

# Community News & Views Ipswich

July 2018  
Vol: 25 No. 7

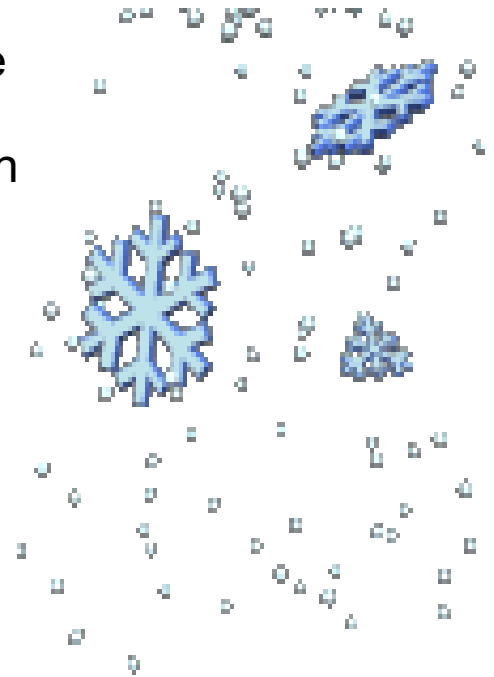
A Free Magazine!  
Published Monthly

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

## *A Wintry Night*



The sky is dark and the  
ground is white.  
The world is peaceful on  
this wintry night.  
No one around, not a  
sound to be heard.  
Not a laugh, not a car,  
not even a bird.  
For a moment, it's just  
the snow and me.  
I smile inside.  
I feel so free.



*By Lyndsey Kuster*

## Good Stuff in this Issue

- ❄️ Recipe & Puzzles
- ❄️ A Blast from the Past
- ❄️ National Diabetes Week
- ❄️ Citrus Gardening
- ❄️ Fighting Inflammation
- ❄️ Social Activities + loads more!



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

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](http://www.60andbetteripswich.com.au); **email:** [ips60bp@gil.com.au](mailto: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](http://www.60andbetteripswich.com.au)

**Deadlines for advertisements – 1st day of the month**

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### *President's Words*

So much rubbish has been talked about over recent years especially here in our own area. Yes we have to be responsible for it all! In our own backyard - no matter wherever we go in this big wide world. The world belongs to us all and if as individuals we play our part then maybe, just maybe, the world will be better off.

On my recent trip I saw an article on television about a sperm whale dying by having 80, yes eighty, plastic bags in its stomach and it just couldn't get its food to survive. Like creatures we have to eat, digest and excrete and when we can't we die. It's a sad fact and I know we all want to survive as long as we can, with health and dignity.

On the other hand in Stratford Upon Avon, in England, I actually saw parents with their beautifully endowed six cygnet swans. The stature of these creatures was incredible. A sight I have never ever seen in my whole entire life. They were on a lock canal and living in pristine conditions. Owned apparently by Her Majesty Queen Elizabeth the Second. There must be a decree as it is stated no one is to harm them in any way. I can assure you the area is in a pristine state. No rubbish at all anywhere near them at all, although, go along the road a bit and the rubbish is on the ground no different to many a place that I travelled to.

So to the UNESCO World Heritage listing of the Geirangerfjord in Norway we moored right in to where the township, Geiranger, has been set. Like no other way in, three fjords in all, then we were tendered to shore. Going on land for my day trip, onto a bus and up into mountains via a zig zag road to a lookout point. Beautiful, though in my mind most of the time I was in disbelief how much rubbish had been left behind by us human beings. There is really no space for a rubbish dump there and like here, I believe, when we go somewhere we take our left over stuff back home with us. Caring Concern. Everything is precious and we must contribute to the upkeep of it all if we want to see the World and all that we enjoy to survive.

So that leads me briefly to my last Words before A.G.M. time once again - the Program needs to have all vacancies filled to ensure the continuation of all we have. The Program is all about keeping us decisive and active and reasonably fit and if you can spare just a few hours each month for management meetings then it could be an experience you may find rewarding. Your volunteering enables the clock to keep ticking on towards our 25th birthday also.

*Cheers Ethel*

## **July Birthdays**

2nd David Glen & Zoe Walker; 11th Pat Andrew & Lonie Budd; 7th Delma Mill; 15th Glenda Cooper; 17th Edith Litzow; 19th Lillian Suchting; 23rd Di Wooldridge & Mark Kerr; 25th Edith McCoombes; 26th Fay Deoki; 27th Flora Ross & Robyn Baranowskyj; 28th Wendie Payne, Christine St Hill & Elisabeth Thexton; 30th Betty Ball; 31st Gayle Mudford



**Happy Birthday to you all!**

## **New Members—WELCOME**

Thelma Dillonham, Sheryl Stenstra, Gloria Munroe, Barbara Mason, and others.

