

Community News & Views Ipswich

September 2023

Vol: 30 No 9

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.

What's Happening in September?



1-7th
National Asthma Week
6th-10th
Women's Health Week
3rd **Father's Day**
9th **R U OK? Day**
10th **National Bilby Day**
17th **Aust Citizenship Day**
21st **Alzheimer's Day**
25th **World Lung Day**
29th **World Heart Day**
**International Prostate
Cancer Awareness Month**

Upcoming Social Events Date Savers

Bookings essential

Monday 4th Sept **Annual General Meeting**
Tuesday 26th Sep Camel Farm **Harrisville** Lunch
Tuesday 31st Oct **Marburg** Morning Tea
Friday 24th Nov Christmas End of Year Event @ **TAFE**
Friday 8th Dec 30th Year Celebration Event
Thurs 2 May 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 2022-2023

President: Irene Strong **Vice President:** Di Wooldridge

Secretary: Ethel Llewellyn **Treasurer:** Shirley O'Donnell

Email: executive@60andbetteripswich.com.au

Committee: Lyn Bryant, Ellenore Lister, 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

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.



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.**

DISCLAIMER: Community News and Views Editing Committee reserves the right to edit all articles as necessary. While all care has been taken in the preparation of this material, no responsibility is accepted by the publisher i.e. Ipswich 60 and Better Program Inc., its staff or volunteers, for any errors, omissions or inaccuracies. The material contained in this newsletter has been prepared to provide general information only. It is not intended to be relied upon or be a substitute for legal, health or any other professional advice. No responsibility can be accepted by Ipswich 60 and Better Program Inc. for any known or unknown consequences that may result from reliance on any information provided in this publication.

President's Pen

Spring is in the air and the summer months (and Christmas) will be here before we know it. I hope you are enjoying the warmer days and beautiful blooms around.

The **Annual General Meeting will be held on the 4th September at Beacon Community Church** with more details available on Page 5. Please consider nominating to be part of the Management Committee and help support and guide our organisation for the coming year. I am looking forward to seeing you all at the AGM and to catch up for a cuppa and a chat afterwards.

I would like to take this opportunity to sincerely thank the Management Committee and staff for their support in my role as President this year. I have been greatly supported by the Executive Team of Di (Vice President), Ethel (Secretary) and Shirley (Treasurer). My heartfelt thanks to everyone on the committee for their dedication over the years. Without members being willing to stand up for committee positions we would not have achieved what we have.

Last month's Social was a visit out to the Post Office Café at Forest Hill which is a wonderful country café in a quaint setting. As always, those who came along thoroughly enjoy themselves. Coming up on the **26th September is a visit to the Camel Farm at Harrisville** for lunch so mark it in your diary and let the office know you are coming along.

I mentioned last month about **Mahjong** which started up on **Friday 25th August at 12 noon to 3pm at 8 Lawson Street** so please let us know if you want to join in this group, or you would be interested in learning. Bookings essential. Please mark in your diary **30th Year Celebration Event on Friday 8th December**. More details later.

Until next month *Irene Strong*



Happy birthday to our members who were born in September!

1 st	Joyce Halls	3 rd	Brian Skippington
3 rd	John Scott	10 th	Victor Swanson
13 th	Colleen Adams	17 th	Jean Augustin
19 th	Ian Taylor	19 th	Jenny Noy
25 th	Debra Peace	26 th	George Sawyers
29 th	John Walsh	30 th	Fred Hurst



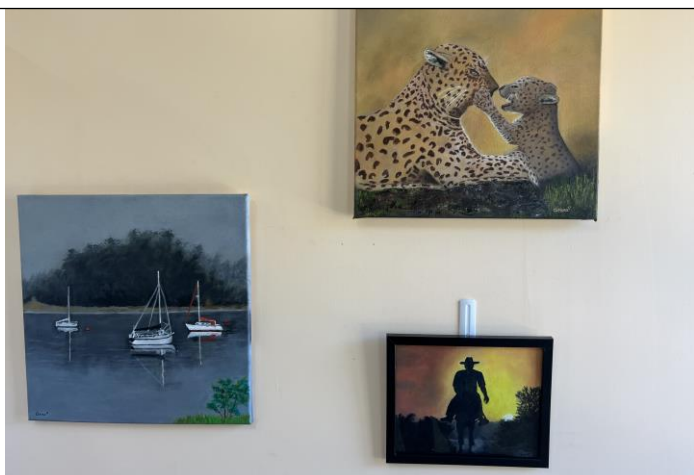
**Mondays
with the
UFO
(Unfinished
Objects)
Craft
Group and
our Social
Art Group**



