

Community News & Views Ipswich

December 2018/
January 2019

A Free Magazine!

Vol: 25 No:12 Vol:26 No 1

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



*Wishing you all a
very Merry Christmas
and Happy New Year*



Christmas Bus Trip Photos

Good Stuff in this Issue

- ★ International Volunteer Day
- ★ Social Outings and Photos
- ★ Christmas Recipes
- ★ MOOC
- ★ Poems
- ★ Activity Finishing and Starting Dates for 2019



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

IPSWICH 60 AND BETTER PROGRAM Inc.

Funded by

Supported by Ipswich City Council and
Ipswich Hospital Foundation



Queensland
Government

A PROGRESSIVE PROGRAM FOR THE OVER 50'S



Ipswich 60 and Better Program Committee Members 2018-2019

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

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Secretary: Des White

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Maureen Reinke, Sue Schonknecht, Barbara White, Diana Wooldridge

Part Time Office Staff : Co-ordinator - Anne Bertram (Monday, Tuesday, Wednesday)

Office Assistant - Brittney McPake (maternity leave) Kylie Stoneman

Office Volunteer - Maureen Reinke **Facebook Volunteer** - 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.

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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 Elastic isn't what it used to be is it. Seems to me you no sooner buy a new pair of britches with elastic at the waist and in no time it has lost its control. No elasticity. No give any more. All worn out. Then one tries to replace it only to find it is stitched into the seams at the side or into the waist band itself. Just can't be extracted from the garment itself. Then what do we do if we aren't able to fix it ourselves. We toss it. NOTE. I had to step out of a half slip once in Queen Street, Brisbane when the elastic gave way, I picked it up but I would hear of people who lost their briefs and kept on walking as if nothing had happened.

Our time can be stretched to the limits, and like elastic it can give way too, so when that happens we have to sit down, have a rest and take stock and allow ourselves to breathe. At the moment The Program has, thankfully, all positions filled and at the commencement of our new term we should be looking ahead to, prepare for a time when we may need to fill in sometime when necessary to ensure that The Program keeps on keeping on.

Twenty five years of doing, this December, and being prepared to step up to the mark if and when the time dictates. So ponder on this thought as we head into the year of 2019. Over the whole of 2018 we have experienced such wonderful help from all those who have been on Management, Convening and Co-convening along with Members and those who enjoy the full benefits of the Program as participants. Everyone has played their part and I thank you for all the support of the Program that you have shown. To Our Coordinator, Anne Bertram, words cannot express our most humble thanks to you for staying on and working through this past year. Have a wonderful Christmas and a brilliant New Year. May 2019 be full of surprises and may they be enjoyable ones especially when we are doing and being inside the walls of The Program.

Cheers, Ethel

December Birthdays

7th Barry Beetham; 8th Lesley King; 12th Alan Suchting, Phillip Barnsley & Julie Goulding; 13th Marianne King; 14th Ethel Llewellyn & Robert Walker; 19th Lorraine Hughes & Gailene Miller; 20th Lois Hobart; 22nd Margaret Hutchinson; 24th Marie Maddox; 25th Noela Chalk & Karen MacLeod



January Birthdays

1st Margaret Lamprecht; 2nd Ingrid Kadir & Rick Muller; 6th Deborah Purdie; 7th Frances Kempen; 9th Joyce Nixon; 10th Lyn Bryant; 15th Liz Jordan & Joan Preece; 17th Rosaleen Neville; 19th Janet Hancock; 26th Sharon Born; 31st Maree Harvey

Happy Birthday to you all!



HAPPY BIRTHDAY MRS JORDAN

Can you believe that she turns 107 in January!

Born in the same year as the Titanic sunk, there is no stopping Mrs Jordan, she doesn't often just sit at home. She enters the Ipswich Show, Gatton Show and Rosewood Show each year with crochet and knitting - and as an active member of 60 and better, Mrs Jordan enjoys boccia and bowls each week. In 2015 Mrs Jordan was celebrated as Jetstars oldest passenger and recently her outhouse featured as part of the great backyard dunny search.



Happy Birthday Mrs Jordan.

Mrs Jordan is pictured here at the recent Christmas Lunch



Live well in retirement at Aveo Springfield

Our new Health and Wellness Centre is now open.

This outstanding centre offers residents of Aveo Springfield community exclusive access to excellent facilities and services including a heated pool, gymnasium, GP clinic, allied health services, care services, meals, activities, events and more.

