

# Community News & Views Ipswich

April 2019

Vol:26 No 4

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.



They shall grow not old, as we  
that are left grow old;  
Age shall not weary them, nor  
the years condemn.  
At the going down of the sun  
and in the morning  
We will remember them  
**LEST WE FORGET**

## Good Stuff in this Issue

- ★ ANZAC Day—Lest We Forget
- ★ Answers to last months trivia
- ★ Wearing a bucket hat could help Parkinsons
- ★ April Fools Day - what's it all about
- ★ Kylie's Easter Rocky Road Recipe
- ★ 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:** Ethel Llewellyn

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

Maureen Reinke, Sue Schonknecht, Barbara White, Diana Wooldridge

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**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**

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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**

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*President's Words* March has been such an eventful month some wonderful things have occurred and not so too. The most important was parts of our town and surrounding areas have received a good drop of rain. Truly not enough to whet the whistle but enough to cool us down a bit. The country is in need of much. I will leave what we need up to your own thoughts as there are many.

Recently I was privileged to be still out of bed near on eleven p.m. watching the ABC news and nearly ready for bed. Got to have sleep! Well, the article on one Judy Hall came on. Judy is 96 years of age. WOW!

I watched her story and performance and I can tell you I didn't go to sleep straightaway. Judy was one of the privileged performers on stage celebrating the 10th Birthday Anniversary of the Melbourne Recital Centre and was on the Program sharing centre stage with one of her pupils, Timothy Young. Ms. Hall taught him as a student, age 7, to play the piano. Timothy is now the Director of Piano at the Australian Academy of Music. One other pianist on stage making a trio. Ms. Judy and Timothy though played their parts as a duo on the same piano.

The Elisabeth Murdoch Hall they played in is a superb one. Fully refurbished with Australian timbers and designed to catch the very final note of any sound. Given the chance a venue to visit. Truly memorable. Judy has fulfilled a dream or two of her own with this wonderful opportunity. She has been teaching piano for over forty years and still has up to seven students keeping the art of piano playing alive. She apparently learnt the piano at 12, to drive a car at 30, swim at 50, she paints, and learnt to play the cello at 60. Such inspiration for each and everyone of us to keep on doing and being.

Yesterday quite a few of the Program's conveners and co-conveners breakfasted together up at Queen's Park. We appreciate all that each and everyone of them do for the ongoing day to day workings of the Program. On behalf of everyone I say "Thank You".

Barry Beetham is now convening the discussion group held on a Friday morning in the office. Bonnie Phillot has been convening the group for many a year and now stepping back. Bonnie has been amazing and for all her efforts and Barry's we say publicly "Thank You". Well done to the both of you for taking the job on. Let's all take a leaf out of our neighbour's diary and learn something new that will stimulate our being. Maybe for example to ride a bike. Enjoy Life! Cheers, Ethel

### **April Birthdays**

4th Marino Cerrato; 6th Kerry Lowe; 7th Elsie Johns;

8th Glenys Truasheim; 9th Dennis Boothby;

12th Sinikka Vesterberg & Sandra Mole; 23rd Des White

**Happy Birthday to you all!**



### **It is Parkinson's Awareness Month.**

Tasmanian red light helmet treatment for Parkinson's disease symptoms prompts clinical trial.

Grace (pictured) spends 40 minutes each day with a red light bucket on her head - a device she claims is making a significant difference to her life. The 63 year old was diagnosed with Parkinson's disease 11 years ago and began her own light treatment, also known as photobiomodulation, last April.



Whilst Grace has said that since using the bucket she shakes a lot less, can dress herself easier, feels happier, lighter and laughs more. She does state that she doesn't think it will cure her. Tasmanians with Parkinson's disease have been experimenting with red and near infrared light treatment for the past few years inspiring an Australia wide "proof of concept" clinical trial.

The Dorset Community Men's Shed started making its own light bucket helmets last year after hearing of people's success using the lights. The Men's Shed have made 78 buckets since last April and has more on order.

Professor Simon Lewis, a neurologist who specialises in Parkinson's and Alzheimer's disease, said people with Parkinson's experienced "progressive and relentless" brain cell death.

"The cells that are most affected produce a chemical called dopamine in the brain, and without dopamine you lose transmission for your mobility and your movement gets affected, but also things like your thinking," Professor Lewis said.