Our Talented Artist's Work



Anne and Ellenore walking on a sunny Thursday morning



Annual
General Meeting

Monday 4th September
10 am – 12 noon

Guest Speaker Brian Heath Ipswich Orchid Society

At Beacon Community Baptist Church

34A Workshops Street Brassall

*(Entry via the Gym Carpark and
Follow through to the very back Carpark Area)*

Please Bring a Plate

RSVP 30 August Telephone 3282 8644

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

Exciting plans for Swanbank Power Station
CleanCo wants to hear from you

Ipswich residents are invited to check out a draft masterplan for the redevelopment of CleanCo's Swanbank Power Station in Ipswich and provide feedback.

Previously a coal-fired station, the site is being transformed into a clean energy hub that will include community infrastructure.

Earlier this year, CleanCo brought 30 Ipswich residents together as a Community Panel, to develop a masterplan for the site. CleanCo is now seeking feedback on the plan from Ipswich residents.

To view the plan, learn more about the project and complete a short survey, visit <https://engagement.cleancoqueensland.com.au> or call 0416 222 653 to have a chat about the project.

Feedback is open until 31 October.

IPSWICH GARDEN SPECTACULAR



23rd September 2023 8:30am—3:00pm Silkstone State School
24th September 2023 9:00am—2:00pm Prospect Street, Silkstone

Ipswich Orchid Society Show & Sale Cultural lectures
Ipswich & Districts Bromeliad Society Sale Plant Creche
Multiple other Vendors attending Disabled parking
Variety of plants and products available Wheelchair friendly
Raffle tickets available Bus trips welcome

Admission = \$5.00 Under 18's = FREE

Questions? Email us at
ipswichorchidsociety@gmail.com

Hosted by Ipswich Orchid Society and
Ipswich & Districts Bromeliad Society
Supporting Ipswich Multiple Birth Association



BOOK REVIEW

with Yvonne



The Woman in the Wood

Author Lesley Pearse

Fifteen year old twins, Maisy and Duncan Mitcham, have always had each other until that fateful day in the wood. One day in 1960, the twins awake to find their father pulling their screaming mother from the house. She is committed to an asylum. It is so their father insists, for her own good.

The twins are sent to their cold and distant grandmother's home, *Nightingales* -- a large house deep in the New Forest countryside. Left to their own devices they explore, find new friends and first romances. That is until the day Duncan doesn't come home from the woods. Nor does he return the next day, or the one after that.

When bodies of the other boys are discovered in the surrounding area the police appear to give up hope of finding Duncan alive. With Mrs Mitcham showing little interest in her grandson's disappearance, it is up to Maisy to discover the truth. And she knows just where to start. The woman who live alone in the wood about whom so many rumours abound A woman named Grace Deville.

Not only is this a mystery novel centred around a missing child, the author delves into the realm of family ties, and friendship. She delivers the theme through some brilliant characters - Maisy and Duncan are likable children and develop a warm and loving relationship with their grandmother's housekeeper, in comparison to their cold grandmother and a father who struggles to show affection.

This book has a nice contrast of characters. While the twins may not feel especially close to family, they find friendship in others. An enjoyable story with an unexpected ending.

BRIBIE ISLAND HOLIDAY HOUSE

Comfortable, low set - on Pumistone Passage

Available School holidays

Sat 16th Sept to Sat 23rd Sept 2023

Reasonable rates, small dogs allowed.

Phone Joyce 0407 572 398



Hark!