**Reminder: Membership Renewals due by end of July !**

## **Iraqi Lamb & Eggplant Stew with Pitas**

<https://www.foodandwine.com/recipes/iraqi-lamb-and-eggplant-stew-with-pitas>

### **Ingredients**

- Kosher salt
- 1 large eggplant, sliced cross ways 1/2 inch thick
- 1 1/4 cup + 2 1/2 tbs olive oil
- 4 lamb shanks
- Freshly ground pepper
- 1 large white onion, chopped
- 1/2 cup pomegranate molasses
- 1/2 cup dried yellow split peas
- 4 dried red chillies
- 2 tspn Baharat spice blend (or garam masala)
- 2 tspn ground coriander
- 8 small pita breads, warmed and torn into large pieces



Pairs perfectly with rosé.

### **Method**

- 1) Dissolve 2 tspn salt in 1L water. Add eggplant and let soak for 30 mins.
- 2) Meanwhile, in a casserole dish, heat 2 tbs oil. Season lamb with salt and pepper and cook over high, turning once each side, until brown. Add onion and cook over moderate heat, until softened. Add 3L of water, the pomegranate molasses, split peas, dried chillies, spice mix, and coriander and bring to boil. Reduce heat to low and simmer for 45 mins, stirring occasionally.
- 3) Drain eggplant and pat dry. In large skillet, add 1 1/2 tbs oil. Cook 1/3 of eggplant at a time and cook until browned. Drain on paper towels. Add to stew mix and simmer for another 45 mins.
- 4) Once soft, remove lamb from dish and strip the meat off it. Season with salt and pepper. Divide pita among 4 bowls and ladle stew on top. ENJOY!



Presented by Ipswich Civic Centre

# JADE HURLEY

Australia's king of country rock

HE'S ONE HELL OF A SHOWMAN AND ENTERTAINER THIS AUSSIE... AND HE SURE CAN PLAY THAT DAMN PIANO.

