

Community News & Views Ipswich

May 2022

Vol:29 No 5

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.



*To all Mums, Grandmas, Aunties, Sisters, Mothers of Fur babies,
Nurturers of programs, people and communities wishing you all a
happy Mother's Day.
From the 60 and Better Ipswich Program Inc. Committee
and the Office Team.*

In this Issue

- Presidents pen
- Coordinator's Update
- Poet's Corner with Di
- Book Review with Yvonne
- Tips and Tricks
- Puzzles and Jokes
- And more



IPSWICH 60 AND BETTER PROGRAM Inc.

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

Ipswich 60 and Better Program Committee Members 2021-2022

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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 Acting Office Staff: Acting Co-ordinators – Kerri Lynch and Lea Ford
Anne Bertram on leave

Acting Office Assistant – Lea Ford **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

Newsletter
Available
in A4

IPSWICH 60 & BETTER PROGRAM Inc.

ABN 85 491 018 335

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

Thursday - CLOSED; Friday - CLOSED

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

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**Email our office to be sent out a request form should you wish to
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PRESIDENT'S PEN

In this topsy turvey world at the moment, things are changing especially in the life of the Ipswich 60 & Better Program. It is a great thing that the Program is still able to function. "Thanks" must go to both of the Program's Acting Coordinators, Kerri Lynch and Lea Ford, for their invaluable expertise in keeping all activities happening on a weekly basis.

"Thanks" also to Anne Bertram, Coordinator, who is on leave for assisting both Kerri and Lea in these times. Anne generously donated the lucky door prize for the "March Meet and Greet" which was won by Gabrielle Dempster (Concert Party). On behalf of everyone I wish Anne a most enjoyable holiday break.

Just a month ago, Friday April 1st, I had the pleasure of presenting Gabrielle her prize at a practice session of the Concert Party. They had presented on the Wednesday of that week at Riverview Gardens and then on the 6th were off to Cabanda Nursing home in Rosewood.

It has been some time since we had an active Social Sub-committee who would organise social outings for the whole Program to experience and enjoy. If you feel you have a desire to contribute on this Sub-Committee please feel free to be in touch with Kerri or Lea.

Another activity for the monthly calendar was "The Movie Buff" group. So popular it was and after so long, and some good movies on the horizon, it is time to resurrect this social aspect of people's lives. SO, if you are interested, in May, this month, an opportunity to spend time together at the movies is going to happen. "How To Please A Woman" will be the first one on offer starts at Limelight Cinemas on May 19th. "Elvis" is 23rd June.

Know that if you wish to see another movie that's on when the group meets that is okay. A coffee before OR do lunch after the movie in company makes for a great morning out. Usually a Saturday was the day and that in itself makes for a great weekend. Be in touch with Kerri or Lea to register.

So I encourage all of you to keep enjoying all the Program has to offer and wish all Mothers, Grandmothers, Aunts and Sisters a very "Happy Mother's Day".

Cheers

Roslyn

ACTING - COORDINATOR'S UPDATE

COVID- 19 Safe Plan: Masks are no longer mandatory with the exceptions as noted by Qld Health. Hygiene and safe practices are still required, including sign in sheets (with questions relating to symptoms), good hand hygiene, and wiping down of all surfaces.

Office Update: The office photocopier is still located at Trades Hall however staff are generally working remotely and visiting all the groups at the various locations. The office mobile phone is *the best way for contact*.

Many thanks to the Management Committee for all the work that they are doing to support the Program.

Special thanks to Anne Bertram who still goes above and beyond even though she is officially on leave.

Kerri Lynch and Lea Ford

Acting Co-ordinators (Office Staff)

PS from Lea - My personal thanks to Kerri and Anne.

Over the past month Kerri has been working many extra hours in relation to finding premises, negotiating these spaces and settling groups during the transition. Kerri's primary focus has been on supporting activities to relocate and physically visiting venues and groups once they have found a new location. Many thanks to Kerri for this extra special support to the program to ensure new sites for the many different groups which we have and to Anne for her strong ongoing and faithful commitment to 60 and Better and for her continuing guidance and support.

