

Community News & Views Ipswich

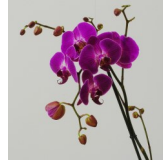
October 2017
Vol: 24 No: 10

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.



Marie 21 years



Thank you
Life Members
Marie Maddox
And
Bonnie Phillott

For your
amazing and
meritorious
service



Bonnie 24 years

Good Stuff in this Issue



- ★ Bird Watching with Des
- ★ Boost your Dopamine!
- ★ 1st October International Day of Older Persons
- ★ What's On!



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.

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

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President's Words

Saturday mornings in the 1950's and 60's there would be so many people strutting their stuff in around the old centre of Ipswich. So many memories of friends coming together and enjoying their weekends off work, dining at Whitehouse's Cafe or perhaps even at one of the many milk bars that existed and served up their special drinks and the like. Buying cream puffs at Bertram's Cake Shop. Getting dressed up in the best clothes one owned, gloves, high heels even a hat sometimes. Catching the bus into town, meeting on Nolan's Corner, shopping in Cribb and Foote. Great memories! If you enjoy reminiscing you should have a look at the Ipswich Library 's amazing "Picture Ipswich" collection, call in or visit online at picture.ipswich.qld.gov.au.

Families who owned the businesses around the town were well known, well respected and their personalities shone through. The support of the whole place that we all experienced was second to none. Great sporting stars sprung out of the woodworks and became renowned for their prowess in their individual fields. If ever you are over at the North Ipswich Reserve Corporate Centre you will see the honour board listing all those top people who came through the ranks in Ipswich, represented the town, maybe the State and in many instances Australia.

Amazingly we still see many people excelling in what their particular interest is. Compared to many of the businesses that once were in existence and are no longer viable entities Ipswich still has "it". New ones are springing up and working out and more importantly keeping the town alive. Roll on the new development we see now at the river end of Nicholas Street.

The Program is certainly a great place to be, along with all the many other Groups that keep Ipswich vital and alive and very interesting indeed, making life more pleasurable and if as a Member you were living here and or growing up here in those times you will know just what I mean. Enjoy Life!

Cheers Ethel

New Members : Welcome to Janet Hancock and new members this month

September 6th Doreen Adams

October Birthdays

3rd Gloria Antonio, 8th Carmel Morris, 11th Gloria Rimland,
14th Elizabeth Cairns , 16th Hetty Henderson & Vi Jorgensen,
21st Col Simmich, 23rd Pam Sims, 24th Roslyn Newsham, Gladys
McCoombes & Keith Adams, 26th Joan Kreis, 30th Pam Swanson

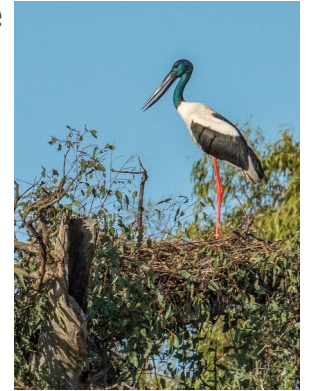
Happy Birthday to you all!



Bird watching has been a part of my life for well over thirty years and it has given me many great moments to look back on. The Channel-billed Cuckoo mentioned in the August issue can be seen in and around the whole of the Ipswich region, where, once upon a time they would only be seen on their annual flight path south, following the lie of the D'Agular range into the Ipswich area, from as far north as New Guinea. The Lake Manchester area is well known for Pied Currawong, the Eastern Kiel and the Dollar Birds. In a quiet spot behind the dam wall there is a pocket in the valley where one can just sit and listen to them. There are a good 80 to 88 species of birds that I have seen on a good day out there and I love the tranquillity of the bush.

Another place where sometimes the Barn Owl can be seen, Brahminy Kite and I was fortunate enough to see a Sea Eagle, is at the Mi Hi Junction, just behind the Brassall Shopping Centre.

Over the years of bird watching I have seen Curlews, Kookaburras, Rosellas, White Cockatoos, Currawongs, along with all the local birds that we have in our area. My most favourite bird that I watch is the Jabiru. They can be seen around the McGeary Swamp from time to time in the year depending on the season. The dry has a real affect on whether or not I see one. Also out in the Ripley area are both Daly's Lagoon and Bayliss's Waterhole where they can be seen along with the Sea Eagle, and up around the Rosewood - Marburg area.