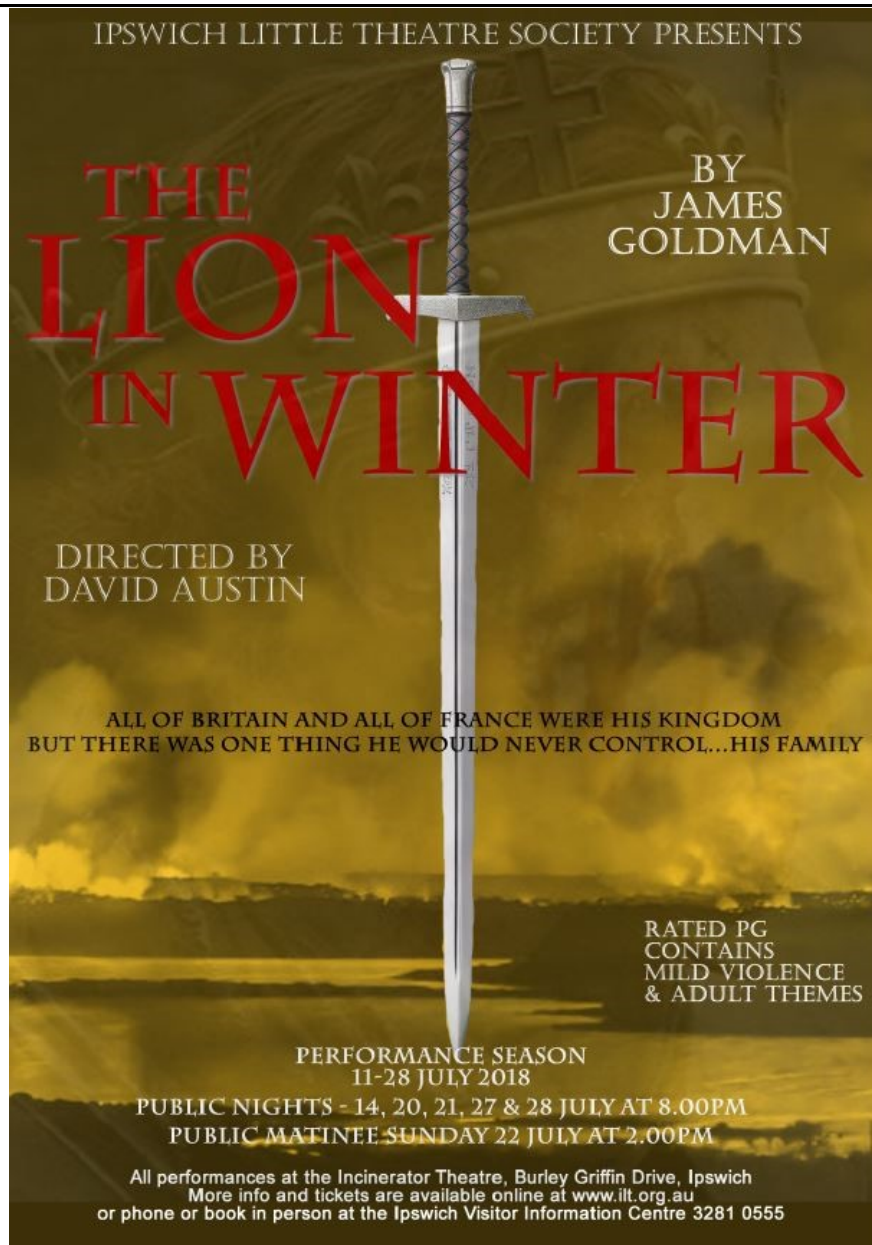
Johnny Cash

■ **Saturday 28 July**  
2.00 pm

■ **Tickets \$25.00**

**BOOK NOW**  
(07) 3810 6100  
[ipswichciviccentre.com.au](http://ipswichciviccentre.com.au)





Set in a Mediaeval castle in France with stunning costumes of the time, The Lion in Winter will be a visual delight as well as a fascinating look at the family of King Henry 11 and Eleanor of Aquitaine. The three sons of the royal couple quarrel and backstab each other as they try to ensure their place in history while the parents manipulate their offspring to achieve their own plans for the future of the dynasty.

Bookings for the public night performances of this bitingly hilarious family drama on July 14, 20, 21, 27, 28, as well as two matinees on Sunday July 15 and July 22, can be made online at [www.ilt.org.au](http://www.ilt.org.au) or at the Ipswich Visitor Information Centre (3281 0555). Tickets booked on the phone can be collected at the V.I.C or at the door of the theatre.

## **National Diabetes Week 2018,** **8<sup>th</sup> – 14<sup>th</sup> July**



Diabetes is a serious condition that inhibits one's ability to produce a sufficient amount of insulin required to convert glucose in the blood to energy. Unhealthy blood glucose levels can result in health complications such as heart attacks, stroke, kidney disease, limb amputation, depression and blindness. Type 2 Diabetes is largely associated with obesity and lifestyle habits, while Type 1 Diabetes has a strong genetic association.

This year's campaign "It's About Time" aims to promote the importance of early detection and early treatment for all types of diabetes. The delay in diagnosis puts many people at risk of major life-threatening health complications. National Diabetes Week is an opportunity for Diabetes Australia to increase awareness of the dangers of diabetes and to raise funds for research into treatments and a cure.

Type 1 Diabetes – know the early signs: the 4 T's

- Thirst – just can't seem to quench your thirst?
- Toilet – urinating overly frequently?
- Tired – tired more than usual?
- Thinner – lose weight for no apparent reason?



Type 2 Diabetes – detect it early: the Risk Calculator

What's your risk? Find out by using this free calculator:

<https://www.diabetesaustralia.com.au/risk-calculator>

### **Diabetes and Influenza**

Last year's flu season has been described as a nightmare. Over a quarter of a million individuals were affected by it, and unfortunately, 1000 individuals died from it. People with diabetes are more likely to be hospitalised with the flu and are more likely to die from the flu than those who don't have diabetes.