The Herald Angels Fling

Can Angels Take a Break?



Wednesday 22 November

10.00 am and 1.00 pm



BOOK NOW

ipswichciviccentre.com.au

**IPSWICH
CIVIC CENTRE**



IPSWICH VOLUNTEERING EXPO

TUESDAY 5 SEPTEMBER 2023
10 AM - 2 PM
BROTHERS LEAGUES CLUB,
20 WILDEY ST,
RACEVIEW 4305



Ever thought about volunteering but not sure where to start?

Come along to the Volunteering Recruitment Expo and explore your options!

Simply come along on the day and bring a friend!

If you have any questions call us on 07 3086 0000 or email info@volunteeringredlands.org.au.

- Find a flexible and exciting role to suit your skills and interest
- Meet with representatives from a range of local community groups and not-for-profits and chat about volunteering opportunities in Ipswich
- Learn more about how you can get involved
- Get your queries about volunteering resolved so you can make an informed commitment to volunteer!
- Join us for a cuppa & meet like-minded people.

Monday			
Social Art and UFO Craft (<u>U</u> n <u>F</u> inished <u>O</u> bjects)	9:30am-12 noon	Leichhardt	Donation Morning Tea Included
Tuesday			
Drop in Tuesday	9.30am-12 noon	Leichhardt	Donation Morning Tea Included
Cuppa and Chat	11am-12 noon	Raceview	Donation Morning Tea Included
Tai Chi for Health Advanced Only	1pm-2pm	Raceview	\$4.00
Tai Chi for Health	1pm	Goodna	\$3 phone 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
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	\$4 Contact Irene 0497 808 402
Square Dancing	12.30-1.30pm Beginners 1.30pm-3pm	Raceview	\$7 Beginners \$9 Advanced
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

Groups	Group Address	Other Activities
Art & UFO Craft Cards & Games (Francis) Mahjong Drop in Tuesday	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 Square Dancing	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	
	<p align="center"> “Drop – In” for a Cuppa! Tuesday mornings 9.30am – 12 noon Enjoy a cuppa and a chat with our friendly volunteers at 8 Lawson Street, Leichhardt </p>	

HELEN BRYAN

Taking the stress out of selling

Excellent firsthand knowledge from having lived locally for over **40 years**. Over 20 years of industry experience, sharp negotiation skills and a warm and friendly communication style.



Contact me for your free property price report

0418 722 135 / 3510 5238

helenb@remax.com.au

RE/MAX
Profile Real Estate

in conjunction with Urban Land and Project Marketing Pty Ltd.



I have just sold, what do I need to do now! by Helen Bryan

Here are some suggestions to make your move go smoothly. Obtain boxes, markers and packing tape Arrange furniture removal. Arrange care for children and pets on moving day. Organise moving times and key collection/drop-off to agent or your Conveyancer.

NOTIFY CHANGE OF ADDRESS TO

Post office for redirection of mail, Bank, finance companies and credit card companies, Electoral roll, Clubs and organisations, Police (if you own and store firearms), Newspaper and magazine subscriptions, Doctor, dentist, accountant, lawyer, Friends and family.

DON'T FORGET TO

See your conveyancer to sign transfer documents/ mortgage discharge papers, Enrol children into new schools,

Clean the stove and defrost the fridge/freezer and tidy the yard

Ensure that chattels purchased with the property remain

Disconnect all appliances, disconnect the TV aerial, turn off the water and gas at the mains

Throw out/donate anything you don't intend on taking with you

Securely pack all money, jewellery and documents

Set aside items you will need on the day of your move

If you have children/pets, pack a box with some of their favourite items for easy access when you arrive at your new home

Label each box as per the room they will go to in the new house. Write a list of contents on the side of the box.

Pot and pack away plants and cuttings you will be taking

Clearly label fragile boxes your removalist and advise them of any dangerous or valuable items

Be at your new home when the removalist team arrive.

Ways to spot and avoid scams

Common signs that something is a scam and steps you can take to protect yourself.

Scams succeed because they look like the real thing and catch you off guard when you're not expecting it.