New independent living and serviced apartments now available from \$299,000*

*Prices correct as at 24/10/2018

**Come and see for yourself.
Call 13 28 36 to book.**

Aveo Springfield

2 Symphony Way, Springfield Central, QLD



An Amazing Journey

By Kate Collier

16th Australian Transplant Games held on the Gold Coast, Qld
September 30th - October 6th 2018.

Held every two years world wide - the next World Games will be
held in Newcastle, Gateshead UK August 17th - 24th 2019

My daughter Brenda put my name forward as a volunteer and I was
accepted - I was absolutely stoked. My roster by choice was
1st and 2nd October at Broadbeach Lawn Bowls 8am - 5pm
3rd October Road Race at Broadwater Park Southport 6.30am
11am Official Opening Ceremony followed by Boccia Comps - my
day finished about 3pm.

4th October Swimming at Southport 8.30 - 4.30pm What a great day!

5th October Athletics at Gold Coast University Campus Grounds - this day was the
highlight for me watching the under 5's race. 7 participants all recipients of organ
transplants, it was beautiful to watch it wasn't about winning but being able to
DO....All the participants that competed were all amazing and the comradeship
toward each other you would not find in other Games, I finished this day on such a
High of Humbleness. 8.30am - 4.30pm

6th October Table Tennis at Molindinar 9am -3pm

All in all it was a great week being part of and able to help wherever, even involved
in Medal ceremonies.

The Recipients, the Living Donors present, all the families, the heart wrenching and
touching stories they shared; I could not get over how close they are to each other.
Their lives are all about time, that precious word we all tend to take for granted.
I can honestly say I came away from these Games feeling totally blessed. If you are
thinking of donating an organ or becoming a living donor. Please do it! Time is on
your side, not theirs (Recipients). Kia Manuia (I love You, God bless, Be well)



International Volunteer Day

International Volunteer Day is celebrated annually on the 5th of December in
recognition of all of those who consistently and positively volunteer their time each
day! Ipswich 60 and Better relies on the extraordinary contributions of local
seniors. So what do they do? Eleven people have taken on management committee
roles overseeing this community organisation, Activity Group convenors support
and facilitate the running of each activity held - eg from July to September 555
hours of activities, also in the past three months the Concert Party(made up of 15
singers) have entertained every Wednesday travelling from Inala to Rosewood to
Lowood bringing joy to many. This newsletter is brought to you with the support
of volunteer editors, proof readers, collators and distributors.

WHAT A TEAM!! Words cannot express our Gratitude .Thank You !!!



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wowipswich.com.au



Massive Open Online Course (MOOC) by Ethel Llewellyn

I have just read again “There is no limit to one’s ability - certainly not age - to accomplish in life what one must”. Education is at the top of the list when it comes to brain development. The best education one can have at an early age can certainly help at a later time in life and it is being found that extended learning can most importantly keep the brain functioning, developing and so in turn life becomes quite bearable and enjoyable.

Thanks to Zoe I found M.O.O.C. Amazingly I finished the courses with enough correct answers to pass the quizzes and gain my certificates. Incredibly I somehow mastered studying online. Something I thought I could never do but I did. In turn M.O.O.C. has given my brain a good work out and for awhile it can have a rest. Sort of. M.O.O.C. has given me much to think about, not over worried me at all and maybe a few more ideas on how to stay with it as I age.

You see M.O.O.C. is all about “Preventing Dementia” and “Understanding Dementia”. Presented by The University of Tasmania through The Wicking Dementia Research & Education Centre College of Health and Medicine.

It is a free course for everyone, worldwide. The course utilises research that has and is still ongoing in quite a few countries and small steps are being made to further a break through into the causes of Dementia and ongoing trials and studies into how to treat it. To date there are no cures for it but through education and people willing to join world wide trials, progress is being made.

To me what is vital is the social interaction, the physical side that keeps us strong, our ability to handle the chronic disease/s we live with on a daily basis, the determination not to use illicit drugs, smokes, or even alcohol, eat great food, avoid overweightness and stress. Our cognitive function as we age is vital and the more we stimulate our brain and also exercise it, keeping new neurons happening, not encountering sticky blood, keeping on drinking the good stuff, water! We will in turn enjoy our own daily life. It’s the lifestyle that really matters.

This little piece is so brief and the statements are from my understandings. Though quite a few standouts were there for me. One being that just because incidences of dementia have occurred in families it didn’t mean that you are going to be inflicted. Then by the year 2050, world wide, there will be billions of people living with the condition. My utterance was, “ Well I will be long gone to glory,” but in the next breath I told myself that whilst I was here I could learn a little bit about the problem now, to enable myself to cope just a tad better.

