

Community News & Views Ipswich

November 2017
Vol: 24 No: 11

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.

Remembrance Day

11 NOVEMBER

In Flanders Fields

poem by Lieutenant Colonel John McCrae, 3 May 1915

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

lest we forget

Good Stuff in this Issue

- ★ Farewell Sarah
- ★ Quirky Events
- ★ Creative Ageing
- ★ Benefits of Support Groups
- ★ Home Safety

IPSWICH 60 AND BETTER PROGRAM Inc.



Supported by Ipswich City Council and Ipswich Hospital Foundation

A PROGRESSIVE PROGRAM FOR THE OVER 50'S

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

Funded by



Ipswich 60 and Better Program Committee Members 2016-2017

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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

So much happens that really makes life very interesting indeed. A lot depends on how interested we are in what is on offer. There is quite a lot happening over the next couple of months in the lead up to the Program's summer break. We hope for a great outcome.



Going out recently on the Bremer River Catchment Tour, organised by the Bremer River Network, I was amongst a lot of other like-minded people and we were treated to a great day out. The rain held off until we were all back at home tired from a very interesting day that showed us three areas in and around Ipswich that are downstream of the waterways leading into the Bremer River.

The first stop was on private property at Churchill and it was so close to Warwick Road that one wouldn't know that it was there! It was a fish ladder where small breeds of fish, some of which are indigent to our water system, are being released and are starting to relish in helping out to keep our water and fish stocks abundantly fresh and alive. We then accessed two areas in North Ipswich areas that are continually being maintained to keep the weeds down and where native species of trees are being planted in place. Volunteers keen on the environment really are doing a splendid job even though things can be tough for them at times. They never seem to give up. If each and every one of us took our rubbish home, it'd certainly lead to a much cleaner place to live and be in. Bundamba was the next stop and on our way back to the library, we passed through Blackstone. A lot of preparation went into the planning which makes the next upstream something to look out for. Well done to all involved.

This sort of effort links to what I mentioned earlier on in my 'Words', regarding the hope that everything planned and executed in the Program's name will be supported well. "Thank You" to our great volunteers who give up so much to ensure that our "News & Views" is recorded each month. They have been doing the job for so long and having listened to it over recent months, I must say I really enjoyed hearing their reminiscences. So stay involved, do what you can and enjoy life.

Cheers, Ethel

November Birthdays



4th Bob Massey; 5th Glenda Taylor; 8th Carol Ann Archer; 11th Clive Greensill; 18th Milosav Stanovic; 19th Joseph Bermingham & Ailsa Winifred Lee; 21st Patricia Lennon; 23rd Peter Barsch; 24th Peter Rekdahl; 26th Alan Thomas Fraser; 29th Margaret Peace; 30th Jill Wright & Brian Schilling

Happy Birthday to you all!



My 60 & Better Experience

I must be getting old, because the months have just flown by this year! I can't believe that 10 weeks have come and gone and my placement at Ipswich 60 & Better has come to an end.

Looking back at my placement experience, I am so grateful to be given many opportunities and to meet so many kind people.

The greatest of my experiences came from my Changing and Better Ageing Program. The six weeks are now all up and we had explored topics including neuroplasticity, art therapy, nutrition, bowel and breast cancer awareness, sustainability, and decluttering.

Before I get ahead of myself, I would like to thank every person who came to present for my program; Marion, Jas, Tanya, Dani and Norid; as well as the people who came and participated.

The ladies just mentioned contain a wealth of knowledge and ran such interesting and stimulating presentations. However, for the first week I decided to run the session for myself, which for me, was certainly a memorable experience.

For my topic I had chosen neuroplasticity and how it may change as you age, as well as things you can do to keep your brain healthy. I was shaking in my boots at the thought of having to publically present, especially to a group who have been there and done it all. All I can say is thank goodness that they were such a lovely bunch of people, otherwise I don't think the session would have run as smoothly as it did.



In saying that, there were a few cringe worthy moments when regular Sarah came out and took over, but I got through it. It was relieving having the session done, especially knowing from then on, my program sessions were in the hands of real professionals.