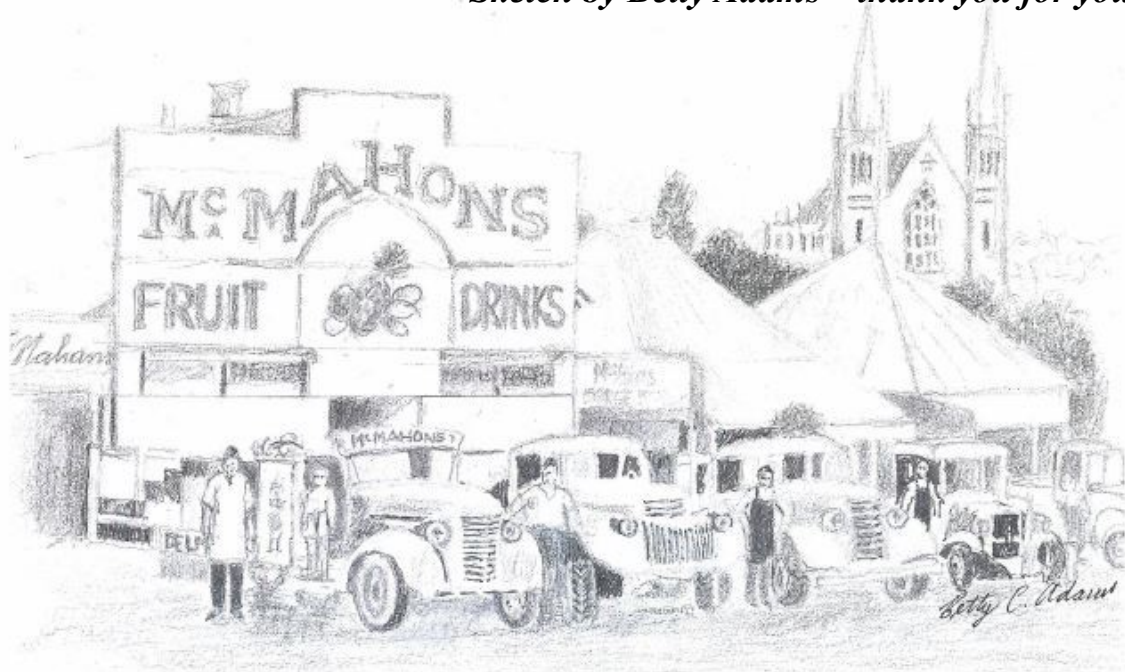
This is because diabetes impairs an individual's immune system making it more difficult to fight off bacteria and viruses. Many individuals lose their appetites whilst sick also, so eating and drinking sufficient amounts to sustain their body and help build the energy to fight illnesses becomes challenging. Remembering or having

the energy to take medication may also be impaired by being ill.

The Australian Government refined the influenza vaccine this year and it is now available for **free** for individuals with diabetes and for those over the age of 65. Inquire through your GP.

Source: <https://www.diabetesaustralia.com.au>

*Sketch by Betty Adams—thank you for your submission.*



### A Blast from the Past — McMahon's Drinks

Do you ever wonder what happened to the vintage vans and utilities out the front of McMahon's? Know someone who worked there? This sketch brings back many memories! And how gorgeous it is too!

# June Answers

Anagram initials:

Beach, Archer, Droop, Grieve, Ebony, Rustic.

The animal is BADGER

6	x	3	÷	2	=	9
+		+		x		+
9	+	3	÷	4	=	3
-		-		÷		÷
8	-	5	x	2	=	6
=		=		=		=
7	-	1	-	4	=	2

Odd Man Out:

1. Borrow (the rest begin and end with the same letter)
2. Blurb (the rest all derive from German)
3. Call (the rest spell another word reading backward)
4. Wigwam (the others only contain one vowel)



# 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.

**Laubman & Pank**  
Optometrists

*Focused on you*

**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.**

Our optometrists are thorough, and will give you a total eye health check using the latest technology, so you know you're in good hands.

On the spot claiming for all health funds. DVA Gold Card accepted.  
Medicare Bulk-Billing available.

