

Community News & Views Ipswich

October 2023

Vol: 30 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.



Breast Cancer Awareness Month

12th

World Sight Day

10th

World Mental Health Day

National Carers Week

National Nutrition Week

29th

Grandparents Day

Upcoming Date Savers Bookings essential for Events

Monday 2 nd October	King's Birthday (office closed)
Tuesday 24 th October	Nutrition Workshop @ 11am
Tuesday 31 st October	Marburg Morning Tea
Friday 24 th November	Christmas Event @ TAFE
Friday 8 th December	30 th Year Celebration Event
Wed 20 th December	Last Office day for 2023
Mon 15 th January 2024	Office Reopens for the New Year
6 and 7 April 2024	Ipswich Orchid Society Show



Funded by



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!

Ipswich 60 and Better Program Committee Members 2023-2024

President: Irene Strong **Vice President:** Karen Batterham

Secretary: Maureen Davies **Acting Treasurer:** Karen Batterham

Email: executive@60andbetteripswich.com.au

Committee: Ellenore Lister, Roslyn Newsham, Joan Preece,
Vivienne Sambal, Barbara White

Part Time Office Staff: Co -Co-ordinators - Kerri Lynch (10hrs) Anne Bertram (10 hrs)

Office Assistant – Lea Ford

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

8 Lawson Street Leichhardt 4305

Contact: 3282 8644 or **Mobile:** 0493 097 012 during office hours

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

The office (and Activities) is closed on Public Holidays

Please contact the Office Staff during the Hours of

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

Please call 3282 8644

If you leave a Message, we will get back to you.

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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

Hello Everyone and Happy Seniors Month!

I hope you are all well and enjoying our many and varied groups held around the Ipswich area. October being Senior's month is a good time for all **over 50 years** to take stock of where you are Healthwise. Set some new goals. Get active with mind and body. Reconnect. Make new friends. Enjoy old or new activities from the many activities our Program has to offer. Think about trying out a group and meet some new friends.

We will be at the Seniors Expo on 18th October at the Showgrounds from 10am to 1pm so come along and look for our table to say Hi!!

Summer is well on the way and we are all enjoying beautiful warm Spring days. Lots of things are happening with new groups like Rummikub on Tuesday afternoon and Indoor Carpet Bowls will be commencing mid October.

The Annual General Meeting was held and we have a new Executive Committee with Maureen Davies as Secretary, Karen Batterham as Vice President and Acting Treasurer. Thank you to new and continuing Management Committee members. Our organisation is 30 years strong this year because of the commitment and dedication of our members. Our heartfelt thanks go to our retiring Management Committee members, Ethel Llewelyn, Shirley O'Donnell, Lyn Bryant and Suzanne Schonknecht. Congratulations to our new Life Members, Pat Andrew and Di Wooldridge.

Planning is underway for our 30th Year Celebrations on Friday 8th December so mark it in your calendar and book yourself in.

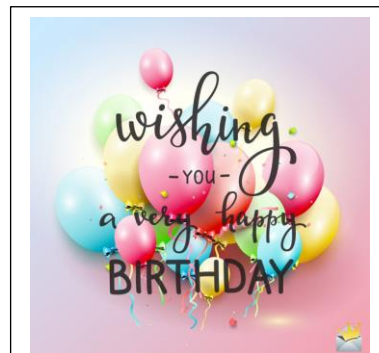
Christmas is just around the corner and Our Annual Christmas Party will be held at the TAFE on Friday 24th November. Numbers are limited so please phone the office and book in as soon as possible.



Until next month ***Irene Strong***

Happy birthday to our members who were born in October!

Grant Gurwey	6 th	Carmel Morris	8 th
Irene Tarbet	16 th	Anjan Kundu	17 th
Pamela Sims	23 rd	Roslyn Newsham	24 th
Joan Kreis	26 th	George Eagers	27 th
Lori Gurwey	26 th		
Pamela Swanson	30 th		



Annual General Meeting



2023-2024 Committee and Guests

(Left to Right) **Teresa Harding** (Ipswich Mayor), **Irene Strong** (President), **Jennifer Howard** (State Member), **Karen Batterham** (Vice President / Acting Treasurer), **Terry Carter** (Returning Officer), Guest Speaker **Brian Heath**, (Ipswich Orchid Society President), **Joan Preece** (Management Committee), **Maureen Davies** (Secretary), **Ellenore Lister** (Management Committee) and **Shiela Ireland** (Ipswich Councilor).



