

# Community News & Views Ipswich

February 2019  
Vol:26 No 2

A Free Magazine!

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

YOU'RE INVITED TO OUR  
**FIRST MEET N GREET FOR 2019**  
COME AND HEAR SERGEANT NADINE WEBSTER TALK  
ABOUT COMMUNITY SAFETY

**4TH FEB  
AT 10AM**



WHERE: AUDITORIUM HUMANITIES CENTRE,  
56 SOUTH STREET, IPSWICH

## Good Stuff in this Issue

- ★ Sudoku
- ★ Containers for Change
- ★ Christmas Raffle Winners
- ★ Dubai Miracle Garden
- ★ Scamwatch
- ★ What's On



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

**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

**Treasurer:** Robert Massey 0408 903 434

**Secretary:** Des White

**Committee:** Pat Andrew, Lyn Bryant, Roslyn Newsham,

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



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**IPSWICH 60 & BETTER PROGRAM Inc.**

**ABN 85 491 018 335**

Level 1, Humanities Building, 56 South Street Ipswich 4305

**Contact:** Ph.: 07 3282 8644; Mob: 0411661550 **office hours**

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

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**Office Hours**

**Monday 9am - 5pm; Tuesday 9 am - 5 pm; Wednesday 9 am - 12pm**

**Thursday - CLOSED; Volunteer - Friday 9am - 12pm**

**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: \$60\* Half Page: \$38\*

Business Card Size: \$27\* Strip \$21.50\*

**Please note new prices effective March 1, 2019**

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**

**DISCLAIMER:** Community News and Views Editing Committee reserves the right to edit all articles as necessary. While all care has been taken in the preparation of this material, no responsibility is accepted by the publisher i.e. Ipswich 60 and Better Program Inc., its staff or volunteers, for any errors omissions or inaccuracies. The material contained in this newsletter has been prepared to provide general information only. It is not intended to be relied upon or be a substitute for legal, health or any other professional advice. No responsibility can be accepted by Ipswich 60 and Better Program Inc. for any known or unknown consequences that may result from reliance on any information provided in this publication.

*President's Words* Every year we look for slight differences in our lives as the year starts and we hope that our lives can be just that little bit changed so we don't feel trapped in the same rigid day in and day out experiences. Sometimes we may think just like we were forty-four all over again and try to cope as that younger person would have. In times gone by we may have been earning enough to make our world go round and have some extra cash to put away and save for "a rainy day" to quote a very old saying. These days in many instances there is just enough "to make ends meet" and that in itself can certainly make life "very different indeed".

Within the confines of The Program making ends meet is vital so as to enable the everyday wheels to keep on turning. With all the volunteers we have, seeing to the needs of each and every group ensures that we don't have to go back and reinvent the wheel. Though if there is a time when someone has to step back from their position it is hoped that someone will put their hands up to make sure Members and Participants can keep on accessing their chosen activity or activities.

So at this time of the year new people are welcomed into The Program and so it is hoped everyone involved will welcome them into the respective group and in turn make a difference in their lives as well. Who knows, new friendships may be started up or even old friends may turn up and so renewing and refreshing old ones. Sharing with others all that we are about is truly the best recommendation one can do to move us into and fulfilling another very worthwhile fun filled year that lies ahead i.e.2019.

Let's work to make a difference in not only our own lives but in others. Looking forward to meeting up at the February meeting.

Cheers, Ethel

### **February Birthdays**

4th Jill Patterson; 6th Graeme Ault; 7th Garry Smith; 9th Maureen Reinke;  
11th John Born; 13th Elaine Glanville & Stephen Crowe; 14th Barbara  
White & Coralie Smith; 16th Margaret Witherspoon & Robyn Turner;  
18th Delwyn Little, Ruth Alback & Gloria Munroe;  
25th Valerie Malynn; 26th Dorothy Sawyers;  
28th Doug Sorensen



## **DON'T FRIEND A SCAMMER THIS VALENTINES DAY**

Dating and romance scams often take place through online dating websites, but scammers may also use social media or email to make contact. They have even been known to telephone their victims as a first introduction. These scams are also known as “catfishing”

Scammers will go to great lengths to gain your interest and trust, such as showering you with loving words, sharing personal information and even sending you gifts. They may take months to build what may feel like the romance of a lifetime and may even pretend to book flights to visit you, but never actually come.

