

Community News & Views Ipswich

October 2022

Vol:29 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.



In this Issue

- President's pen
- Poet's Corner with Di
- Book Review with Yvonne
- Trivia
- Articles and a Recipe
- 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 2022-2023

President: Irene Strong **Vice President:** Diana Wooldridge

Secretary / Treasurer: Ethel Llewellyn

Email: executive@60andbetteripswich.com.au

Committee: Lyn Bryant, Roslyn Newsham, Barbara White,
Sue Schonknecht, Joan Preece

Part Time Office Staff: Co -Co-ordinators - Kerri Lynch (15hrs) Anne Bertram (5 hrs)
Office Assistant – Lea Ford **UQ Bachelor of Health Science Student:** Christine Ondoy

Annual Membership Fee \$20.00 (including GST) pro rata

Contributions to the newsletter are welcome and requests should be in the office by the
1st Monday 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

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Contact: **Mobile: 0493 097 012** 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 **0493 097 012** first to ensure there is someone to attend to your needs.

Community News and Views Advertising Rates:

(*includes GST) Full Page: \$65* Half Page: \$40*

Business Card Size: \$30* Strip \$25*

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

Happy Seniors Month!

October, Seniors Month, is full of opportunities for you to experience. If you are new to Ipswich 60 and Better we would welcome you to come and try any of the activities we have on offer. We have been invited to Aveo at Springfield to attend a tour and morning tea for Seniors Month, details below.

In September we held the AGM and we thank those who were able to attend. Special thanks to Pat Andrew who this year has not re-nominated but who has been on the management committee for a number of years. Pat, in this photo, celebrated her 90th Birthday in July and we congratulate her on the milestone. Thank you too to Kylie Stoneman who although not on the management committee this year continues as a member.

As the new President, I wish to thank outgoing President Roslyn Newsham and Treasurer Suzanne Schonknecht. I look forward to working with the new committee and invite members to submit any items for discussion to the office for management committee meeting to be held on the 17th October.

Cheers Irene Strong



Happy birthday to our members who were born in October!

Teresa Hayward	3 rd	John Filewood	22 nd
Grant Gurwey	6 th	Pamela Sims	23 rd
Laurence Parks	6 th	Jenny Gray	24 th
Jude Williams	8 th	Roslyn Newsham	24 th
Gloria Rimland	11 th	Alan Brown	26 th
Eve Sirigos	14 th	Joan Kreis	26 th
Anjan Kundu	17 th	Lori Gurwey	26 th
Carmel Ritchie	17 th	Anne Russell	29 th



Pamela Swanson 30th



Annual General Meeting New Management Committee



MP Shayne Neumann,
Kerri, Ethel, Roslyn
and Irene.

Seniors Month Activities

Friday 21 October

10:00am – 11:30am

Aveo Information Morning Tea Tour

1 Symphony Way Springfield

Ipswich 60 and Better have a group booking, and we are looking forward to this tour. **Please contact 0493 097 012 to register your interest to join**

Tuesday 11 October 10:00am – 1:00pm

**The Events Centre, Ipswich Show Grounds, 81 Warwick Road, Ips
2022 Seniors Expo Celebrating Social Connections.**

60 and Better have a stall at this, come along and say hello. 😊

Join us in celebration with great food, activities, live music and prizes. Great opportunity to meet new people and engage with local organisations. FREE event FREE lunch A range of exhibitors with info, advice and giveaways! Transport options available. For further information, call **Able Reception on 07 5600 0730** or email alps@ableaustralia.org.au

My Local Health, in collaboration with Ipswich Libraries, is holding a **free workshop - Connect with Family and Friends Online - on Tuesday 18 October 9am -11am at Ipswich Central Library.**

The workshop is free for all seniors over 50 and includes morning tea and is a great way of meeting new people and developing digital skills. This is a hands-on workshop where we help seniors learn digital skills using a computer, phone or tablet. The workshop is for any skills level, from beginners to more experienced learners. **Telephone: 0404 889 106**

BREAKER MORANT

BY KENNETH G ROSS

DIRECTOR: DAVID AUSTIN-GREENHILL
ASSISTANT DIRECTOR: AARON EVANS

During the Boer War in South Africa in 1901, three Australian 'irregular' soldiers are tried by a British military court for the murder of 12 prisoners and a German missionary. The accused are Lieutenants Harry Morant, Peter Handcock and George Witton. Morant, an English-born adventurer who has spent years in Australia, maintains he was following the unwritten orders from Lord Kitchener of "kill all prisoners".

