

Community News & Views Ipswich

July 2021
Vol:28 No 7

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.



It's Warming Hearty Soup Weather! – Roslyn's Pumpkin Soup recipe inside this issue

In this Issue

- Christmas in July date claimer
- Roslyn's Pumpkin Soup
- Exercise and Fitness as we Age
- Word Search and funnies
- And more



IPSWICH 60 AND BETTER PROGRAM Inc.

A PROGRESSIVE PROGRAM FOR THE OVER 50'S

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

Funded by



Ipswich 60 and Better Program Committee Members 2020-2021

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Joan Preece, Garry Smith

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

Office Assistant - TBA

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.

Convenor updates required by 20th day of the month



IPSWICH 60 & BETTER PROGRAM Inc.

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Contact: Ph.: 07 3282 8644; Mob: 0493 097 012 (**new number**) **office hours**

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

Office Hours

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

Thursday - CLOSED; Friday - CLOSED

Please call 3282 8644 first to ensure there is someone to attend to your needs.

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PRESIDENT'S PEN Trust you are all keeping well and discussing with your health professionals in regard to COVID and Flu vaccinations. There is much information which sometimes can cloud the subject and it is always best to discuss with your GP if you have questions. Dr Google doesn't have personal insights and has its limits! Keep up to date with the latest COVID Health Restrictions, we are now wearing masks again.



There have been many changes for the Program this year and for you also. Parking has been raised as an issue particularly for those who require parking in close proximity. We are seeking solutions. On a positive note, it is also close to bus and rail if you are able to access public transport. The bus takes me right to the door!

Thank you to those renewing membership or becoming members - great to have you back on board or joining us! If **you** would like to join or participate in one of our many activities, please contact the office on 3282 8644, we would love to welcome you.

Bob

HAPPY BIRTHDAY **TO ALL BORN IN JULY**

2nd	David Glen
7th	Gillian Kane
11th	Pat Andrew, Lonie Budd
15th	Glenda Cooper
16th	Jeanette Fisher
23rd	Di Wooldridge, Mark Kerr
27th	Flora Ross
28th	Wendie Payne, Christine St Hill
30th	Leona Bayoux- Perrot



Book Review by Yvonne Jonker **The Five Winds.**

Historical Adventure Author. Patricia Shaw

This book is set in the 1870's, a tumultuous story of revenge and betrayal set against the beautiful background of the Australian East Coast.

As a luxurious ocean liner China Belle enters Australian waters, its passengers have little idea of the tragedy that awaits them, particularly not Mal Willoughby, who is returning to his native land to start a new life with his Chinese wife Jun Lien. The crew led by First Officer Jake Tussup, mutinees off the coast near Cooktown, taking passengers hostage.

By the time the horrific ordeal is over and the crew escapes to the gold fields of the Palmer River, Mal's beautiful wife is dead and the lives of the survivors have been altered forever.

In the months that follow, a close bond develops between the passengers as they try to put the tragic experience behind them. For Mal the only way to do this is to track down his wife's killers, but will he ever be able to break free from his past.

A nice story that highlights the difficult conditions that thousands of people endured searching for their dream of finding gold.

SEASONS

July crept in on feathered feet,
Like leaves 'cross a millpond
Powered by the breeze.
No more balmy autumn nights.
Prepare yourself for winter's freeze.
Winter blazes right on in
Like a galleon in full sail,
Devastating the landscape
With icy winds and hail.
Then gradually as snows abate,
Small shoots of green appear
Before you know, we've turned around
And blown another year.



Di Wooldridge

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WALKING AIDS HOSPITAL GRADE DISABILITY PRODUCTS INDEPENDENT
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GLOVES HYGIENE HEALTH RAMPS BARIATRIC PRODUCTS CUSTOMISED MOBILITY
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WOW!
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Anyone interested in trying *Golf Croquet*?

The Ipswich Croquet Club at Queen's Park, Ipswich have invited Ipswich 60 and Better to "Come and Try" golf croquet – a social croquet game.



If you are interested, please contact the 60 and Better office on 32828644 or email admin@60andbetteripswich.com.au to register your interest.

Community Transport is Changing.

If you are a senior, someone with a disability, or a carer who needs community transport, you can access a wide range of subsidised community transport options.

After 10 years of serving the community, the City Hearts Cabs Program is retiring to make way for the raft of other community transport programs offered in Ipswich.