Social Art Group Display

*We are pleased to announce at the meeting that two new **Life Members** have been added to Ipswich 60 and Better.*

*Congratulations go to our new Life Members, **Pat Andrew** and **Di Wooldridge** for their long-time participation and commitment to our Program. We are thrilled to add you to our Honoured Life Memberships.*

The Annual General Meeting was held on Monday 4th September at Beacon Community Church. The meeting was well attended and we enjoyed hearing our guest Speaker, Brian Heath, President of the Ipswich Orchid Society and look forward to our new venture together in partnership commencing in 2024. The morning tea was divine! Thank you to all who contributed to the feast.

Sincere thanks to our outgoing members of the Management Committee and welcome to the new members and our new Executive members.

Seniors Month Activities

Seniors Expo Wed 18 October 10:00am – 1:00pm
Ipswich Showgrounds 81 Warwick Road Ipswich
Further details, please contact Rachele on 0427 211 816
or at alps@ableaustralia.org.au.

Tech Smart Expo Tues 3 October 9:30am – 12pm
Brothers Leagues Club 20 Wildey Street Raceview
Further details STAR Telephone 3821 6699

WHAT A TREAT by Ethel Llewellyn

Ever since the Concert Party formed, I always said I was going to join in one day. So, after retiring from Management Committee, I finally did and what a pleasure to sit and stand by their sides this morning at the Riverview Gardens Home. Practice last week led me into a great presentation by the singers representing the Ipswich 60 and Better Program this morning. SO impressed I am and so pleased I joined up with them. Music is a delight to have in one's life and as we age it is such a great thing for our cognitive skills. A smaller group as it has been in recent years, and you know, still so keen in entertaining those who aren't as capable as us. Seeing the residents joining in, when they really aren't totally with us, was such a delight. Giving pleasure voluntarily on this level is just awesome. Can't wait till the next time. Are you interested in joining the Choir? AND it definitely is a Choir, be in touch and find out more details. Collectively we need to keep this activity on our agenda. GIVE IT A GO!



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Question:

Should I do open homes when selling my home?

Answer:

There are advantages in doing open homes. Less inconvenience as it will lessen the amount of inspections you will need each week. Interested buyers can take their time viewing the property without the pressure that comes with private viewings. It allows for more buyers to view your property, more buyers means more competition which in turn leads to higher sale price achieved.

It is recommended that you prepare your home prior to having an open home. Showcase your home in the best light by presenting a clean and decluttered home, remove all personal items and put away all valuables.

BOOK REVIEW

with *Yvonne*



The Country Girl Author Cathryn Hein

After landing a major cookbook deal star food blogger Tash Ranger swaps city life for the family farm. But Tash's home coming is bittersweet, for now she can no longer avoid seeing her best friend Maddie, who was severely injured in a riding accident and unable to communicate. No one knows that Maddie and Tash had a deep falling out and with every visit Tash must pretend to be the friend everyone believes her to be.

Patrick Lawson, Maddie's fiancé, battles despair and hope daily as Maddie lies imprisoned in her body, gradually losing faith in her recovery. When Tash returns to Castlereagh Road with her joy and boundless appetite for life, he realises what his loved ones have been trying to tell him for months that Maddie wouldn't want him to throw his life away. It's time to move on. But letting go is no easy feat, especially moving on means Tash. He's a country boy and she is a star on the rise with ambitions that could propel her out of reach.

Can these two friends step out of the shadow of Maddie's tragic life and accept love, or is the past forever destined to dictate their future.

The story is fun and the romance is a slow burn Food and cooking feature prominently in this rural romance and the descriptions of Tash's delicacies will have you wishing there really was a cookbook in the works.



On Tuesday 19 September our Social Lunch Group went out to the **Camel Farm @ Harrisville.**

As you can see in the photograph above, it was a stunning day out in the sunshine and the group had a wonderful time filled with fun and laughter.

Next social event is on **Tuesday 31st October at The Girls' Coffee Bar @ Marburg** for Morning Tea. Please phone the office and to add your name to the list.