Riverlink Shopping Centre, opposite Medibank kiosk Ph 3281 1505

<b>60 &amp; BETTER GROUPS</b>				
<b>Art Group</b>	<b>Thursdays</b> 1.30pm-4pm	* Donation BYO Art Supplies A/Tea to share	Annex Humanities Building	Ted 3288 6398
<b>Boccia</b>	<b>Tuesdays</b> 9am-12pm	* Donation includes Morning Tea	Annex Humanities Building	The Office 3282 8644
<b>Bridge</b>	<b>Wednesdays</b> 12.30pm- 4.30pm	* Donation	Shalom House Cnr of Green St & Glebe Rd Booval	Garry 3281 4072 or 0411 876 668
<b>Chess</b>	<b>Tuesday</b> 10 –12noon	* Donation	Office, Humanities Building	The Office 3282 8644
<b>Concert Party</b>	<b>Fridays</b> 1pm-2.30pm Practice	* Donation Bring A/Tea to share 2.30pm –3 pm	Auditorium Humanities Building	Kath Hogan 3201 6075
<b>Discussion Group</b>	<b>Friday</b> 10.30am-12 pm	* Donation	60 & Better Office	The Office 3282 8644
<b>Gentle Exercise</b>	<b>Tuesdays</b> 9.45am-10.45am <b>Fridays</b> 9.30am-10.30am	\$5	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
<b>Cuppa &amp; Chat After Class</b>	<b>Tuesday</b> 11am-11.30am <b>Friday</b> 10.30am-11am	*Donation	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
<b>Tai Chi for Diabetes</b>	<b>Wednesdays</b> 2pm-3pm	\$5	Cafeteria, Humanities Building	The Office 3282 8644
<b>Movie Buffs</b>	<b>2nd Saturday of the month</b> <u>Pending changes</u>	<b><u>Pending changes</u></b>	Cineplex Redbank Plaza	The Office 3282 8644
<b>UFO: Un-Finished Objects</b> * Donation Thursday 12th and 26th July 10am Start 60 & Better Office Ph.: 3282 8644 Bring your own 'unfinished' project.				

**60 & BETTER GROUPS continued**

\* \$2 donation welcomed

<b>Newsletter Editing Sub Committee</b>	<b>Mon</b> 2nd July 1 pm	No Cost	60 & Better Office	The Office 3282 8644
<b>Newsletter Workshop</b>	<b>Wednesday</b> 30th July 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
<b>60 &amp; Better Social</b>	Glass House & Queens Park Café 18th July 10am Menu \$4.50-18.50			The Office 3282 8644 RSVP asap
<b>Social Sub Committee</b>	16th July 1.30pm		60 & Better office	The Office 3282 8644
<b>Table Tennis</b>	<b>Tues</b> 1pm-4.30pm <b>Fri</b> 1pm-4.30pm <b>Wed</b> 1pm-4pm	* Donation Bring A/Tea to share	Annex, Humanities Building  Aveo Springfield	The Office 3282 8644

**Activities in Partnership with Ipswich 60 & Better**

<b>Square Dancing</b>	<b>Monday</b> 1pm - 3pm \$6 Beginner 12 noon -1pm \$3	Caller: Kay Walker Town & Country Squares	Annex, Humanities Building	The Office 3282 8644
<b>Stroke Support Group</b>	<b>Friday</b> 20th July 10am		Silkstone Baptist Church Hall	Bill Waterson 3281 4925
<b>Tai Chi for Health</b>	<b>Tuesday</b> 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](http://www.ihfoundation.org.au)

Or phone the IHF office on: 1300 736 428

<b>Prostate Cancer Support Group</b>	<b>Thursday</b> 19th July 7.30pm	Greg Beard, manager of the Mater in Community Program	Cafeteria Humanities Building	Len Lamprecht 32813656
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# Fundraiser Fashion Parade and Afternoon Tea



**Saturday, 21st July**  
**12 noon for 12:30PM**  
**Glebe Road Uniting Church**

## **Fashions**

Presented by Jill Hills of  
"Keeping Up Appearances"

## **Musical Program**

Presented by Helen Coleman

**Lucky door prizes**

**Tickets: \$20**

Available at the door or  
at the Church office  
(Ph. 3202 1700)

Funds raised to support  
**TIMOR DENTAL PROJECT**  
a Service & Outreach activity of  
Glebe Road Uniting Church

Hosted by Kate Collier 5333 8667

## Growing citrus in pots

If you are short of garden areas suitable to plant citrus, they can be successfully grown in pots. Container planted citrus are susceptible to “wet feet” so care must be taken to make sure that there is good drainage, while at the same time not allowing the soil to dry out completely for more than a day.



Do not put a saucer under the pot as this prevents water draining and the roots could be continually in water. Citrus do not like to have their feet wet. Covering the hole/s in the bottom of the pot with some flyscreen mesh or maybe some shade cloth, allows for good drainage at the same time not losing any soil.



Most citrus fruit will grow better in full sunlight, but need to be protected from strong winds. Some varieties, however, may do better in partial shade. This is information you need to discuss when purchasing the root stock.