However, the killing of the German Missionary may push the Germans to side with the Boers. The trial thus becomes a trial of politics, and not a trial of truth.

With the recent trial of Ben Roberts-Smith fresh in the public mind, the 'trial by politics' still holds strong resonance today.



Rated: PG Adult themes

Performance Season

18 November to 3 December 2022

Public Nights: 8.00pm – 19, 25, 26 Nov, 2,3 Dec

Public Matinees: 2.00pm – 20,27 Nov

More info and tickets are available online at www.ilt.org.au or phone or book in person at the Ipswich Visitor Information Centre 3281 0555

Iconic Play 'Breaker Morant' by Kenneth G Ross will be performing at The Incinerator Theatre. Director David Austin-Greenhill, a seasoned director and actor, has been keen to direct 'Breaker Morant'. The storyline is set in 1901, during the Boer War in South Africa.

All performances will be at the **Incinerator Theatre, Burley Griffin Drive, Queens Park Ipswich.**

More information and tickets are available online at www.ilt.org.au or by phone or in person at the Ipswich Visitor Information Centre on **3281 0555** also situated in Queens Park.

The Incinerator Theatre Complex has ample off-street parking, is wheelchair friendly and has a licensed bar. Free Wi-Fi and eftpos facilities are available.

Theatre/dinner deal is available at The Sourdough Co, Limestone Street, Ipswich offering 25% discount on show of theatre tickets. Gift vouchers are also available online.

BOOK REVIEW
with *Yvonne*



CLARE'S WAR

Author Anita Burgh

World War 2 Historical

When seventeen year old Clare Springer becomes too wilful for her family to cope with, she is sent away to Paris to complete her education.

The year is 1938 and Clare is enchanted by the city and relishes her new-found freedom. Before long she falls in love with a handsome Frenchman and she becomes more and more wrapped up in a world so different from the one she left behind, she fails to notice the gathering clouds of war. Then France is invaded and Clare is trapped.

When her lover goes missing, Clare is determined to find him. Yet, despite her wish not to become involved in the conflict, she is sucked into the chaos and suffering all around her - and is forced to pay a terrible price. She becomes involved in the French Resistance and puts her life at risk trying to help in the war against the Germans.

The book was a bit slow in the beginning but got more interesting as I got into it. In this book there are 3 wars. The war of the Allies and Germany, the war of the Free French against the Vichy French and finally the war within Clare as she battles to change from a child to a caring woman. It was an eye-opener as to how the French dealt with food shortages and who could be trusted and who couldn't.

Christmas is coming, its right around the corner.

Would you like to celebrate Xmas Lunch with other 60 and Better Program Inc members?



Bookings essential, payment to confirm booking is required.

Date: Friday 18th November

Venue: Miners right Restaurant, Bundamba TAFE. 3 course lunch & tea/coffee included. ☺

Cost: \$25 Limit of 35 people. Members will be given first Priority. Members receive an extra voucher towards a drink. (A wait list will be created if numbers are high)

GETTING OLD

By Diana Wooldridge

Getting old: it isn't fun for everyone,
Some of us don't do it very well,
We feel there's nothing left for us to contemplate,
No more 'wondrous tales' for us to tell.

But many throughout History have had other thoughts,
Wonderful inventions have been wrought
By lots of folk approaching their advancing years,
Who felt that there was much more to be sought.

So let us all look forward to a better life,
No matter how advanced our age might be,
There's always room to make a small improvement,
We only have to look, that we might see.