Having never taken photos of the birds that I have watched my memory recalls nearly all that I have been privy to see. Another bird watching mate has shared his photos and my son has downloaded an app onto my mobile phone where I can source information on every bird and their calls. I find it a great asset when out in the field, so light and easy to carry. However all one needs for bird watching are binoculars, camera, food, water, hat, sunnies and plenty of time. Near where I live is a park on the Bundamba Creek, close enough to walk to, and it is amazing what a bird watcher can come across in that whole area. I am seeing less though of all sorts of Finches, Double Bars, Spotted Doves and Crested Pigeons. I did happen to come across a phenomenon of millions of toads. Looking at them I wasn't sure of what they were and so I sent them off to the Queensland Museum for identification. This area is known to flood when the rain comes and the wash from way up in the hill area behind Daly's Lagoon bringing with it many changes. Some fifty or more years ago the water ran clear, but now all that has changed. Fortunately not all species have disappeared from in and around the Ipswich area and I find great pleasure in being able to go out and still see mostly the same birds come back year in and year out, e.g. Jenny Wrens, Pelicans, Butcher Birds, both Pied and Grey varieties, and to top it all the Plovers that disappeared with all the build up in our neighbourhoods bringing back the next generation.

As told to Ethel by Des

Community Wellness Program now available at Healthworks

Do you suffer from health or physical conditions that limit your ability to exercise and live an active, healthy lifestyle? Assistance is available to help you to overcome these limitations. Regardless of your age, a healthy diet and exercise routine can



help you live a longer, enriched life while also preventing or reducing the risk of developing chronic conditions in the future. Healthworks Allied Health combines nutrition and exercise advice for a range of people looking to improve their day to day health and physical state. In addition to offering one-on-one and group allied health services, we now also offer our *60 Day Community Wellness Program* to all clients attending our clinic with a Chronic Disease Management Plan referral from their GP. Our ultimate goal to help clients make their health a priority and improve their lifestyle long-term.

Healthworks Allied Health has been established in conjunction with Healthworks Fitness Centres to enable you to have access to great fitness facilities as part of your rehabilitation and chronic disease management.



Medicare, DVA or private health subsidies may be available for eligible conditions to help you access these services at minimal to no cost. If you would like more information, please call us or talk to your GP.

EXERCISE PHYSIOLOGY | DIETETICS

30 Workshops Street BRASSALL Q 4305

phone 1300 206 707 fax 07 3054 1744

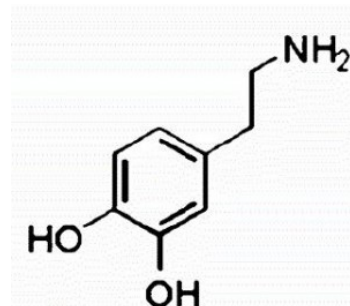
web www.healthworksaliedhealth.com.au

healthworks
ALLIED HEALTH

4 Easy & Natural Methods to Increase Dopamine

What is dopamine?

There are over 85,000,000,000 neurons in the human brain, and these communicate via chemicals called neurotransmitters. Dopamine is a neurotransmitter that assists with the reward and pleasure centres in the brain. It helps to regulate movement and emotions, and it drives us to seek out and achieve rewards. It is what keeps us motivated, energised and focused.



What does a dopamine deficiency look like?

Parkinson's disease is a result of dopamine deficiency. Recent research demonstrates that deficiencies in dopamine may also lead to addiction and substance dependency disorders. Fortunately, these are the most serious effects.

Most commonly, people who have a deficiency in this neurotransmitter are likely to have low levels of motivation, are distractible, feel fatigued, experience mood swings and memory loss, have sleep problems and a low libido. As such, it often manifests as depression.

What can I do to increase my levels of dopamine?

1) Diet

- Eat Tyrosine-rich foods

Tyrosine is an amino acid that aids the synthesis of dopamine.

- What foods contain Tyrosine?

Almonds, avocados, bananas, meat, fish and poultry, low-fat dairy products, lima beans, broad beans, sesame seeds, pumpkin seeds, soy products, olive oil, rosemary, green leafy vegetables, turmeric, (dark) chocolate and coffee. Meat and dairy products are high in fat, so mind you fully monitor your dietary intake of these.

- Antioxidants

Antioxidants are compounds that seek out and break down unstable chemicals that are harmful to the body. Antioxidants aid the production of dopamine in the brain.

- What foods are antioxidant-rich?

Fruits and vegetables.