Protect yourself:

- ★ Never send money to someone you haven't met in person
- ★ Do an image search of your admirer to help determine if they really are who they say they are.
- ★ Be alert to things like spelling and grammar mistakes, inconsistencies in their stories and other signs that it's a scam like their camera never working if you want to Skype each other.
- ★ If you agree to meet a prospective partner in person, tell family and friends where you are going.

Regardless of how you are scammed, you could end up losing a lot of money. Online dating and romance scams cheat Australians out of millions every year. The money you send to scammers is almost always impossible to recover and in addition you may feel long lasting emotional betrayal at the hands of someone you thought loved you.

For more information go to [www.scamwatch.gov.au](http://www.scamwatch.gov.au)

**SPEAKING OF VALENTINES—CHECK OUT  
WHO ARE CELEBRATING  
THEIR 63RD WEDDING ANNIVERSARY  
CONGRATULATIONS  
DOT & GEORGE**

**Also CONGRATULATIONS GO TO  
SUE & JOHN WHO ARE CELEBRATING  
THEIR 52ND WEDDING ANNIVERSARY**





## IPSWICH LITTLE THEATRE

***Quartet'*** is the first play of the 2019 season for Ipswich Little Theatre Society. This funny play is directed by Ann Collyer and assisted by Desley Cronon and Rebecca Noble. The story line follows three old friends Cecily, Reggie Wilfred, and Jean, a friend from their days as performers who arrives as a new resident of the home.

*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.

**Public Performance dates are March 2, 8, 9, 15 and 16 nightly at 8pm and Sunday matinees on March 3 and 10 at 2pm.**

All performances are at the historic Incinerator Theatre situated in Ipswich Queens Park Burley Griffin Drive just off Griffith Road. The Incinerator Theatre has a courtyard bar where cold and hot drinks and light snacks can be purchased and Devonshire Teas at the matinees. Credit and Eftpos card payments and free Wifi are available. Bookings are open and can be made online at [www.ilt.org.au](http://www.ilt.org.au) or at the Ipswich Visitors Information Centre on 3281 0555 or in person 14 Queen Victoria Parade in Queens Park.

**2018 performances were sold out well before opening night so book now to avoid disappointment.**

Ipswich Little Theatre has a brilliant reputation for quality theatre so make a night of it. Pre-theatre dining at Tomatoes Brothers in Limestone Street has a theatre deal if you show your tickets.