Photos from out and about:



Presentation to Gabrielle of lucky door prize.



▲ Group of table tennis players at Trinity Uniting church Hall.

Award of thanks presented to Tai Chi convenor who stepped in whilst regular tutor was unavailable. ▶



LET US ENTERTAIN YOU!

WEDNESDAY 8 JUNE

10.00 AM and 1.00 PM

Members of the Ipswich Senior's Concert Group invite you to join them as they celebrate 20 years of entertaining audiences through song, dance and humour.

There will be a pre-show video with flashbacks to relive some of their previous performances, so don't be late.



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Covid and Ipswich 60 & Better Update

Ipswich 60 & Better has Covid Safe practices in place. 😊

Please know that the office hours are changing. *Staff are currently not in the office however are working remotely, from home, car and various locations.*

Staff **will be available to contact via the Office Mobile 0493097012.** If you leave a message, on the mobile we will get back to you. Activities continue to be offered, please let us know if you regularly attend, of your decision to join in or stay at home.

Please call the office if you would like to confirm availability of activities. If you have any concerns about leaving the house 🏠 and participating in any of our activities, please give us a call, you are welcome to have a chat. **If you are choosing to self- isolate, please take good care of yourselves by:**

- ✅ Let someone know you are choosing to do this, and ask them to check in on you (a neighbour, friend or relative)
- ✅ Keep your connections with friends and family, by phone and internet
- ✅ Go for a walk outside and ✅ Potter in the garden
- ✅ Check out the QLD Gov health Website for other activity ideas for Older Queenslanders <https://www.qld.gov.au/.../informatio.../older-queenslanders>

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A Diary Page from Melly
(Full-time grandmother,
Great Grandmother-
Ageing gracefully at home)



Dear Diary

Today I received my mobile alarm from the friendly team at WOW Mobility. My children bought it online and got it sent to me like it was a gift. I hate it, it is not because of the product itself, it is what it represents. Me - ageing.

I didn't want it, but the kids all insisted that I get it.

You see, I fell. Not once, but four times in a matter of 12 weeks, each time I found myself with not enough muscle to get myself back up and feeling stuck and helpless. When you age naturally, it is reasonable to have lousy balance, weaker muscles and stiffer joints, which change the way we walk and move around.

I made excuses, oh that silly mat must have been curled up, or I got up too fast, its nothing to worry about.

I use my monitor every day, not just for my sake, but it gives the family peace of mind, and that keeps them off my back. I feel safer if they go out and leave me alone at home now, but don't you dare tell them, because I like to complain about it when they are in earshot.

I believe I am still ageing gracefully and am grateful for life.

Melly

WOW Mobility & Rehab stock the LiveLife Mobile Alarm products which have a clever automatic fall detection feature, work anywhere – not just at home, and are showerproof.

Trivia questions: (Answer in next month's Newsletter)

1. Which Sea Creature has 3 Hearts?
2. What name can be a lettuce or a mass of floating water?
3. Which instrument has 47 strings and 7 pedals?
4. Who was known as the Lady of the Lamp?

“The Old Aussie Dunny” (What a bloody Rippa!) by James Aitcheson

They were funny looking buildings, that were once a way of life,
If you couldn't sprint the distance, then you really were in strife.
They were nailed, they were wired, but were mostly falling down,
There was one in every backyard, outside every house, in every town.

They were given many names, some were even funny,
But to most of us, we knew them as the outhouse or the dunny.
I've seen some of them all gussied up, with painted doors and all,
But it really made no difference, they were just a port of call.

Now my old man would take a bet, he'd lay an even pound,
That you wouldn't make the dunny with them turkeys hangin' round.
They had so many uses, these buildings out the back,
You could even hide from mother, so you wouldn't get the strap.

That's why we had good cricketers, never mind the bumps,
We used the pathway for the wicket and the dunny door for stumps.
Now my old man would sit for hours, the smell would rot your socks,
He read the daily back to front in that good old thunderbox.