Marion ran the second week of my program which was an art therapy class. I had heard such great things about Marion and her Art Therapy classes, that I couldn't help but ask her to join my program. I personally had so much fun, as it's been years since someone's let me loose with crayons and coloured pencils. I must have gotten a little over excited because my drawings ended up to be a massive mess of colour, which resulted in some interesting

observations on Marion's part. It was such a great experience; my messy drawings have now earned a place on the refrigerator at home. The only unfortunate thing to come out of the session, was when dad asked why I drew a pig. I had to reply, 'Well Marion asked me to draw someone as an animal, so I drew you'. He was not impressed.



The next four weeks were information sessions on nutrition myths, bowel & breast screening, sustainability practices in the home and decluttering. Jas, Tanya, Dani and Norid have incredible knowledge in their respective fields and dealt with every single curly question that was thrown at them without batting an eye lash. We all took home so much from each of their presentations and I enjoyed every moment of the 6-week program. Overall, the program was such an interesting and

exciting experience and I hope the program participants feel the same.

But, unfortunately I must say a very regretful goodbye. Before I finish, three people need a special thank you and that's Anne, Brittney and Ethel. They had to put up with my endless questions and supported me every step of the way. And to the rest of 60 & Better, you have made my placement such a special experience that I will not forget!

Ta ta for now,
Sarah.



From all of us here at 60 and Better, we'd like to extend a massive 'Thank You' to Sarah. We wish you well in all of your future endeavours!



Baked Salmon with Spinach and Quinoa Salad (GF)

Serves 4

Ingredients:

- 1/2 cup quinoa (100g)
- 2 cobs corn
- 2 cups spinach leaves (or as desired)
- lemon juice and olive oil for dressing
- 2 cloves crushed garlic
- 4 salmon fillets
- Pesto - store bought or homemade
- 250g truss cherry tomatoes



Method:

1. Rinse quinoa and place in a saucepan with 1 cup of water. Bring to the boil.
2. Reduce heat to low. Cover and cook for 15 minutes or until tender and liquid is absorbed. Allow to cool.
3. Boil or microwave the corn and remove the kernels when cooled.
4. Rub salmon fillets with pesto and 1 crushed garlic clove. Bake with the tomatoes at 200 degrees for 15 minutes or according to the packet directions.
5. Make a dressing with lemon juice, oil and 1 clove of crushed garlic. Season with salt and pepper, to taste.
6. Toss quinoa, corn, spinach and dressing.
7. Serve salmon with tomatoes and salad.

Homemade Pesto: Process 1 firmly-packed cup of basil leaves, 1/2 cup of grated parmesan, 2 cloves of garlic, crushed, 2 tablespoons of toasted walnuts, 1 tablespoon of olive oil and 1/4 cup of water. (Note: for a dairy free option, omit the parmesan cheese.)

What can I do with leftovers?

This salad keeps well, and you can add in other ingredients such as cheese and shredded chicken. Be creative!

3 Ingredient Bounty Balls

Makes 35



Ingredients:

- 1 can condensed milk
- 4 cups desiccated coconut
- 250grams dark chocolate chips, melted

Method:

Combine condensed milk and coconut. Roll into balls and coat in melted chocolate. Refrigerate and Enjoy!

S.O.S. – Calling the Angels A Seniors' Christmas Concert

We invite you to come with us above the clouds to see how a group of Angels, all very individual and with very colourful personalities, can work in harmony to answer a very urgent S.O.S.

Watch Angel Fa-Cili-Tayta bring her 'Merry' band of Angels together for this once in a millennium event.

Join this unusual group as they lift their voices upwards, singing some of your favourite Christmas songs and carols.

Wednesday, 6 December

10.00 am and 1.30 pm
Pre-show entertainment commences 30 minutes prior to start time

Ipswich Civic Centre
50 Nicholas Street, Ipswich
All tickets \$8.00

Bookings essential

Book your seat at Ipswichciviccentre.com.au
or phone (07) 3810 6100 (credit card only)



Enjoy exercising your brain

Can you work out these hidden meanings?