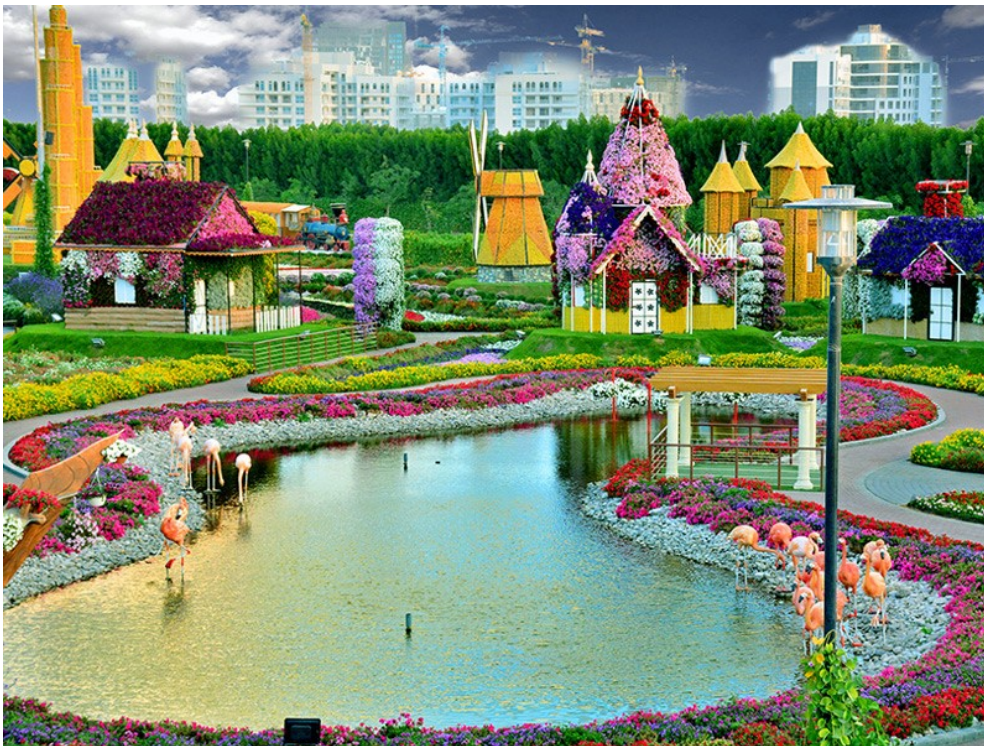
Become a subscriber and save money on tickets. Vouchers are available at the VIC, or from the ILT Bar or from Di Johnston the Subscription Secretary on 0447 191 954. A perfect present for someone who loves theatre.

## *The Dubai Miracle Garden*

(by Christine)

The largest flower garden in the world ... in the last place you would expect. Situated in the North West Quadrant of the Arabian Ranches interchange in the middle of a desert.

A multitude of shaped archways, flowerbeds, and structures can be seen on this 18 acre site, having over 145 flower species imported from all over the world.



This amazing tourist attraction is a Guinness Record Holder for the largest vertical Gardens.

Also popular is the heart shaped flower beds at the Alley of Hearts.

With 45 million flowers a multitude of shaped archways, breathtaking flowerbeds and adorned castles it will take your breath away.

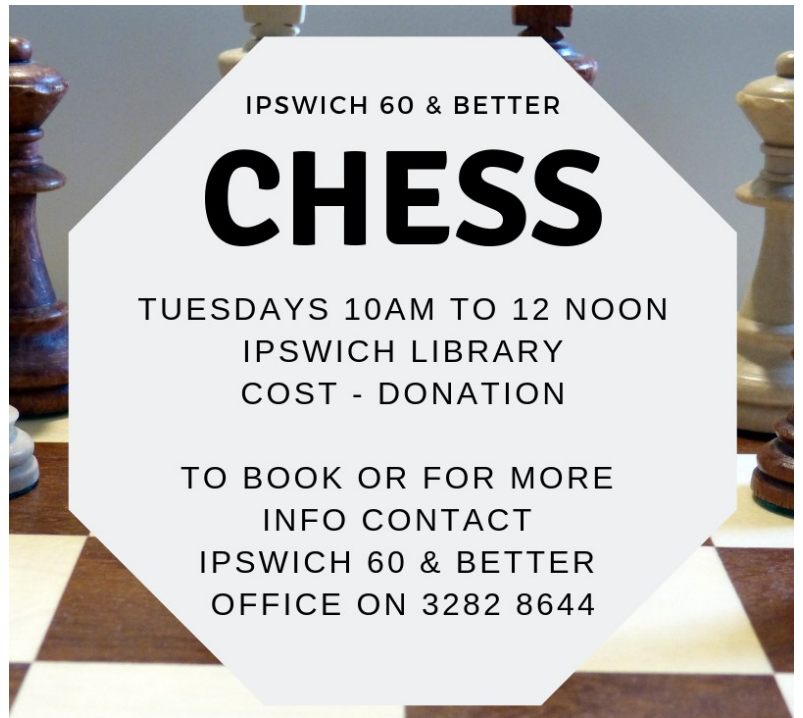
Displays are changed seasonally in order to create a fresh experience for visiting guests. These have included millions of flowers in the shape of the AE's flag, a floral clock, a Ferrari car with driver decorated by flowers, flower apple structures, artificial animals, flower boats and an Islamic arch design.