We are also taking bookings for the TAFE Christmas event and our 30 Years Celebration event.

David Fleay

by Glenda Cooper (Table Tennis Ipswich member)

Australian scientist Dr David Fleay was a man of many talents. He specialized in Zoology and was deservedly known as Australia's father of conservation.

He was a real hero, a title earned by his bravery in extracting venom from snakes such as tiger snakes, taipans and death adders to be used for anti-venom research. This was at a time when no antidote to a snake bite existed. His work in the perfection of these anti-venoms still saves lives today.

David settled at West Burleigh in 1952 after achieving much in building the Healesville Sanctuary in Victoria. His Fleay's Fauna Reserve (now known as The David Fleay Wildlife Park) became a mecca for both scientists and the general public who had an ever-growing thirst for knowledge of their native fauna.

David managed to breed for the first time in captivity 48 different species of fauna including the platypus, wedge-tailed eagles, taipans and powerful owls. This gave him the opportunity to study the life histories of captive fauna. He wrote educational articles and books, illustrated with his own artistic photographs, thereby educating people while stimulating interest in their local fauna.

Early in his career, he realised the importance of endangered species when, in 1933, he was the last person to photograph a captive Thylacine – a Tasmanian Tiger – at the Hobart Zoo. His breeding was the first known captive breeding of the Powerful Owl Sooty owl, Mainland Masked owl, Crested hawk and the Wedge-tailed eagle.

David Fleay's greatest achievement was the successful breeding of the platypus in captivity in 1944. "Jack" and "Jill" produced "Corrie", a feminine abbreviation of Coranderk, the local aboriginal name for the sanctuary area. He said when he went to university, he studied for a scientific degree and a Diploma of Education to teach others about animals.

A gifted communicator, photographer, writer and researcher, together with poet Judith Wright, wildflower artist, Kathleen Macarthur and publisher Brian Clouston, he founded the Queensland Wildlife Society in 1962 to educate and enthuse people about Australia's creatures.

Two Australian creatures, Fleay's Barred Frog and the Tasmanian subspecies of the wedge-tailed eagle are named after David Fleay.

He was a truly remarkable man.



Join the legions of fans and embark on a witty and musical journey through the lands of the Celts, with Murphy's Pigs, the most famous band – you've never heard of.

FRIDAY 3 NOVEMBER

7.30 pm



BOOK NOW (07) 3810 6100
ipswichciviccentre.com.au

**IPSWICH
CIVIC CENTRE**

Monday			
UFO Craft (<u>U</u> n <u>F</u> inished <u>O</u> bjects)	9:30am-12 noon	Leichhardt	Donation Morning Tea Included
Social Art	12:30pm – 3pm	Leichhardt	Donation
Tuesday			
Rummikub	1pm – 3pm	Leichhardt	Donation
Cuppa and Chat	11am-12 noon	Raceview	Donation Morning Tea Included
Tai Chi for Health	1pm-2pm	Raceview	Donation
Tai Chi for Health	1pm	Goodna	Donation 3818 1648
Table Tennis	1pm-4.30pm	East Ipswich	Donation bring Afternoon Tea to share
Walking	4pm Winter 4.30pm Summer	Ipswich CBD Locations vary	Bring Hat, Water, appropriate shoes
Wednesday			
Learn to Play Bridge	9am-12.30pm	Cascade Gdns Raceview	Contact Garry 0411 876 668
Indoor Carpet Bowls Commencing 18 Oct	1:30pm – 4:30pm	Raceview	Donation
Table Tennis	1pm-4pm	Springfield	Donation
Thursday			
Walking	9am Winter	Limestone Park	Bring Hat, Water, appropriate shoes
Tai Chi for Health (inc Tai Chi for Diabetes)	1-2pm Beginners 2-3pm Advanced	Cascade Gdns Raceview	Donation Irene 0497 808 402
Friday			
Cuppa and Chat	10.30-11.30am	Raceview	Donation
Cards & Games / Francis	11am-3pm	Leichhardt	Donation / Bring Lunch
Mahjong	12pm – 3pm	Leichhardt	Donation
Concert Party Kath 3201 6075	1-3pm 2.30 A/noon Tea	Raceview	Donation bring Afternoon Tea to share
Table Tennis	1pm-4.30pm	East Ipswich	Donation Afternoon Tea to share
<i>Reminder: King's Birthday Holiday, Monday 2nd October 2023. Office will be closed and no activities held.</i>			

