


Community News & Views Ipswich

February 2020
Vol:27 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.



DON'T
FORGET

MEET AND GREET
10 am on 12 FEBRUARY 2020
RED CROSS CONFERENCE ROOM
HUMANITIES BUILDING
56 SOUTH STREET, IPSWICH

COME AND HEAR FROM OUR GUEST SPEAKER,
JULIE CAWDELL
COMMUNITY HEARING ADVISOR
FROM HEARING AUSTRALIA
For catering purposes please
RSVP by 11 Feb on 3282 8644.



Good Stuff in this Issue

- ★ Recipes for one
- ★ Meet and Greet
- ★ Book & Movie Reviews
- ★ Poem from Di
- ★ What's On



60
AND
BETTER

IPSWICH 60 AND BETTER PROGRAM Inc.

Supported by Ipswich City Council and

Ipswich Hospital Foundation

Funded by



A PROGRESSIVE PROGRAM FOR THE OVER 50'S

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



Ipswich 60 and Better Program Committee Members 2019-2020

President: Bob Massey c/- 3282 8644 **Vice President:** Roslyn Newsham

Treasurer: Sue Schonknecht

Secretary: Pat Andrew

Committee: Graeme Ault, Lyn Bryant, Maureen Reinke, Dorothy Sawyers, Irene Strong, ,
Barbara White, Diana Wooldridge

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

Office Assistant - Kylie Stoneman

Office Volunteer - Maureen Reinke **Facebook Volunteer -** Kylie Stoneman

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; Mob: 0411661550 **office hours**

Website: www.60andbetteripswich.com.au; **email:** ips60bp@gil.com.au

Office Hours

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

Thursday - CLOSED; Volunteer - Friday 9am - 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*

1000 newsletters are printed each month and distributed through 104 outlets.

Also available at www.60andbetteripswich.com.au

Email our office to be sent out an request form should you wish to advertise with us.

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 Pen

Firstly, a belated welcome back to your program activities whatever they may be – a welcome from your management team, program committee, convenors, newsletter team and not least your president.

This brings to me the idea of having a New Year's resolution that would have members resolving to introduce a younger person or two into their program.

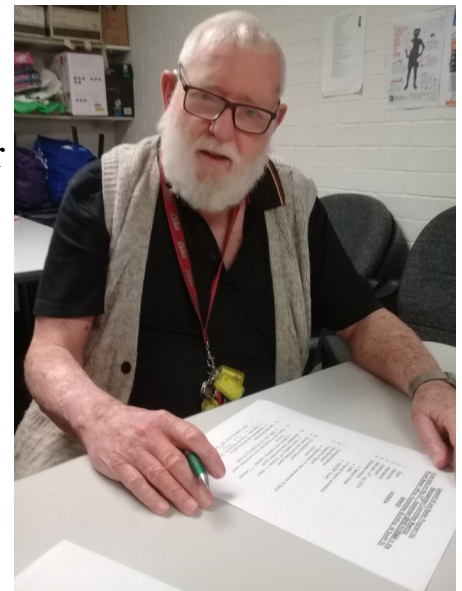
Presently we have a large percentage of our membership in the 70 plus year age bracket. Bring along a friend or relative acquaintance or neighbour, let them try your program, introduce them to our activities for a trial run - give it a go to help your program grow.

The new year resolution approach could be good for our 60 and better growth, try it out.

Don't forget that this is your organisation and as members we have the opportunity to make suggestions, be part of the decisions made as we continue to remain active.

See you all at the meet and greet on Feb 12.

Cheers Bob



Happy Birthday to all members born in February!

