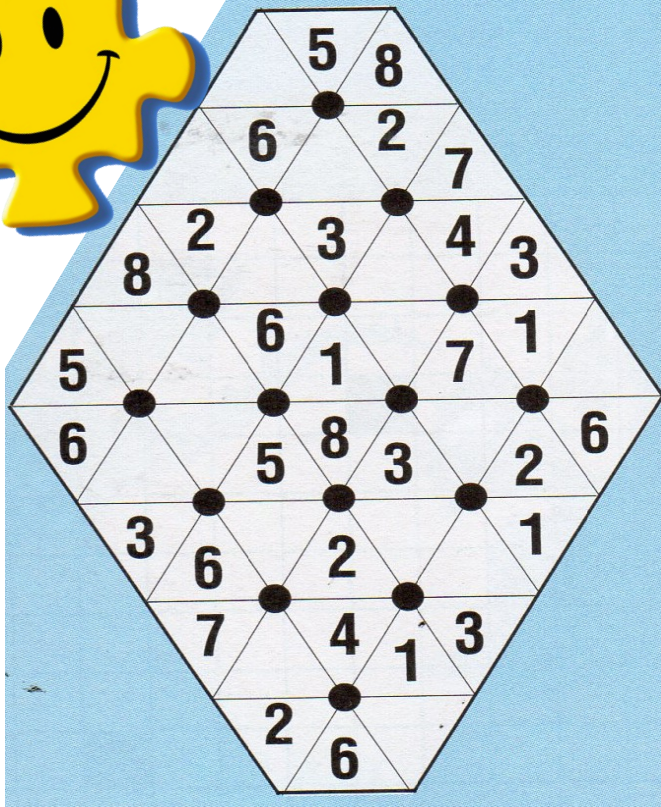
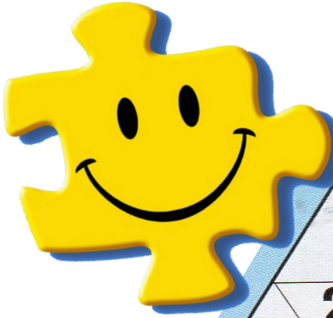
It's essential to have a regular eye test including a macula check, as you can have the early stages of the disease without knowing. If you're at risk, Macula Month is the perfect time to have your eyes tested by an optometrist.

Also, no matter what your age, if you have sudden changes in your vision you need to have your eyes tested immediately.

This article was submitted by Susan Gaskell, optometrist at Laubman and Pank Optometrists, Riverlink.



Your monthly mind exercises and just a little laughter



Place digits in the empty triangles, so that the numbers in each hexagon adds up to 25.

Only single digits between 1 and 9 can be used, and no two digits in any hexagon may be the same.

Did you know?

* Composer and lyricist Irving Berlin couldn't read or write music and could only play the piano in F sharp?

* In a deck of cards the king of hearts is the only king without a moustache?

Something a little different -

1. There is one common uncapitalised word whose consonant sounds are Y, N, S, K and L in that order. What is the word?
2. Unscramble the letters in the phrase IMPLY DISC to form two common words that are opposites of each other.

Are you game?

When you've solved the five anagrams, the initial letters in the shaded column will spell out an indoor game.

RUNDUG					
MARUTEA					
ARCIND					
BLUEROT					
SLOMBY					

Odd One Out - In each case, which is the odd word out and why?

1. CRIMSON, TURQUOISE, VERMILION, CERISE
2. UPPER, SOLE, STEP, WELT
3. CLARINET, TUBA, FLUTE, OBOE
4. SUN, STAR, CLOCK, WHEEL
5. PINE, ASH, AZALEA, BEECH
6. TOMATO, LEMON, POTATO, ORANGE

Presented by Ipswich Civic Centre
and HIT Productions

Glorious!