October is the month has been selected to honour our Senior Citizens and recognize the wonderful contributions they make to everyday life in our communities. However, not everyone feels the same way. Many older folk feel as if their lives are over; that they have nothing more to give; they are just 'waste space'. But we should all take encouragement from those who've gone before. Many of our greatest inventions have been produced by older folk'. To name a few

Wilhem Conrad Rontgen discovered X-Rays when he was 50

Benjamin Franklin invented bifocals when he was a 78-year-old

Alessandro Volta invented the battery at age 55. The volt is named after him...

English experimentalist Sir William Crookes at age 68, investigated radioactivity and invented a device for detecting alpha particles

Ferdinand Marie de Lesseps (74) began an attempt to construct the Suez Canal
Chevalier do Lamark at 78, proposed a new theory of evolution, claiming that acquired characteristics can be transmitted to offspring

At age 88, Michaelangelo created the plans for the Church of Santa Maria degli Angeli

Arthur Rubinstein (76) performed one of his greatest recitals in Carnegie Hall

At 90, Marc Chagall became the first living artist to be exhibited at the Louvre

Allan Stewart, aged 91, completed a Bachelor of Law degree at the University of New England ...

If they can do it, So can some of us Diana Wooldridge

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Tea and coffee provided

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12:30_{pm} to 1:30_{pm} Learn to Square Dance \$7
1:30_{pm} to 3:00_{pm} Mainstream and Plus \$9

Uniting Church, 114 Jacaranda St., North Booval

For more information contact
Kay Walker 0419 717 520, Pamela 0402 483 342, Kay Ardrey 3288 8667
kay@kaysclubs.com, www.kaysclubs.com

HOSTED BY
IPSWICH 60 AND BETTER
PROGRAM Inc.
A PROGRESSIVE PROGRAM FOR THE OVER 50'S
Sep 2022

Seniors Month @ Gailes Community House

Monday 10th October, 10am - 12pm High Tea & Trivia - fun & prizes!

Wednesday 12th October, 1.30pm - 2.30pm

Info Session - Community Safety with Sergeant Nadine Webster, Ipswich District Crime Prevention Coordinator.

Monday 17th October, 10am - 12pm Tai Chi with Ipswich 60s & Better.

Free info packs & hearing tests from Hearing Australia

Monday 24th October, 10am - 12pm Chair Dance & Gentle Exercise.









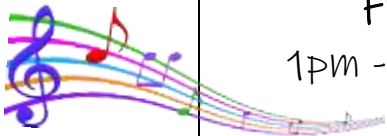
Info Session - Disaster Preparedness with the Ipswich SES.






Monday 31st October 10am - 12pm Fun & Games - board games and garden games.

Info session - Wills & Power of Attorney with Community Hub Legal Service.

All events are FREE at **Gailes Community House, 30 Karina Street, Gailes** Call us on 3879 3004 or email

office@gaillescommunityhouse.com.au for more information and to book!

<p>Walking Group</p> 	<p>Tuesday 4.00 pm</p>	<p>Contact office mobile to find out the meeting point on 0493097012</p>
<p>Table Tennis Ipswich</p> 	<p>Tuesday & Friday 1pm - 4pm</p>	<p>Trinity Uniting Church 114 Jacaranda St Nth Booval</p>
<p>Table Tennis Springfield</p> 	<p>Wednesday 1pm - 4pm</p>	<p>Aveo 1 Symphony Way Springfield</p>
<p>Games/Boccia</p> 	<p>Thursday morning 9am - 11.30am</p>	<p>Venue TBA</p>
<p>UFO</p> 	<p>2nd & 4th (& 5th) Monday 10am - 12 noon</p>	<p>Ips Lutheran Church hall Cnr Roderick & Nicholas Ipswich</p>
<p>Tai Chi for Health (Tuesday)</p> 	<p>Tuesday afternoon 1pm - 2pm</p>	<p>Raceview Congregational Church Hall 117 Wildey St Raceview</p>
<p>Tai Chi for Health (Thursday) Previously Monday</p> 	<p>Thursday 1pm - 2pm (Beginners) 2:15pm - 3:15pm (Intermediate +)</p>	<p>Cascade Gardens 67 Cascade Street Raceview</p>
<p>Tai Chi for Health Goodna</p>	<p>Tuesday Afternoon 1pm</p>	<p>Goodna Neighbourhood House Ph 3818 1648</p>
<p>Square Dancing</p> 	<p>Monday Beginners: 1pm - 2pm Mainstream & Plus 2pm onwards</p>	<p>Trinity Uniting Church 114 Jacaranda St Nth Booval</p>
<p>Concert Party</p> 	<p>Friday 1pm - 2.30pm</p>	<p>Raceview Congregational Church Hall 117 Wildey St Raceview</p>

