

Community News & Views Ipswich

October 2021

Vol:28 No 10

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.



**Let's
Celebrate
And
Connect,**

**“Come &
Try” at
60 and
Better!**

In this Issue

- President's Pen
- Poet's Corner with Di
- Book Review
- A Grandchild's story
- The Joy of being a Grandparent
- Brain Teasers and funnies
- And more



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A PROGRESSIVE PROGRAM FOR THE OVER 50'S

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Ipswich 60 and Better Program Committee Members 2021-2022

President: Graeme Ault **Vice President:** Bob Massey

Secretary: Ethel Llewellyn **Treasurer:** Sue Schonknecht

Email: executive@60andbetteripswich.com.au

Committee: Pat Andrew, Lyn Bryant, Kylie Stoneman, Irene Strong, Barbara White,
Diana Wooldridge, Joan Preece

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

Office Assistant – Kerri Lynch **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.

Convenor updates required by 20th day of the month

IPSWICH 60 & BETTER PROGRAM Inc.

ABN 85 491 018 335

Level 3, Trades Hall, 4 Bell Street, Ipswich 4305

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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Also available at **www.60andbetteripswich.com.au**

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

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PRESIDENT'S PEN

Well, another year has passed and along with it the AGM. I am Graeme Ault, your new President. After being Vice-President last year, I was encouraged to take up the position by the outgoing President, Bob Massey. I would like to pay tribute to Bob, for standing in the gap 2 years ago when Ethel Lewellyn decided to step down. So, a very grateful "Thank you" Bob, for a sterling job!

I would like to particularly thank our esteemed visitors from the Ipswich City Council and Jennifer Howard's office. We presented a certificate, accepted by the Mayor, Teresa Harding, acknowledging the Council's subsidy of our rental premises in the Humanities Building, prior to its sale.

Grateful thanks also to the Committee, which remains largely unchanged. We are also thankful for the service of departing Committee Members, Maureen Reinke and Garry Smith. You may be pleased to hear that Ethel is back again, this time in the role of Secretary, and also Kylie Stoneman as a new committee member. The Committee gives support and direction to the organisation, in what has been a very trying year, which included issues with COVID and our relocation from the Humanities Building to the Trades Hall. The Committee and Membership provides a wealth of voluntary contribution that helps keep us afloat. And it would be remiss of me if I didn't thank our office staff, Co-ordinator, Anne, and our new Assistant, Kerri, for their unceasing dedication!

Of course, our membership is the solid base of 60 And Better, and I would like to express our gratitude to those that have renewed their membership. You enjoy benefits that you may never have thought about, such as subsidised room hire and free use of much equipment, coverage of Public Liability Insurance in event of the unthinkable, helping cover the costs of staffing and wages etc, a well-received Newsletter, voting rights at meetings, and access to activities that are designed to strengthen your health and general well-being in these trying times. If any of you are yet to renew, then you are welcome to either do that online, or come up to the office on the 3rd floor of the Trades Hall. There is a lift for your convenience. We need your support, and at \$15 it has never been cheaper!

We look forward to another vital and invigorating year, and the prospect of some sort of return to normalcy post COVID next year. Please continue to look after your good health.

Cheers,

Graeme.



Congratulations to the New Management Committee for the Ipswich 60 and Better Program Inc.

President: Graeme Ault **Vice President:** Bob Massey. **Secretary:** Ethel Llewellyn. **Treasurer:** Sue Schonknecht
Committee members:

Pat Andrew, Lyn Bryant, Joan Preece, Irene Strong, Kylie Stoneman, Barbara White and Di Wooldridge.



Ace is overjoyed that another successful AGM is done and dusted. It's the cats Whiskers!



COVID -19 Restrictions apply to activities whenever a lockdown is called, and continued restrictions as we emerge. Please ensure you book your place. Keep well. wear your mask. practice hand hygiene and physical distance. 😊

HAPPY BIRTHDAY TO ALL BORN IN OCTOBER

- Oct 11th** Gloria Rimland
- Oct 23rd** Pamela Sims
- Oct 24th** Gladys Mc Coombs
Jenny Gray
Roslyn Newsham
- Oct 26th** Alan Brown
Joan Kreis
- Oct 30th** Pamela Swanson





The 39 Steps

Adapted by Patrick Barlow from the novel by John Buchan, from the movie by Alfred Hitchcock, *'The 39 Steps'* is a hilarious whodunit. The **10th anniversary of Ipswich Little Theatre's performance of this play is the last season of 2021.**

Shane Mallory has again taken on the director's role with Jo Robbins as his assistant and one of the original cast members, Kyle Breeze, is back in the role of Richard Hannay. Showing off their incredible acting chops this time around are Sam Hoepner, Samantha Johnson and Caitlin Moffatt.