Scammers take advantage of new technology, new products or services and major events to create believable stories that convince you to give them your money or personal details.

Always stop, think and check before you act. Scammers rely on you not spotting these warning signs because you're in a hurry, something looks like a great deal you don't want to miss, or because it seems like it's from someone you trust.

Common signs of a scam

It can be very hard to spot a scam but there are some red flags to watch out for:

- **It's an amazing opportunity to make or save money**
- **Someone you haven't met needs your help – and money**
- **The message contains links or attachments**
- **You feel pressured to act quickly**
- **They ask you to pay in an unusual or specific ways**
- **They ask you to set up new accounts or PayIDs**

If scammers have been successful, they will try to get more money. Unfortunately, one in three victims of a scam have been scammed more than once. If you've lost money to a scam, be especially wary of new scams - including if someone offers to help you get your money back.

Article from www.Scamwatch.gov.au [Ways to spot and avoid scams](#) | [Scamwatch](#)

Nutrition Update with Michelle

Thank you to all the participants who joined in the August workshop. We covered the health star ratings and quick cooking tips for healthy eating.

Each workshop we discuss a nutrition topic and make some healthy recipes for lunch. Come along and join us for the next workshop, we will cover the tips for healthy eating when entertaining and eating out. Just in time for the warmer weather.

Next Workshop;

When: Tuesday 26th September, 11am-1pm.

Where: 8 Lawson St Leichhardt.

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

RSVP: 19th September, 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, and diabetes.

The clinic has a focus on practical and sustainable approaches to healthy eating that are individualised to you.

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

Michelle’s Recipe: Quick vegetable satay noodles- serves 2

Ingredients

400g ready to use wholegrain noodles

2 ½ tbs peanut butter

1 tbs sodium reduced soy sauce

1 tbs sweet chilli sauce

1 tbs canola oil

3 cups frozen stir-fry mixed vegetables (can use fresh vegetables if available).

Method

Mix peanut butter, soy and sweet chilli sauce in a small bowl.

Heat oil in a large fry pan.

Add vegetables and stir until cooked about 6-8mins. (You can precook vegetables according to packet in microwave to save time on stir frying and just stir fry for 1-2 mins to combine).

Add sauce mixture and continue to stir fry for approximately 2-3 minutes.

Prepare noodles as per packet. Add to pan and stir fry until combined and mixed through vegetables and sauce.

Serve in bowls. Can be topped with fresh coriander leaves or thinly sliced red chilli.

Tip: You can add diced tofu or chicken to add extra protein to this dish!

Getting older is an inevitable part of life and although it has its challenges, it also has its perks. Here are some interesting facts about getting older:

1. *Age is just a number. While it’s true that your body may not be able to do everything it once could, getting older is not a reflection of your ability to enjoy life to the fullest.*
2. *Your brain is getting sharper. Contrary to popular belief, your ability to learn, process information, and think critically actually improves with age.*
3. *You’re more resilient than you think. Studies have shown that older people are often more adept at dealing with stress and handling challenge.*
4. *Your taste buds change. Your taste buds become less sensitive as you age, which can actually make certain foods taste better.*

Continued on Page 17

Please Call Us to discuss your Support Needs, TODAY!

"To make a positive difference in people's lives by providing exceptional holistic care, empowering them to live their Best Lives"



CiMaS Est. 2017

Here With You - In Your Own Home
Nursing & Personal Care

**Home Care
Packages;
Levels -
1, 2, 3 & 4**

**NDIS
Funding**



**Independent
Services &
QLD Health
Referrals**

Our Services

Training

*First Aid, CPR,
Complex Care
Management,
Medication
Management,
Caring for Frail
Clients + More*



Nursing Support

*Medication,
Wound, Catheter
& Bowel Care.
Continence
Assessment +
More*

Lifestyle, Personal & Domestic Services

*Showering, Grooming, Daily Activities, High Intensity Care, Shopping,
Medical Appointments, Cleaning, Washing, Cooking + More*

In Home Respite

(24hr if required)

Web: www.cimas.net.au Ph: 07 3448 0052 Email: intake@cimas.net.au

We are happy to provide a **FREE consultation** over the phone or at your home, whichever suits you!

