

# Community News & Views Ipswich

March 2020  
Vol:27 No 3

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.

## INTERNATIONAL WOMEN'S DAY 2020

An equal world is an enabled world.

#EachforEqual  
#IWD2020



International Women's Day



### In this Issue

- ★ International Women's Day
- ★ Kidney Health
- ★ Recipe from Michelle's Kitchen
- ★ Meet and Greet News
- ★ What's On



**IPSWICH 60 AND BETTER PROGRAM Inc.**

Supported by Ipswich City Council and

Ipswich Hospital Foundation

**A PROGRESSIVE PROGRAM FOR THE OVER 50'S**

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



Funded by



Queensland  
Government

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

---

**Office Hours**

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

**Thursday - CLOSED; Volunteer - Friday 9am - 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\*

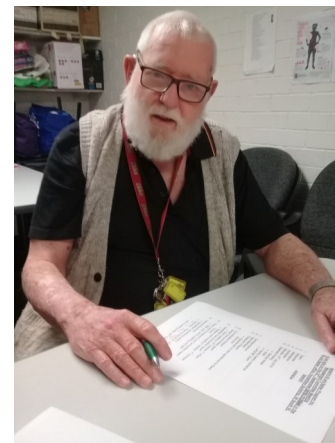
1000 newsletters are printed each month and distributed through 104 outlets.

Also available at [www.60andbetteripswich.com.au](http://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** As we move on into the year we will find ourselves facing a myriad of changes: for example moving our 60 and Better home from the Humanities Building of some 27 years. The change comes through the Ipswich Council property sale to Qld Health. In 2021 the move will impact the office, Management Committee and regular activities. Presently the shift needs planning by the Management Committee, convenors and taking into consideration space needed and *parking* !!.



Rest assured we are working on this, bear with us and stay faithful to our program. As your president I would ask for your patience and support.

*Cheers Bob*

**February PG 7 PUZZLE SOLUTION (for a more detailed solution contact the office.)**

The German owns the pet fish.

**February PG 16 PUZZLE SOLUTION**

The cards are an Ace of Diamonds, a King of Hearts, and a Two of Spades.

## Happy Birthday to all members born in March!

6th Tony Leenaars, 8th Les Stuart, Jan White,  
9th Ted Wedmaier, 10th Betty McMillan,  
13th Marg Berlin,  
14th Thel Storey, Kath Hogan 15th Doreen Gowell,  
17th Greg Cook, 19th Maragert Scudds,  
22nd Cath Hannard,  
23rd Adele Griffin, Valmai Bottle,  
25th Irene Glen, Robyn Borthwick

Also belated birthday greetings to  
Barb White for the 14 February and  
Dot Sawyers who celebrated on the 26th February



## Local Government Elections March 2020

The divisions of the Ipswich City Council are changing. Ipswich will have four divisions, with two councillors representing each division.

### Enrol to vote or update your details and check your division

To make sure your voice is heard at the election, you must be enrolled to vote. If your details have changed (i.e. your name or address), or you're not yet enrolled to vote, visit the Australian Electoral Commission's website at [www.aec.gov.au](http://www.aec.gov.au) or call 13 23 26. To check your division, call 1300 881 665 or search for 'local government boundary reviews' on the ECQ website at [www.ecq.qld.gov.au/lgr/ipswich](http://www.ecq.qld.gov.au/lgr/ipswich).

Please note, the ECQ will post a **Voter Information Card** to all enrolled voters closer to the election advising of your division.

### Make sure your vote is counted

There will be two voting systems in use for the Ipswich local government elections. To ensure your vote is counted, follow the voting instructions at the top of your ballot papers.

**Mayoral ballot** – To elect the next Ipswich mayor, it's a system of Optional Preferential Voting, where voters can vote for one, some or all the candidates on the ballot paper.

**Councillors ballot** – To elect two councillors to represent your division, it's a system known as First-Past-The-Post Voting, where voters must select their two preferred candidates.

### What are my voting options?

You can vote in the local government elections by:

- voting during the early voting period from Monday, 16 March 2020 until Friday, 27 March 2020;
- applying for a postal vote before 7pm on Monday, 16 March 2020;
- if you meet the eligibility criteria you can cast a telephone vote; or
- voting on election day at a polling booth in your local government area on **Saturday, 28 March 2020**.