Groups	Group Address	Other Activities
Art & UFO Craft Cards & Games (Francis) Mahjong Rumi Cub Games	8 Lawson Street Leichhardt	Theatre Group Ipswich Little Theatre Weekend Matinee when Shows are scheduled
Learn to Play Bridge Tai Chi for Health Thursday	Community Hall Cascade Gardens 67 Cascade St, Raceview	Movie Buffs 2nd Saturday of the Month Limelight Cinemas, Riverlink - Meet in Foyer 10am, Own Transport Required
Concert Party Cuppa and Chat Tuesday Tai Chi for Health Tuesday Cuppa and Chat Friday Indoor Carpet Bowls	Raceview Congregational Church Hall, Wildey St, Raceview	Social Outings Various Events throughout the year Costs and Venues vary
Table Tennis Tuesday Table Tennis Friday	Trinity Uniting Church Hall, 114 Jacaranda St, East Ipswich	
Table Tennis Wednesday	Aveo Springfield 1 Symphony Way, Springfield Lakes	
Tai Chi for Health Tuesday Goodna	Goodna Neighbourhood House 33 Queen St, Goodna	
Walking Tuesday	Ipswich Various Locations	
Walking Thursday	Limestone Park Ipswich	

*****If you haven't paid your annual membership yet****
 Please send it through as soon as possible so that you continue to be on the mailing list.
 Thank you.*

TECH SMART SENIORS INFO DAY AND EXPO 2023

Tuesday, October 3 2023
9:30 am- 12pm

BROTHERS LEAGUES CLUB IPSWICH
20 WILDEY ST, RACEVIEW QLD 4305

EMBRACING TECHNOLOGY IN 2023

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digital technology in
your senior years.



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FOR IPSWICH
SENIORS
Registrations
are essential.

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Start or advance your
technology journey
confidently, in your
retirement years.**

-  Information seminars by guest speakers
-  Find out what's new in technology for seniors
-  Latest tips on online safety
-  Meet like-minded people in your local area. Bring along a friend and enjoy light morning tea.

Register your interest in attending by calling STAR on 3821 6699 or email marketing@starct.org.au
Bookings are essential as numbers are limited.

VOLUNTEERS NEEDED

CALLING ALL COMMUNITY MINDED PEOPLE.

Do you have some spare time?
Would you like to give back to
your local community?



JOIN STAR COMMUNITY SERVICES!

At STAR, we value our people and we are passionate about making a difference for vulnerable people by supporting them in living independent and fulfilled lives. We welcome people of all ages and diverse backgrounds who want to create positive outcomes for people in our community. A range of volunteering roles are available viz. volunteer driver, owner driver, admin, companionship, technology tutor and more.

CALL 3821 6699 FOR MORE INFORMATION.

Words with Ethel

So much changes as we age in life, not even later on but earlier than turning 50.

I have been in touch with people recently who came to the age of 50 and 70 and also held a newborn child. Experiences is what makes us as individuals and in times, be they good or bad, resilience pays off.

RESILIENCE (noun)...The ability to be happy, successful, etcetera again after something difficult or bad has happened. Acknowledging Cambridge University Dictionary.

- Trauma researchers emphasise the resilience of the human psyche.
- The ability of a substance to return to its usual shape after being bent, stretched or pressed.

A good example is to iron our clothes and see how the cloth returns to a smooth surface. Nowadays drip dry or hang the garment out in the heat for a while and no ironing is necessary. Some young ones have never ironed a thing.

RESISTANT (adjective)...Not easily changed OR damaged OR not accepting of something.

- E.G. fire resistant
- Pharmacological strategies for resistant depression may be useful in the elderly despite their increased risk of toxicity.

SO sometimes, for example, as the ageing process happens some people, not all, can find themselves in a place of aloneness and sadness without even knowing and it is a position that we all don't really want to find ourselves. Withdrawals from society happen and loneliness can truly set in.

- Consider phoning a friend and brightening up their day. Remember that some people, because of deafness, can't utilise the landline phone AND that is where "SMSing" can be a useful tool if a mobile phone can be handled by both the caller and the receiver.