Entrance to the course M.O.O.C. is just by typing it into the internet and it will bob up. Free, no cost, just your time and willingness to learn.

<https://mooc.utas.edu.au>

Gluten Free Rum Balls

350 g condensed milk
175 g GF plain biscuits
1/2 cup ground almonds
1/3 cup sultanas
1/4 cup rum
1/3 cup cocoa
1/3 cup coconut

Place sultanas and rum in a bowl to soak.

Crush biscuits by rolling pin or food processor - not too fine. Place in bowl. Add condensed milk, almonds, cocoa, coconut and sultana mix.

Stir.

If too soft add more cocoa and coconut. Mix should be sticky but manageable.

Roll into balls and roll in coconut or own choice. Set in fridge for at least an hour. Store in fridge in airtight container.

Gluten Free Santa Hat Brownies

1 cup GF plain flour
1/4 cup GF cocoa powder
150g butter
125 g GF dark chocolate
3 eggs beaten
1 1/2 cups caster sugar
1 tsp vanilla essence

Strawberries and cream / icing to decorate



Preheat oven to 180C or 160C fan forced

Oil and line a 20cm square tin

Sift flour with cocoa to remove lumps and aerate mix

Melt butter with chocolate then cool

Beat eggs, sugar and vanilla together

Whisk in cooled chocolate mixture

Stir in dry ingredients till just combined

Pour into pan. Bake for 20 minutes. Remove from oven, cover with foil and bake further 15-20 minutes. Don't let foil touch top of cake. Stand for 10 minutes. Remove baking paper, cover with a tea towel and cool on wire rack. Cut into desired size serves. Use cream or icing and strawberries to decorate.

Is your home getting too much?

Helen Bryan from RE/MAX answers questions about Real Estate.

Question: I'm going away for a few weeks, should I list my property prior to leaving or when I return?

Answer: Listing before you go away has some advantages. It's easier for you — less stress, only tidy the house once, the agent can bring buyers anytime of the day, and you will have someone checking on your home regularly. Just make sure only one person has a key and is responsible for the property and its security.

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Pre Melbourne Cup Lunch 2018

60 and Better's 2nd Pre Melbourne Cup Lunch was held at the United Sports Club at East Ipswich recently, attended by 31 elegantly attired guests. In the midst of lovely decorations

we enjoyed good company and good food, tested our skills with Mintie wrapper ripping and grappled with a Cup trivia quiz and a race of past winners before tackling a "bottomless chocolate" game. Lots of fun, which finished with the Best Hat judging.



Many thanks to Lyn for her hard work organizing the day and to Rob for his help at the event and to all for their

attendance and support. We hope you can join us again in 2019.



Cheers from the Social Committee.

Christmas Lunch Bus Trip (Mystery Trip!!)

Forty Nine people joined us for the Christmas Bus Trip anticipating lunch at Danny's Restaurant, Tweed Heads. On Sunday, 25th November, Danny's Restaurant told us they were unable to host us as they had a major power failure! That certainly turned the day on its head!!! However we had fabulous weather. Morning Tea was had at Currumbin - beautiful by the river and then lunch at Currumbin Surf Life Savers Club. There the staff went out of their way to ensure we had a delicious lunch with a spectacular view from Currumbin to Surfers Paradise. Special thanks to Adam and his team. Lots of lucky door prizes were won thanks to the many donations. 100's club winners were 1st Barbara White, 2nd our bus driver, Tarina, 3rd Yvonne Jonker. Thanks everyone for your support and understanding on what became a very different day!

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60 & BETTER GROUPS				
Art Group	Thursdays 1.30pm-4pm	* Donation BYO Art Supplies A/Tea to share	Annex Humanities Building	Ted 0409 996 607
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 Dec 12th Jan	Meet 10 am Foyer	Limelight Cinemas Riverlink	The Office 3282 8644
<p align="center">UFO: Un-Finished Objects * Donation</p> <p>Final meeting Thursday 7th Dec 10am and restart 8th Feb 60 & Better Office Ph.: 3282 8644 Bring your own 'unfinished' project.</p>				

60 & BETTER GROUPS continued

* \$2 donation welcomed

Newsletter Editing Sub Committee	Mon 8th Jan 1 pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 31st Jan 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
60 & Better Social	Enjoy your Christmas break! Meet up with friends and enjoy the new year! Catch up at the Meet & Greet Monday 4th February 2018 10am			The Office 3282 8644
Social Sub Committee	15th January 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 10am	Commences again in February	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 7.30pm	No meeting in December or January	Cafeteria Humanities Building	Len Lamprecht 32813656
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Ipswich Physiotherapy Centre