And if by chance that nature called sometime through the night,
You always sent the dog in first, for there was no flamin' light.
And the dunny seemed to be the place where crawlies liked to hide,
But never ever showed themselves until you sat inside.

There was no such thing as Sorbent, no tissues there at all,
Just squares of well-read newspaper, a hangin' on a nail on the dunny wall.
If you had some friendly neighbours, as neighbours sometimes are,
You could sit and chat with them, if you left the door ajar.

When suddenly you got the urge, and down the track you fled,
Then of course the magpies were there to peck you on your head.
Then the time there was a wet, the rain it never stopped,
If you had an urgent call, you ran between the drops.

The dunny man came once a week,
to these buildings out the back,
And he would leave an extra can,
if you left for him a Zac.
For those of you who've no idea
what I mean by a Zac,
Then you're too young to have ever had,
a dunny out the back.



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*Now more than ever....
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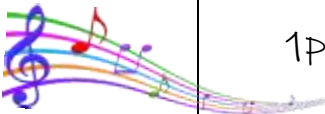
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We are open Saturdays!
EASY PARKING



Walking Group 	Tuesday 4pm (**now changed to the earlier Time**)	Contact office to find out the meeting point On 0493097012
Table Tennis Ipswich 	Tuesday & Friday 1pm - 4pm	Trinity Uniting Church 114 Jacaranda St Nth Booval
Table Tennis Springfield	Wednesday 1pm - 4pm	Aveo, 1 Symphony Way, Springfield
Games/Boccia 	Thursday morning 9am - 11.30am	Venue TBA
UFO 	2 nd & 4 th & 5 th Monday 10am - 12 noon	Ips Lutheran Church Cnr Roderick & Nicholas Ipswich
Tai Chi for Health (Tuesday) 	Tuesday afternoon 1pm - 2pm	Raceview Congregational Church Hall 117 Wildey St Raceview
Tai Chi for Health (Thursday) Previously Monday	Thursday 1pm - 2pm (Beginners) 2:15pm - 3:15pm (Intermediate +)	Cascade Gardens 67 Cascade Street Raceview
Tai Chi for Diabetes	To be Advised	Watch this space
Square Dancing 	Monday Beginners: 1pm - 2pm Mainstream & Plus 2pm onwards	***NEW VENUE *** Trinity Uniting Church 114 Jacaranda St Nth Booval
Concert Party 	Friday 1pm - 2.30pm	Raceview Congregational Church Hall 117 Wildey St Raceview

<p>Movie Buffs</p> 	<p>Saturdays "How To Please A Woman" Limelight Cinemas on Sat. May 21st. (“Elvis” opens on the is 23rd June.)</p>	<p>Meet at Limelight Cinemas, Riverlink. <i>Interested?</i> To Book and further information Please phone the office on 0493097012</p>
<p>Learn to play Bridge</p> 	<p>Wednesday morning 9:30am - 12:30pm Call office mobile 0493097012 or text Gary on 0411876668</p>	<p>Cascade Gardens 67 Cascade Street Raceview</p>
<p>***NEW*** Counted Cross Stitch Commencing 5 May</p>	<p>Thursday morning 10am - 12 noon</p>	<p>Cascade Gardens 67 Cascade Street Raceview</p>
<p>Cuppa and Chat</p> 	<p>Tuesday morning 11am Friday morning 10:30am</p>	<p>Raceview Congregational Church Hall 117 Wildey St Raceview Register your interest by phoning the office On 0493097012</p>
<p>Social Art Group:</p>  <p>Come & join in with the UFO Craft Group</p>	<p>2nd & 4th & 5th Monday 10am - 12 noon **Bring your own art supplies**</p>	<p>Ips Lutheran Church Cnr Roderick & Nicholas Ipswich Interested? Phone the office on 0493097012</p>

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

	<p style="text-align: center;"></p> <p>Mavis: 'Whatcha doing today?' Harry: 'Nothin'. Mavis: 'You did that yesterday!' Harry: 'I wasn't finished!'</p>	
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Helen Bryan

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This is Helen Bryan from RE/MAX, answering questions about Real Estate.

Question:

Should I wait until after the election to list my home for sale?