SURVIVE (verb)...To continue to live OR exist, especially after coming close to dying or being destroyed OR after being in a difficult OR threatening situation. NOTE: This meaning speaks for itself no explanations needed.

THRIVE (an active verb)...to grow, develop OR to be successful.

- E.G. "She seems to thrive on stress".
- E.G. "Prosper"...saying "If you work hard, you'll succeed!"

NOW That's Prosperity..Thriving..Doing..Being.. SO.....

When we're not at a 60 & Better Program Activity consider a "HYCATION" that's a noun...MEANING "A holiday spent on a farm. During which the guests sometimes help out with the farm work" NOW that sounds like hard work. Maybe consider a VACATION..take time off and spend it doing something you truly enjoy! Love your Life to the Fullest!

Ethel Llewellyn

Hark!

The Herald Angels Fling

Can Angels Take a Break?



Wednesday 22 November

10.00 am and 1.00 pm



BOOK NOW (07) 3810 6100
Ipswichciviccentre.com.au

**IPSWICH
CIVIC CENTRE**

New Ipswich 60 and Better Life Members



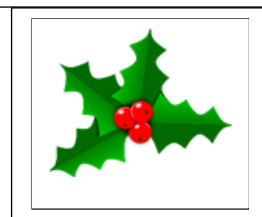
Pat Andrew



Di Wooldridge

Christmas is coming, its right around the corner.

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



Bookings essential, payment to confirm booking is required.

Date: Friday 24th November

Venue: Miners right Restaurant, Bundamba TAFE. Drink on arrival, 2 course lunch & tea/coffee included. 😊

Cost: \$28..... **Limit of 30 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)

QUOTE FROM AGING GRACEFULLY

There is a lot of good in OLD – old friends, old dogs, old roads and old ways. We treasure them because they are an anchor in the chaos of the fast pace of today.

***** *Volunteer/s needed to help clean our office at 8 Lawson Street Leichhardt. Please contact the office if you are able to assist. ******

Nutrition Update with Michelle

Thank you to all the participants who joined in the September workshop. We covered tips for healthy eating when eating out and entertaining and the balanced plate approach to everyday eating. One top tip is to look at restaurant and café menus before you head out to find out if they offer healthier choices. Each workshop we discuss a nutrition topic and make some healthy recipes to share for lunch.

Next Workshop;

Join us for *the final nutrition workshop of 2023*. We will be discussing gut health and the role of fibre. We will be utilising vegetables and wholegrains with the return of the vital vegetable pizza recipe along with some new ideas.

When: Tuesday 24th October, 11am - 1pm.

Where: 8 Lawson St Leichhardt.

Cost: Contribution to cost of food: \$8 financial members, \$10 participants.

RSVP: 17th October, Spots are limited, call or email to book. Would you like to join the nutrition workshop newsletter? Receive extra information on nutrition topics and reminders for upcoming workshops. Send a request to:

michellelambert@nutritiousliving.com.au.

Dietetics Clinic with Michelle



Dietetic support can help you improve your general nutrition and manage conditions including osteoporosis, diverticulitis, reflux/heartburn, low appetite, weight management and diabetes.

The clinic has a focus on practical and sustainable approaches to healthy eating.

The clinic offers rebates for eligible clients through Hicaps and no gap for referrals via CDM/TCA plans (ask your doctor if you are eligible). Sessions are by appointment only at 8 Lawson St Leichhardt. Online appointments coming soon.

For any bookings or enquires please call **Michelle on 0450032780** or email michellelambert@nutritiousliving.com.au

Try this pasta salad for a fibre boost.

(Adapted from <https://www.healthier.qld.gov.au/food/recipes/rainbow-pasta-salad/>)

Vegetable pasta salad- serves 2

Ingredients

150g frozen or fresh trimmed green beans
100g mixed frozen peas and corn
100g dry pasta spirals
125g can four bean mix
100g cherry tomatoes, halved
1/4 cup of chopped mixed fresh herbs such a parsley or basil

Dressing:

1½ tablespoons Dijon mustard
½ tablespoon honey
½ tablespoon white vinegar or white wine vinegar
½ tablespoon water

Method

Cook pasta as per packet in boiling water adding peas, corn and beans for last 3 minutes of cooking. Drain and set aside.