**6th Graeme Ault;
7th Garry Smith;
9th Maureen Reinke;
13th Elaine Glanville;
14th Coralie Smith;
18th Ruth Alback, Del Little;**



IPSWICH LITTLE THEATRE PRESENTS

“Blithe Spirit” by Noel Coward

27th Feb – 14th Mar

Director: Kate Mallory
Assistant Director: Chris Greenhill

Ipswich Little Theatre Society Presents

Blithe Spirit

By Noel Coward
Directed By Kate Mallory



*An improbable
farce!*

*A comedy to
die for!*

Performance Season
27 February to 14 March 2020
Public Nights -
29 February, 6, 7, 13, 14 March at 8.00pm
Public Matinees -
Sundays 1 & 8 March at 2.00pm
Rated PG Contains Mild
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 Ipswich Visitor Information Centre 3281 0555

Writer Charles Condomine invites local eccentric medium, Madame Arcati, to hold a séance at his house, with the sole intention to gather inspiration from the medium for his book.

Despite initially thinking the séance has been a failure, it soon becomes clear that Madame Arcati has unwittingly brought back Charles' first wife, Elvira.

This classic comedy is the first season for Ipswich Little Theatre Society for 2020.

**Incinerator Theatre,
Burley Griffin Drive,
Queens Park Ipswich.**

Gates open at 7.15 with the licensed bar serving hot and cold beverages and light snacks.

NOW

We're losing our Koalas now,
They're very near extinct.
And yet we still debate about
If climate change is linked.

We're losing all our farmers now,
They're walking off the land.
They cannot cope with drought and floods,
Without a helping hand.

We're losing all our water now,
The dams are getting low.
And still the factories pump out smoke
That blocks the natural flow.

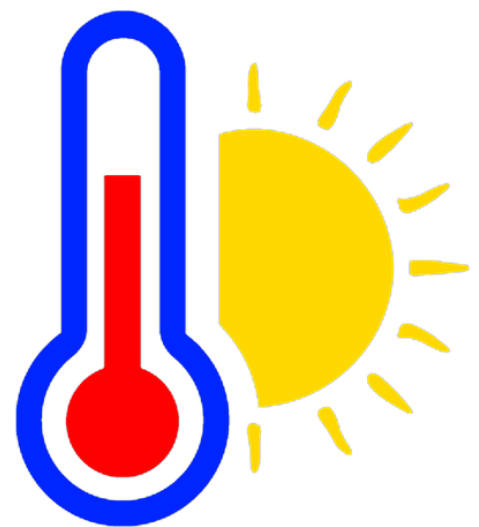
And so the time to act is now,
We all can do our part.
The smallest thing that we can do,
Will make the greatest start.

Di Wooldridge

BEAT THE HEAT TIPS

TRYING TO SLEEP IN THIS SWELTERING HEAT?
TRY STICKING YOUR PILLOW CASE IN THE
FREEZER FOR 10 MINS. THIS CREATES A
TEMPORARY COOLING EFFECT THAT MAY
HELP YOU DOZE OFF.

NEARLY 30 PERCENT OF UNWANTED HEAT
ENTERS YOUR HOUSE THROUGH WINDOWS,
SO KEEP THEM CLOSED WHEN YOU ARE
NOT HOME. PUTTING SHADES, CURTAINS,
BLINDS AND SHUTTER TO WORK CAN RE-
DUCE INDOOR ROOM TEMPERATURES BY AS
MUCH AS 20 DEGREES.



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Aged Care

GET YOUR BRAIN THINKING—IT'S PUZZLE TIME

There are 5 houses and each of them has a different colour. Their respective owners have different heritages, drink different types of beverages, read different books, and look after different types of pets. It is known that:

1. The Brit lives in the red house.
2. The Swede keeps dogs as pets.
3. The Dane drinks tea.
4. Looking from in front, the green house is just to the left of the white house.
5. The green house's owner drinks coffee.
6. The person who reads Pall Mall raises birds.
7. The owner of the yellow house reads Dunhill.
8. The man living in the centre house drinks milk.
9. The Norwegian lives in the leftmost house.
10. The man who reads Blend lives next to the one who keeps cats.
11. The man who keeps a horse lives next to the man who reads Dunhill.
12. The owner who reads Bluemasters also drinks beer.
13. The German reads Prince.
14. The Norwegian lives next to the blue house.
15. The man who reads Blend has a neighbour who drinks water.