Interestingly, intestinal flora (gut bacteria) has a significant impact on the release of hormones and production/activation of neurotransmitters. Lipopolysaccharides, also known as 'bad gut bacteria', result in the destruction of dopamine receptors. Hence the importance of a nutritious diet.

Avoid foods high in saturated fats, sugar and artificial sweeteners.

2) Change up your lifestyle

- Do 30 to 60 minutes of moderate-intensity physical activity most (if not all) days – this can be broken up (for example, into 3 x 10-minute blocks).



Ever feel pumped and positive after a brisk walk or doing Tai Chi? That's because your levels of dopamine (as well as serotonin and noradrenalin) has increased. Exercise boosts the production of cells, slows cell death, and improves the flow of nutrients.

Exercise outside in the sunlight to maximise this further.

- Get 7 to 8 hours of restful sleep each night.

It is well known that a lack of sleep results in a reduction of dopamine receptors.

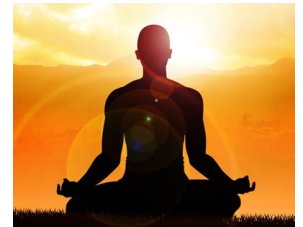


- Set goals (and achieve them).

Dopamine is released when an opportunity is near, and rewards us when we succeed and when our needs are satisfied.

- Meditate

First and foremost, you don't have to sit with cross legs and make that 'uhmm' sound to meditate. That is only one form of meditation. Common hobbies such as knitting, painting, drawing, woodworking and so on, all put our minds into a meditative state. It can be as simple as slowly drinking a cup of tea!



3) Consider using supplements

- Vitamin B6, L-Phenylalanine, Tyrosine (L-tyrosine or n-acetyl-l-tyrosine), Mucuna Pruriens, Curcumin, Gingko Bilboa, and L-theanine, to name a few, all boost dopamine and result in improved concentration, memory and focus, mood, and less fatigue.

Always consult a qualified health professional before taking a new supplement or medication.



4) Socialise

- Being around people and talking (or even playing with your furry friends) affect neurotransmitters by increasing confidence, happiness and focus – thus, boosts dopamine.

Sources <https://bebrainfit.com/increase-dopamine/>

**PREPAY TODAY.
NOTHING TO PAY TOMORROW.**

A prepaid funeral means no extra costs*. It's a simple choice.
Call us anytime on 3812 2011 or visit simplicityfunerals.com.au

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

Reed & Bottcher

A Simplicity Funeral service

Proud Member of InvoCare

Groove & Grape @ Studio 188



An evening of live jazz,
local wine and delicious
fare showcasing the
talented musicians from
Queensland Conservatorium,
Griffith University

Friday, 6 October
Friday, 3 November
Friday, 1 December
8.00 pm

Tickets \$25.00
Table (of 4) \$72.00

(07) 3810 6100
Studio188.com.au



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:

- Physiotherapy (Sports/Musculoskeletal/Paediatric)
- Western Acupuncture
- Chinese Acupuncture
- Hydrotherapy
- Clinical Pilates/Pilates Classes
- Actively Aging Classes
- Exercise Physiology

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

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!

Computer Course For Beginners

Members and Friends

Welcome!

Bring a laptop and a
\$2 donation



Tuesdays & 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 32828644
to register your interest!

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 14th October Pick ups from 8am	Movies \$4.50 Pensioners \$6.50 Seniors Bus \$10	Cineplex Redbank Plaza	The Office 3282 8644
<p align="center">UFO: Un-Finished Objects * Donation Thursday 12th & 26th October 10am Start 60 & Better Office Ph.: 3282 8644 Bring your own 'unfinished' project.</p>				

60 & BETTER GROUPS continued * \$2 donation welcomed				
Newsletter Editing Sub Committee	Mon 9 October 1 pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 25 October 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
60 & Better Social	Pre Melbourne Cup Lunch Wednesday 1st November 2017 11.30am United Sports Club, Joyce St, East Ipswich Fun ! Winner Prizes, Best Hat Prizes			The Office 3282 8644 RSVP 11/8/17
Social Sub Committee	16th October 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 20 Oct 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