FOR ALL INQUIRIES AND BOOKINGS **07 3281 7611**

IPSWICH OFFICE: 102 LIMESTONE ST, IPSWICH 4305
KARALEE OFFICE: KARLEE SHOPPING VILLAGE,
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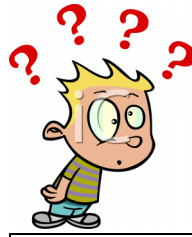
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Start to Finish

(November) Answers

Young people have theirs, now Seniors have their own texting codes:

- * **ATD**- At the Doctor's
- * **BFF** - Best Friends Funeral
- * **BTW**- Bring the Wheelchair
- * **BYOT** -Bring Your Own Teeth
- * **CBM**- Covered by Medicare
- * **CUATSC**- See You at the Senior Center
- * **DWI**- Driving While Incontinent
- * **FWIW** -Forgot Where I Was
- * **GGPBL**- Gotta Go, Pacemaker Battery Low
- * **GHA** - Got Heartburn Again
- * **HGBM** -Had Good Bowel Movement
- * **LMDO**- Laughing My Dentures Out
- * **LOL**- Living on Lipitor
- * **OMSG** -Oh My! Sorry, Gas
- * **TOT**-Texting on Toilet
- * **WAITT** -Who Am I Talking To?

Hope these help. GGLKI (Gotta Go, Laxative Kicking in!)

Spend time in front of the mirror.	PRIMP
Intuitive inkling.	HUNCH
Pioneer in photocopying	XEROX
Bitterly sarcastic.	CAUSTIC
Gas in some signs.	NEON
Eskimo canoe.	KAYAK
Chinese medicinal root.	GINSENG
Where a rubber duckie lives.	BATHTUB
Roll in the mud.	WALLOW
Pleasure traveller.	TOURIST
Temporary loss of memory.	AMNESIA
Deadly.	LETHAL
Pizza herb.	OREGANO
Very knowledgeable.	ERUDITE
Forty– eight hours before tomorrow.	YESTERDAY
The most.	MAXIMUM
Excessive.	SUPERFLUOUS
Feudal land.	FIEF
Trepidation.	DREAD
Water storage area.	RESERVOIR

2016 puzzles -to -print.com

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JOKES

A teenage boy lost his contact lens in the yard. After he failed to find it, his Mother didn't take long to find it. "Gosh" he said "How did you find it?" Mother turned and said "you were looking for a little piece of plastic, I was looking for \$200"

Two large jungle cats were sitting at a tree stump playing poker when a monkey stopped by and said "Sire, I wouldn't play poker with him, he's a Cheeter"
Thanks Patrick!

Three women were discussing the travails of getting older. One said, "Sometimes I catch myself with a jar of mayonnaise in my hand while standing in front of the refrigerator, and I can't remember whether I need to put it away or start making a sandwich." The second woman chimed in with: "Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down." The third responded, "Well, ladies, I'm glad I don't have that problem. Touch wood." And she rapped her knuckles on the table. She then said, "That must be the door. I'll get it."

Staying Safe and Healthy in Hot Weather www.health.qld.gov.au/disaster

1. Stay Connected

Look after yourself. Check on sick or frail friends, neighbours or relatives. Listen to the news.

2. Stay Hydrated and Nourished

Drink plenty of water. Avoid drinks with alcohol, caffeine or high sugar. Eat small meals more often.

3. Stay Cool

Keep your body cool. Find a cool and shady spot. Wear light, loose cotton clothes. Stay out of the sun from 10am to 3pm. Slow down and take it easy. Avoid hot closed spaces.



Australian Birds Word Search Puzzle

Find the names of these amazing creatures from Australia.