The question is, who owns the pet fish?

Book Review.

Scrublands written by Chris Hammer.

I enjoy books about Australia and this was a good one, with lots of interesting twists. It is a murder mystery set in a country town suffering from drought.

It starts with a priest who calmly shoots five of his parishioners, he is then shot by the local policeman.

One year later a journalist arrives in town to write a feature on the tragedy and how the town is coping. The stories he hears, when talking to the locals doesn't fit with the version that was reported by his newspaper.

The journalist can't ignore his doubts, nor the urging of the locals to unearth the real reason behind the priest's deadly rampage.

A good read and one that is hard to put down.

Yvonne Jonker

IPSWICH FORUM...

10:30 - 12noon... 2nd & 4th Thursdays

Your **OPPORTUNITY** to...



- Gain CONFIDENCE
- Develop COMMUNICATION SKILLS
- Enjoy INTELLECTUAL RIGOUR

FORUM helps you become more CONFIDENT to speak out, develop ideas, and share opinions in a structured manner. Members develop leadership skills and learn how to run meetings more effectively through regular practice with experienced guidance in a fun and friendly environment.

**Venue: Room 2, 3rd Floor,
Ipswich Trades Hall Bldg
4 Bell Street, Ipswich.**

Enquiries: Lorraine
Email: L4n44m@bigpond.com
Mobile: 0448 377 543
Facebook: Ipswich Forum
Website: www.beconfident.org.au



Bribie Island Holiday House

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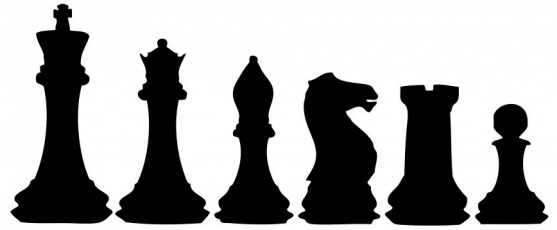
School holidays includes Easter -
Saturday 4th to Saturday 18th April
2020 available.

Off Peak rates throughout the year.

Phone owner 0407572398 or
(07)32817364.

CHESS

**TUESDAYS 10AM TO 12 NOON AT THE
60 & BETTER OFFICE,
HUMANITIES BUILDING
COST - DONATION**



BOCCIA

**TUESDAYS 9AM TO 12 NOON AT THE ANNEX,
HUMANITIES BUILDING
COST—DONATION—INCLUDES MORNING TEA**

CUPPA & CHAT

**TUESDAYS 11AM TO 12NOON AT
RACEVIEW CONGREGATIONAL CHURCH
HALL**



BRIDGE

**WEDNESDAYS 12.30PM TO 3.30PM AT
SHALOM HOUSE, CNR GREEN ST & GLEBE
RD, BOOVAL
BEGINNERS CLASS - BOOKINGS
ESSENTIAL
COST—DONATION**



FOR MORE INFORMATION CONTACT GARRY ON 0411 876 668



TAI CHI FOR DIABETES

**WEDNESDAYS 2PM TO 3PM AT CAFETERIA,
HUMANITIES BUILDING
COST—\$5**

ART GROUP

**THURSDAYS 1.30PM TO 4PM AT CAFETERIA,
HUMANITIES BUILDING
BYO ART SUPPLIES & A/TEA TO SHARE
COST—DONATION**



FOR MORE INFORMATION CALL THE OFFICE 32828644

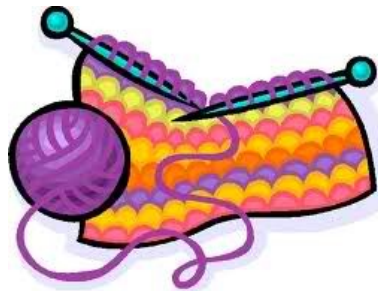


CUPPA & CHAT

**FRIDAYS 10.30AM TO 11.30AM AT
RACEVIEW CONGREGATIONAL CHURCH HALL
COST - DONATION**

CONCERT PARTY

**FRIDAY 1PM TO 2.30PM (PRACTICE) AT THE
AUDITORIUM, HUMANITIES BUILDING.
COST—DONATION & A/TEA TO SHARE
FOR MORE INFORMATION CONTACT
KATH ON 3201 6075**