1. O _ER_ T_ O_ _
2. VA DERS
3. STA4NCE
4. T
R WORLD P
 I
5. ADNST

Rearrange these letters to form three one-syllable words that rhyme

B B E L O O O T U

Sunrise

can't be found at noon

Sunset

What starts today,

and is required to end sunset?

A Mensa Test for you to try ...

| | |
|----|-----------------|
| 1. | 7 W of the W |
| 2. | 66 B of the B |
| 3. | 13 S in the USF |
| 4. | 5 T on a F |
| 5. | 26 L in the A |

"Affirmation to overcome loneliness"

I love and approve of myself
 I feel the presence of those who are not physically around me
 I am too big a gift to the world to waste my time on self-pity and sadness

How do you know carrots are good for your eyes?

You never see a rabbit wearing glasses

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

October's Answers

p 16

Hidden Meaning:

Elevator out of order

Egg Timer:

1 Impair, 2 Prima, 3 Pram, 4 Map, 5 MP, 6 Mop, 7 Poem, 8 Moped, 9 Romped

Quirky Events in November



Cook Something Bold and Pungent Day (8th) - Cooking something original, spicy and even offensive is the purpose of this day. This day celebrates the use of herbs, spices and chillies that promote longevity. Let your imagination run wild when cooking on this day!

Tongue Twister Fun

International Tongue Twister Day (12th) - Challenge your friends and family to pronounce the trickiest and most convoluted tongue twisters! What's the most difficult tongue twister do you ask? According to the Guinness Book of World Records, it is

Six socks sit in a sink, soaking in soapsuds.

BITTER BUTTER

Betty bought a bar of butter, but the butter Betty bought was bitter, so Betty beat a bit of butter to make the bitter butter better.

"The sixth sick sheikh's sixth sheep's sick". I'm sure this one will have your tongue in knots! Celebrate this day by practicing your favourite tongue twisters.

Mickey Mouse Day (18th) - Who hasn't

heard of the famous Mickey Mouse? And where'd it all start? With a short film called 'Steamboat Willie' produced in 1928.

Mickey has been the face of hope among families and inspires many to follow their dreams. He's won nominations for the Academy Award for the Best Animated Short Film and is the only cartoon character to receive a star on the Walk of Fame. Celebrating Mickey Mouse Day is simply up to your imagination—you could wear some Mickey merchandise, watch a Mickey Mouse movie with your family and friends, or if you have the money available, plan a trip to Disneyworld!

Feedback Corner

We need your input!

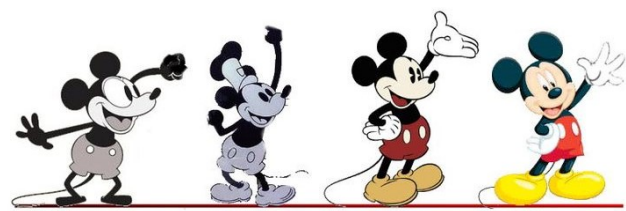


Happy with us?
Let us know what we do well!

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!



The Evolution of Mickey Mouse

| 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 11th November 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 9th & 23rd November 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 6 November 1 pm | No Cost | 60 & Better Office | The Office 3282 8644 |
| Newsletter Workshop | Wednesday 29 November 9am | M/Tea Provided | 60 & Better Office | The Office 3282 8644 |
| 60 & Better Social | It's Christmas Lunch! Wednesday 29th November 2017 @ 11.30am ILT Matinee - 3rd December 2017 \$18pp | | | The Office 3282 8644 RSVP 22/11/17 |
| Social Sub Committee | 20th November 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 17 Nov 10am | Final for the year | 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 16th Nov 7.30pm | Dr Patrick Ling Visiting Research Fellow Head, Laboratory of Cancer Therapeutic Development, Australian Prostate Cancer Research Centre | Cafeteria Humanities Building | Len Lamprecht 32813656 |
|--------------------------------------|---------------------------------------|--|-------------------------------------|------------------------------|

The highlight of your day:

A teacher decides to end the afternoon with a pop quiz. She says whoever answers this next question first gets to go home early. Quick as a flash, a young boy throws his school bag out the window. “Who threw that?”, demands the teacher. “I did”, replies the boy. “See ya!”