Answer:

Yes, it's a common misconception that people won't do anything until after the election. There are plenty of buyers looking for properties currently. Less properties come on the market around this time so you will have less competition if you list now giving you a competitive advantage.

Mother's Day is right around the corner.

Mothers, Grandmothers, Aunties, Sisters are all an incredibly important part of a family network. Support members of the family are a mother by default and your grandma was once a young mum raising your own mother or father. And even once their own children are grown and have families of their own, grandmothers never seem to lose that motherly instinct. They often become secondary mother figures to their grandchildren and provide valuable parenting advice to their adult children.

You wouldn't be here without your grandmother. Without your grandmother, you could never have been born. This sounds like an obvious fact on the surface, but the more you think about it, the more profound it becomes. The current scientific consensus is that women are born with a single supply of eggs that will last their whole lifetime. These eggs are formed while the female fetus is still in her mother's womb. That means that your mother's egg that created you were formed inside your grandmother's body, before your mother herself was even born. Your grandmother carried part of you while she carried your mother!

Families create memories that will be treasured forever. Chances are good that some of your happiest memories from childhood involved your family. Maybe you loved the weekends when grandma would babysit you while your parents went out, or you looked forward to family holiday get-togethers for weeks beforehand. For many children, the family network is an integral part of building happy family memories.

(Adapted Article from Alegre Home Care www.alegrecare.com)



THEY SAILED AWAY AS BOYS AND STAYED THAT WAY FOREVER

By Jennifer Larmar (Abridged)

Just boys Young and innocent.

Their mothers' joy hope for a happy future.

Ready to face an enemy they had no idea would steal their lives ...

And all their dreams of growing old with a wife and children by their side

And stole more lives than the sand grains on a nearby beach.

Taking, destroying

Making hearts break at the loss of a dear one – a lover, father, a son

A flicker in someone's heart waiting for their beloved to sail home to them.

Now their blood lies diluted and distorted;

Beneath a sandy shoreline or riding the crest of a wave,

And in fields strewn with another form of red –

that's found in a poppy's pretty heart.

We will not forget you, young men; but we will weep for you

Watching the parade of other brave men and women march past

Wishing you had returned safely to our shores

To make your mark and your name in another way;

One with joy and hope for your future.

Ah, Death. You steal and deal without a care

While mothers weep and wives' hearts break; and a father's image fades in his child's mind; As time passes; but none of them – nor us – will ever forget the sacrifice and suffering you endured to keep us safe.