UFO GROUP

**SECOND, FOURTH , FIFTH THURSDAY OF
THE MONTH 10AM TO 12NOON AT THE
OFFICE, HUMANITIES BUILDING
BYO UNFINISHED OBJECT
COST - DONATION**

GAMES MORNING

**FIRST WEDNESDAY OF THE MONTH 9AM TO
12 NOON AT THE 60 & BETTER OFFICE,
HUMANITIES BUILDING
COST—DONATION**



MOVIE BUFFS

**2ND SATURDAY OF THE MONTH, 10AM MEET IN
FOYER OF LIMELIGHT CINEMAS RIVERLINK
FOR MORE INFO CONTACT
THE 60 & BETTER OFFICE ON 3282 8644**

FAMILY TREE WORKSHOP

**JOIN US IN A FAMILY TREE WORKSHOP. CREATE
YOUR OWN FAMILY TREE BOOKLET AND LEARN
HOW TO FILL IN ANY MISSING BRANCHES.
\$10 DONATION PAYS FOR ALL MATERIALS.
PLACES ARE LIMITED SO GET IN EARLY TO BOOK
YOUR SPOT.
CALL THE OFFICE ON 3282 8644**



60 & BETTER GROUPS

* \$2 donation welcomed

Newsletter Editing Sub Committee	Mon 3rd Feb 11.00am	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 26th Feb 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
Social Sub Committee	10.45am, 26th February		60 & Better office	The Office 3282 8644
Table Tennis	Tues 1pm-4.30pm Fri 1pm-4.30pm ——— Wed 1pm-4pm	* Donation Bring A/Tea to share	Annex, Humanities Building ——— Aveo Springfield	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 21st Feb 10am		Baptist Church Hall Blackstone Rd	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 21st February		Cafeteria Humanities Building	Len Lamprecht 32813656
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Recipes for ONE or TWO
ROCK CAKES

Makes 6 - suitable to be frozen
1 cup self-raising flour
Half cup mixed dried fruit
Eighth teaspoon cinnamon
2 tablespoons white sugar
Quarter cup skim milk
2 tablespoons melted margarine
1 egg white
Cooking spray



1 teaspoon extra white sugar to sprinkle on top
Preheat oven to 200 degrees Celsius fan forced.

1. Place sifted flour, mixed fruit, cinnamon and sugar medium mixing bowl and mix well.
2. Combine milk with melted margarine then adding egg to milk mix and beat together using a fork until combined.
1. Add milk mixture to dry ingredients and mix well.
2. Place a large spoonful of mixture onto a flat baking tray that has been coated with cooking spray. Repeat until you have 6 rock cakes then sprinkle extra sugar on top of each one. Bake 20 minutes.

SYMPLE TURNOVERS

Serves 2 - suitable to be frozen
2 sheets filo pastry
Cooking spray
215g canned pie apple
1 teaspoon white sugar



1. Lay out one sheet of filo pastry and cut into 3 pieces widthways. Place one on top of the other, spraying with cooking spray between each sheet. Repeat this with remaining sheet.
2. Coat a heated sandwich or jaffle maker with cooking spray then lay one of the prepared sheets over the base of the jaffle maker. Add filling on top of pastry
3. filling each segment.
4. Place another prepared sheet of pastry over top of pie apple. Spray with cooking spray and close lid.
5. After 3 minutes open lid and sprinkle a little sugar over top of each turnover. Continue to cook a few more minutes until pastry is golden brown (watch that the sugar doesn't burn).

Variation: Add an eighth of cup of sultanas to apple mix or replace pie apple with any canned pie mix or canned fruit (well drained).