Companion planting is also an important ingredient in successfully growing citrus while discouraging insects such as aphids and caterpillars. Some of these plants recommended are yarrow, dill and fennel which can attract lacewings and ladybugs which in turn would feed on any aphids. Caterpillars could be contained with the planting of lemon balm, parsley and tansy which attract the wasps that kill the caterpillars. Another suggestion of companion planting for citrus includes peas and alfalfa. Proper feeding of your citrus ensures the best chance of a good strong, healthy tree producing lots of flowers ensuring you have a bumper crop.



A discussion with a specialist supplier could help you with the correct information regarding the best fertiliser and other elements needed for your plant’s survival and growth. The most important thing to remember is NOT to feed your citrus while they are in flower as this could result in your tree having lots and lots of leaves, but very little fruit.

There are also recognised health benefits of citrus, being rich in Vitamin C, good source of fibre and low in calories. Citrus fruits have also been recognised as having a high antioxidant value.



**Enjoy eating your fruit whole as this is much healthier for you than the fruit juice.**





## Blackstone-Ipswich CAMBRIAN CHOIR

Queensland's longest continuously-performing choir



## Cambrians Concert Cordia

9am for a 9:30am start

Wednesday 25 July 2018

**\$12**

(includes morning tea)

\*Can pay at the door

For more info or to book,  
ring 0457 062 121

## Fighting Inflammation

Inflammation, under ordinary circumstances, is a healthy process that aids the human body when it is injured or ill. For example, when you have a fall and sprain an ankle, the body's response is to send blood cells to the injured site – this results in swelling and then pain. The body is taking steps to heal the injury.


Problems arise when the inflammation becomes chronic – the immune system's goodies become depleted due to the constant demand, making it difficult to ward off nasties. This often results in worsened symptoms, illness, disease and cancer.

Fortunately, chronic inflammation can be controlled and prevented through a healthy lifestyle.

### Anti-inflammatory diet

Diets high in trans-fatty acids, carbohydrates and sugars contribute to inflammatory processes whereas those rich in vegetables, lean meats, whole grains, and omega 3 fatty acids combat inflammation.

## FOODS THAT FIGHT INFLAMMATION

Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's. Fight inflammation with a healthy diet. 

### ANTI-INFLAMMATION FOODS



Tomatoes



Fruits

Strawberries, blueberries, oranges and cherries.



Nuts

Almonds, walnuts, and other nuts.



Olive oil



Leafy greens

Spinach, kale, collards, and more.



Fatty fish

Salmon, mackerel, tuna, and sardines.

### INFLAMMATION FOODS



Fried foods



Sodas



Refined carbs



Lard



Processed meats

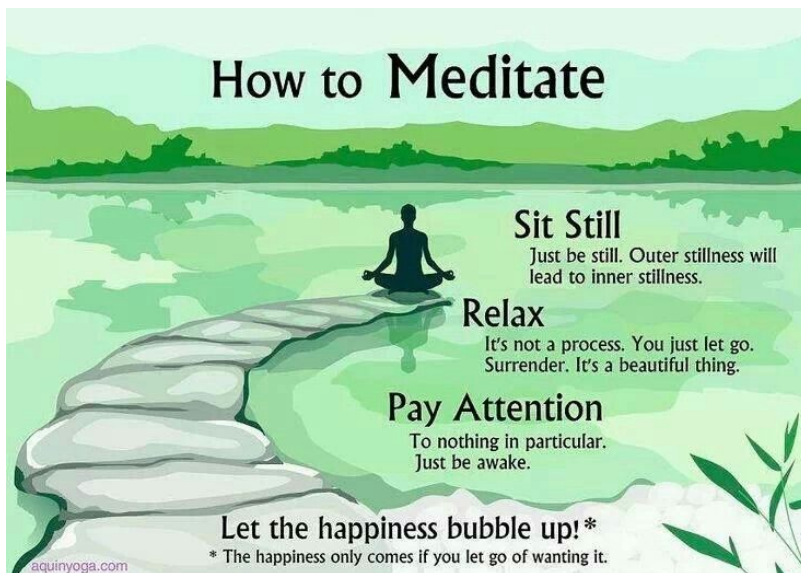
## Exercise

Both aerobic and anaerobic exercise has been shown to lower levels of the body's inflammation marker, C-Reactive Protein (CRP). The lower the CPR, the less inflammation. Although further research is required on how this process works, it is thought that exercise promotes the production of antioxidants which then seek to destroy free radicals responsible for inflammation.

## Medications

Many medications have adverse reactions with other medications and health problems. Ensure each health professional you see is aware of the medications and supplements you're taking. Many doctors recommend taking an Aspirin tablet daily due to its anti-inflammatory effects. Statin's are used among individual's with cardiac problems and these too are anti-inflammatory in nature. Consult your GP before taking any new medications.

