

Community News & Views Ipswich

September 2017
Vol: 24 No:9

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.

Springtime Sings *by Stephen, 2016 (Hello Poetry)*

Springtime sings of wondrous things
Of warmer days and robin's wings
Of daffodils and playground swings
Of sunny morning wanderings
Of fishing poles and wedding rings
Of family picnic gatherings
Of arbors blooming jasmine clings
Of sweetly scented offerings
Of firefly meanderings
Of stardust moonlit ponderings
Of all the happiness it brings
Yes springtime sings of wondrous things

Good Stuff in this Issue



- ★ **AGM news**
- ★ **Quirky Events**
- ★ **Meet Sarah & the Changing & Better Ageing Program**
- ★ **Springtime Recipes**

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

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

Treasurer: Robert Massey 0408 903 434

Secretary: Yvonne Smith 3288 4824

Committee: Colleen Adams, Pat Andrew, Lyn Bryant, Roslyn Newsham,
Maureen Reinke, Sue Schonknecht, Diana Wooldridge

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Office Volunteer - Maureen Reinke **Facebook :** Brittney McPake

UQ Student : Sarah Rogan **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.

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

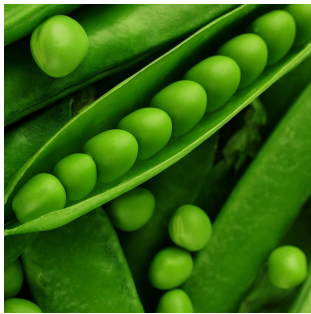
Like two peas in a pod. Really!
I don't know about that, some look alike but mostly they are individual. Young ones raw taste terrific. That of course is a memory from when I had to open them up and slide the peas into a bowl prior to cooking our evening meal. Most times I could get away with pinching some to eat, but of course when I got caught out that was a different story.



The past year has been an interesting one and on the Managerial side of things life has been very hectic for Anne and Management in recent weeks preparing for the Annual Meeting. Each and every report that comes in documenting the past year's activities shows us just how busy everyone has been.

Not one year compares to the one before and the one before that and so on. Showing us that, just like the peas in the pod, the collective harvest displays how very much our Program looks the same but in reality they are all so different.

Thanks ever so much to Marino Cerrato for taking a position on the Committee for the past year. Your contribution has been truly appreciated. We welcome Colleen Adams into the vacancy and I look forward to working with her.



Our new Management team will certainly be keen to get on with the order of the day when they meet for the very first time at the end of September, and I am sure that every one of us who step into any group activity belonging to the Program will be grateful for their time and expertise in handling matters on their behalf for the coming year.

Cheers Ethel

No new members this month

September Birthdays

10th Margaret Cameron, Denise Goodger & Victor Swanson; 12th Dorothy Johnson; 13th Colleen Adams; 17th Des Hatcher; 19th Terence James Hannon; 22nd Isabell Adams; 24th Eric Jonker; 28th Yvonne Hillard & Mary Rogers

Happy Birthday to you all!



Annual General Meeting —28th August



Thank you to all those who attended the AGM on Monday the 28th of August. We'd like to extend a huge thank you to all of our VIP guests as well. It was great to welcome our new mayor, Andrew Antonioli.

We hope that you enjoyed the speeches by our guests, Sylvia Swalling from the Ipswich Library and Cr David Pahlke.



Congratulations to Eric Jonker, Sandra Mole, Gabrielle Dempster, Shirley Duncan-Kemp and George Sawyers for winning the lucky seat prizes!

Congratulations also to Marie Maddox and Bonnie Phillot who were awarded Life Membership for their meritorious service with 60 and Better. Bonnie has been with the Program since the very beginning (some 24 years!) and has been involved in management and in convening the Discussion Group, which she still convenes today.



Marie Maddox began with the program 22 years ago, and has been on management, convened Boccia, Movies, has been responsible for catering, and has been a part of the Social Sub Committee and the Newsletter team.

Our 'Trash & Treasure' raised \$89.20 which will go towards Program costs.