Recipes from "Symple Too Good To Be True Cooking for 1 or 2 People" Annette Sym

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MOVIE REVIEW

by Ethel Llewellyn

TITLE: **JO JO RABBIT**

WRITER: based on “Caging Skies” by Christine Leunens (New Zealand/Belgian)

SCREENPLAY by Taika Waiti (New Zealand)

DIRECTOR: Taika Waititi

This little gem of a movie represents all the realities and atrocities of a time during World War 2 that follows a young German boy, Jo Jo (played by Roman Griffin Davis) whose view of the world is turned upside down when he discovers his single mother is hiding a young Jewish girl in their attic.

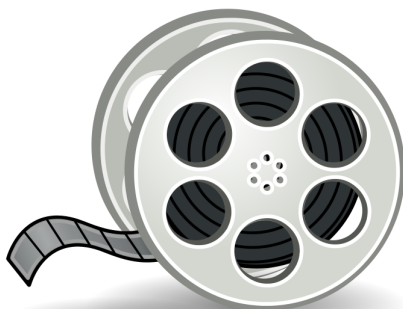
Jo Jo has in his mind an imaginary friend, who, in the written story, is Adolf Hitler (Portrayed by Taika Waiti). He has a friend of his own age and, like many of the youth at that time had to attend a Hitler Youth Training Camp. Rebel Wilson, an Australian actress, plays the part of Fräulein Rahm, an instructor. Brutish is the description written of her role. From his time at camp, when his face was injured, his life changed forever - the storyline follows his struggle through his growing phase and having to accept the situations he found himself confronted by.

The script is written as a spoof (in my opinion), satire is another. It truly has you laughing and crying within a hair's breath. References as to how all who endured those times are very subtle, poignant and very unexpected. It is intelligent, very thought provoking and has very memorable characters.

War can, in the end, show up both good and evil. Relationships experienced prior to the turmoil it represents, during and after when peace comes once again are shown within the framework of this one and a half hour long movie. Shows just how evil people performing acts of violence during that period of time were, and, can, when peace is declared, do an-about face and become everyday people in the blink of an eye.

I give this movie a 5 out of 5. It truly is a great piece of art.

Not to everyone's taste, certainly a great percentage around the world have liked it and it has received many awards in 2019.



Do you like a good movie?

Join MOVIE BUFFS

on Saturday 8 FEBRUARY

10am at the foyer of Limelight Cinemas, Riverlink

Call 3282 8644 for more information

Presented by Ipswich Civic Centre

Karen Knowles

From The Heart

- **Saturday 8 February**
2.00 pm
All tickets \$17.50



Presented by Ipswich Civic Centre
and Rhydian Lewis Productions

The Best of Bublé

Tribute Experience

- **Friday 14 February**
7.30 pm
Show Tickets \$49.00
Dinner and Show Tickets \$79.00



Presented by Ipswich Civic Centre

Legends of the Grand Ole Opry

- **Thursday 12 March**
10.00 am
All tickets \$17.50



Book your Ipswich Civic Centre 2020 Experience NOW

ipswichciviccentre.com.au
(07) 3810 6100



WHY JOIN 60 & BETTER?



With a subscription price of \$15 p.a. (pro rata rate applied throughout the year— join in February and only pay \$7.50 for membership to end of June 2020) this is great value for money!



Subscription is open to those 50 years of age & older (you don't have to be 60).



It provides an opportunity to keep up to date via the monthly newsletter which is mailed to members.

Joining is easy—visit us online at www.60andbetteripswich.com.au

Or call the office on 3282 8644

PUZZLE:



There are three playing cards in a row. There is a two to the right of a king. There is a diamond to the left of a spade. There is an ace to the left of a heart. There is a heart to the left of a spade.

Identify the three cards.



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Activity News

Activities on offer at Ipswich 60 and Better are entirely up to you, local Ipswich seniors. Do you have a skill or interest you would like to share or enjoy with others?