<p>Movie Buffs</p> 	<p>Saturdays</p> <p>Ring the office mobile if you are keen to join in - date for Movie Buffs - TBA</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>Cuppa and Chat</p> 	<p>Tuesday morning 11am</p> <p>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>UFO Craft Group & Social Art Group: *Commencing 10 October*</p>  	<p>2nd & 4th (& 5th) Monday</p> <p>9:30am - 12 noon</p> <p>**Bring your own Art and craft supplies**</p>	<p>Ips Lutheran Church Cnr Roderick & Nicholas Ipswich Interested? Phone the office on 0493097012</p>

****** SOCIAL ART GROUP IS COMMENCING @ Ipswich Lutheran Church**
Cnr Roderick & Nicholas Streets Ipswich
Each 2nd & 4th (& 5th) MONDAY from Monday 10th October 9:30am -

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

Do you want to contribute?
The Social Committee and Newsletter Editing Committee would love you to join us. Contact the office for more information.

Environment Report

Glenda Cooper

Sturt's Desert Pea

Although Sturt's Desert Pea is difficult to grow in a background garden, a Kalbar resident located near Ipswich in Queensland, has one growing happily in his backyard from seeds given to him from a Coober Pedy underground motel. It is very hard to grow them other than in their natural environment, arid wood-lands and open, almost desert plains.

The Sturt's Desert Pea is most propagated through seed, although cuttings and micropropagation are also possible. Seeds need to be sacrificed before sowing to allow imbibition of water to occur. Cuttings should be dipped into a root hormone powder before being planted into a loose, well-draining soil. It is sought after as a cut flower by florists. South Australia adopted the Sturt's Desert Pea as its floral emblem on the 23rd November 1961.

The common name honours the explorer Charles Sturt, who reported seeing large quantities of the flowering plants on his journey of exploration into central Australia. It is a plant with an interesting history as it was among the First Australian Flora collected by a European. It was in 1699 when William Dampier anchored off Rosemary Island off the coast of Western Australia, Pilbara region. He collected a sample of the blood red flowers and grey green leaves which now forms part of the collection held at the University of Oxford.

On the local front, both the Scenic Rim and Ipswich regions, boast first cousins of the Sturt's Desert Pea – varying flower colour forms of *Swainsona galegifolia* (orange) red to pink and *Swainsona queenslandica*.

Need a guest speaker to educate and entertain your members? Ian Wintle may be one to consider. He has a list of presentations on PowerPoint lasting 45 minutes.

He opens his garden by appointment to Garden Clubs.

Highly recommended: ian@wintle.com.au



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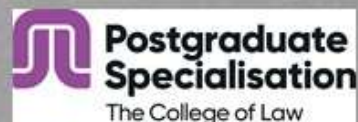
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Practicing Wellness

by Christine Ondoy, Student

I hope the wellness section of the September issue brought up some interesting questions to ponder on ☺ the next 3 dimensions of wellness dig a bit deeper, keep an open mind!

Intellectual Wellness: encouraging creative and mentally stimulating thoughts.

Was there a problem or challenge you faced recently?

How did you solve it?

What do I do to stay mentally stimulated?

Is there a topic that has sparked my curiosity lately?