Make this a must night out at The Incinerator Theatre. Public performances are 19,20,26,27 November, 3,4 December at 8pm and Sunday matinees on 21 and 28 November at 2pm. Tickets are available online at www.ilt.org.au or in person or phone Ipswich Visitors Information Centre on 3281 0555. 'The 39 Steps' is rated PG with some adult themes.

Remember the theatre/dinner deal at Tomato Brothers, Limestone Street, Ipswich. Just present your tickets for discount.

My story as a Grandchild, with love and appreciation.

Being a child is an incredibly unique experience; however, being a grandchild is even more so. To me, being a grandchild is the fortnightly visits after dropping my sister off at gymnastics; it's looking through the photo albums and listening to the stories that follow; it's telling my Nan that she told me that story last time I was here.



My relationship with my Nan (on my mother's side) has always been something I've considered special. Over my 14 years on this Earth, many of my memories have been with my Nan and I wouldn't have it any other way. In my opinion, the silliest memories are the best ones.

When I was younger, I used to participate in swimming lessons. Every afternoon that I was there, my Nan would always be there, waiting with her black handbag that could fit lord-knows-what inside of it. But the bags' contents were always the same: a packet of smarties. It was a constant in my life and 7-year-old me was not complaining!

Another vivid memory of mine is always hanging out with my cousin, Tia. We would (and still do) compete for our Nan's love and argue "lovingly" over who was the favourite. But it's obviously me. Back in 2019, me and Tia offered to help decorate Nan's apartment in preparation for the Christmas season. Needless to say, not much work was done despite the memories made.

One thing for sure, my Nan was notorious for her temper. It was almost ironic: the sweet old lady (although I'd be dead if she ever heard me say it) with the vocabulary of a sailor! Many a time would I find myself in her car, laughing at her... colourful choice of words when her road rage surfaced.

Despite her swearing and "not having favourites", my Nan is still one of my biggest supporters and I look forward to every one of our experiences.

Ruby Melville

Social Art:

Recently an enquiry has been made about restarting the *Social Art Group*.

If you are interested, please contact us at the 60 and Better office, 32828644.



What do I do in a multiple offer situation?

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

Question: I'm about to make an offer on a property to buy and I'm now in a multiple offer situation.

Answer: If this occurs you should be asked to sign "Acknowledgement of Multiple offer" form along with the contract. The form is intended to advise buyers there is more than one offer on the property. This gives the buyer the opportunity to present their best price to the owner. Include your best terms, so fewest if any conditions and shortest condition times, a strong deposit and perhaps an uneven price in case there are too basically the same.

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Each office independently owned and operated



Poet's Corner



SENIORS

Di Wooldridge

Hail to all our Seniors,
Those lovely, kindly folks,
Backbones of most families 'cross the land,
Who are always there when wanted,
No matter what the need,
Always keen to lend a helping hand.

Well, now we want to honour them
For everything they do.
October is the month we've set aside,
To remember all the grandmas
And all the grandpas too,
And wish them all the best on Life's long ride.



BOOK REVIEW with Yvonne

“PICTURE ROMANCE” Author: Jodi Picoult

A woman wakes to find herself lying on top of a grave, her face pressed close to the headstone. She is hurt and bleeding, and her memory has been wiped clean- not only does she not know what she is doing there, but she does not even know who she is.

She is taken under the wing of William Flying Horse, LAPD and, after days of waiting, is taken by complete surprise when she is finally identified and collected by Alex Rivers, Hollywood movie star, and her husband. Her name is Cassie Barrett, and she is a renowned archaeologist, who met Alex on a movie set in Africa. Cassie is dazzled and bewildered by her life in which she suddenly finds herself- the fairy-tale Bel-Air mansion, all manner of fame and fortune, a successful career, the attentions of a handsome and doting husband. But everything is not quite right, and there is something dark and disturbing behind the glamorous life. It is only as he memory gradually returns that her perfect life comes crashing down, and she is faced with a choice between fear and compassion.

Not one of her best books but it is interesting.



Why we love children 😊

School... A little girl had just finished her first week of school. “I’m wasting my time,” she said to her mother. “I can’t read, I can’t write, and they won’t let me talk!!”.
shared this from the Hervey Bay 60 and Better’s newsletter.