If the natural landscape was not incredible enough, what makes this attraction particularly impressive is the unique sub surface irrigation system that recycles waste water by drip irrigation while avoiding evaporation and saves up to 75% of water and energy.

The Dubai Miracle Garden provides a colourful oasis for the eyes of city workers and guests to escape to a natural splendour.

# CHESS IS MOVING TO THE LIBRARY!

The game of kings is still widely perceived in the western world as the game requiring the most strategy of all and the only board game to be recognised as a mind sport by the International Olympic Committee. It takes only minutes to learn but a lifetime to master.



CONGRATULATIONS TO OUR  
CHRISTMAS RAFFLE WINNERS.

1ST PRIZE WAS WON BY  
BOB MASSEY WITH  
2ND PRIZE WON BY BEV WOOD  
(pictured).  
CONGRATULATIONS TO YOU BOTH  
AND THANK YOU TO ALL THOSE  
WHO PURCHASED TICKETS.

THANKS ALSO TO BWS FOR THE  
DONATION OF THE PRIZES.

## 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.





# Heritage Conveyancing

Professional & Affordable Estate Transactions

Our solicitors can assist with all of your estate matters.

Fixed Pricing for Buyers & Sellers including all letters.

We are conveniently located in the Ipswich CBD.

We can visit your home or care facility at no extra cost.

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**[www.heritageconveyancing.com.au](http://www.heritageconveyancing.com.au)**

Suite 8, 126 Brisbane Street, Ipswich QLD 4305

**Proudly Supporting Drought Angels**

**POWER OF ATTORNEY | WILLS | ESTATE PLANNING**

## HANDY LITTLE TIPPER SERVICE

ABN: 39 659 057 500

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**Fully Insured**

**NDIS Approved Provider No: 4050034732**

**National Police Certificate**


- Bushes, Trees Trimmed & Removed
- Overgrown driveways & Fencelines
- Storm Clean Up & Remove
- Turf & Soil Delivered & Laid
- Landscaping & Deliveries
- Truck N Driver Hire (Construction Card)



**PHONE NOW FOR A  
FREE QUOTE**

**Mark 0432 349 388**





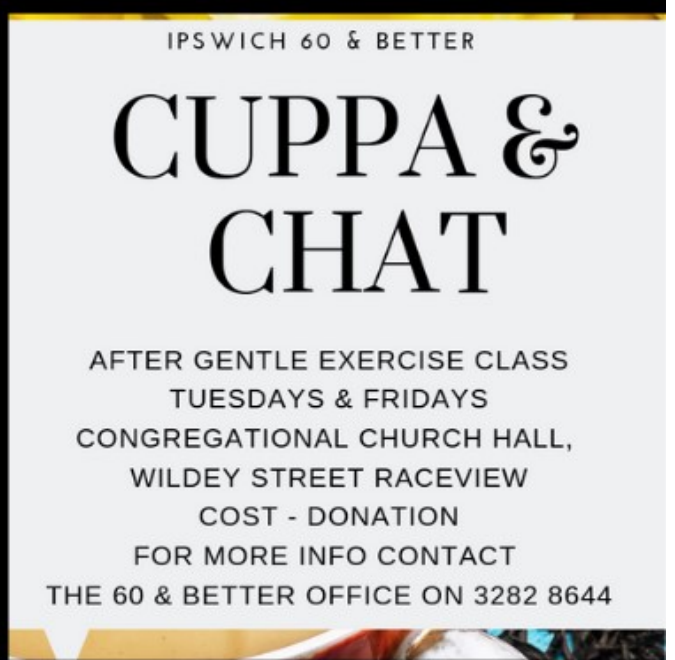
IPSWICH 60 & BETTER  
**BOCCIA**  
TUESDAYS 9AM TO 12 NOON  
ANNEX HUMANITIES BUILDING  
COST: DONATION - INCLUDES  
MORNING TEA  
FOR BOOKINGS OR MORE INFO  
PHONE IPSWICH 60 & BETTER  
OFFICE ON 3282 8644