Subsidised community transport options:

- My Aged Care – 1800 200 422
- National Disability Insurance Scheme 1800 800 110
- Queensland Government Taxi Subsidy Scheme – 1300 134 755
- Queensland Government Community Support Scheme – 1800 600 300
- TransLink Access Pass and Concessions 13 12 30

Or to access locally based community transport providers, contact:

- Able Australia – (07) 5600 0730
- Be – 1300 785 448
- STAR Community Services – (07) 3821 6699

If you would like further information, please contact council's Community Development Branch on (07) 3810 6666 or by email communitydevelopmentrequests@ipswich.qld.gov.au



NATIONAL DIABETES WEEK.

11th – 17th July 2021

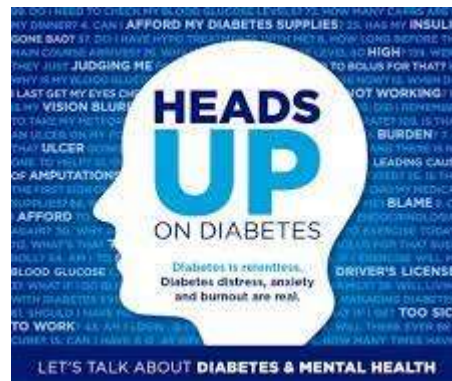
The theme for the week:

“HEADS UP ON DIABETES”.

During the week there will be a conversation about the REAL impact diabetes can have on a person’s mental and emotional wellbeing.

Everyone is invited to join Diabetes Australia on Thursday 13th July from 7p.m. – 8.30p.m.

It will be Australia’s biggest online discussion about mental health and diabetes stigma.




Visit the campaign page for more info. Share campaign resources On your social media using the hashtags #NDW2021 and #headsupdiabetes

! **Tai Chi for Diabetes**

! Held every Wednesday from 2- 3pm

! 3rd Floor, Trades Hall, 4 Bell Street, Ipswich



! Cost: \$5 For more information phone 3282 8644

While working for an organisation that delivers lunches, I used to take my four-year-old daughter on my afternoon rounds. She was unflinchingly intrigued by the various appliances of the older person, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced for the inevitable barrage of questions, she merely turned and whispered, “The tooth fairy will never believe this!”



(From the Hervey Bay 60 and Better Newsletter)



STAR
Community
Services.org.au

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support from a range of
Aged Care Services

- Home Care Packages (Level 1, 2, 3, 4)
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- Door-to-door transport for your social and medical appointments
- Companionship, Lunch Clubs, Social Outings, social activities
- Technology Program for Seniors

Eligibility criteria, terms and conditions apply. Please call STAR on 3821 6699.

SUPPORTING THE COMMUNITY SINCE 1996

Call 07 3821 6699 for a free consultation.

Call for Companionship Volunteers!

The STAR Companionship Support Program offers healthy social interactions to seniors, to support their mental and physical wellbeing and help them live independently.

STAR is seeking Companionship Volunteers in Ipswich and surrounding areas to:

- accompany our elderly clients on social visits, movies, library, cooking classes, yoga, hairdressing or any other appointments
- have coffee and chat, read a book
- help with craft activities and hobbies such as gardening, knitting, sewing etc
- spend quality one-on-one time with the client.

www.starcommunityservices.org.au



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support provided.

• Centrelink approved
activity.

Please call Maria at
STAR on

07 3821 6699

Roslyn's Hearty Winter

Pumpkin Soup

Recipe

Ingredients:

- 1/2 butternut pumpkin,
- 1 small sweet potato,
- 1 carrot
- 1 small green apple
- 1 Onion, diced
- 4 cups Stock (Chicken, vegetable or beef)



Method:

1. Roast in the oven

1/2 butternut pumpkin, a small sweet potato, carrot and a small green apple

2. Saute diced onion

3. Combine all with stock of choice, add ginger bring to boil and season to taste.





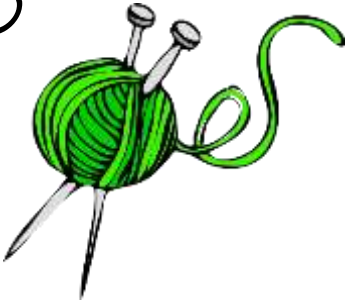

Blend – enjoy or freeze.