## Meditation



Alleviate (chronic) stress! Stress is responsible for poorer immune responses, tension in the limbs/body in general, headaches and migraines, pain, hard and rapid breathing, asthma attacks (for those who have asthma), increased heart rate, blood vessel degradation, inconsistent blood sugar levels, increased or decreased appetite, stomach aches, Butterfly sensations, stomach ulcers, diarrhoea or constipation, and sexual dysfunction. Ten to fifteen minutes a day to sit in silence, to reflect, to meditate and to go for a walk is sufficient.

## Sleep!

A lack of sleep also contributes to inflammation and other health problems. Keeping a sleep schedule, diary, stopping smoking, doing exercise, limiting caffeine consumption, aromatherapy oils, a new pillow, deep breathing, avoiding blue light sources 3-4 hours before bedtime can all assist in achieving a restful sleep.

## **Sources**

<https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>

<https://experiencelife.com/article/fighting-inflammation>

[www.apa.org/helpcentre/stress-body.aspx](http://www.apa.org/helpcentre/stress-body.aspx)

<https://www.prevention.com/health/a20437466/tips-to-beat-inflammation/>

<https://www1.prevention.com/health/sleep-energy/g20451657/20-ways-to-sleep-better-every-night>

## Is your home getting too much?

This is Helen Bryan from RE/MAX answering questions about Real Estate.

**Question:** Why does my agent want me to have an open house?

**Answer:** To save you stress, it reduces the number of inspections and with multiple people inspecting at once, this helps create competition. People driving by the sign, can be attracted to the home when they aren't actively searching.

We collect the buyer's details prior to them entering your home and encourage you to put away all your valuables, personal items and paperwork.

### 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

**Free no obligation appraisals available now.**

Helen Bryan

0418 722 135 / 3510 5238

[helenb@remax.com.au](mailto:helenb@remax.com.au)

**RE/MAX**  
Profile Real Estate

Each office independently owned and operated





## Activity News

**Movies** Unfortunately the bus we've been using has become unavailable so we are yet to explore other transport options for this activity to continue. If you have any ideas, feel free to share them with us. The Buffs usually enjoy their outings and either go shopping, grab a bite to eat or see a film. Call us on 3282 8644.

**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.



Wanting to be more active but can't decide on a sport? Have a competitive edge or just want to meet others and have some fun? 60 and Better has partnered with Aveo Springfield and offers Table Tennis each Wednesday, 1-4pm. We'd love to see new faces! \$2 only! Absolute beginners welcome—bring a friend!

**Many thanks to all members and friends who have collected and donated used stamps:** David Walker, Dot Sawyers, Pauline McFaddin, Yvonne and Eric Jonker, Patrick Pearce, Sharon Born, David Walker, Brian Schilling and all others



### Stroke Support Group

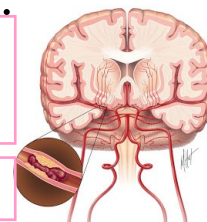
**When:** 3rd Friday of each month, 10am - 11:30am

**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.

### Games Morning

4th of July @ 9am  
60 and Better Office

\$2

Bring a friend!

### **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

# Your monthly mind exercises mixed with laughter

In the weird world of words a *dingbat* makes you think laterally to come up with a phrase. Can you solve these dingbats?

GEGS

good all time

timing  
tim ing

i i  
bags bags

## Stupid Observations—



\* Stupidity has a knack of getting its way!

*Albert Camus*

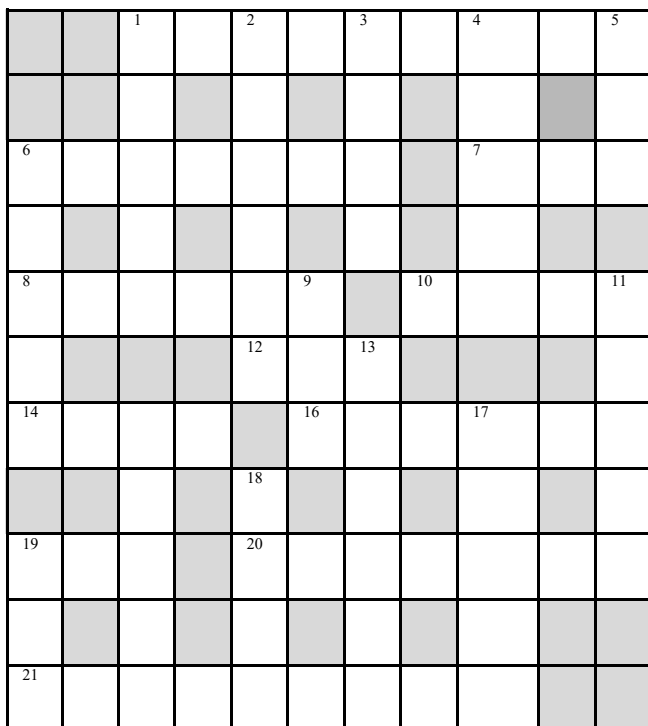
\* Stupidity is an elemental force for which no earthquake is a match!!