IPSWICH 60 & BETTER  
**CHESS**  
TUESDAYS 10AM TO 12 NOON  
IPSWICH LIBRARY  
COST - DONATION  
TO BOOK OR FOR MORE  
INFO CONTACT  
IPSWICH 60 & BETTER  
OFFICE ON 3282 8644



*Ipswich 60 & Better*  
**GENTLE EXERCISE**  
TUESDAYS 9.45AM TO 10.45AM  
FRIDAYS 9.30AM TO 10.30AM  
CONGREGATIONAL CHURCH HALL  
WILDEY STREET RACEVIEW  
COST - \$5  
FOR MORE INFO CONTACT  
60 & BETTER OFFICE ON 3282 8644



IPSWICH 60 & BETTER  
**CUPPA &  
CHAT**  
AFTER GENTLE EXERCISE CLASS  
TUESDAYS & FRIDAYS  
CONGREGATIONAL CHURCH HALL,  
WILDEY STREET RACEVIEW  
COST - DONATION  
FOR MORE INFO CONTACT  
THE 60 & BETTER OFFICE ON 3282 8644



IPSWICH 60 & BETTER  
**BRIDGE**  
WEDNESDAYS  
12.30PM TO 3.30PM  
SHALOM HOUSE, CNR GREEN  
ST & GLEBE RD, BOOVAL  
COST - DONATION  
BEGINNERS CLASS  
10AM TO 12 NOON - BOOKINGS  
ESSENTIAL  
TO BOOK OR FOR MORE INFO  
CONTACT GARRY  
ON 0411 876 668



*IPSWICH 60 & BETTER*  
**TAI CHI FOR  
DIABETES**  
WEDNESDAYS 2PM TO 3PM  
CAFETERIA - HUMANITIES BUILDING  
COST - \$5  
FOR MORE INFO CONTACT  
THE 60 & BETTER OFFICE  
ON 3282 8644

# ART GROUP

THURSDAYS 1.30PM TO 4PM  
ANNEX HUMANITIES BUILDING  
COST: DONATION  
BYO ART SUPPLIES & A/TEA TO SHARE

TO BOOK OR FOR MORE INFO  
CALL TED ON 0409 996 607

IPSWICH 60 & BETTER

# UFO GROUP

UNFINISHED OBJECTS  
AN OPPORTUNITY TO FINISH THOSE  
CRAFT PROJECTS

SECOND & FOURTH THURSDAY OF  
THE MONTH

10AM TO 12 NOON

OFFICE - HUMANITIES CENTRE  
COST - DONATION & BRING YOUR  
UNFINISHED OBJECT

FOR MORE INFO CONTACT  
THE 60 & BETTER OFFICE  
ON 3282 8644

IPSWICH 60 & BETTER

# CONCERT PARTY

FRIDAYS 1PM TO 2.30PM (PRACTICE)  
AUDITORIUM - HUMANITIES BUILDING

COST - DONATION &  
A/TEA TO SHARE 2.30PM TO 3PM

FOR BOOKINGS OR MORE INFO  
CONTACT KATH ON 3201 6075

IPSWICH 60 & BETTER

# DISCUSSION GROUP

FRIDAYS 10AM TO 12 NOON  
60 & BETTER OFFICE - HUMANITIES  
BUILDING  
COST - DONATION

FOR MORE INFO CONTACT THE 60  
& BETTER OFFICE ON 3282 8644



# MOVIE BUFFS

2ND SATURDAY OF THE MONTH  
10AM MEET IN FOYER  
OF LIMELIGHT CINEMAS  
RIVERLINK  
OWN TRANSPORT REQUIRED

FOR MORE INFO CONTACT  
THE 60 & BETTER OFFICE  
ON 3282 8644

# IPAD FOR BEGINNERS

BOOKINGS ESSENTIAL  
3 WEEK PROGRAM  
MONDAYS 1 TO 2PM  
AT IPSWICH 60 & BETTER OFFICE  
COST: DONATION  
FOR MORE INFORMATION  
AND TO BOOK  
PHONE 3282 8644