VISION PATCHWORKERS IPSWICH will celebrate 35 years of creativity and friendships, by hosting a Patchwork and Craft Expo on Thursday, 21st October, at 58 Gledson Street, North Booval, from 9.30 a.m. to 3 p.m., as an activity for October Seniors Month.



The Club has actively engaged with the community in its teaching programs and charity work of many kinds, benefiting a wide range of age groups, from foster children to the elderly. We have a current membership of fifty,0 from beginners to those who have progressed onto winning prizes with their entries into Country Shows, the Brisbane Exhibition, and Queensland Quilters Exhibition. Some of these items and quilts will be on display at our October Patchwork and Craft Expo, which will have free entry, door prizes and morning/afternoon tea provided. New members and visitors are always welcome to attend Club Meetings which are held on the 1st and 3rd Wednesday evening 7p.m. and the following Thursday morning 9a.m. No prior patchwork or craft experience is necessary. Many club members are available to teach or revise old/new skills on request. Workshops are planned ahead, and open to all.

Enquiries: Joy 0407 659 739; or Alison 0432 923 716

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

October is Seniors Month –



To celebrate we invite you to
Come along to 60 and Better – see our new location
(Level 3, Trades Hall, 4 Bell Street Ipswich) meet
new people, make new friendships, try new things.





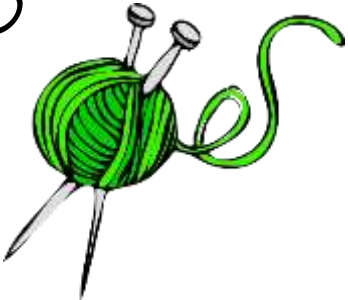



First visit to an activity is **Free**. For more information contact the office on 32828644.


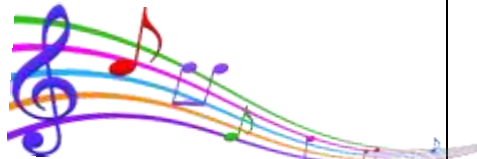

***Reminder: Monday, 4th October is a public holiday,
there will be no activities on that day and the office will be closed.***

There will also be exciting events in Ipswich and surrounds – Ipswich City Council has prepared a calendar of events – contact the council 38106666 for this information or Contact Department of Seniors, Disability Services and Aboriginal and Torres Strait Islander Partnerships **Tel: 13 QGOV (13 74 68)**

Website: <https://aldseniorsmonth.org.au/> for info on events in your area.

<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>

Please note all activities may be impacted by COVID 19 restrictions at any time.

<p>Square Dancing</p> 	<p>Monday</p> <p>Beginners: 12.00 to 1pm</p> <p>Mainstream & Plus 1 pm to 3pm</p>	<p>Level 2, Trades Hall</p>
<p>Concert Party</p> 	<p>Friday 1pm to 2.30pm</p>	<p>Level 3, Trades Hall, 4 Bell St, Ipswich</p>
<p>Movie Buffs</p> 	<p>Ring the office to find out the next movie date</p>	

Survey Draw Results.

Thank you to everyone who completed a survey, the competition was drawn at the AGM. Congratulations to Colleen Adams.



Special thanks to Heritage Bank for the generous prize donation.

\$\$\$\$ 100/50's Club \$\$\$\$

In September we began a regular 50's club draw. Cost is \$2 per number. Drawn when all 50 numbers sold.

Prizes are **1st \$25**, **2nd \$15**, **3rd \$10**.

Lucky Prize winners were:

1st Draw: 1st C. Adams, 2nd Ethel L & 3rd J. Pryde.

2nd Draw: 1st I. Strong, 2nd P. Sims & 3rd Di Wooldridge

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The Joy of being a Grandparent (written by Moira Christensen)

We are the parents of two children, Michelle and Anthony, and the grandparents of five adorable grandchildren, Luc, Gabby, Connor, Georgia and Emma.

Being a grandparent means being on hand day and night to answer the call to help in any way we can, whether it is babysitting, or picking them up from school. Of course, at times it could be a bit scary, as they are entrusting us with their treasured children, and we take this responsibility very seriously.

The call of “Grandma” or “Grandad” is a familiar sound in our house, and we thoroughly enjoy every minute of it. The grandchildren love cooking at Grandma’s house, and we have wonderful memories of Grandma and Gabby making lamingtons, with Gabby covered in chocolate and coconut, combined with lots of laughs along the way. I remember vividly being in my mum’s kitchen, where she always had a cake or scones baking, so it is a pleasure to pass on those recipes to all our grandchildren, in the knowledge that they will continue the traditions of home baking.