A young woman went to university and joined an animal right’s association. On arriving home, she was shocked to find her mother wearing an expensive fur coat. “Mum? Don’t you realise that some poor defenceless creature had to suffer for you to get that coat?” Her mother said, “Don’t talk about your father like that again.”

Thank you Patrick for your jokes!

**THERE IS
NOTHING
IN THE WORLD
SO IRRESISTIBLY
CONTAGIOUS AS
LAUGHTER AND
GOOD HUMOR.**

CHARLES DICKENS

**A GOOD LAUGH
RECHARGES
YOUR BATTERY**

Your Questions Answered: Support Groups

If you’ve ever felt alone or totally lost when faced with a significant life event, change or health condition, a support group may be for you. You don’t have to face it all alone.

What is a support group?

Support groups bring like-minded people and those facing similar challenges together. Discussion topics range from illnesses, to relationships, to life changes such as becoming a parent/grandparent/carer, and so on. Participants are encouraged to share their experiences and advice with others in the group. Such groups allow individuals to discuss difficult topics with others outside of their immediate circles. Some are educational whereas others are structured and merely conversational.



See more
on Page 15

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
FERNVALE OFFICE: FERNVALE VILLAGE SHOPPING CENTRE
10/1455 BRISBANE VALLEY HIGHWAY, FERNVALE

SERVICES:

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

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Referrals Accepted. HICAPS
available for Ipswich Office.



Computer Course For Beginners

Members and Friends Welcome!

Bring a laptop and a \$2 donation
(Includes tea, coffee & bikkies)

Fridays 1 - 3pm

Call the office on 3282 8644 to register
your interest for the next 6 week course!

Call Doug on 0421 285 506 after 9am
for more information.



Need help with iPads, iPhones and Macs?

Call the office on 3282 8644
to register your interest!



CREATIVE AGEING by Zoe

If you are asked “Are you creative?” your answer should be a definite “Yes”. Maybe you haven’t yet produced a beautiful painting or published a novel and are thinking you missed out on that particular skill, but we are all born creative. Life takes each of us on a different path and while most of us don’t set up our easel every day, just in living our lives we are creative. Think about how you have dealt with challenges in your life, how you continue to problem-solve every day even in small things; you are drawing on your creativity and this can be expanded.

Unfortunately most of us deny our artistic creativity. For a large part of our lives we are probably too busy to nurture this as we work and raise families. We might feel artistic ventures are beyond us. Anyway, why would we want to bother? Well we should because there is a definite link between actively participating in the arts and healthy ageing. Dr Gene Cohen in the US set up a 4 year study across 3 cities where groups between 65 and 100 years of age with average age of 80 were actively involved weekly in artistic activities like choir, painting, poetry and visits to concerts and exhibitions. Results from the study showed that participation in creative arts apart from traditional medical care brought better health, fewer doctor visits, less depression, and higher morale in those attending. The elements of beauty, productivity and social engagement all played a part. When Dr Cohen started practice, the medical profession largely treated ageing as a disease. Dr Cohen who died in 2009 pioneered research into geriatric mental health and was a dedicated advocate of the idea that the aged are capable of functioning at high levels of creativity and intellectual rigour. In Australia, Margaret Meagher is a founding board member of ACAH, The Australian Centre for Arts and Health. She states “The arts are like chocolate for the brain” and is deeply involved in the concept of creative ageing.



Community organisations like 60 and Better provide wonderful opportunities for engagement with the arts and physical creativity through its various activities. So go out and get involved. The benefits are many.

Sources : “The Creativity & Aging Study” Final Report April 2006 NCCA; Wikipedia; Seniors News August 2017.

“Art is our one true global language. It knows no nation, it favors no race, and it acknowledges no class. It speaks to our need to reveal, heal, and transform. It transcends our ordinary lives and lets us imagine what is possible.” ~ *Richard Kamler*

“Art is a constant agent of transformation and is indeed the soul’s drive to health.”
~ *Cathy Malchiodi*

Support Groups Continued...

Are there any disadvantages?