Ipswich Civic Centre presents

In The Mood FOUR

Swoon along as *In the Mood Four* take you on a journey through the gorgeous melodies of opera, stage and screen

Tuesday, 26 September

10.00 am

All tickets \$15.00

Includes complimentary tea and coffee



(07) 3810 6100
Ipswichciviccentre.com.au





Share your experience of having paid support in the home

Researchers are seeking volunteers **65 years or older** who receive paid support services in the home, for example help with cleaning, laundry, meal preparation and personal care.

The study will involve completing an **interview in your own home** with a member of the research team for approximately 1 hour to understand the experience and impact of having paid support in the home.

Participation may also involve the completion of a questionnaire about different aspects of your home.

If you are interested in participating **contact Dr Tammy Aplin.**
Email: t.aplin1@uq.edu.au or Phone: 07 3365 2649.



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.



Are you interested in a Games Morning?

Register your interest with the office!



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

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REP-SB-1016

Mini Chocolate-Swirl Cheesecakes (by "The Australian Coeliac" Magazine) **Makes 6.**

Ingredients:

- 185g low fat cream cheese, at room temperature
- 120g (1/2 cup) ricotta cheese
- 2 tblsp caster sugar
- 1 large egg
- 1 large egg yolk
- 1/2 tsp vanilla
- 1 1/2 tsps pure cocoa powder, sifted



Method:

1. Pre-heat oven to 180 degrees C. Line a 6-cup muffin tray with foil or paper liners.
2. In a food processor blend cream cheese and ricotta till smooth. Add sugar, egg, egg yolk and vanilla. Blend until smooth.
3. Use 1 cup of the batter to divide evenly into the 6 muffin cups.
4. Add cocoa powder to remaining batter and mix well.
5. Drop a heaped tablespoon of chocolate batter into each muffin cup and gently fold to form a swirl.
6. Place muffin pan in a roasting pan and fill with hot water to reach half-way up muffin pan. Bake in pre-heated oven till cakes are puffed and set, about 20 mins.
7. Remove from water and cool at room temperature for at least 2 hours.

The difference between
stupidity and genius is that
genius has its limits!



Albert Einstein

Never argue with a fool.
Onlookers might not be
able to tell the difference.



Mark Twain

YOUR LAUGHTER SEGMENT



An Englishman, an Irishman and a Scotsman each order a Guinness. Just then, a fly drops in each of their pints.

The Englishman says: "How dreadful. Barkeeper, take this pint back at once, I couldn't possibly touch it, it has a fly in it!"

The Irishman flicks the fly out with the back of his hand and chugs his beer.

The Scotsman gingerly picks up the fly by the wing, gives the fly a little wiggle and says: "You spit that out! You spit that out!"

* What happens to a frog's car when it breaks down?

It gets toad away.

* Is Google male or female?

Female, because it doesn't let you finish a sentence before making a suggestion.



MP: "Mr Churchill, must you fall asleep while I'm speaking?"

Churchill: "No, it's purely voluntary!"

Chickpea and Leek Soup

Ingredients:

2 leeks, trimmed, halved, thinly sliced
1 garlic clove, finely chopped
5 cups stock - your choice - (1.25 L)
900 g potatoes cut into 2 cm pieces
400 g can chickpeas, rinsed and drained
fried, chopped chorizo if desired (for vegetarian, omit chorizo and use Greek style yoghurt)
chopped fresh chives

Method:

1. Fry leek 5 mins. Add garlic; cook 1 minute
2. Add stock to pan, along with the potatoes. Bring to a simmer and simmer for 15 mins till potato is tender.
3. Stir in the chickpeas.
4. Blend half of the soup till smooth and return to the pan with unblended soup. Season as desired and reheat.
5. Garnish with herbs and chorizo or yoghurt.



Ipswich Orchid Society Inc Ipswich & District Bromeliad Society Inc

Presents

Ipswich Garden Spectacular

Admission
\$4.00

**Silkstone State School
Prospect Street. Silkstone.**

30th September 2017 8.30am – 4.00pm 1st October

8.30am - 2.00pm

Plants available to be purchased include

Large variety of Orchids and Bromeliads *Hoyas*

Aust. Native Plants *Cactus & Succulents*

Geranium *Pelargonium* *African Violets*



Don't know how to grow Orchids!

Join in a Cultural Lecture from one of the more experienced growers. Ask as many questions as you wish, from the amateur to the more professional growers.