I	W	H	I	M	B	R	E	L	K	J	Q	G	M	G	V	F	E	O	Q	ALBATROSS
M	B	Q	M	V	T	N	A	R	O	M	R	O	C	D	Z	V	T	C	C	BITTERN
A	Z	L	H	S	T	G	I	O	E	O	T	P	J	Y	I	E	D	U	J	BOOBY
L	J	E	S	I	H	I	A	V	T	G	N	N	U	L	P	H	C	R	C	BUTCHERBIRD
L	N	R	Y	S	Z	E	P	N	A	W	G	Y	C	O	O	T	U	R	J	COCKATOO
E	T	T	I	U	H	I	L	I	N	S	V	O	D	H	Z	S	L	A	M	CURRAWONG
E	G	S	K	Z	Y	O	V	D	P	E	I	R	D	D	V	I	L	W	Z	COOT
F	X	E	S	U	E	B	V	W	U	P	T	B	Y	W	E	S	O	O	A	CORMORANT
O	H	K	M	R	I	P	O	E	E	C	N	T	I	L	I	U	O	N	R	CRAKE
W	P	E	S	E	D	I	I	O	L	L	K	D	S	C	G	T	Q	G	R	CURLEW
L	R	I	O	L	F	O	F	N	B	E	R	F	M	B	Z	Q	L	N	U	DRONGO
J	I	F	N	T	U	O	U	Q	S	Z	R	U	I	Z	S	K	U	A	B	DUNLIN
W	O	Q	N	T	L	O	K	J	N	U	P	T	C	V	E	J	S	L	A	EGRET
D	N	U	I	A	M	T	C	R	I	X	T	N	H	U	W	P	N	S	K	EMU
N	R	A	E	T	A	A	E	Y	J	E	I	N	I	U	G	N	E	P	O	FULMAR
P	I	O	N	S	R	K	Z	W	R	L	R	Y	J	W	R	F	S	J	O	GANNETT
P	B	P	N	G	U	C	S	N	N	C	D	Z	X	P	Y	U	R	V	K	GODWIT
E	M	E	D	G	G	O	Q	U	E	J	J	T	T	E	R	G	E	E	A	GREBE
T	G	Q	B	C	O	C	D	K	N	E	O	S	I	E	Q	N	T	B	C	IBIS
R	L	E	M	E	D	U	A	Y	Y	A	D	L	C	G	S	X	K	I	R	KESTREL
E	K	Z	Q	W	R	R	S	S	O	R	T	A	B	L	A	J	G	R	Y	KOOKABURRA
L	C	T	K	I	C	G	V	U	J	S	G	Z	R	A	W	B	J	P	Y	MALLEEFOWL
N	J	G	B	G	R	O	C	B	U	T	C	H	E	R	B	I	R	D	K	PENGUIN
S	S	G	N	Q	P	Y	J	D	R	I	B	C	I	P	O	R	T	E	X	PETREL
W	R	E	T	A	W	R	A	E	H	S	U	J	D	P	R	U	I	T	F	PIPIT

All About Puzzles
puzzles.about.com

TRIVIA Did You Know the origin of the expression “Beat about the Bush”. What to many people is simply good manners is often interpreted by others as evasiveness. Beating about the Bush was originally, in the 15th Century, a way of finding game birds at night. Hunters or poachers would tap a stick on the ground or rustle the leaves with it to try and flush out game.





Activity News
Check page 22 for the 2018 finishing dates and 2019 starting dates

Movies 6 buffs met at the movies in November. The group will meet again in December and January. New people are very welcome to join in. Own transport arrangement required. Give the office a call on 3282 8644.



To all New Members: Graeme Ault, Catherine Anderson and Lorelle Audoss

Upcoming Events

Management Meeting—24th January
Meet and Greet 4th of February 10am



Mark Your Calendar

UPCOMING EVENTS

Many thanks to all members and friends who have collected and donated used stamps: Brain Schilling, Eileen Behm, Valerie, Daphne Ware, Elsie Johns and Des White and 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 Health

Please contact Instructors for 2019 information

Ipswich: Phone Irene 0497 808 402

Rosewood: Phone Jean 54641023

Laidley: Phone Joanne 0448 050 447

Marburg: Phone Roslyn 54644515

Weekly Social Dancing:

Phone Bruce: 3281 4288

Fridays 7.30am - 12 noon \$6.00

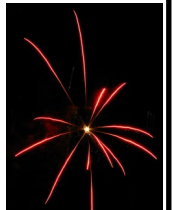
Mondays 9-12noon beginners \$6.00

Trinity Uniting Church Hall

Jacaranda St, East Ipswich



New Year
New Ideas?



If you have any feedback or great ideas for 2019, why not give us a call or send us an email. We would love to hear from you!

I Am the New Year

(Author unknown)

I am the new year.

I am an unspoiled page in your book of time.

I am your next chance at the art of living.

I am your opportunity to practise what you have learned about life during the last twelve months.

All that you sought and didn't find is hidden in me, waiting for you to search it out with more determination.