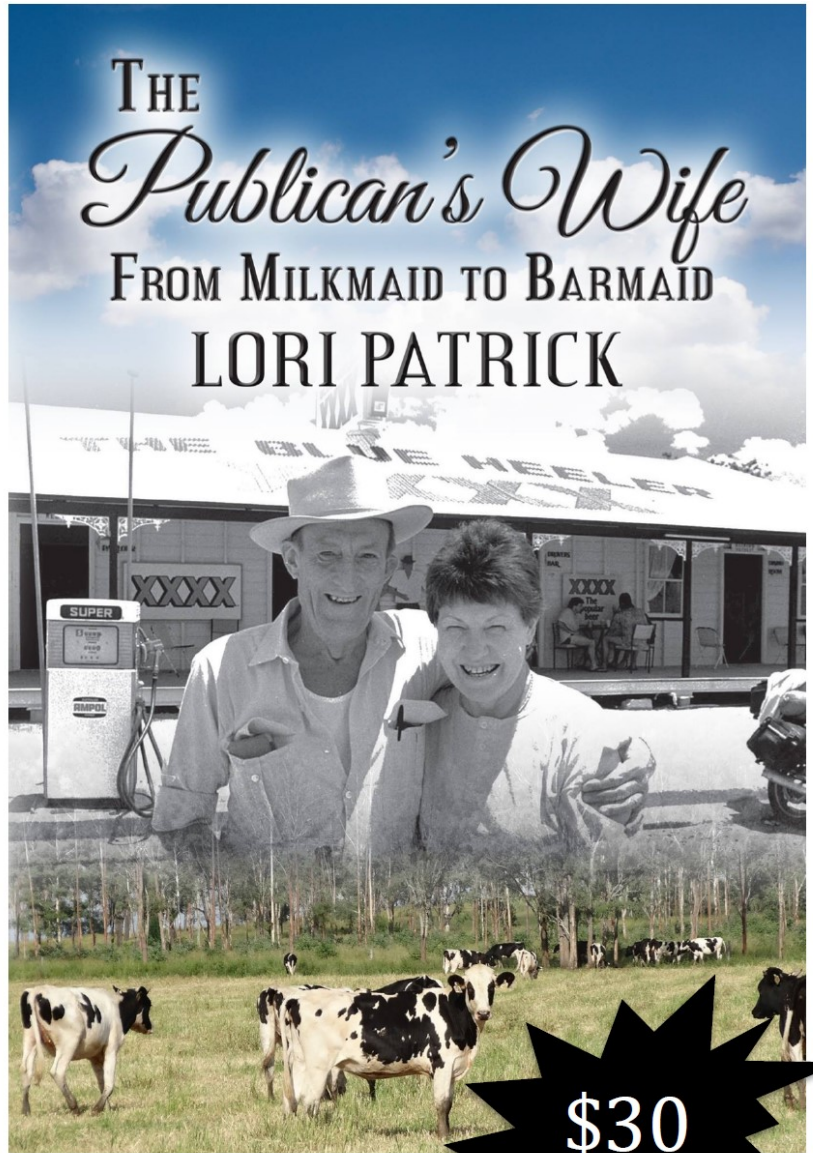
Prostate Cancer Support Group	Thursday 19th Oct 7.30pm	Guest speaker Nina Gardiner QLD - PCFA Office & Events Coordinator	Cafeteria Humanities Building	Len Lamprecht 32813656
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The Publican's Wife is the life story of our member Lori Patrick. After growing up on a dairy farm near Harrisville, Lori moved to the bright lights of the city and into the family of her future husband, Barrie Patrick, whom she met working at the *Queensland Times* newspaper.

After they wed, Barrie and Lori headed west to work as a ringer and governess near Longreach, before buying the famous Blue Heeler Hotel in Kynuna, west of Winton, where they stayed for 14 years.

The pub tested their strength but they overcame adversities to put the town on the tourist map with their homegrown entertainment that included Barrie cracking cigarettes out of Lori's mouth with a stock whip — all to raise money for the Royal Flying Doctor Service.

Sadly, this all came to an end when they buried their 20-year-old son who was killed by a drink driver. The tragic event was too much for the couple and they returned to South East Queensland. Following Barrie's death years later, Lori went on to travel the world and, among other things, follow her passion for music with the 60 and Better choir.



**To grab a signed copy of
The Publican's Wife
contact:**

- Lori on 0417 636 843
- Angus & Robertson, Riverlink on 3812 8448
- Boolarong Press on 3373 7855

Ipswich Civic Centre presents

Forever EVERLY

A tribute to the music
and harmonies of the Everly Brothers

Thursday, 2 November
10.00 am

All tickets \$15.00
Includes complimentary tea and coffee



(07) 3810 6100
Ipswichciviccentre.com.au



Loneliness

Man stands in his own shadow and wonders why it's dark.”