**60 & BETTER GROUPS**

\* \$2 donation welcomed

<b>Newsletter Editing Sub Committee</b>	<b>Mon</b> 4th Feb 1 pm	No Cost	60 & Better Office	The Office 3282 8644
<b>Newsletter Workshop</b>	<b>Wednesday</b> 27th Feb 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
<b>Social Sub Committee</b>	18th February 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> 10am	15 February	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> 7.30pm	21st February	Cafeteria Humanities Building	Len Lamprecht 32813656
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## **Is your home getting too much?**

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

**Question:** I've just sold, and I am worried about renting for the first time.

**Answer:** You can do research online <https://www.rta.qld.gov.au/Renting> or ask a real estate agent questions and for a copy of 17a information book or contact the tenancy skill institute on 3812 1199 to arrange some hands on training how to become a great tenant.

### **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.**

0418 722 135 / 3510 5238

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

Each office independently owned and operated

**Helen Bryan**

**RE/MAX**  
Profile Real Estate



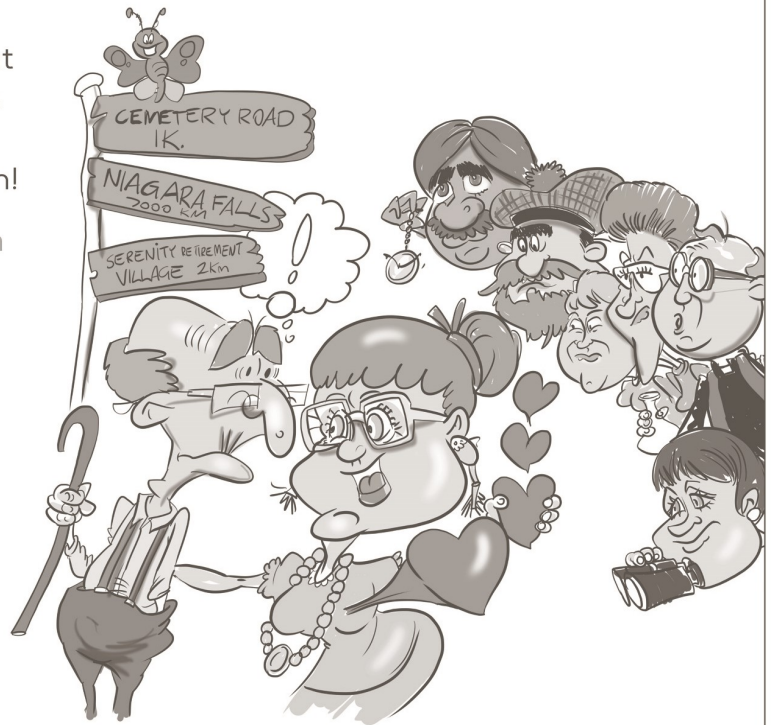
# VIAGRA FALLS

After a series of mix-ups, retirement village Serenity Gardens has lost its civilised charm and descended into absurd mayhem. Not for the prudish!

- **Saturday 23 February 7.30 pm**  
**Friday 1 March 1.30 pm**  
**Saturday 2 March 1.30 pm**
- Tickets \$20.00 - \$25.00

## BOOK NOW

Studio188.com.au  
or (07) 3810 6100



# DUSTY AND THE DIVAS

Relive the glamour of Dusty Springfield and the Divas of the Swinging Sixties.

- **Friday 1 March 10.00 am**
- Tickets \$15.00  
Includes complimentary tea and coffee

## BOOK NOW

ipswichciviccentre.com.au  
or (07) 3810 6100



## CONTAINERS FOR CHANGE

Most aluminium, glass, plastic, steel and liquid paperboard beverage containers between 150ml and 3 litres are eligible for a 10c refund when returned to a container refund point.