Add other ingredients to a large bowl. Once cool add pasta and vegetables.

Mix dressing ingredients in a jar, shaking to combine.

Pour dressing over ingredients, gently toss and serve.

CELEBRATE SENIORS MONTH IN IPSWICH

There's a great range of activities happening across Ipswich during October for our seniors.

Check out the calendar of events at ipswich.qld.gov.au/seniorsmonth or phone (07) 3810 6666 for further information.



2	6	5	1	4	9	7	3	8
1	3	4	6	8	7	2	5	9
8	9	7	2	3	5	4	1	6
6	8	2	9	7	1	3	4	5
3	7	9	4	5	8	6	2	1
5	4	1	3	2	6	8	9	7
9	2	8	7	1	3	5	6	4
7	1	3	5	6	4	9	8	2
4	5	6	8	9	2	1	7	3

September Sudoku Answers



October comes from the Latin word *octo* which means *eight*. In ancient Rome, October was the eighth month of the year. When the Gregorian calendar was adopted, it became the tenth month of the year but retained its original name. The birthstones for October are opal and tourmaline.

September Trivia Questions and Answers from Meg

1. What meat is a key ingredient in Quiche Lorraine? *Bacon*
2. The character Wilbur Post owned what famous TV animal? *Mr Ed*
3. Mother Teresa most famously worked with the poor in which country? *India*
4. What is the name for a type of current that rhymes with “teddy”? *Eddy*
5. Ayrshire is a breed of what farm animal? *Cattle /cow*
6. Chai is a variety of what beverage? *Tea*
7. Which British royal is married to Timothy Laurence? *Princess Anne*
8. Which Arnott’s biscuit is named after a prize winning racehorse? *Tim Tam*
9. Oslo is the capital of Denmark. True or False? *False - Norway*
10. Complete the expression: “As honest as the day is” What? *Long*
11. What word is most used in the English language? *The*
12. The Simpson Desert is on which continent? *Australia*
13. On a standard computer keyboard, what letter is between A and D? *S*
14. In which decade were the first polio vaccines developed? *1950’s*
15. What is an ice hockey puck made from? *Rubber*
16. What is the most common used letter in the English alphabet? *E*
17. What was the Australian Anthem before 1984? *God Save the Queen*
18. What are Salties and Freshies? *Crocodiles*
19. What colour eyes do most human have? *Brown*
20. What is the lowest army rank of a U.S. soldier? *Private*

October Sudoku and Trivia

	8					2	4	9
6		7			9	1		
3				8	1			
7	3		6	5			9	
8			7		2			4
	1			9	3		6	2
			9	6				3
		1	4			5		7
4	5	3					8	

Birth Flower for October *Rhodanthe*



October Trivia Questions from Meg (Answers in November 2023)

1. What comprises around 99 per cent of the giant panda's diet?
2. Albion is on Brisbane's north side - true or false?
3. A person who is no longer young may colloquially be referred to as "no spring What?
4. On what Australian TV show does the "cash cow "give away money?
5. Anna Bligh was the first female premier of which state?
6. Who was the last Empress of India?
7. Who is third in line to the British throne?
8. In regards to motor vehicles, *diff* is short for what word?
9. Kingscote is the largest town on which Australian island?
- 10 What animal, aged between 1 and 2 years, is known as a hogget?
- 11 In what sport do amateur players often pay "green fees"?
- 12 A common saying about cosiness is "as snug as a bug in what?
- 13 What type of food is a seafood bisque?
- 14 Which cereal can only be grown in water?
- 15 What is the most popular pet in the world?
- 16 In a scrabble game, each player is given how many tiles?
- 17 What is the capital city of Italy?
- 18 What is the longest bone in the human body?
- 19 On a pencil, what does the letters HB stand for?
- 20 In which decade was the FJ holden car produced in Australia?

Welcome to All New Members

Activities Update

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

- Table Tennis, Chess, Euchre, 500 and Indoor Bowls Convenors
- People with a passion for Fundraising
- Office support and Venue Host/Hostess volunteers *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.

If undeliverable return to:
Ipswich 60 and Better Program Inc.
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