By Peter Quilter

Glorious! tells the hilarious true story
of the world's worst opera singer
Florence Foster Jenkins, played by
Diana McLean

■ **Wednesday 16 May**

■ **Tickets \$32.00 - \$37.00**



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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	NO CLASSES IN MAY	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
Cuppa & Chat After Class	Tuesday 11am-11.30am Friday 10.30am-11am	No Cuppa & Chat in May	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
Tai Chi for Diabetes	Wednesdays 2pm-3pm	\$5 May Instructor: Roslyn	Cafeteria, Humanities Building	The Office 3282 8644
Movie Buffs	Saturday 12th May 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 Thursday 10th & 24th May 10am Start 60 & Better Office Ph.: 3282 8644 Bring your own 'unfinished' project.				

60 & BETTER GROUPS continued

* \$2 donation welcomed

Newsletter Editing Sub Committee	Mon 14th May 1 pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 30th May 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
60 & Better Social	General Meeting 10am May 2nd Red Cross Room Speakers: Q&A session with Fran Thorpe & Sue Broadbent (My Aged Care)			The Office 3282 8644 RSVP asap
Social Sub Committee	1.30pm 21st May		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 18th May 10am		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 17th May 7.30pm		Cafeteria Humanities Building	Len Lamprecht 32813656
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Terylene: the miracle fabric

Terylene was described as a 'miracle fabric', made of 55% terylene and 45% wool. In the days leading up to the 1958 Ipswich Show, Beirne's was advertising the "Terylene Television Demonstration" in the main pavilion. The Television can be seen in the corner, along with a man filming the display on an early home-movie camera. There is also a piano on the display stage. Irish retailer T.C. (Tom) Beirne started a small branch of the store in August 1893. The premises on the corner of Nicholas and Union Streets were built in 1902. The first Ipswich Show was held on 13th May 1873 at Churchill. The show moved to its present site on Warwick Road in 1877. (Information taken from Ipswich Show Society website, retrieved 25 October 2010 from http://ipswichshow.com.au/html/show_facts.html)



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

Is your home getting too much?

My name is Helen Bryan. In the coming months, I'll be answering common questions about real estate.

Question: What is my home worth & What do I need to know before selling?

Answer: The first step would be to contact me to arrange a meeting. After looking at your home I will be able to provide a market appraisal and comparable sales in the area, then we can discuss methods of sale and any other questions you may have.

Helen Bryan Taking the stress out of selling

- Living locally for over 40 years, brilliant firsthand knowledge
- 19 years' experience, warmth and friendliness
- Razor sharp negotiation, communication skills

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Helen Bryan

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Ipswich Physiotherapy Centre

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

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- Western Acupuncture
- Chinese Acupuncture
- Hydrotherapy
- Clinical Pilates/Pilates Classes
- Actively Aging Classes
- Exercise Physiology

Private health fund, DVA,
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Referrals Accepted. HICAPS
available for Ipswich Office.

Temporary Changes to Gentle Exercises Classes

Tuesday Class

Final: 1 May

NO CLASSES 8, 15, 22, 29 May and 5, 12
June

Resumes: 19 June

Tai Chi – Roslyn Newsham

Ethel will Return: 20 June

Friday Class

Final: 4 May

NO CLASSES 11 (Show Day), 18, 25 May
and 1, 8, 15 June

Resumes: 22 June

ATTN: Public Holidays

Monday 7th May
Labour Day

Friday 18th May
Ipswich Show
Day

Office closed and
the regular
activities will not
be held on these
days.

Make the most of your vacation: worry less about what's going on back at home

Before you go on a vacation, the majority of us check to make sure we have everything we need to enjoy ourselves – camera, toothbrush, money, umbrella, spare undies, etc. Taking certain measures in your home before you venture off is equally as important for an enjoyable holiday. Who wants to worry about burglaries and other crime when you're away? Minimise the risk of criminal activity and need to stress by considering the following.