Did you know you can donate your refund to Ipswich 60 & Better now? Just use our scheme id number **C10125847**

### Over the counter depots

Over-the-counter depots, using manual or electronic scanners, will count your containers immediately and provide refunds in cash or via an electronic funds transfer (EFT) into your bank account – depending on the quantity of containers you have.

### Drop offs

Drop-offs are a convenient way to recycle your containers and receive a refund. There are three key steps to remember:

- **Bag it:** bag your containers using a multi-use plastic bag
- **Tag it:** tag your containers using labels from your local container refund point, displaying your scheme ID and transaction ID
- **Drop it:** drop off your containers at your local container refund point

### Reverse Vending Machines (RVM)

Using either your scheme ID or the unique ID of your local community group or charity, you can scan the barcode and insert uncrushed cans, plastic bottles and liquid paperboard containers into your local RVM.

Please note that crushed containers are not accepted at RVMs.

There are some beverage containers that are not eligible for a refund. Generally excluded containers are those that are less than 150ml and greater than three litres. Other excluded containers include:

- Any plain milk containers
- Any glass containers which have contained wine or pure spirits
- Containers 1L or more which have contained flavoured milk, pure fruit or vegetable juice, cask wine or cask water
- Concentrated/undiluted cordial or syrup containers
- Sachets above 250ml which have contained wine
- Registered health tonics

FOR MORE INFORMATION ON CONTAINERS FOR CHANGE:

PHONE: 134242 OR VISIT

[WWW.CONTAINERSFORCHANGE.COM.AU](http://WWW.CONTAINERSFORCHANGE.COM.AU)



**Collect eligible containers**



**Sign-up for your scheme account**



**Return your containers**



**Collect (or donate) your refund**



<p><b>Re.Turn-it @ Salvos, Yamanto</b> 405 Warwick Road Yamanto <b>Opening hours:</b> Mon-Sat 9am to 5pm <b>Type:</b> Drop offs <b>Payment:</b> EFT via Scheme ID QLD@returnnit.com.au</p>	<p><b>Re.Turn-it @ Salvos, Bundamba</b> 12 Coal Street, Bundamba <b>Opening hours:</b> Mon-Fri 8.30am to 4.30pm &amp; Sat 8.30am to 4pm <b>Type:</b> Over the counter depot <b>Payment:</b> Cash, EFT via Scheme ID QLD@returnnit.com.au</p>
<p><b>Re.Turn-it @ Night Owl, Springfield Lakes</b> 1 Springfield Lakes Blvd, Springfield Lakes <b>Opening hours:</b> 7 Days 5am to 12am <b>Type:</b> Drop offs <b>Payment:</b> EFT via Scheme ID QLD@returnnit.com.au</p>	<p><b>Re.Turn-it @ Vinnies, West Ipswich</b> 272 Brisbane Street, West Ipswich <b>Opening hours:</b> Mon-Fri 9am to 5pm &amp; Sat 9am to 4pm &amp; Sun 10am to 3pm <b>Type:</b> Drop offs <b>Payment:</b> EFT via Scheme ID QLD@returnnit.com.au</p>
<p><b>Re.Turn-it @ Vinnies, Rosewood</b> 25 John Street, Rosewood <b>Opening hours:</b> Mon-Fri 9am to 4pm &amp; Sat 9am to 1pm <b>Type:</b> Drop offs <b>Payment:</b> EFT via Scheme ID QLD@returnnit.com.au</p>	<p><b>Envirobank – Redbank Plaza</b> 1 Collingwood Drive, Redbank <b>Opening hours:</b> 7 Days 8am to 6pm <b>Type:</b> Drop offs <b>Payment:</b> EFT via Scheme ID, Retail Vouchers www.envirobank.com.au</p>
<p><b>Re.Turn-it @ Lifeline, Redbank Plains</b> 2 Shannon Street, Redbank Plains <b>Opening hours:</b> Mon-Fri 9am to 5pm &amp; Sat 9am to 4pm <b>Type:</b> Drop offs <b>Payment:</b> EFT via Scheme ID QLD@returnnit.com.au</p>	<p><b>TOMRA Recycling Centre, West Ipswich</b> 355 Brisbane Street, West Ipswich <b>Opening hours:</b> Mon-Fri 7am to 7pm &amp; Sat-Sun 7am to 5pm <b>Type:</b> RVM, Drop off, Depot (Commercial Bulk Sorting) <b>Payment:</b> EFT via Scheme ID, Retail Cash Voucher, Charity Donation Ad.qld@tomra.com</p>