Check out the beautiful Lace Work done by the very talented
Lace Makers Ladies on Saturday.

Floral Arrangements

Beautiful Display of Floral Arrangements, small & large are available for sale.

Raffles A number of Raffles with excellent prizes are on going.

Bus Trips & Groups Especially Welcome

***Wheelchair Friendly ***

Disabled Parking



Contact - 32815496

***Proudly Supporting Ipswich Hospital
Special Care Nursery***

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 September 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 14th & 28th September 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 4 September 1 pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 27 September 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
60 & Better Social	Wednesday 13th September 11.30am Lunch at MJs Café (near Silver Key Thai Restaurant – parking off Tongue St) Gluten Free available. Brisbane Rd, East Ipswich			The Office 3282 8644 RSVP 11/8/17
Social Sub Committee	18th September 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 15th Sept 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
  <p>LOW COST SESSIONS For detailed information please visit: www.ihfoundation.org.au Or phone the IHF office on: 1300 736 428</p>				
Prostate Cancer Support Group	Thursday 21st Sept 7.30pm	Guest speaker	Cafeteria Humanities Building	Len Lamprecht 32813656

Quirky Events in September



Ginger Cat Appreciation Day (1st) - Dogs may be a man's best friend, but cats are just so cheeky, are totally aloof and yet, are still lovable! Don't they make life more interesting, and hey, who doesn't love a ginger? Celebrate this day by spending time with and playing with your furry-footed, feline friend; buy them a new toy (of course they're going to enjoy the packaging box so much better); or take them out somewhere - of course, that's if they let you... Don't have a kitty? Why not adopt one? Not up to that commitment? Visit a friend who owns one or spend some time walking around a pet store or shelter.



Superhuman Day (7th) - It is widely known that many people with disabilities consider themselves to be burdensome on others and to have limited opportunities given their ability and social stigma associated with living with a disability. Alas, there are many with significant disabilities who have achieved thought-to-be impossible things. Superhuman Day celebrates and brings awareness to the athletes, musicians, artists, academics, and thousands of other individuals who have overcome their perceived-to-be limitations. The human body is capable of amazing things, and today is the day to remind those living with a disability that they are valued and powerful beings.



Gobstopper Day (14th) - The here-and-now ads on television display people consuming various chocolate bars or fizzy drinks. Low and behold, none of these ads capture the true 'shut up' candy: the Gobstopper! The Gobstopper has been one of the most popular candies since World War I in many first world countries. This day celebrates this candy and its history of passing down through the generations. Revel in your childhood and shove your gob with a Gobstopper on this day in celebration (but make sure to suck it—please don't attempt to chew or bite it!!).



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!



Ipswich City Orchestra and
Ipswich Civic Centre present

A NIGHT IN *Vienna*

Dance the night away to the music
of Johann Strauss, the Waltz King,
and pretend you're in the splendid
ballroom of an Austrian Palace

Saturday, 30 September
7.00 pm

Ballroom tickets
\$80.00

(07) 3810 6100
Ipswichciviccentre.com.au



Meet the New Kid on the Block

My first day at Ipswich 60 & Better was certainly a memorable one. I went in feeling a little nervous and not knowing what to expect, but I did have an idea. I'd have an orientation of the office and Program, meet some of the members, and maybe participate in an activity or two. Who would have thought that my sporting prowess would be put to the test? Not me. I won't bore you with the details of my dismal display, but let me tell you one thing, there is no career for me as a professional Boccia player, nor as a Table Tennis athlete. (I swear the Boccia floor room is sloped, and those guys in table tennis can move!)



If you haven't yet beat me in a game of Table Tennis or watched me botch up Boccia, allow me to introduce myself. My name is Sarah and I'm studying a Bachelor of Health Sciences with a major in Public Health at UQ.

From a young age, I have had a passion for health and for people, so my original intention for entering university was to study Medicine. However, as I progressed through my public health degree I gained a new perspective on health. I've determined that health isn't always 'don't smoke, eat healthy and exercise daily'. It is made up of many other things, many of them outside of an individual's control. Sadly, throughout my studies, I lost three of my grandparents, and all from preventable diseases. I think the world thinks that this is the circle of life, but public health has taught me that this is baloney and that there are things we can do to help people have better health. This fuelled my passion for public health and the ageing population.