[www.ecq.qld.gov.au](http://www.ecq.qld.gov.au)



# Ipswich 60 & Better CAKE, CUPPA & CHAT

## WEDNESDAY 11 MARCH AT 10AM

AT THE YARD ON GLEBE, 176 GLEBE ROAD BOOVAL



PHONE OFFICE TO REGISTER ON 3282 8644  
BUY YOUR OWN OPTIONS FROM MENU ON THE DAY

**SOCIAL COMMITTEE NEWS**  
Our next event is a cake cuppa and chat at the Yard on Glebe. We look forward to seeing you there.

**UPCOMING EVENTS**  
APRIL—HOGS BREATH LUNCH  
MAY—QUEENS PARK MORNING TEA

**DATE CLAIMER:**  
CHRISTMAS IN JULY AT BUNDAMBA TAFE MINER'S RIGHT RESTAURANT  
31 JULY 2020  
\$25 PER PERSON



### Meet & Greet News



Thanks to all those who attended meet & greet, was great to hear from Hearing Australia (tongue in cheek). Wonderful too to have life members Mrs Marie Maddox



and Mrs Liz Jordan join us for the morning and congratulate Mrs Ethel Llewellyn who was awarded a well deserved Life Membership for her meritorious service to management. Ethel has been involved with Ipswich 60 and Better Program Inc. since its inception in 1993 when it commenced as the Ipswich and Eastern Suburbs 60 and Better Program.



President Bob Massey also thanked Ted Wedmaier for convening the 60 and Better Art Group from 2013 to December 2019. Ted has retired from the role.

A raffle was held raising \$61. Maureen Reinke won the \$20 first prize and Barbara White the \$10 second prize. Maureen enjoyed a birthday that week too and went off and bought herself a new handbag!! Thanks too, to all those who helped in the kitchen, what a great team!

## “CHANGES I’VE SEEN” by Zoe Walker

My childhood in the 1950s was spent in a typical household of the time. My father was the provider, the protector of his family and my mother was the carer, the nurturer, the housekeeper who received her fortnightly cash for the household needs from my father. It was a safe, mostly happy life for us and while I sometimes doubted my mother’s contentment I didn’t question the system. This didn’t happen until my teens when society began to change, when the WLM, the Women’s Liberation Movement, made its appearance and suddenly there were other possible scenarios for women, for households and maybe even for men.

As with any societal change it invited distrust, scorn and vilification. It’s understandable that such attitudes as those espoused by the WLM caused distress. The established family system was the moral and economic basis of our society at the time although some cracks were beginning to appear and change was inevitable. The wave of feminism from the late 1960s to the 1980s demanded equality in rights and opportunities for women everywhere. Earlier, women had won the right to vote. This was the second wave.

It was in a way difficult for some of us who had one foot in the 50s because the Movement seemed aggressive and maybe over the top. Looking back, I realise I was simply very lucky. My father having had his education curtailed because of the financial situation in his family was determined his children would have a good education - no nonsense like leaving school early even if I had wanted to, although there my choices were prescribed. My parents made sacrifices I appreciated only much later and I guess I took education of women and equal rights as a given. Obviously that wasn’t so in many other families and it took me some time to appreciate the need for change. Once I moved into the real world to establish myself the inequalities became obvious - in pay, in opportunities, standards of acceptable behaviour to name a few. On a light note, women were teased if they strayed into territory considered off-limits; I was called a “women’s libber” because I asked the mechanic what had been the problem with my car. Women in turn often used the term “male chauvinist pig”. Serious issues were at stake though and while some of these have been addressed there seems to be still much to do. It is comforting now to see my daughters have the choice to follow a life path with less criticism or expectation that as women they should follow certain rules.

Things seem so different now and changes over 60 years for us all have been amazing. I am sure that if the Coronavirus had occurred when I was a child we would not have heard of it here in Australia. A woman as PM? Unthinkable back in the 50s and 60s. Computers, the internet, instant news, the cashless society; so much change, some of it wonderful but we have yet to reach a point where every person is regarded as equal. Prejudices, greed and fear often prevent this but for every bad news story there is a good one so perhaps basically things are not so very different, just the outward trappings.