## Essential Medical Equipment Payment

Do you or your partner need any of the following? dialysis machine, ventilator, respirator, parenteral or enteral feeding device, oxygen concentrator, heart pump, suction pump, infant apnea monitor - medically prescribed, nebuliser - used daily, positive airways pressure device, phototherapy equipment, air bed vibrator, electric wheelchair, or insulin pump.

Essential Medical Equipment Payment helps eligible people with the costs of running this equipment. If you're eligible, you can claim \$157 per year for each piece of qualifying essential medical equipment or medically required heating or cooling. If you're eligible, you'll continue to get it every year while you stay eligible.

Apply online or for more information contact Centrelink on 132 300.



## Live well in retirement

We understand that when the time comes to consider a retirement community, it's important to know the right care and support is available now, and in the future.

At Aveo Springfield, we offer a range of living options, and care and support services, all within one community. So if circumstances change, our residents can receive the support they need, whilst staying in the community they've come to know and love.

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

\*Prices correct as at 19/12/2018

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

**Aveo Springfield**  
2 Symphony Way, Springfield Central, QLD







# KEEP OUT & ABOUT

Stay active in the community with a mobility scooter



# KEEP YOUR DIGNITY

Discreetly transition to products that assist with ageing



# KEEP YOUR INDEPENDENCE

Helping you do the things you've always done, just in a different way

**SHOP ONLINE - WE DELIVER AUSTRALIA WIDE**  
Or visit 4/160 Brisbane Rd, Booval 07 3282 5200

[wowipswich.com.au](http://wowipswich.com.au)



## Activity News



**IPADS FOR BEGINNERS** Are you having trouble trying to navigate your way around an iPad? Ipad for Beginners is a course that will help you—bookings are essential. Give the office a call on 3282 8644.

# *Welcome* To All New Members

**Upcoming Events**  
**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: Marilyn Gallagher, Betty McMillan and others.**

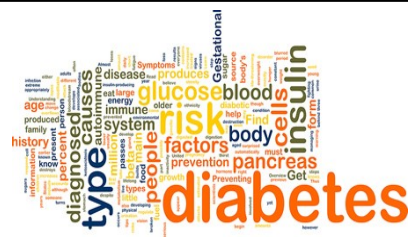


## Diabetes Support Group

**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



## ideas 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!

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

Sudoku puzzle provided by [www.sudokuoftheday.com](http://www.sudokuoftheday.com)

### **Watermelon Lemon Drink with Rosemary**

Serves: 8 : 2 cups (500ml) water, 3/4 cup (185g) white sugar, 1 sprig rosemary, leaves (about 10cm long) stripped and chopped, 2 cups lemon juice, 1 medium watermelon, seeded and cubed, 8 cups ice cubes

#### Directions

Preparation:15min › Cook:1hour › Ready in:1hour15min

1. Bring the water and sugar to a boil in a small saucepan over high heat. Stir in the rosemary, and set aside to steep for 1 hour.
2. Place half of the lemon juice, and half of the watermelon into a blender. Strain the rosemary syrup through a mesh strainer into the blender.

Cover, and puree until smooth. Strain into a jug, then puree the remaining lemon juice and watermelon. Refrigerate till cold. Stir the drink before serving over ice.

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