He said red light treatment was thought to provide energy to those dying cells. "The basic thinking is that you would add energy through a light source that might penetrate ... to help the cell's own supply of energy [the mitochondria]," Professor Lewis said.

"This sort of treatment initially started with treating muscle aches, where of course muscles need energy, so people would put red lights over muscles that are sore. "I certainly would not recommend anybody going out and spending money and time trialling these things at home, but I think that the truth is, in the absence of an effective treatment to slow the progression of Parkinson's disease it could be [argued] that there's no such thing as a bad idea." Trials across each state are being conducted at different times, however, the Queensland placebo trial has now concluded and results are being analysed. The South Australia and Sydney trails have recently started and results are expected to be known later this year.

Information source: Manika Dadson journalist at [abc.net.au](http://abc.net.au)

**IPSWICH ORCHID SOCIETY &  
IPSWICH & DISTRICTS BROMELIAD SOCIETY  
PRESENTS**



**IPSWICH GARDEN  
SPECTACULAR**

**A MAGNIFICENT DISPLAY OF ORCHIDS AND BROMELIADS**



**13TH APRIL 8:30AM - 3:00PM**

**14TH APRIL 9:00AM - 2:00PM**

**Featuring:**  
Plant sales  
Cultural lectures  
Coffee shop  
Floral arrangements  
Raffles

**Admission \$4**

**Disabled parking**

**Wheelchair friendly**

**Bus trips welcome**

**Proudly supporting**

**Ipswich Siblings Group**

**SILKSTONE STATE SCHOOL**

**PROSPECT STREET, SILKSTONE**



Follow us on Facebook  
Ipswich Orchid Society  
Ipswich & Districts Bromeliad Society

Questions?  
Contact

Noelene Schultz - 3281 5496



## **Is your home getting too much?**

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

**Question:** What do I look for in a Real Estate Agent?

**Answer:** Someone with experience that you can trust, to have unwavering belief that this person will look after you and do the right thing. They will leave no stone unturned to achieve the result you're after.

### **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





# 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

[www.ipswich.com.au](http://www.ipswich.com.au)



Anzac Day, 25 April, is one of Australia's most important national occasions. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War.

When war broke out in 1914 Australia had been a federated nation for only 13 years, and its government was eager to establish a reputation among the nations of the world. When Britain declared war in August 1914 Australia was automatically placed on the side of the Commonwealth. In 1915 Australian and New Zealand soldiers formed part of the expedition that set out to capture the Gallipoli peninsula in order to open the Dardanelles to the allied navies. Although the Gallipoli campaign failed in its military objectives, the actions of Australian and New Zealand forces during the campaign left a powerful legacy. What became known as the "Anzac legend" became an important part of the identity of both nations, shaping the ways in which they viewed both their past and their future.

During the 1920s Anzac Day became established as a national day of commemoration for the more than 60,000 Australians who had died during the war. In 1927, for the first time, every state observed some form of public holiday on Anzac Day. By the mid-1930s all the rituals we now associate with the day – dawn vigils, marches, memorial services, reunions, two-up games – were firmly established as part of Anzac Day culture.

**LEST WE FORGET**



## 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

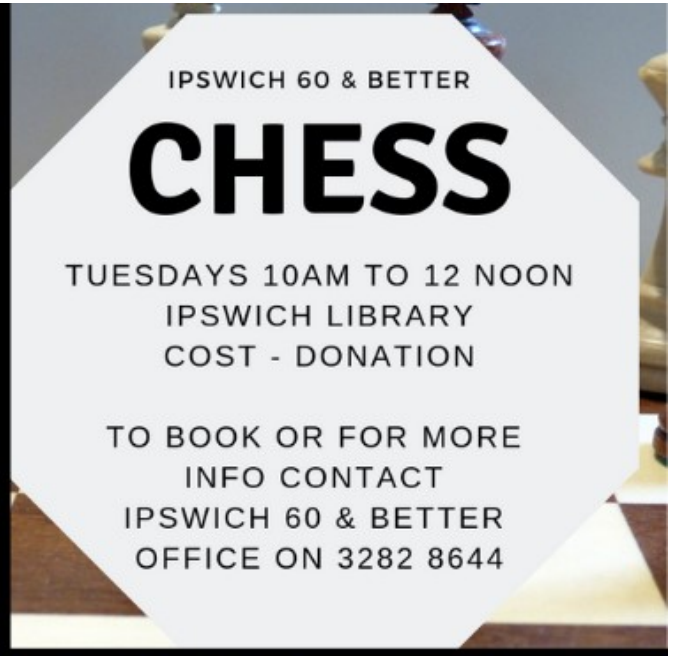
**Come and see for yourself.  
Call 13 28 36 to book your appointment.**