When your house looks 'lived in' – when someone is home – criminals are less likely to attempt to break in. To achieve this 'lived in' look, ask a trusted neighbour or friend to collect your mail (this includes junk mail and newspapers) or have it redirected or held at the post office, cancel your milk/bread/grocery deliveries, arrange for someone to water your lawn and plants and mow, leave some inexpensive items on the clothesline, consider purchasing a timer to go on a couple of your lights and set them to turn on and off at certain times of the day, have someone put out and bring in your wheelie bin, and ask a friend or neighbour to park their vehicle in your driveway.

Many burglars call your phone first to make sure no one is home before invading. To prevent this, avoid telling callers that you're away by leaving a message on the answering machine and turn the ringtones down on your phones or consider diverting the call to a trusted friend or relative.

Locking up is essential! This includes your house, garage, sheds and any other structures you may have. You can leave a key with a trusted friend or relative or take them with you. Lock small valuables in a safe or bank safety deposit box and ensure this is locked in the most secure room of your house. Ensure all tools, ladders, wheelie bin (when not in use) and anything else is locked away in the garage or shed, and away from windows.

Alarms, security cameras and sensor lights are also handy in preventing a crime. The aforementioned guidelines are just a guide and only some of the preventive measures you can take to prevent theft and remain worry-free while you're away. Save yourself time by asking a trusted friend or relative to house sit for the duration of your vacation. You may also seek to inform police and a trusted neighbour of your absence and leave them your contact details, in the event of a break-in or other disaster.

Enjoy your adventures! *“Take only memories, leave only footprints”*

Appointing a Power of Attorney: Who are they and What do they do?

A Power of Attorney is a formal document that gives another person the authority to make personal and financial decisions on your behalf. Personal decisions include anything relating to your care and welfare and financial decisions relate to the management of finances.

There are two types of Power of Attorney, a General Power of Attorney and an Enduring Power of Attorney.

A General Power of Attorney is an individual who can make financial decisions only on your behalf for a specific period of time, such as whilst you're overseas or detained.

An Enduring Power of Attorney can make financial and personal decisions only when you have lost the capacity to make the decisions yourself. One loses the capacity to make decisions when they are unable to understand the consequences of a decision, are unable to communicate their decision and if they are freely and voluntarily unable to make a decision.

Before appointing a Power of Attorney, one must be aware of the consequences, level of power and when it begins, your rights once your Power of Attorney has taken over, and revocation rights. It is wise to speak to a solicitor, the Public Trustee, a private trustee or financial advisor before preparing a Power of Attorney.

When choosing an Enduring Power of Attorney, it is important that you trust the individual and that the individual is willing to take on and understands the roles and responsibilities. In addition, they must be 18 years or older, not be your paid carer, health care professional or residential service provider.

You may appoint more than one person to be your Power of Attorney, and revoke them at any point too. If you don't have anyone, you can apply to appoint the Public Guardian and Public Trustee.

For more information, visit <https://www.qld.gov.au/law/legal-mediation-and-justice-of-the-peace/power-of-attorney-and-making-decisions-for-others/power-of-attorney>.

April Answers

Hidden Meaning:	Brain Teasers:
1. There's a lot of it about	1. Short
2. Bags under the eyes.	2. 22 (the sequence alternates — +2, x2)
	3. You cannot take a picture with a wooden leg; you need a camera

Activity News

Movies In April, 9 Buffs ventured to Redbank Plaza. 7 saw "A Wrinkle In Time" and unfortunately, were underwhelmed with the film, and 2 saw "Rampage". Congratulations to Elizabeth who won the lucky seat! If you'd like to join the Buffs for a day out, call us on 3282 8644 today!

Walking Every Tuesday 4pm at Limestone Park - meeting in the Griffiths Rd carpark closest to Chermside Rd. Bring hat, water and wear comfy shoes. Phone 3282 8644 to let us know if you are coming.



Bridge for Beginners Commencing in May!

We need you to continue iPads for Beginners courses!

Phone the office on 3282 8644 for more info or to register.