## INTERNATIONAL WOMENS DAY EVENTS



**ZONTA IPSWICH INVITES YOU TO ATTEND  
THE ANNUAL INTERNATIONAL WOMEN'S DAY BREAKFAST**  
To be held at the Racehorse Hotel Sports Bar, 215 Brisbane Road, Booval.  
Friday 6<sup>th</sup> March 2020 from 6.45am

If you are interested in attending please contact ZONTA CLUB OF IPSWICH  
through facebook or email at [eventsipswichzonta@gmail.com](mailto:eventsipswichzonta@gmail.com)



**ABLE AUSTRALIA INVITES YOU TO ATTEND  
their International Women's Day Breakfast**  
Monday 9th March 7.30am - 9am

For more information phone Jessy Byrnes 5600 0733 or 0427 211 816



**IPSWICH REGION CHAMBER OF COMMERCE INVITES YOU TO ATTEND  
MORNING TEA WITH FIORI GIOVANNI**

To be held at the Ipswich Turf Club, Bundamba.  
Friday 13 March 2020 at 9.15am  
\$44 per person Contact 38108377

# 2020 CHORAL SHOWCASE

Experience a glorious afternoon of music from  
five award-winning CAMBRIAN CHOIRS

**SUNDAY 22nd MARCH | 2.30pm**

**Ipswich Civic Centre**  
Cnr Limestone & Nicholas Streets

**EARLY BIRD TICKETS** (ENDS 4.00PM FRI 20TH MARCH)

\$20 Adults | \$15 Concessions | \$10 Children (3 - 15 years)

**AT THE DOOR**

\$25 Adults | \$20 Concessions | \$15 Children (3 - 15 years)

## BOOKINGS

online [www.ipswichciviccentre.com.au](http://www.ipswichciviccentre.com.au) | phone 3810 6100 (credit cards only)

**Ticket Office Location** Ipswich City Council Administration Building  
50 South Street, Ipswich (car park and second entrance 45 Roderick Street)  
Monday - Friday 8.30am - 4.30pm



[www.cambrianchoir.org.au](http://www.cambrianchoir.org.au)

[Facebook.com/BlackstoneIpswichCambrianChoirs](https://www.facebook.com/BlackstoneIpswichCambrianChoirs)





## **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 - Due to circumstances of regular group  
attendees this group has not met this year.**



**FOR MORE INFORMATION OR TO REGISTER  
YOUR INTEREST 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

|  |  |                                 |   |                         |
|--|--|---------------------------------|---|-------------------------|
| <b>Newsletter Editing Sub Committee</b>  | <b>Mon</b><br>2nd March<br>6th April<br>11.00am                            | No Cost                         | 60 & Better Office                                      | The Office<br>3282 8644 |
| <b>Newsletter Workshop</b>   | <b>Wednesday</b><br>25th March<br>9am                                      | M/Tea Provided                  | 60 & Better Office                                      | The Office<br>3282 8644 |
| <b>Social Sub Committee</b>  | 10.45am,<br>25th March   |                                 | 60 & Better office                                      | The Office<br>3282 8644 |
| <b>Table Tennis</b><br>(No Table Tennis 30th March due to Annex not available) | <b>Tues</b> 1pm-4.30pm<br><b>Fri</b> 1pm-4.30pm<br>—<br><b>Wed</b> 1pm-4pm | * Donation Bring A/Tea to share | Annex, Humanities Building<br><br>—<br>Aveo Springfield | The Office<br>3282 8644 |

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

|                             |   |   |                                      |                            |
|-----------------------------|---|---|--------------------------------------|----------------------------|
| <b>Square Dancing</b>       | <b>Monday</b><br>1pm - 3pm \$6<br>Beginner 12 noon -1pm \$3 | Caller:<br>Kay Walker<br>Town & Country Squares | Annex, Humanities Building           | The Office<br>3282 8644    |
| <b>Stroke Support Group</b> | <b>Friday</b><br>20th March<br>10am                         |   | Baptist Church Hall<br>Blackstone Rd | Bill Waterson<br>3281 4925 |
| <b>Tai Chi for Health</b>   | <b>Tuesday</b><br>1pm                                       | \$3   | Goodna Neighbourhood House           | Phone<br>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><br>7.30pm<br>19th March |  | Cafeteria Humanities Building | Len Lamprecht<br>32813656 |
|--------------------------------------|---|--|-------------------------------|---------------------------|