~Zen Proverb

Loneliness can be something difficult to deal with, it is a sad fact that so many people suffer from a lack of close friendships and connections, despite the fact that many of us live in or near major cities. Loneliness is a feeling of sadness or distress about being by yourself or feeling disconnected from the world around you. It may be felt more over a long period of time.

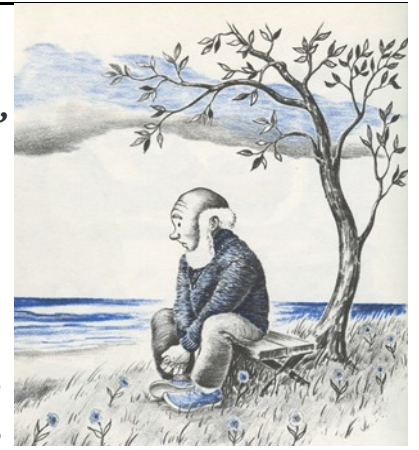
There are so many of us who have or are trying their best to cope with loneliness. Finding yourself alone can happen for many reasons. Perhaps some of the ideas below might help, even though it might be hard to take the first step, in most instances you will be glad you did.

Here are some ideas for you to try.....

- ♥ Connect or reconnect with friends and family – staying in contact with loved ones can prevent loneliness and isolation. If your family don't live nearby, technology can help you stay in touch
- ♥ Get out and about – regular outings for social functions, exercise, visiting friends, doing shopping, or simply going to public places can help
- ♥ Volunteer – helping others is a great way to help yourself feel more connected
- ♥ Consider getting a pet – pets are wonderful companions and can provide comfort and support during times of stress, ill-health or isolation
- ♥ Shop at the same bakery, coffee shop, clothes shop, post office, pharmacy etc and talk to them very BRIEFLY each time. You'll be surprised how a friendly smile from someone makes you feel.
- ♥ Always smile and say” hello” to people you see on your morning walk.
- ♥ Become curious about others and you will never be at a loss for words or feel unable to connect with them again.

♥ Be brave and put a bit of yourself out there.

Loneliness can be overcome.



Keep smiling

And one day life will get tired of upsetting you

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)



Laughter and Brain exercise workout page

Sudoku – Each row, each column of the grid and each 3 x 3 box must contain all the numbers 1-9.

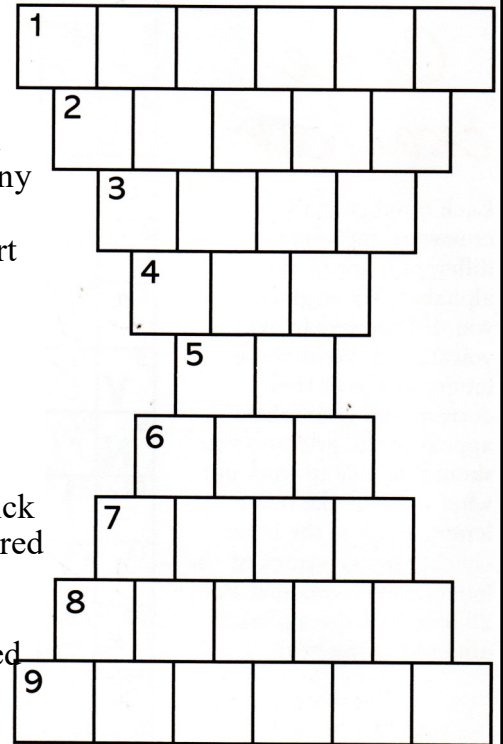
				4		9		3
7	3			9				
8			7	6				5
		3						7
		2	5		4	3		
1						2		
2				5	8			6
				1			8	9
9		1		7				

What is the hidden meaning?

EVARELTO

Egg Timer: Solve the clues and write the answers in the numbered rows. All solutions are anagrams of the word above and below, plus or minus one letter.

- 1 Weaken, make worse
- 2 — donna, chief female singer in an opera company
- 3 Baby's stroller
- 4 Geographic chart
- 5 Abbrev for Member of Parliament
- 6 Long-handled implement for washing floors
- 7 Sonnet or limerick
- 8 Light low-powered motorcycle
- 9 Played about merrily, frolicked



A woman who is 3 months pregnant falls into a deep coma. 6 months later, she awakes and asks the doctor about her baby.

Doctor: You had twins, a boy and a girl and they are both fine. Luckily, your brother named them for you.