Or come and try any of the groups, membership isn't a requirement, we would love to see you! Going somewhere new can be the hardest and bravest thing.. It's saying YES to change!

Welcome

To All New Members

Upcoming Event :

Meet & Greet

Wednesday, 10am February 12th 2020 Phone 32828644 to book.



Mark Your Calendar

» UPCOMING EVENTS

Many thanks to all members and friends who have collected and donated used stamps: Sue Schonknecht , R Newsham, Ipswich Hospice,



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

Ipswich: Phone Irene 0497 808 402

Rosewood: Phone Jean 5464 1023

Laidley: Phone Petra 0428 534 451

Marburg: Phone Irene 0497 808 402

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 Ideas?

If you have any feedback or great ideas why not give us a call or send us an email.

We would love to hear from you!





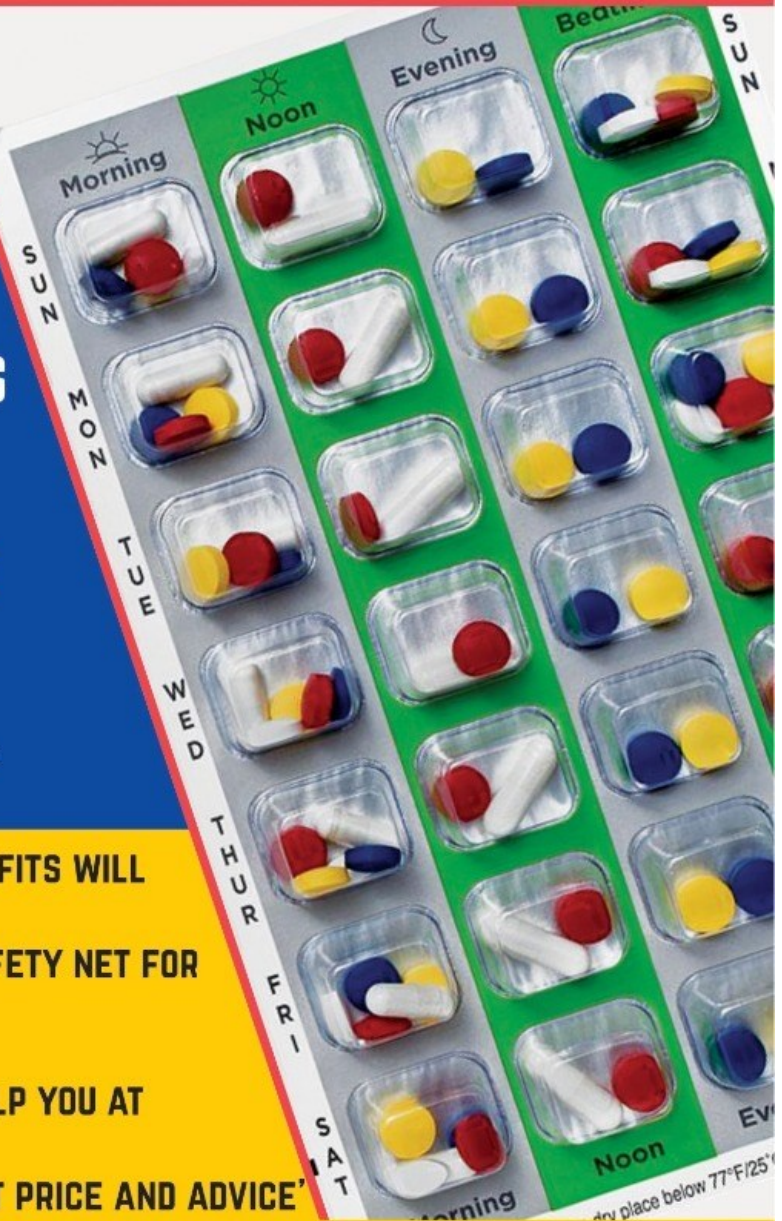
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Visit our website for
information and upcoming events at www.60andbetteripswich.com.au.

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