A Father's Day Thought...

It is said that Father's Day originated in the United States by a daughter who wanted to honour her father. Starting from a religious background, it has, over time, become more and more commercialised. But does that make it any less relevant today?

Having recently lost my mother, I am realising more and more that we cannot take for granted the time we have with our loved ones. And so, if possible, we should take every opportunity that we can to let those that we care about know how we feel about them. Despite the often gruff exterior our dad's might display, they have the same need for love and affirmation as anyone else. They might not always show us love in the way that we might expect, but that doesn't mean we cannot show them love in return.

Father's Day gives us the excuse that we might need to show our dad's how we feel about them. For those whose fathers have passed, it brings an opportunity to reflect on what they taught us, how they made us feel, and what we may want to emulate in our own lives. For those who have had a less than ideal experience of fatherhood, we can still let the men in our lives know that they are appreciated for the gaps that they have filled where we have missed out.

There is a saying that goes along the lines, "Out of faith, hope, and love, the greatest is love". Take the time this Father's Day to let someone know that you love them.

Robert Howells

Community Outreach Pastor
Beacon Community – A Baptist Church

Continued from Page 15

5. *You're wiser. With age comes wisdom, which can help you navigate life's ups and downs with greater ease.*
6. *You may have more health problems. Unfortunately, as you get older, you are more likely to develop chronic health conditions like arthritis, diabetes, high blood pressure, & other conditions.*
7. *You have more time for hobbies and interests. As you retire or work less, you will likely have more time to pursue hobbies and interests that you may not have had time for earlier in life.*
8. *You may need less sleep. As you age, you may find that you need less sleep to feel rested, which can free up more time for other activities.*

<https://seniorsbluebook.com/articles/fun-facts-about-aging>

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

August Sudoku Answers



Here's one of the more interesting September facts: Not only is it the month with the most letters; its nine total letters also equal its position in the calendar, the ninth month of the year. The Romans believed September was ruled by [Vulcan](#), the God of fire.

August Trivia Questions and Answers from Meg

1. Stars and stripes are a nicknames of which country's national flag? *USA*
2. In which city would you find the headquarters of the reserve bank of Australia? *Sydney*
3. Which NSW town hosts the annual Jacaranda Festival? *Ans. Grafton.*
4. Which British Queen died in 1901? *Ans. Queen Victoria.*
5. In what year did World War II start? *Ans. 1939.*
6. Cape York is in the NT true or false? *Ans. False. Queensland.*
7. Which car firm makes the Yaris model? *Ans. Toyota.*
8. Who first recorded the song, *I will always love you*? *Ans Dolly Parton.*
9. In the song, *Home among the gum trees*, what is out the back? *Clothes line.*
- 10 What is the favourite food of the Teenage Mutant Ninja Turtles? *Pizza*
- 11 In which Australia state is the coastal town of Yepoon? *Queensland*
- 12 Is a sandgroper a fish, bird or insect? *Ans. An insect.*
- 13 What slogan is, "light on the fizz, so you can slam it down fast"? *Solo*
- 14 Dr John Gerrard is the chief health officer of which state? *Ans. Queensland.*
- 15 What is Australia's largest Island? *Ans. Tasmania.*
- 16 The coral sea is east of Queensland true or false? *Ans. True.*
- 17 What type of a living thing is a curlew? *Ans. A bird.*
- 18 What is the bluebird a symbol of? *Ans. Happiness.*
- 19 Townsville is north of Mackay true or false? *Ans. True.*
- 20 Queen Elizabeth II has eight grandchildren. Can you name them? *William and Harry, Peter and Zara, Beatrice and Eugenie, Louise and James.*

Sudoku

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

Asters & Morning Glories Birth Flower for September



September Trivia Questions from Meg (Answers in October 2023)

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

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.
PO Box 608
Booval Fair Q 4304

**SURFACE
MAIL**

**POSTAGE
PAID**

Australia Post Publication
100019013