Lie gently now Know you have not been forgotten

Your spirit beats on in our hearts; reminding us of brave young men

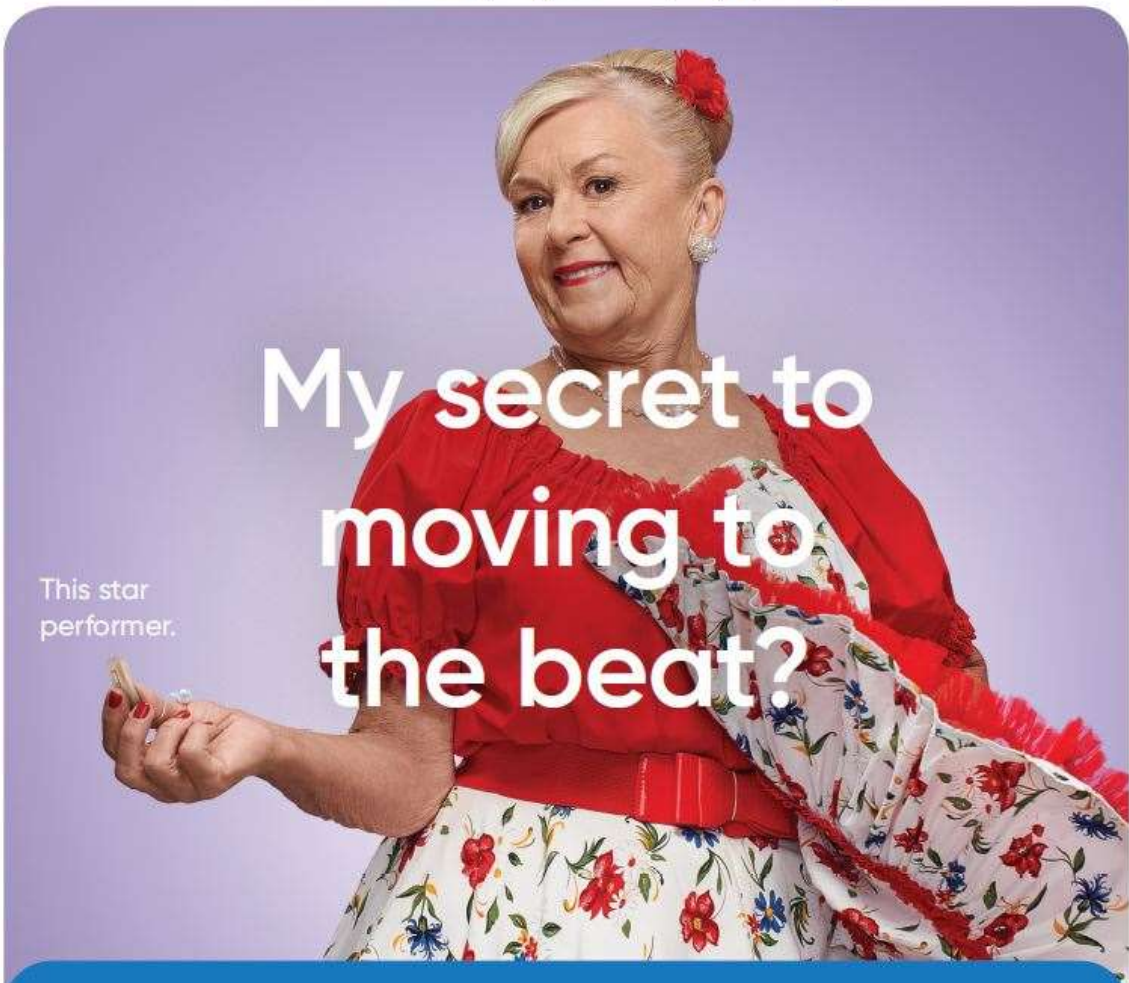
Innocent, trusting; who willingly went and paid the biggest price

LEST WE FORGET





Please call Julie on 0447 113 663 to book your appointment or your group hearing information session



This star performer.

My secret to moving to the beat?

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Client statements are their own. Sherryl received a thank you gift for her time.

HA 473 020 321



BOOK REVIEW with *Yvonne*

UP TO NO GOOD

Author Victoria Corby

A light hearted novel

All Nella wants is somewhere to recuperate for a couple of weeks to recover from a severe bout of the flu. So a cottage in Florence with a pool, a group of friends and lots of local wine sounds perfect.

But things start to go wrong as soon as she arrives. A blast from her past is staying nearby, and her best friend is trying to match her with the wrong man, and that is just before she is accused of seducing someone else's boyfriend.

Just as Nella thinks she has had enough, a priceless possession goes missing and at least one person believes she might have something to do with it. Can things get any worse? Nella knows she's not the one who's up to no good, so who can it be.

A light novel which doesn't take too much thinking to read, quite enjoyable.

THE CAT By Di Wooldridge

There's no more noble creature than the Cat,
As every feline owner will agree.
The humble moggie seems to have an attitude,
That finds its' roots in ancient history.

The old Egyptians treated them as Gods,
And worshipped them in temples cross the land,
In modern times, the cats have not forgotten,
The lofty planes on which they used to stand.

And so the modern cat remains a mystery,
Dismisses us with casual wave of paw,
He smiles and twirls his whiskers in the firelight,
And leaves us just as puzzled as before.



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ACTIVITIES UPDATE

Welcome To All New Members

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.

Volunteers wanted.