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





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**  
WE ARE CURRENTLY LOOKING  
FOR SOMEONE QUALIFIED TO  
DELIVER THESE CLASSES  
FOR MORE INFO CONTACT  
60 & BETTER OFFICE  
ON 3282 8644



IPSWICH 60 & BETTER  
**TAI CHI  
FOR  
HEALTH**  
EVERY MONDAY AND TUESDAY  
ADVANCED 1PM TO 2PM  
MONDAYS BEGINNER CLASS 2PM TO 3PM  
COST: \$3  
CAFETERIA, HUMANITIES BUILDING  
CONTACT INSTRUCTOR: IRENE 0497 808 402



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  
CAFETERIA 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

# GAMES MORNING

FIRST WEDNESDAY  
OF THE MONTH  
9AM AT THE 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> 1st April 1 pm	No Cost	60 & Better Office	The Office 3282 8644
<b>Newsletter Workshop</b>	<b>Wednesday</b> 24 April 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
<b>Social Sub Committee</b>	15th April 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	19th April	Silkstone Baptist Church Hall	Bill Waterson 3281 4925
<b>Tai Chi for Health</b>	<b>Tuesday</b> 1pm	\$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>	Thursday 7.30pm	18th April	Cafeteria Humanities Building	Len Lamprecht 32813656
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Presented by Ipswich City Council Seniors' Concert Group

# Music and Mayhem on the Marburg Express

■ Tuesday 16 April  
10.00 am  
All tickets \$10.00



**BOOK NOW**

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



## April Fools Day

On April 1 1998, Burger King USA advertised that they were introducing a “Left Handed Whopper” specially designed for left handers. It would have the same ingredients but all condiments would be rotated 180 degrees to redistribute the weight to reduce risk of toppings spilling out the right side. Thousands went into Burger King requesting the new burger.

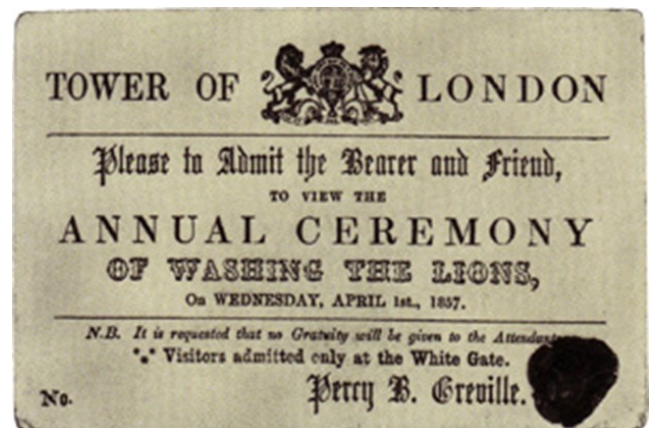


This hoax in 2001 was in relation to Copenhagen’s new subway. A retired car was cut at an angle and placed to look as if it had broken through the tilting and surfaced on the square in front of the town hall.

These are just two of the big hoaxes from more recent April Fools’ Days. This day is primarily a Western celebration involving hoaxes and practical jokes. Its origins are hazy. It might have been referred to in Chaucer’s “The Canterbury Tales”. In 1508 a French poet referred to a celebration in France on that date. A Flemish poet in 1539 wrote of a nobleman who sent his servants on foolish errands on April 1. In 1686 John Aubrey a philosopher, writer and folklorist referred to “Fools holy day” on April 1. As a recognised day, it’s been popular since the 19th century.

Since then many hoaxes have been staged. In 1857 tickets were issued inviting people to the annual ceremony of the Washing of the Lions in the moat surrounding the Tower of London. No such event took place. This hoax was first done in 1698. In 1957 the BBC broadcast a film supposedly showing Swiss farmers harvesting freshly-grown spaghetti. The broadcaster was flooded with requests to purchase a plant, forcing them to declare it a hoax.