Woman: Oh no, not my brother!! He's an idiot! What did he name the girl?

Doctor: Denise.

Woman: Well it isn't so bad, and what did he call the boy?

Doctor: Denephew

*They have just found the gene for shyness.

*They would have found it earlier, but it was hiding behind two other genes.



You can only be young

once. But you can enjoy being infantile forever

If you haven't grown up by age 50, (🌸😊)

You don't have to

Activity News

Movies In September, nine buffs ventured to the movies, granddaughter Kayla joined Nana and four saw Captain Underpants - a great movie for under 7's ! and others saw American Made, based on a wild true story about American Barry Seal, pilot, drug smuggler and later informant - a suspenseful tale. Why not join us in October? New people always welcome!

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.



Upcoming Events

Games Morning Wednesday, 11th October 2017 9am – 11am
Ipswich 60 and Better Office, Humanities Building



Bridge for Beginners 6 week course starting SOON!
Wednesdays 11.45 - 2pm
Bookings phone 3282 8644



Many thanks to all members and friends who have collected and donated used stamps: 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.



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
2017 information
Ipswich: Phone Roslyn 54644515
Rosewood: Phone Jean 54641023
Laidley: Phone Joanne 0448050447
Marburg: Phone Roslyn 54644515

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

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

United Nations


International Day of Older Persons – 1st October

The objectives of the 2017 UNIDOP are to draw attention to:

- Enabling conditions/measures that influence readiness of older persons to participate including securing healthcare, regular income, legal protection and access to financial services.
- Pathways/means to facilitate contributions and participation in old age, including technology, education and lifelong learning, access to information, as well as overcoming barriers that exclude or discriminate against older persons.

#UNIDOP | social.un.org/ageing | ageing@un.org | www.un.org/events/olderpersonsday

You are what you think when it comes to ageing

Having a positive attitude towards ageing helps to make you much more resilient and can assist you to make better decisions. Your choices of action may be limited, your choices regarding your attitude are not. The next time you find yourself thinking, “Why is this happening to me?” choose to have a Zen attitude, instead. Ask yourself, “What am I supposed to learn or gain from this”? 

When you find yourself having negative thoughts, hit the “pause” button on what you are thinking and choose to think different thoughts.

Bring meaning and purpose into your life – knowing why you are here – will do wonders for your attitude. Focusing on the good in yourself, the good in your life, and the good in others.



Appreciate small pleasures that make you smile. Simple things like watching a beautiful sunset or eating an ice-cream.



Smiling is very infectious and will give you instant pleasure recalling a happy memory or the last thing that made you laugh.

Positive habits also assist you to age well – watching what and how much you eat; exercising; staying social; getting plenty of sleep.



“You don't stop laughing when you grow old, you grow old when you stop laughing.”

— George Bernard Shaw

Ipswich Australia Day Awards

Tell us about an inspiring role model or an engaging event you've attended within our community and they could be recognised with an Ipswich Australia Day Award.

Award categories include:

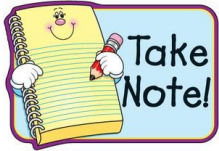
- Citizen
- Senior Citizen
- Young Citizen
- Community Event
- Citywide Event
- Cultural Award
- Spirit of Ipswich

Nominations close Friday, 17 November.

To nominate visit Ipswich.qld.gov.au/ausdayawards

Join us online:





**Office closed Monday 2nd October
Queens Birthday Public Holiday**

**The Annex, Humanities Building
unavailable on the following dates due to
Council By election, relocations as follows:**

Friday, 6th October

Table Tennis Auditorium , Humanities Building
Concert Party Cafeteria (level 1) Humanities Building

Monday, 9th October

Square Dancing Croquet Hall, Queens Park

Tuesday, 10th October

Boccia Cafeteria Humanities Building 9-11am
Table Tennis Auditorium Humanities Building 2- 4.30pm



**Black
Snake Creek
Arts & Crafts
Exhibition & Sales**

Marburg
Community Centre
10 –14 Oct 2017
Tues –Fri 9-4
Sat 9 –3
Entry gold coin
**Market Day
in the Park**
Saturday 14 Oct
9-3



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



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

ICC Seniors Connect
Marburg Community Hall
Monday 9th Oct 10am
Cancer Screening &
Understanding Age Pension

**If undeliverable return to:
Ipswich 60 and Better Program Inc.
PO Box 1014
Ipswich Q 4305**

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