- Convenors wanted for Table tennis, Social Art, Chess, Euchre, 500 ...
- People with a passion for Fundraising
- Office support Volunteer

With Thanks

Tai Chi for Health

*Goodna Neighbourhood House **Tuesdays** 1pm 3818 1648

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

It will be on again this year! Starting soon

We are proposing a new way of fundraising with Lucky Numbers

Buy a number for \$2

Prize: \$25

Drawn when 25 tickets sold.

June Birthdays

Joyce Ramsay	4 th	Rae Stanovic	4 th
Douglas Laidlaw	6 th	Neville Buchanan	8 th
Yvonne Jonker	9 th	Cecil Doughty	9 th
Jim Sax	9 th	Sally Hughes	22 nd
Dianne Molloy	25 th	Christine Stirrup	28 th
Bonnie Phillott	29 th	Gabrielle Dempster	30 th



Trivia Questions: (Answers in Next Month)

5. What type of animal is a natterjack?
6. Which is the largest species of Penguin?
7. A common term used to describe a small space is: 'Not enough room to _____'.

STAR Aged Care Information Session and Morning Tea



Plan, begin, and navigate your aged care journey with confidence. Come along and learn about aged care services to support you in living independently. Get the latest information on relevant products and services from our guest speakers. Entry is free. Bookings are essential. Please call 3821 6699 to register.



Thursday 5 May 2022
10am-11:30am at
STAR Office, Shop 1,
5 Jacaranda St, East Ipswich

Guest speaker from Ipswich Lions Club will discuss their programs and services.

Thursday 2 June 2022
10am-11:30am
Venue to be confirmed

Guest speaker from Alzheimer's Queensland will talk about available support and services.

BOOK NOW! Call 3821 6699 and ask for Sima.

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“What am I?” Riddles (Answers from April’s edition)

You go at red, but stop at green. What am I? **Answer:** A watermelon. You eat the red part and you stop eating at the green part.

I’m tall when I’m young, and I’m short when I’m old. What am I? **Answer:** A candle I have a head and a tail that will never meet. Having too many of me is always a treat.

What am I? **Answer:** A coin.

I help you from your head to your toe. The more I work, the smaller I grow. What am I? **Answer:** A bar of soap.

I can fly but have no wings. I can cry but I have no eyes. Wherever I go, darkness follows me. What am I? **Answer:** Clouds.

I’m (usually) white and used for cutting and grinding. When I’m damaged, humans usually remove me or fill me. For most animals I am a useful tool. What am I? **Answer:** A tooth.

I shave every day, but my beard stays the same. What am I? **Answer:** A barber.

I’m where yesterday follows today and tomorrow is in the middle. What am I?

Answer: A dictionary.

I can never be thrown but I can be caught. Ways to lose me are always being sought. What am I? **Answer:** A cold.

I have branches, but no fruit, trunk or leaves. What am I? **Answer:** A bank.

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.

RANDOM WEIRD FACTS

*It cost \$7 million to build the Titanic and \$200 million to make the film

*A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top

*The name Wendy was made up for the Peter Pan book

*Leonardo da Vinci invented scissors

*By raising your legs slowly & laying on your back, you can’t sink in quicksand

*Chewing gum while peeling onions will keep you from crying

*There are no words in the dictionary that rhyme with: orange purple and month

*If you took a standard slinky and stretched it out, it would measure 87 feet

*Identical twins do not have identical fingerprints

*Sheep outnumber humans in New Zealand by 15 to 1

*A kangaroo cannot jump if its tail is off the ground

GOLDEN

LUKE KENNEDY AND IRENA LYSIUK



SATURDAY
4 JUNE

All that glitters is gold in this glistening musical mixtape from the award-winning creators of *Christmas Actually* and *There's Something About Music*.

GOLDEN unites superstar vocalists **Luke Kennedy** (*Swing On This*, *The Voice Australia*) and **Irena Lysiuk** (*Your Song*, *Are You Lonesome Tonight*), with piano virtuoso **Damian Sim**, for a musical celebration of contemporary music's golden hits.

Promising sparkling original arrangements, powerhouse vocals and a setlist that's pure gold, The Little Red Company's **GOLDEN** will dazzle and delight.

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BOOK NOW ipswichciviccentre.com.au

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.

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