Closer to home, Dick Smith had promoted a scheme to tow an iceberg from Antarctica. One appeared in Sydney Harbour on April 1 1978 but it rained and the shaving cream and foam washed away to reveal the white plastic sheets beneath. Our own Queensland Times one year featured a crocodile in the Bremer River.



**Take care on April 1 lest you become an April Fool.**

*Sources: wikipedia.org; hoaxes.org.*



**North Ipswich Reserve Corporate Centre  
Saturday 11 May | 7.00 pm**

\$79.00 per person  
includes a 3-course meal and 2-hour show

Booking and information (07) 3810 6100  
[ipswichciviccentre.com.au](http://ipswichciviccentre.com.au)



## KYLIES' EASTER EGG ROCKY ROAD

### Ingredients

2 bags of marshmallows—2 blocks of chocolate—bag of clinkers—bag of ripe raspberries (lollies) (I cut these up into little chunks) - bag of snakes chopped (I find using a pair of kitchen scissors to cut the snakes is not only easy but a great stress reliever—I get the same satisfaction from tenderising steak) - a bag of miniature Easter eggs—and another bag of clinkers in case you eat the first bag before making the slice (which I often do)

### Method

Melt the chocolate

Organise what ever other ingredients are left into the base of a plastic, glass or even a baking tray will work. I like to get creative and ensure that every individual ingredient is evenly scattered over the base. Some people prefer to mix all the ingredients with the melted chocolate and then pour into a dish. I however—Pour the chocolate over the top, gently back and forth and try to make it even across the whole slice.

Sometimes I will move the marshmallows around a bit to ensure the chocolate is under them as well but this is not needed.

Place in fridge to set

Enjoy



HAPPY EASTER  
FROM ALL OF US AT  
IPSWICH 60 & BETTER  
PROGRAM

IF YOU ARE TRAVELLING  
PLEASE TAKE CARE ON  
THE ROADS

OFFICE WILL BE CLOSED  
FROM APRIL 19  
TO APRIL 22

REOPENING  
ON APRIL 23  
Building also closed  
Thursday 25th April.

## Bribie Island Holiday House

Low set waterfront 2 or 3 bedrooms - reasonable rates.

Some school holidays still available; One week, either week—

Sat 29.6.19 to Sat 6.7.19

Sat 6.7.19 to Sat 13.7.19

Sat 21.9.19 to Sat 28.9.19

Off Peak rates throughout the year.

Phone owner 0407572398 or (07)32817364.



**Season 2: 2 — 18 May**

Public Performances: 4, 5, 10, 11, 12, 17, 18 May

Public Matinees: Sunday 5 May & 12 May at 2PM

**Bookings Open**

## **IPSWICH LITTLE THEATRE**

### **CHALLENGES – A ONE ACT PLAY SEASON**

**Directors: Jim Orr and Sam Hoepner**

#### **Bubbles**

by Tara Routley  
(Adams)

Pam is a woman in her fifties who has been living with her elderly mother for two years. Her daughter, Kate, comes to visit one weekend and realises that her Gran's dementia is steadily becoming more difficult for Pam to cope with. A real life, gentle play which will make you want to smile and cry at the same time.

#### **Farmer Will Swap Combine Harvester for Wife**

by Hugh O'Brien

A fourth generation grain and beef producer, Cyril Evans promised his father he would never sell the family property. Now a 59 year old bachelor, Cyril is desperate to honour this promise. When he runs a personal ad in Queensland Country Life offering to swap his reconditioned John Deere 9750 STS combine harvester in return for a wife of 'breeding age' – all hell breaks loose!

A chain of events, both comical and serious, are set to follow on!

Rated M: Sexual references and Adult Themes

#### **All By Myself**

by Robert Scott

Seven years alone on an island after being shipwrecked have driven Larry to the edge of sanity, but that's nothing compared to the shock of discovering he's not – and has never been – alone.

Destitute and alone without a friend. Could things get any worse?

All plays will be performed at the historic Incinerator Theatre, Griffin Rd, Queens Park, Ipswich. (just off Griffith Rd)

The Incinerator has a courtyard with bar facilities. Evening performances commence at 8pm promptly and Sunday matinees at 2pm. The Bar opens from 7.15 pm and 1.15pm. This year there are **2 matinee performances each season**. Even so this first season's matinees were sold out 2 weeks before the season.