So now you find me on placement at the Ipswich 60 & Better program. What an opportunity for me to see what health promotion in this field is all about. What's even more exciting is the fact that I am running my own program!

It focuses on all-over wellness, with a theme of 'change'. Change significantly impacts your life at any stage; it can be something small like increasing how much water you drink, to something huge like moving homes. This program aims to provide people with the skills and knowledge to help individuals adapt to change.

My 'Changing and Better Ageing Program' will consist of 1-hour information and activity sessions from a range of topics including nutrition, physical activity, neuroplasticity and mental wellness, as well as a few other goodies.

It will run over six weeks, and sessions are held on Tuesdays at the Raceview Congregational Church Hall after the Cuppa and Chat. Everyone over 50 is welcome to join.

For those people who haven't already said hi, please come up to the office or to my program and see my smiling face!

Cheers, Sarah

Ipswich Little Theatre Society Presents

STAGE DIRECTIONS

Written & Directed By
Aaron Evans

The Show
Must Go On...

PERFORMANCE SEASON
20 SEPTEMBER - 7 OCTOBER 2017
PUBLIC NIGHTS - 23, 29, 30 SEPTEMBER & 6, 7 OCTOBER AT 8.00PM
PUBLIC MATINEE SUNDAY 1 OCTOBER AT 2.00PM

RATED M-
CONTAINS
ADULT THEMES &
OCCASIONAL COARSE
LANGUAGE

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

Public Nights: 23, 29, 30 September & 6,
7 October @ 8pm

Public Matinee: 1 October @ 2pm

Phone the Ipswich Visitor Centre on
3281 0555

A professional Melbourne theatre company is experiencing some drama during rehearsals for its latest production. Simon Drew, a washed up movie star, has returned home to Australia to try and regain some credibility with the entertainment industry.

He immediately creates problems by falling out with a fellow cast member, who leaves the show. Simon's assistant Sandra, is yet again left to try and pick up the pieces.

Gerald Adams, the Director of the play is now left desperately looking for the actress for the show, and a new actor to replace the one who left.

He casts Olivia Grand Matthews, a sassy drama queen and Michael, a new kid to the realm of professional theatre, and the sparks really begin to fly. Will this show go on?

A funny and sometimes sobering look at what life can be like behind the glare of the stage lights.

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.

Peace Education Programme

The programme is designed to help participants discover their own inner resources – innate tools for living such as strength, choice and hope – and the possibility of personal peace. The curriculum is based on 10 DVDs each focusing on a particular theme, based on excerpts from Prem Rawat's international talks. This free course, offered by TPRF, is non-religious and non-profit and is presented by volunteers. It has been conducted around the world in 70 countries at a large variety of organisations and community groups.



The next 10 week course of the PEP begins on **Friday 6th October 2017, 10 – 11am**
at Ipswich Central Library, Study Room 2

www.tprf.org

www.timelesstoday.com

www.facebook.com/PeaceEducationProgramIpswichQLD

Activity News

Movies Not held in August as usual transport not available.

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.



Condolences

Our thoughts and prayers are extended to friends and family of Mr Alan Fox who passed last month. What a privilege to have had him share his stories in Discussion Group and share in our lives.

Upcoming Events

SEPTEMBER 13th- Trip to Port of Brisbane cancelled as no interest.



***Lunch at MJs going ahead instead, Brisbane Rd Booval - specialising in Gluten Free

To express your interest in attending, call the office on **3282 8644**

Many thanks to all members and friends who have collected and donated used stamps: Brian Schilling, Dot Currie, Arthur Sommerfeld, Paulene McFadden, Galdis Alford, Frank Molloy 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 <u>Gentle Mon Fri 1pm, Multi Level Wed 1pm; Tues Wed Thur 6pm; Fri 8am</u> http://www.swimfactory.com.au/index.html</p>

<p><u>Tai Chi for Arthritis</u> Please contact Instructors for 2017 information</p> <p><u>Ipswich:</u> Phone Roslyn 54644515 <u>Rosewood:</u> Phone Jean 54641023 <u>Laidley:</u> Phone Joanne 0448050447 <u>Marburg:</u> Phone Roslyn 54644515</p>
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Do you have an activity or interest group you'd like for 60 & Better?