Many thanks to all members and friends who have collected and donated used stamps: Dot Sawyers, Pauline McFaddin, Yvonne and Eric Jonker, Patrick Pearce and Anonymous



Stroke Support Group

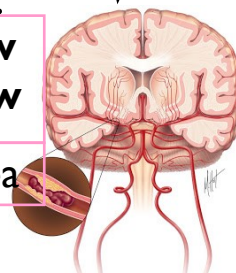
When: 3rd Friday of each month, 10am - 11:30am

Where: Silkstone Baptist Church Hall

Contact Bill on 3281 4925 with any questions you have.

Welcoming new participants now

\$2 for morning tea



Diabetes Support Group

When: 2nd Thursday of each month, 9am - 10:30am

Where: Ipswich Health Plaza, Bell St, Ipswich

For any queries, feel free to **Contact Marlene on 3281 4859.**

NEW: Table Tennis
Aveo Springfield

1PM-3PM Wednesdays
Ph 3282 8644

Computers for Beginners

Phone Doug 0421 285 506 after 9am.

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>

Tai Chi for Arthritis

Please contact Instructors for 2018 info

Ipswich: Phone Roslyn 54644515

Rosewood & Lowood : 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

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* Any services required in addition to the original agreement may incur extra costs.

Struggling with finicky jewellery? Hands not working like they used to?

Magnetic clasps may be your solution! Magnetic clasps are held together by very strong magnets—they are easy to use and can withstand a forceful tug so there's no need to worry about it coming undone. Such clasps ensure you'll have beautiful, functional jewellery and as they come in a large variety of shapes, sizes, designs and finishes, there's a clasp for everyone. Simply attach a clasp to any necklace, bracelet or anklet. To remove, just give it a forceful tug.



Note: It is highly recommended that individuals do not use magnetic clasps if they have a pacemaker. Ask your jeweller or buy online.

Feedback Corner

We need your input!

Happy with us?

Let us know what we do well!



Unhappy with us?

Let us know what we need to improve on!



Let us know by visiting, phoning, emailing or messaging us on Facebook.

If you wish to remain anonymous, pick up a form and pop your concerns in to our feedback box outside the front door!

Eye Halve A Spelling Checker

I halve a spelling checker
It came with my pea sea
It plainly marcs four my revue
Miss steaks eye kin knot sea.
Eye strike a key and type a word
And weight four it two say
Weather eye am wrong oar write
It shows me strait a weigh.
As soon as a mist ache is maid
It nose bee fore two long
And eye can put the error rite
Its rare lea ever wrong.
Eye have run this poem threw it
I am shore your pleased to no
Its letter perfect awl the weigh
My check tolled me sew.

Thank you, Barry.

Presented by Ipswich Civic Centre

QUEENSLAND COUNTRY SHOW

Chris Cook returns with his band, singing
his way around country Queensland

■ **Wednesday 6 June**
10.00am

■ **All Tickets \$15.00**
Includes complimentary
tea and coffee

BOOK NOW
(07) 3810 6100
ipswichciviccentre.com.au



May 2nd, 10am

General Meeting

In the Red Cross Room
Guest Speakers: Fran Thorpe &
Sue Broadbent from My Aged Care
Morning tea & tea and coffee
provided.

Join us! We're excited to
see you there!



Check out our Facebook page at:
[https://www.facebook.com/
IpsSixtyandBP](https://www.facebook.com/IpsSixtyandBP)



Visit our website for information and
upcoming events
www.60andbetteripswich.com.au

Games Morning

May 9th 9am

Call 3282 8644 to register

Bring A Friend!



Free CPR Training

May 16th 12-1:30pm;

July 21st 9:30-11am;

Sept 19th 12-1:30pm;

Nov 3rd 9:30-11am;

Nov 21st 12-1:30pm

Receive a Certificate of
Attendance upon completion.

Call 07 3810 6815 to book.

If undeliverable return to:
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