Bookings can be made ONLINE [www.ilt.org.au](http://www.ilt.org.au) or in person at the Ipswich Visitors Information Centre, 14 Queen Victoria Parade, Queens Park or phone 3281 0555.



**IPSWICH CITY SYMPHONY**  
proudly supported by SPRINGFIELD CITY GROUP

**THE Romance OF THE MOVIES**

**SATURDAY APRIL 27TH 2019 | 7.30PM**  
IPSWICH CIVIC CENTRE

IN LOVING MEMORY OF OUR FOUNDER AND DIRECTOR  
**GEMMA M. D'AUBBONNETT**

**bishopp** **viver 94.9** **Battery World** **Conetix**

**LIVE THE EXPERIENCE**



## Activity News

### IPADS FOR BEGINNERS

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

**Walking @ Limestone Park** 4pm Tuesdays, phone the office for meeting place.

*Welcome*

## To All New Members

**SOCIAL OUTING :April Lunch: Monday 15th April 11.30am**

**@ Dovetails Phone 3282 8644 by 10th April.**

**Don't forget Christmas in July Event at TAFE College**

**Bundamba - Miner's Right Restaurant \$25 per person.**

**Bookings essential, please phone the office on 32828644.**



UPCOMING EVENTS

**Many thanks to all members and friends who have collected and donated used stamps:** Sharon Born, Brian Schilling, Ann Briggs, and Liz Jordan.

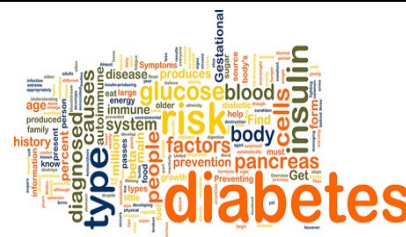


### Diabetes Support Group

**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

Monday 1 –2 pm Advanced

2 –3 pm Beginners

Tuesday 1 –2pm Advanced

Cafeteria,

Level 1 Humanities Building

Supported by Ipswich 60 and Better Program

#### 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

**Rosewood:** Phone Jean 54641023

**Laidley:** Phone Joanne 0448 050 447

**Marburg:** Phone Roslyn 54644515

How many Ipswich 60 & Better activities can you find in this months Word Search? (Hint—look through the magazine to find them—there are at least 18)

Y L U J N I S A M T S I R H C L P N H B C  
S S E T E B A I D R O F I H C I A T W O T  
R G C B L C Z G Y W R J R X G R L Z M K Z  
E M N H J B U D A R A M B E J A M P D R B  
N O T I E D B P B M B L N R E L U M G G C  
N V M Z C S I N P A E T K H I T T T R O M  
I I R Q W N S S R A L S R I E D A Y N Z Z  
G E S V J P A T C E A O M R N B G C R W M  
E B M T P N G D E U F N S O L G E E N Q A  
B U P G N R M X E I S F D E R R V T T I B  
R F M B O E E Q H R O S T C T N R Y C Q K  
O F Y U B R V C M R A E I P H P I C T X T  
F S P V C R I E B J N U A O U A O N T T D  
D N P I Q A T E L N G R Q O N B T Y G M B  
A W S D T M G Y I A T W R S Q G T J D Z N  
P E T B K I R S Y Y I G T X R D R B B Y T  
I B Z Y N Y D Y M N O C D M G Z J O T M N  
G N L N Y B J Y T F B B O D Q X G P U R G  
M J E B L R X L U Y M M R S G L Z V R P R  
W R B X L J T J Z X R Q R Y K T Z R R Y B  
S R L X J D G P W Z N Y L M L W N P X M Z

**IPPY TRIVIA ANSWERS FROM LAST MONTH**


1. LIMESTONE 2. SHAMROCK 3. NEWTOWN 4. SEVEN 5. 1920 6. SYDNEY 7. JOST VALE 8. MAYOR JOHN MURPHY 9. GREENHAM

**IPSWICH 60 & BETTER**

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

Ipswich 60 & Better Program would like to thank Des White for his commitment and dedication to the role of Secretary over the last year.

Unfortunately Des is no longer able to continue this role so we are looking for someone to be the Management Committee Secretary.

This is a voluntary role.

Please contact the office if you are interested.

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