Connor plays the guitar and was thrilled when grandad bequeathed his guitar to him, which is probably about forty-five years old. He plays it often, comfortable in the knowledge that Grandad also strummed the guitar in his younger days.

It is always a pleasure as a grandparent to watch the grandchildren picking flowers, vegetables or fruit from our garden. Grandad gave them their own garden pots which they planted seeds in, and they watch with wonder as these little seeds turn into flowers!! The pots end up with a wonderful sprinkling of colour and a few fairies adorning them.

Gabby always had a special bond with her grandad, and he was thrilled when she wanted to have her formal photos in “Grandad’s” garden, it was such an honour as a grandparent to know that on her very special day, her special photos were taken in our garden amongst the trees and flowers.

So, what does being a grandparent mean to us? It means being there for our grandchildren whenever they may need us. Our photo albums are bursting with photos of the children, running around the garden throwing water bombs at anyone they can see, checking out the vegies and flower pots, Connor playing his guitar and the Emma and Georgia busy in the kitchen making cakes and scones.

We believe the photos tell the story of what it means for us to be grandparents, and our photos show Bob and I standing proudly around our children and grandchildren. So, for us, it is an honour to be a grandparent, and for our grandchildren to let us into their lives, and be part of their future.



You are invited!

Free aged care information session and morning tea

Take a break, enjoy some morning tea and find out more about how to make the most of your senior years.

Our **guest speaker is Anthony Kane from Blue Harbour Financial Partners.**

He will discuss retirement income and other financial matters for seniors. Bookings are essential. Please call Sima on 3821 6699 to book.

www.starcommunityservices.org.au



Thursday, October 7 2021
10 am-11:30 am at
STAR Office, Shop 1,
5 Jacaranda St,
East Ipswich 4305



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- Do you avoid social gatherings or meetings?
- Do you have difficulty hearing when visiting friends, relatives, or neighbours?
- Do you feel left out in group conversations?

If you answered yes to these questions you may need your hearing checked. Booking with Hearing Australia is easy just contact us on **131 797** to book your appointment.

Your referring partner is:

Ipswich 60 and Better Program INC
PO BOX 608
Booval Fair QLD 4304

**Your local Hearing Australia clinic
is waiting for your call:**

Hearing Australia Ipswich
Medicross Centre Suite 1B
Cnr Churchill & Warwick Road
IPSWICH QLD 4305

0447 113 663 / 3437 2500

You can support Ipswich 60 and Better by booking an appointment in October with Julie Cawdell and take the above referral with you when you go to the appointment.

**Julie Cawdell Community Hearing Advisor:
0447 113 663 /3437 2500**

A welcome space for senior Ipswich women

Women over the age of 55 are the fastest growing cohort of homeless Australians. This is due to the ongoing shortage of affordable housing, the ageing population and the significant gap in wealth accumulation between men and women across their lifetimes.



When COVID-19 hit, homeless organisation inCommunity saw the impact on senior women first hand. People who had never thought they would be at risk of homelessness, were having long term leases ended rather than renewed, and were not able to find new accommodation in a really tight rental market. COVID also brought a new wave of isolation and loneliness.

From these difficult times, a new space in the heart of Ipswich was born. The Club became a safe place for women in need to connect, access support and flourish. The main aim was to provide support to women over the age of 50, but no woman will be turned away.

Regular attendee Rhonda said: “I love coming to The Club and meeting new people. It gets me out of the house. Some days we just chat and do our arts and crafts. Other days we have guest speakers and activities. I really enjoyed when we got a visit from the Therapigs (pet therapy guinea pigs). I was feeling down that day and afterwards people noticed how much it picked up my mood.” “I would recommend people give The Club a go. You have nothing to lose, but so much to gain,” Rhonda shared.



While creating connections between women is the main aim of the women’s club, individual housing and other supports are also offered by the team at inCommunity Connect.

Acting CEO Nerissa Wade shared: “Women can also access a range of supports through The Club. We provide individual housing support and referrals to help women and families get into emergency and long-term accommodation. Many people in the community are struggling to make ends meet, so we provide access to necessities such as clothing, toiletries and hygiene products. It’s so important that people don’t have to choose between paying for a meal or hygiene products and paying the rent.”

The Club is not like a traditional drop-in centre or homelessness service. “It’s set up like a café and women can either individually access supports or just socialise and enjoy a meal and a drink with others. We are here to provide what the women need at the time,” Nerissa explains.