At times, individuals may feel that there are expectations that they must meet when they attend a support group. This may increase stress. Individuals have reported receiving information that they already know, and perceive support groups to offer them less than expected and simply, unhelpful. Some anxious individuals may be put off in social situations, and particularly when faced with people who need to be the centre of attention, and experience additional anxiety and stress. Therefore, at times, some people report feeling discouraged.



Why should I attend? What are the benefits of attending a support group?

Benefits include (but are not limited to):

- ◆ A Non-judgemental, safe place where you can be completely honest
- ◆ Being heard and understood by like-minded individuals
- ◆ Feeling less isolated and lonely
- ◆ Improved self-esteem and self-efficacy
- ◆ Gaining a sense of empowerment
- ◆ Feeling in control of emotions and life
- ◆ The reduction of distress through the alleviation of stress and strong emotions
- ◆ Feelings of “I am not alone in this”
- ◆ Getting practical advice and a clearer understanding of what to expect in your situation
- ◆ Inexpensive

**IT'S NOT SOMETHING
YOU CAN
ACCOMPLISH BY
YOURSELF. YOU
NEED GROUP
SUPPORT.**

Becky Johnson

How do I find out about what support groups are available near me?

- 1) Ask around. Your GP, local clubs and various organisations are able to provide you with information relevant to your needs.
- 2) Do a quick Google search.
- 3) Check the newspaper.
- 4) Ask people who have certain ailments or have experienced certain life events if they attend or know of any local support groups.

Sources

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/support-groups/art-20044655>

<https://whatsyourgrief.com/grief-support-groups-positives-and-pitfalls/>

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

Reed & Bottcher

A Simplicity Funeral service

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GOODNA NEIGHBOURHOOD HOUSE

Auspiced by the West Moreton Migrant Resource Service Inc.
(No. 8329) ABN 20 793 919 590

33 Queen St, Goodna Ph: (07) 3818 1648 P.O. Box 14, Goodna
ax: (07) 3818 1970 Email: goodnanh@yahoo.com.au

Community Activities with Goodna Neighbourhood House **We run & support various community activities**

Tuesday

*Art & Craft and Social Morning 9.00am to 11:30am at Goodna Neighbourhood House

*Friday Child - Art & Craft 9.00am to 11:30am at Cr David Morrison's office in Springfield

*Tai Chi Advance Group 1.00pm to 2.00pm and Beginner Group 2:00pm to 3:00pm at Goodna Neighbourhood House

Wednesday

*Giving with Love/Pelican - Art & Craft 9.00am to 11:30am at Goodna Neighbourhood House

Thursday

*Community English - For new Australians 9.00am to 11:30am at Goodna Neighbourhood House

*Woodturning (Grumpy Grandpa's) - 9:00am to 11:30am at Westfalen in Collingwood Park

Friday

*Line Dancing - 9.00am to 11:30am at Goodna Neighbourhood House

*African Women's Sewing Group - 9.00am to 11:30am at Goodna Neighbourhood House

Note: We constantly recruit volunteers to help teach/coach the learners, so no experience is necessary!

Activity News

Movies Just three Buffs ventured to the Movies in October. Transport wasn't available so the three met up at the Redbank Cinemas. One saw Blade Runner and two "The Mountain Between Us" which they said was a lovely romantic movie. New people always welcome! If movies aren't for you, come along for the ride and spend some time browsing the stores or having a bite to eat!

.....
Walking Every Tuesday 4.30pm 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.



New Members

There are no new members this month.

Upcoming Events

Games Morning - 8th of November
Bring a game, a friend and a gold coin donation
Call the office to register.



.....
Many thanks to all members and friends who have collected and donated used stamps: Joyce Munt, Sharon Born, Betty Ball, and all others



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.



| |
|--|
| <p>Weekly <u>Aqua Aerobics</u> 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/</p> |
|--|

| |
|--|
| <p>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</p> |
|--|

Do you have an activity or interest group you'd like for 60 & Better?
Arthur suggests 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

The Home Safety Chronicles: Keeping your Home Secure



House break-ins are one of the most common crimes in today's society. In many instances, perpetrators gain entry into a home through an unlocked door or open window. Here are some simple steps to ensure your home is kept safe:

1. Make it difficult for people to gain entry. Install or replace locks on all doors and windows so that only one or two keys may unlock them. In the warmer months, ensure security screen is securely fitted to all windows. Don't place keys in obvious places such as under doormats, garden ornaments, or above doorframes. Try to keep keys on you at all times.
2. If an individual does gain access to your dwelling, make it difficult for them to exit. Do this by installing alarms and making sure all already-installed alarms are in working order (this includes fire alarms). Again, ensure all doors and windows are shut and locked.
3. Engrave or microdot items of value, so if items are successfully stolen, individuals will be caught out if that item is pawned or sold. It also makes it easier for the police to catch the perpetrator. Keep all valuables in hidden and hard-to-find places.
4. Individuals may also benefit from getting to know their neighbours. Help them out by keeping an eye on their home and reporting any suspicious activity to the police.
5. Join local neighbourhood watch groups.
6. Check all references before letting cleaners, gardeners and even handymen onto your property. Be vigilant when door-to-door salespeople come to your home, especially if they want to come inside. Check their credentials.
7. When away from home (at the shops, on holiday, etc.) leave a light on and adjust the loudness telephone ring. This deters potential thieves as they think that someone is home.
8. Ensure your house number is clearly visible so that emergency services can find the house easily if necessary. Set up a speed dial for 000 emergency services.
9. Know your exits, and ensure that they are not obstructed, so you can leave the house swiftly if needed.
10. Install solar sensor lights and security cameras (if they're within your budget) outdoors.



If you are home and you suspect an intruder, leave the house immediately THEN call 000. Go to a neighbour's house or somewhere safe. If you get home and your house has been broken into, call 000 and try your best to not touch anything, as the police will conduct a forensic review of the property.

Fully Committed

by Becky Mode

Rating M: Occasional coarse language

Is an immensely funny and entertaining comedy ride that follows the life of Sam, an unemployed actor who mans the reservation line at Manhattan's hottest restaurant. Coercion, threats, bribes, histrionics - a cast of desperate callers will stop at nothing in their zeal to land a prime reservation, or the right table. Amid the barrage, Sam has his own needs to consider – his widowed dad wants him home for Christmas and he's up for a choice role at the Lincoln Centre Theatre. While juggling scheming socialites, name dropping wannabes, celebrities and egomaniacal bosses, can he manage to look out for himself? Experienced actor Shane Mallory takes on forty wildly diverse characters in this hilarious and touching one-man 'tour de force'.

Ipswich Little Theatre Society Presents

COMMITTED QUICHE!

Two One Act
"All You Can Eat"
Crazy Comedies

FULLY COMMITTED
A RARE COMEDY. VERY WELL DONE

By Becky Mode
Directed By Shane Mallory



5 Lesbians EATING A Quiche
No Men. No Meat. All Manners

By Andrew Hobgood and Evan Linder
Directed By Kate Mallory



RATED M- CONTAINS ADULT THEMES & OCCASIONAL COARSE LANGUAGE

Performance Season
22 November - 9 December 2017
Public Nights - 25 November, 1, 2, 8,
9 December at 8.00pm
Public Matinee Sunday 3 December
at 2.00pm

All performances at the Incinerator Theatre, Burley Griffin Drive, Ipswich
More info and tickets are available online at www.ilt.org.au or phone or book in person at the Ipswich Visitor Information Centre 3281 0555

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An Amateur Production BY ARRANGEMENT WITH ORIGIN THEATRICAL, ON BEHALF OF SAMUEL FRENCH, INC.

Five Lesbians Eating A Quiche

by Andrew Hopgood and Evan Lindner

Rating M: Adult themes

It's 1956 and the charming widows of the Susan B Anthony Society For The Sisters Of Gertrude Stein are getting together to celebrate their annual Quiche Breakfast. The threat of a Communist attack sparks the rise of some closeted secrets and desires. Whatever could they be? The women will have you laughing until you cry and possibly even craving quiche!



*Come along and have some fun at our annual
Christmas Lunch!*

*Wednesday 29th November
2017 @ 11.30am*



*Bring a plate.
There will be a raffle too!*



*Call the office on 3282 8644 for more information or
to register your interest.*



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