*Karl Kraus*

\* Only two things are infinite, the universe and human stupidity, and I'm not sure about the former!!



*Albert Einstein*



**Fill in** the missing word that will make a phrase, term or name

### ACROSS

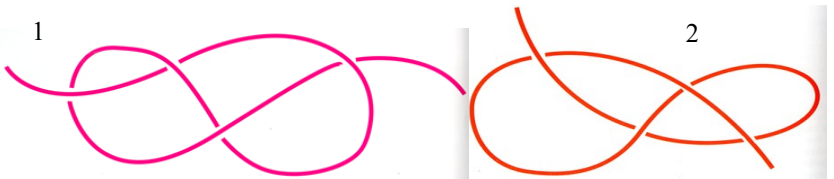
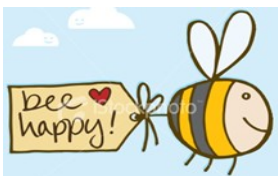
- 1. Seventy-six \_\_\_
- 6. Lost \_\_\_
- 7. Village \_\_\_
- 8. Rock \_\_\_
- 10. High \_\_\_
- 12. Battering \_\_\_
- 14. Out \_\_\_
- 16. Spin \_\_\_
- 19. Fishing \_\_\_
- 20. Public \_\_\_
- 21. Wine \_\_\_

### DOWN

- 1. Skin \_\_\_
- 2. Stump \_\_\_
- 3. Root \_\_\_
- 4. White \_\_\_
- 5. Original \_\_\_
- 6. Designer \_\_\_
- 11. Snowy \_\_\_
- 13. Perpetual \_\_\_
- 15. Down \_\_\_
- 17. Identical \_\_\_
- 18. Tiger \_\_\_
- 19. White \_\_\_

Parents were invented to make children happy by giving them something to ignore.

*Ogden Nash*



## Knotty Problem —

If you pull both ends of the rope of each problem, which one will form a knot?

# 60 and Better Social—Upcoming Events

*June*— In June, 9 members went along to Dovetails Restaurant and enjoyed both an aesthetically pleasing and absolutely scrumptious lunch. We had 3 couples attend (which was lovely), and after the food, the men all went off together to chat. What a lovely social outing we had this month. Dovetails is a French-inspired restaurant located on the corners of Ellenborough St and Brisbane Rd, in the same complex as the Ungermann Brother's Ice Creamery and The Pumpyard Brewery. Also in June, was Boccia's Birthday Celebration!



*July*—Glass House and lunch at Queens Park Café—18/07/18 @ 10am

*August*— AGM (Date to be confirmed)

*September*—Whale Watching (we need numbers to proceed - we have 6 interested to date which are insufficient so far to consider booking. Register now!)

*October*— Lunch at the Raceview Tavern (Date to be confirmed)

*November*— Pre-Melbourne Cup (31st October? Date to be confirmed)

*December*— Bus Trip then lunch at Tweed Golf Club or German Restaurant (Details and Date to be confirmed)

Give us some ideas and feedback on what you'd like to do and how you've enjoyed the outings so far! We hope you join us on one of our adventures!

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

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Join us at the  
*Glass House* and then for  
lunch at  
*Queens Park Café*

Menu \$4.50 - \$18.50

*July 18th at 10am*

*Call the office (3282 8644) to register*



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



Visit our website for information and  
upcoming events  
[www.60andbetteripswich.com.au](http://www.60andbetteripswich.com.au)

**Free CPR Training**

July 21st 9:30-11am;

Sept 19th 12-1:30pm;

Nov 3rd 9:30-11am;

Nov 21st 12-1:30pm

Call 07 3810 6815 to book.

**If undeliverable return to:  
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