Approx 3 serves. Serve with a dollop of sour cream and crusty bread.

Congratulations Yvonne and Eric Jonker

*Pictured here celebrating their
50th Wedding Anniversary*



<p>Walking Group</p> 	<p>Tuesday 4pm</p>	<p>Contact office to find out the meeting point</p>
<p>Table Tennis</p> 	<p>Tuesday & Friday 1pm to 4pm</p>	<p>Level 2, Trades Hall, wear appropriate footwear.</p>
 	<p>Wednesday 1pm to 4pm</p>	<p>Aveo, 1 Symphony Way, Springfield</p>
<p>Games/Boccia</p>	<p>Tuesday 9am to 11.30am</p>	<p>Level 3, Trades Hall</p>
<p>UFO</p> 	<p>2nd & 4th Monday 9am to 12 noon</p>	<p>Level 3, Trades Hall</p>
<p>Tai Chi for Diabetes</p> 	<p>Wednesday 2pm to 3pm</p>	<p>Level 3, Trades Hall</p>

<h3>Square Dancing</h3> 	<p>Monday 12.30 to 3pm</p>	<p>Level 2, Trades Hall</p>
<h3>Concert Party</h3> 	<p>Friday 10am to 11.30am</p>	<p>Level 3, Trades Hall</p>
<h3>Movie Buffs</h3> 	<p>Ring office to find out the next movie date</p>	

Membership Renewal

Can you believe that it is that time of the year again!
We are now taking renewals of Membership for the **2021 - 2022**
year!

Keep an eye out in your letterbox for your renewal forms.

Don't forget you can pay online at
www.60andbetteripswich.com.au



Are My Properties Compliant?

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

Question: Is my home smoke alarm compliant?

Answer: Interconnected photoelectric smoke alarms are required in properties from: In all domestic dwellings leased or sold from 1 January 2022. From 1 January 2027 all other domestic dwellings.

You can find more information on smoke alarms legislation on the following website www.qfes.qld.gov.au

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Words pronunciation **phrases sentences**

by Ethel

John Lennon, as he was growing up, long before the hectic years, would go on an annual holiday, with his mother and father and siblings. Way up into the far north-west of Scotland to a place in the Sutherland Highlands. The small town of Durness was the place on many occasions.

So it was no wonder that he would venture back there to enjoy the peace and quiet of Sango Bay, White Beaches and the delights of “SMOO CAVE” with Yoko Ono and their son, Sean. The cave is a natural wonder and, if you can, it is worth searching the internet to see the beauty of the place.

SO.... “SMOO” originates from the NORSE word “SMJUGG” or “SMUGA” Which means “A HOLE OR HIDING PLACE”.

Fascinating that the Norse language is recognised in this way in the very northern regions of Scotland. Apparently in the early days of “The VIKINGS” history ships carried many a Norseman across the sea and quite a lot lost their lives and many ended up living in the Islands to the west of Norway. So crofts were built and some still stand today. “CROFTS” are likened to huts and houses made of stone and thatch. Further afield to the west the DNA of people with a long history of generations living in these remote places have been found to show signs and connections to the Vikings.

So July has just a few words to think about and source out.
“SMOO”, “SMJUGG” and “SMUGA”.

“POLYGLOT” is the last one...meaning, from Cambridge English Dictionary An adjective. Which describes “speaking OR using several different languages” OR.... “containing people from many different and distant places”.
E.G...New York is an exciting “POLYGLOT” city.

Footnote: John Lennon did live in New York and was assassinated there in 1980 at the age of 40. His most admired piece “Imagine” was in place in the year of 1971 in which he says about “ABOVE US, ONLY SKY”. Those four words would have surely taken him back to “Smoo Cave”. PEACE!



*Winter
Glory
On
display
in
Ipswich
gardens*



If you are seeing this in black and white you can view in colour at Newsletter July www.60andbetteripswich.com.au

WHERE TO GO WITHOUT LEAVING HOME!

I have been in many places in my life, but I've never been in Cahoots.

Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been Incognito. I hear no one recognises you there.

I have, however, been in Sane. They don't have an airport: you have to be driven there. I have made several trips there, thanks to my friends and family. I live close so it's a short drive.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go and I try not to visit there too often.

I've been Inflexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favourite places to be is in Suspense! It really gets the adrenaline flowing and pumps up the old heart. At my age I need all the stimuli I can get!!