Occupational Wellness: not only about working a job, but it also volunteering, mentoring, teaching, or coaching others.

Do I share my knowledge or experiences with others?

Am I using my time wisely?

Are there opportunities to volunteer or help in my community?

Environmental Wellness: recognising that human health is connected to our shared environment with animals, nature and where we live.

Are there inviting outdoor spaces and courtyards to enjoy?

Do I feel safe walking in my community and are facilities and services accessible? *Think about elevators next to stairs, handrails, ramps, parking for seniors and people with disabilities, lighting.*

How do I or my community make a positive difference in the environment?
Are there efforts to reduce, reuse and recycle, reduce waste, or upcycle old clothes?



References

1. Menke J. Eight Dimensions of Wellness [Internet]. Student Health and Counseling Services. 2018. Available from: <https://shcs.ucdavis.edu/health-and-wellness/eight-dimensions-wellness>
2. Where you live matters organisation. Wellness As We Age | Where You Live Matters [Internet]. ASHA. 2017. Available from: <https://www.wherelivematters.org/wellness-really-mean-age>
3. CDC. One Health Basics [Internet]. Centers for Disease Control and Prevention. 2018. Available from: <https://www.cdc.gov/onehealth/basics/index.html>
4. LifeCare Services. Why Environmental Wellness Matters When Choosing A Retirement Community [Internet]. Senior Living. 2020 [cited 2022 Sep 23]. Available from: <https://www.lifecareservices.com/insights-for-senior-living/insights-detail/why-environmental-wellness-matters-when-choosing-a-retirement-community>

Know Your Aged Care Expo

Free to attend and all are welcome. For information and to register please call STAR on 07 3821 6699.

Thursday 6 October, 2022
10 am - 12:30 pm
CSI -Club Services Ipswich
5A Lowry St, North Ipswich

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Call 3821 6699 for more information.

STAR Community Services
Shop 1, 5 Jacaranda Street,
East Ipswich



Air Fryers and Healthy Cooking

Air fryers use circulating hot air to cook food, often quicker than in the oven and with less oil compared to deep frying foods. As oil is energy dense (high in calories), this can reduce the total energy of a meal compared to deep fried. This may help in supporting healthy weight maintenance.

(<https://www.eatforhealth.gov.au/eating-well/tips-eating-well>).

With any cooking method you still need to consider the ingredients used across the meal. Aim for whole foods including a variety of lean protein, vegetables and wholegrains. The downside of air fryer cooking is that high temperature cooking of carbohydrate rich food can lead to formation of acrylamide. Food safety recommend we aim to reduce acrylamide. Tips include cooking foods to only a light brown colour and soaking potatoes before roasting.

Further information can be found at:

<https://www.foodstandards.gov.au/consumer/chemicals/acrylamide/Pages/default.aspx>

There are many alternative cooking methods to deep frying including steaming, grill and microwave. Further information can be found at:

<https://www.betterhealth.vic.gov.au/health/healthyliving/healthy-cooking-tips>.

Alternatively, the website No Money No Time, has recipes based on what cooking equipment you have, found at <https://nomoneynotime.com.au/>

If you are like me and do not have an air fryer, most air fryer recipes can be cooked in the oven for a similarly reduced oil version of deep frying. Another benefit to air frying is the reduced cooking time. Try this chicken fajita recipe.

Chicken Fajitas (serves 4) ~720 kJ/170 Cal per serve (without wrap/salad)

Ingredients: 400g chicken breast cut into even strips, 2 small sliced red/green or yellow capsicums, 1 small sliced red onion, ground cumin (2 tsp), paprika (1 tsp), dried oregano (1 tsp), chilli powder & black pepper (to taste), 1/2 tbsp of canola oil.

Method: Preheat air fryer to 190°C. Mix all the ingredients and place in a single, even layer in air fryer. Cook for approx. 15 minutes until chicken is fully cooked, shaking halfway. Serve with wholegrain wraps and mixed salad greens.