## World Kidney Day - 12th March

## Kidney Health Week 23<sup>rd</sup> - 29<sup>th</sup> of March.



The kidneys filter our blood, removing waste and controlling fluid and hormone levels in the body.<sup>1</sup> Early detection of kidney disease can slow and, in some cases, prevent progression.<sup>1</sup>



The Kidney Health Campaign reminds us to drink water for our thirst,<sup>2</sup> and include fruits and vegetables in our diet as they contain water that can help our bodies meet fluid needs.<sup>3</sup>

Healthy eating tips include:

- ★ Eat a diet with vegetables, fruits, legumes and wholegrains (e.g whole grain bread and brown rice).
- ★ At least once a week eat some lean meat such as chicken and fish.

- ★ Look at the food label and try to choose foods that have a low percentage of sugar and salt and saturated fats.
- ★ Limit take-away and fast food meals.<sup>4</sup>

Always check with your healthcare provider when changing your diet to ensure your needs are being met. Information can be found at Kidney Health Australia, <https://kidney.org.au/>. For further information about risk factors and prevention talk to your healthcare provider.

### References

1. 4364.0.55.001 - National Health Survey: First Results, 2017-18 [Internet]. Abs.gov.au. 2020 [cited 10 February 2020]. Available from: <https://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.001~2017-18~Main%20Features~Kidney%20disease~652>.
2. Kidney Health Week 2020 | Kidney Health Australia [Internet]. Kidney Health Australia. 2020 [cited 10 February 2020]. Available from: <https://kidney.org.au/kidney-health-week-2020>
3. 2020 WKD Theme - World Kidney Day [Internet]. World Kidney Day. 2020 [cited 10 February 2020]. Available from: <https://www.worldkidneyday.org/2020-campaign/2020-wkd-theme/>
4. Keeping your kidneys healthy | Kidney Health Australia [Internet]. Kidney Health Australia. 2020 [cited 10 February 2020]. Available from: <https://kidney.org.au/your-kidneys/prevent/keeping-your-kidneys-healthy>

Presented by Ipswich Civic Centre  
and Abstract Entertainment

## THE ITALIAN TENORS

■ **Thursday 26 March**  
7.30 pm  
All Tickets \$75.00



Presented by Ipswich Civic Centre

## MÖLLER FRATICELLI

GUITAR DUO

■ **Sunday 29 March**  
2.00 pm  
Tickets \$25.00  
Groups 4+ \$20.00 each



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





# 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)



## Michelle's Healthy Kitchen Recipe

**Yum!**

### **Vegetable & Avocado Rice Paper Rolls (makes 8 rolls)**

#### **Ingredients**

- 1 avocado
- ¼ cup of mint or coriander leaves
- 1 cup iceberg lettuce or cabbage, shredded
- 1 carrot, peeled, grated
- 1 cucumber, cut into ribbons
- ½ red capsicum sliced
- 8 sheets rice paper
- 100 grams Vermicelli noodles



#### **Method**

1. To start follow the instructions on vermicelli noodles, then drain, cut into smaller lengths and put in a bowl.
2. Pour warm water into a plate and dip rice paper in until covered then let excess water run off and place on another plate.
3. Add a small amount of all ingredients in the centre of each rice paper. Fold in one end, then roll up tightly to form a cylinder. Repeat steps with remaining rolls.

Adapted from the heart foundation tuna and rice paper rolls recipe (<https://www.heartfoundation.org.au/recipes/tuna-avocado-rice-paper-rolls>)

\*Suggestions, this is a flexible recipe, you can add tuna, egg, chicken, prawns or tofu to your rolls and substitute any vegetables you have on hand.