And, sometimes I think I am in Vincible but life shows me I am not.

People keep telling me I'm in Denial but I'm positive I've never been there before.

I have been in Deep ---t many times: the older I get, the easier it is to get there. I actually kind of enjoy it there.

So far, I haven't been in Continent, but my travel agent says it is on the list.

My, what a journey!

Why We Love Children.

Nudity..... I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my five year old shout out from the backseat, " Mum, that lady isn't wearing a seatbelt!".

(From the Hervey Bay 60 and Better Newsletter)

Ipswich Friendly Group

Meet at the Epic Building, cnr Thorn and Brisbane Street, Ipswich
(entry via Thorn Street)

9am

4th Monday of each Month

Contact Val 3282 2186



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Exercise and Fitness as we Age

As we grow older, an active lifestyle is more important than ever. Regular exercise can boost energy, maintain your independence and manage symptoms of illness or pain. Exercise can even reverse some of the symptoms of aging. And not only is exercise good for your body, it's also good for your mind, mood and memory. Whether you are generally healthy or are managing an illness, there are plenty of ways to get more active, improve confidence and boost your fitness.



Exercise is the key to healthy aging

5 Myths about Exercise and Aging

Myth 1. There's no point in exercising. I'm going to get old anyway.

Fact: Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure and obesity.

Myth 2. Older people shouldn't exercise. They should save their strength and rest.

Fact: Research shows that a sedentary lifestyle is unhealthy for adults over 50. Inactivity often causes older adults to lose the ability to do things on their own and lead to more hospitalisations, doctor visits and use of medicines for illnesses.



Myth 3. Exercise puts me at risk of falling down.

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually *reducing* your risk of falling.

Myth 4. It's too late. I'm already too old to start exercising.

Fact: You're never too old to exercise! If you've never exercised before, or it's been a while, start with light walking and other gentle activities.

Myth 5. I'm disabled. I can't exercise sitting down.

Fact: Chair-bound people face special challenges but can lift light weights, stretch and do chair aerobics to increase range of motion, improve muscle tone and promote cardiovascular health.

www.helpguide.org/articles/exercise-fitness/exercise-and-fitness-as-you-age/htm

Activity News

Activities on offer at Ipswich 60 and Better are entirely up to you, local Ipswich seniors. We are currently looking for things to introduce as new activities. If you have an idea, please let us know and we will try and add it to the program.

Welcome

To All New Members

Tai Chi for Health



3rd floor, Trades Hall, 4 Bell Street, Ipswich
with Irene 0497 808 402

Mondays 1-2pm, 2-3pm Beginners Bookings 3282 8644 Cost \$4

Tuesdays 1-2pm Advanced (with Elaine & Joan)



Goodna Neighbourhood House Tuesdays 1pm 3818 1648

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.

Would you like to learn how to play **Bridge?**

With COVID 19 Safe Plan in place the opportunity for you to learn this mind challenging card game is once again available to you.

Played every Wednesday 12.30pm to 2.30pm at Shalom House, cnr of Green Street & Glebe Road, Booval. Register your interest by phoning the office on 3282 8644 or contact Garry on 0411876668.





You can find the words in the grid by looking Diagonal, Forward, Backward, Up, and Down. Circle them with a pencil or use a marker to highlight the letters. But most of all HAVE FUN!!!

ATLANTIC OCEAN LIFEGUARD SHOVEL BATHING SUITS
 MINI GOLF SOUVENIRS BEACH TOWEL MYRTLE BEACH
 SPLASH PARK BOARDWALK PAIL SUNGLASSES
 CARIBBEAN RESORT POOL SUNSCREEN DOLPHINS
 SAILBOAT SUNSHINE FISHING PIER SANDCASTLE
 SURFBOARD FLIP FLOPS SANDY TOES UMBRELLA ICE
 CREAM SEASHELL WATER SLIDE JELLYFISH SEAWEED
 WAVES LAZY RIVER SHELBY ALEXANDRA LIFE VEST
 SHORELINE

Join us for

CHRISTMAS IN JULY

23 JULY 2021

11.30am

**At Miners Right Restaurant,
TAFE Bundamba campus**

**Phone 32828644 to book your seat
\$25 per person. Limited Seats.**



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

Visit our website for

information and upcoming events at www.60andbetteripswich.com.au.

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