Adapted from: <https://therecipecritic.com/air-fryer-chicken-fajitas/>

More Air fryer Recipes

<https://www.taste.com.au/recipes/sweet-potato-chips-air-fryer-recipe/o1ckzr0p>

<https://www.taste.com.au/recipes/air-fryer-sweet-sour-pork-balls-recipe/njber9qg>

<https://gimmedelicious.com/air-fryer-chicken-and-veggies/>

Do you have a nutrition topic of interest? Email me any suggestions for upcoming newsletters! This article was written by **Michelle Lambert** (Accredited Practising Dietitian). Michelle is passionate about balanced healthy living and the role of nutrition in prevention and management of chronic disease. michellelambert@nutritiousliving.com.au

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ACTIVE SENIORS

Get fit, improve your balance and build your strength with our Active Seniors program.

Active Seniors offers our over 60s community free weekly physical activity classes.

Yoga	Mondays 9.00 am	ANZAC Park, Rosewood
Tai Chi and Qigong	Tuesdays 9.00 am	Robelle Domain ('The Lawns'), Springfield Central
Strength and Fitness	Wednesdays 8.30 am	Cameron Park, Booval
Chair Yoga	Wednesdays 9.00 am	Queens Park Education Centre, Ipswich
Adaptive Yoga	Wednesdays 5.30 pm	Queens Park Education Centre, Ipswich
Strength and Fitness	Thursdays 8.00 am	Browns Park, North Ipswich
Tai Chi and Qigong	Thursdays 9.00 am	Kholo Botanic Gardens, Muirlea
Aqua Fitness	Fridays 9.00 am	Bundamba Swim Centre, Bundamba

Activities run each week during school terms.



To book your place at a session, or find out more information about our other free programs visit ipswich.qld.gov.au/activehealthy



Trivia QUESTIONS from Meg (Answers in November)

1. In which state is the city of Murray Bridge?
2. Which city's CBD has the postcode 4000?
3. In which country did chopsticks originate?
4. An injury caused by a severe jerk of the head is commonly known as what?
5. What pedal does a manual car have that an automatic doesn't have?
6. In which Australian state is Port Hedland?
7. What is a female bear called?
8. Which number corresponds to the letters MNO on a mobile phone keypad?
9. To act in a boastful way is to blow your own what?
10. What is the northernmost state or territory capital?
11. During which war did the Gallipoli landing take place?
12. Colour television launched in Australia in which decade?
13. How many 'bags full' of wool in the nursery rhyme 'Baa Baa Black Sheep'?
14. The Cruze car model was sold in Australia by what automaker?
15. How many women have served as premier of Queensland?
16. Tacos originated in the cuisine of which country?
17. A famous cartoon character is Casper the friendly what?
18. In which sport was Australian Margaret Court famous?
19. What meat is used to make pastrami?
20. What is the national gemstone of Australia?

Trivia QUESTIONS from Meg (September answers)

1. 'They all ran after the farmer's wife' is a line from? *Three Blind Mice*
2. Which super hero is nicknamed, the man of steel? *Superman*
3. Who wears the Ring of the Fisherman? *The Pope*
4. What colour is the background on a stop sign? *Red*
5. Tuscany is a region in which country? *Italy*
6. Which carmaker produces the Hilux ute? *Toyota*
7. TV legend Don Lane was originally from which country? *USA*
8. What is the most common human blood group? *O Positive*
9. Hansen's disease is more commonly known by what name? *Leprosy*
10. In which decade did Blue Heelers debut on television? *1990's*
11. In 1922, which became the first state to abolish capital punishment? *Queensland*
12. How many children does Tony Abbot have? *Three*
13. What would you do with a penny-farthing? *Ride it*
14. In which city did Australia's first legal casino open in 1973? *Hobart*
15. What are molars and incisors? *Teeth*
16. In which month is Father's Day? *September*
17. How many digits does the average person have? *20*
18. What type of creature is a guppy? *Fish*
19. What colour wine is a Chablis? *White*
20. Which board game involves sinking the other player's boats? *Battleships*

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

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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