#### **Dipping Sauce**

- ¼ cup salt/sugar free peanut butter
- 1 tbs low sodium free soy sauce
- 2 tsp honey
- ¼ tsp ground ginger (or 2 teaspoons fresh grated ginger)
- 2 tsp apple cider vinegar
- 2-4 tbs warm water, to thin dressing
- \*for a spicy sauce add ½ tsp cayenne pepper

Place all ingredients in a jar and shake to combine, start with 2 tbs spoons of water and add if needed for desired consistency.

Adapted from Ambitious Kitchen, Healthy-thai-peanut-dressing. ***If you would like to try this recipe and don't have any ginger, I'll leave some ground ginger in the office and you can collect some for the dipping sauce.***

## **Are you finding your home too much?**

My name is Helen Bryan and I'm here to answer any real estate questions.

**Question:** When is the best time to sell?

**Answer:** It doesn't matter, properties continue to sell in any market. If you buy and sell in the same market, you won't be disadvantaged.

When houses are taking longer to sell, the key is choosing the right agent.

## **Helen Bryan Taking the stress out of selling**

**Excellent firsthand knowledge from having lived locally for over 40 years. Over 20 years of industry experience, sharp negotiation skills and a warm and friendly communication style.**

**Free property price check report available**

Helen Bryan  
**RE/MAX**  
Profile Real Estate

0418 722 135 / 3510 5238

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

Each office independently owned and operated





## STAR COMMUNITY SERVICES

# COMFORT AT HOME

### Use STAR Home Maintenance Services:

- Gardening services including lawn mowing, edge trimming and weed spraying
- General handyman work including replacing fly screen mesh and tap washers
  - Spring cleaning packages
  - Roof gutter cleaning
- Pressure washing outdoor pathways, washing windows
- Installation, repair and maintenance of smoke alarms
  - Minor plumbing and electrical repairs
  - Pest control, and much more!



**Please call 07 3821 6699 or  
email your questions to  
shas@starct.org.au.**

**CONTACT OUR FRIENDLY STAFF  
TO HELP LOVED ONES  
LIVE COMFORTABLY AT HOME**

Call 07 3821 6699 for a FREE Estimate

## 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

**Do you want to contribute?**

**The Social Committee and Newsletter Editing Committee would love you to join us. Contact the office for more information.**

**Many thanks to all members and friends who have collected and donated used stamps: Sharon Born, Mrs Icke and the Jonkers.**



## 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

Local Pools: Bundamba 3282 2801,  
Leichhardt 3818 743,

Goodna 3381 8240, Rosewood 5464 1246

<http://www.justsportsnfitness.com.au>

**McMahon's Swim Factory \$9.00 3812 2923**

Multi Level **Mon Wed** 1pm; **Tues Thur** 6.30 pm;

**Fri** 8am **ORION Mon** 6pm

<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!



COMMUNITY CARE



Live the life you want  
**while receiving the  
care you need.**

For support in your own home  
call **1300 111 227** or visit  
**[agedcare.salvos.org.au](https://agedcare.salvos.org.au)**

Residential Aged Care | Retirement Living  
Community Care | Respite Care



Aged Care

***U3A invite you to attend:***

**NBN & your home internet**

**Wednesday 8 April 2020**

10:00am to 11:00am – tea/coffee available

Shalom House, Cnr Glebe Road & Green Street, Booval

In the grounds of Glebe Road Uniting Church

Presenter: Ray Krebs, NBN Local Community Ambassador for Qld

Come and learn about:

Tips to become Tech Savvy in 2020,

How to optimise your Home Internet Set Up

How to do a Speed Test and are you on the best plan

Update on the latest scams and staying safe online

Email: [ipswichu3a@gmail.com](mailto:ipswichu3a@gmail.com) Call or Text: 0403 357 664



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

Visit our website for

information and upcoming events at [www.60andbetteripswich.com.au](http://www.60andbetteripswich.com.au).

**If undeliverable return to:**  
**Ipswich 60 and Better Program Inc.**  
**PO Box 1014**  
**Ipswich Q 4305**

**SURFACE  
MAIL**

**Postage  
Paid  
Australia**

**Australia Post Publication**  
**100019013**