The women’s club is open to women at 59 Limestone Street, Tuesdays and Thursdays from 9:30am – 1:30pm. During October the theme is ‘**I am Important**’. Special guests will be focussing activities to improve mental and financial wellbeing. All activities are free.

For more information on upcoming events follow @incommunity on Facebook or phone 38121199.

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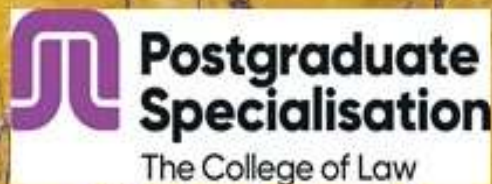
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Activity News

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

👍 **Marburg and Rosewood:** For more details contact Irene 0497 808 402

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.

STOP PRESS!!!

Date claimer:

Please put November 15th in your Diary for the *Ipswich 60 and Better* Christmas celebrations.

Venue: T.B.A.

Time: T.B.A.

Cost: T.B.A.



Number & Word puzzles

Answers from September Newsletter

Number puzzle: Answer: How? $7*6 = 42$ $9*9 = 81$ $5*3 = 15$

Ans: $6*2 = 12$

Word puzzle: The required 9 letter word is **HEARTBEAT**. If we lose the heartbeat, we die.

234 is EAR, if we have EAR we can 1234, i.e, HEAR.

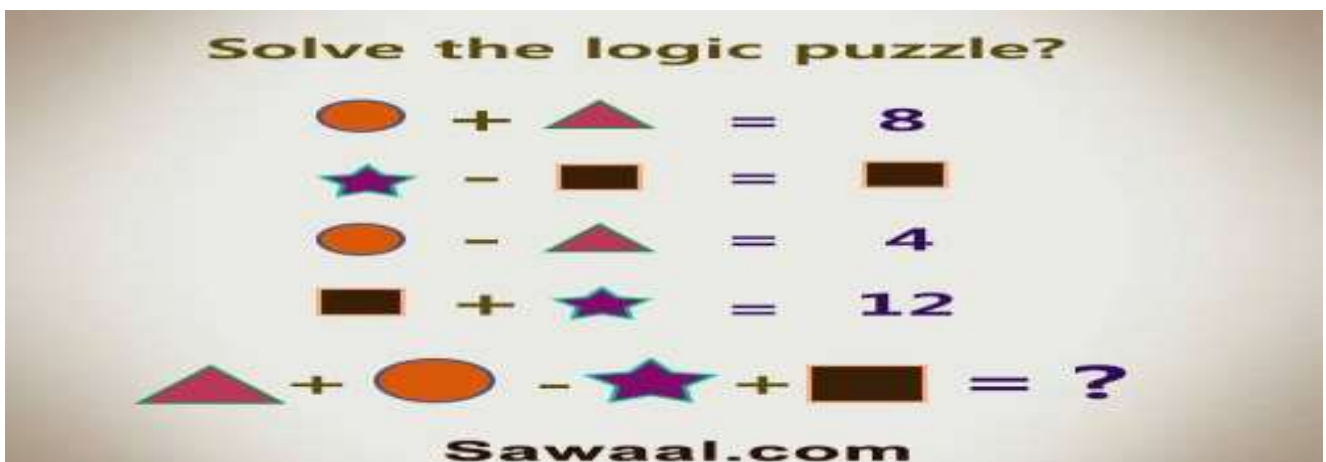
56 is a type of disease is TB.

All puzzles from a free site on the Internet for Puzzles and quizzes for Adults.

Word Puzzle

Explanation: Using these four letters only, create a seven-letter word. [UMNI](#)

Logic Puzzle



Here is some relaxing colouring in for you:



SAFER SENIORS PROGRAM Able Australia in partnership with the Ipswich City Council invite you to participate in the... Empower yourself and be safe and confident in dealing with: • Safe banking • Home and property security • Fraud and scam awareness • Personal safety strategies • Emergency and fire safety • Mental Health • Seniors Advocacy

All Workshops are from 10:00am – 12:30pm. Refreshments provided.

Workshop 2

Goodna: 13 October; Rosewood: 27 October; Redbank: 28 October;

Riverview: 3 November

In recognition of your attendance at the workshops you will receive security items at no cost. For further information or to register, please call Jessy at Able Australia on 5600 0733 or email alps@ableaustralia.org.au. (Qld Government funding)

**Remember that Masks may still be needed to be worn.
Check with Qld Govt Health alerts.**

Check out our Facebook page at: <https://www.facebook.com/IpsSixtyandBP>
Visit our website for
information and upcoming events at www.60andbetteripswich.com.au.

**If undeliverable return to:
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