<p>Weekly <u>Social Dancing:</u> 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</p>

August's Answers (refer to p 9 of August magazine)

S	M	U	G	P	A	R	T
M	I	L	L	A	F	A	R
U	L	N	A	R	A	V	E
G	L	A	D	T	R	E	K

The left over word is "HAIL"

Hidden Meanings:

1. The start of something big.
2. Topics
3. Act out of character

Count 'em up

The missing domino is 0/1.
Add the total spots of the dominoes and multiply the answer by four

Word Search:

Your goal is 45 words

The 9 letter word is - PAINT-WORK

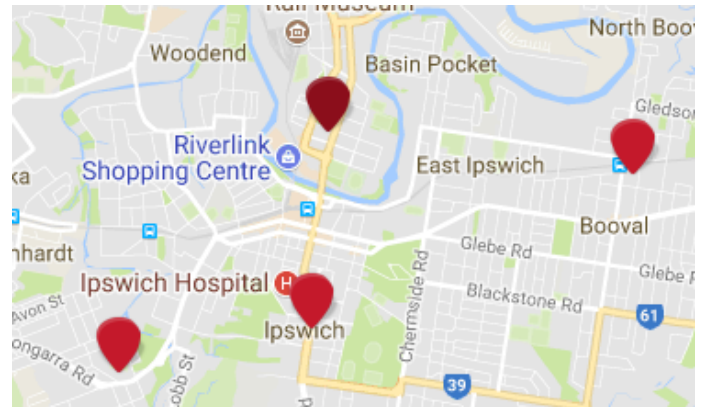
No Interest Loan Scheme (NILS)

The NILS provides individuals and families on low incomes with safe, fair and affordable credit up to the value of \$1200.

This loan goes toward essential items and services such as whitegoods, medical procedures and education expenses. There are restrictions, however. For example, the loan cannot be used to pay rent, holidays, bills.

Individuals have to year to a year and a half to pay off the loan amount.

All health care cardholders and individuals/families who earn less than \$45,000 per year are eligible for this loan. To qualify however, you will need to have resided in your current residence for 3 months or longer, and demonstrate your ability to repay the loan.



Find your local NILS provider at
Carers Queensland
 (North Ipswich),
St Vincent De Paul (Ipswich),
Leichardt Community Group
 (Leichardt) and
Ipswich Housing and Support Services Inc. (Booval).

Plan For Ageing — Bob Massey



With no extended family—future planning comes to mind regularly for me.

Moving through the ages 60—70— into 80. I'm 81 now. Planning has led me into an independent living program.

Future planning looks to many needs:

Do I have a funeral in place? Who might want to visit me in hospital or nursing home? How would my washing get done? Will I be able to meet loneliness? Who do I talk to and who might shop for me?

The answer is to plan.

Changing and Better Ageing Program Timetable

Week 1 29/08/17	Maintaining a healthy mind
Week 2 05/09/17	Interpretive art with Marion
Week 3 12/09/17	Nutrition for people over 50 + cooking class
Week 4 19/09/17	Bowel and Breast Cancer Prevention
Week 5 26/09/17	Remaining active and healthy
Week 6 03/10/17	Decluttering

*These activities and events may change unexpectedly

**@ the Congregational Church Hall, 117 Wildey St, Raceview after
Cuppa & Chat (11am—12noon) on Tuesdays.** Phone Sarah in the office
for more information or to register.

LUNCH AT MJ'S

Date: **September 13th**

Time: **11:30am**

Address: 4 / 64 Brisbane Road, East Ipswich

****Bring money for lunch****



FREE Ipswich City Council's Senior's Connect Sessions Call 3810 6646

18th September—Your Rights @10am

18th September—Enjoy Life to the Fullest @10am

HUMANITIES BUILDING AUDITORIUM, 56 SOUTH ST, IPSWICH

Check out our Facebook page at:

<https://www.facebook.com/IpsSixtyandBP>



Visit our website for information and
upcoming events

www.60andbetteripswich.com.au

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