All the good that you tried for and didn't achieve is mine to grant when you have fewer conflicting desires.

All that you dreamed but didn't dare to do, all that you hoped but did not will;

all the faith you claimed but did not have —these slumber lightly, waiting to be awakened by the touch of a strong purpose.

I am your opportunity to renew your allegiance to Him who said, "Behold, I make all things new."

I am the new year.



Happy
New Year

2019

Ipswich Little Theatre Society Presents

Quartet

By Ronald Harwood

“Quartet” by Ronald Harwood

Director: Ann Collyer

Assistant Directors: Desley Cronon and Rebecca Noble

Three old friends Cecily, Reggie and Wilfred, who had been quite famous in the opera world in their day, reside in a retirement home for opera singers and musicians in Kent. They are enjoying their retirement and looking forward to 10th October when, each year, there is a concert to celebrate Verdi's birthday and they have been asked to sing for the first time.

However, their peace is destroyed when, Jean, a friend from their days as performers arrives as a new resident of the home. She is still a diva and refuses to sing with them at the concert. Old hurts and rivalries resurface as well as secrets being revealed. Their plans for the concert fall into disarray, but, in true theatrical tradition - the show must go on!

A funny and poignant play which celebrates the twilight years and the hilarity of growing old disgracefully.

Rated M: Some Coarse Language, Sexual References and Adult Themes.

Performance Season 28 February to 16 March 2019

Public Nights - 2, 8, 9, 15, 16 March at 8.00pm

Public Matinees Sundays 3 & 10 March at 2.00pm

Rated M Contains Coarse Language,
Sexual References & Adult Themes

An Amateur Production by Arrangement with ORIGIN™
Theatrical, on behalf of Samuel French, LTD.

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 Visitor Information Centre Ipswich or phone
3281 0555.**

Attention GROUPS: 2018 Finishing Dates and 2019 Start Dates

Group	Break Up Date	Re-Commencement Date
Art Group	13th December	10th January
Bridge	19th December	10th January
Boccia	11th December	8th January
Chess	4th December	5th February
Concert Party	7th December	25th January
Gentle Exercise (Tuesday)	4th December	18th January
Tai Chi for Diabetes	5th December	16th January
Gentle Exercise & Cuppa & Chat (Friday)	7th December	25th January
Discussion Group	7th December	11th January
Movie Buffs	9th December	12th January
Newsletter Workshop	5 December	30 January
Office	21st December	2nd January
Social Group	26th November	12th February
Square Dancing	3rd December	4th February
Stroke Support Group	November	15th February
Table Tennis (Tuesday)	18th December	4th January
Table Tennis (Friday)	21st December	4th January
Tai Chi Goodna	27th November	5th February
UFO	13th December	10th January
Walking	4th December	8th January
Games	12th December	9th January

60's and Better

As I was growing older,
I started to get bored
With watching T.V. every day
And hoped the blues would go away,
I needed to find something new,
To give me some reward.

And then one day I found
A little book called "News and Views".
I read it through from page to page,
There's something here for every age
And lots of great activities
For older Folk to do.

And so I joined the programme,
Became a real trendsetter,
I learned to dance, I do Tai chi,
I've found a great new life for me,
And so I urge you older folk
To join 60's and Better.

Di Wooldridge

Bribie Island Holiday House

Low set waterfront 2 or 3 bedrooms - reasonable rates.

Available Easter School Holidays 2019.

Off Peak rates throughout the year.

Phone owner 0407572398 or (07)32817364.



New Year Traditions from Around the World



In Spain, the New Year's tradition for good luck revolves around grapes. If you can manage to stuff 12 grapes in your mouth at midnight you've achieved good luck for the next year.

In the Philippines it's all about the cash. They believe that everything should be round so as to represent coins and bring wealth. Round food, round clothes, as long as it's round.





Christmas Break

Dates of Closing

The office will be closed and unstaffed between Thursday the 20th of December and Tuesday the 2nd of January. Remember to view the finish and start dates of each of the activities on page 22.

We wish you a Merry Christmas and Happy New Year!



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



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

A Christmas Wish for you:

- Comfort on difficult days
- Smiles when sadness intrudes
- Rainbows to follow the clouds
- Laughter to kiss your lips
- Sunsets to warm your heart
- Hugs when spirits sag
- Beauty for your eyes to see
- Friendships to brighten your being
- Faith so that you can believe
- Confidence for when you doubt
- Courage to know yourself
- Patience to accept the truth
- Love to complete your life

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Ipswich Q 4305**

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