

# Community News & Views Ipswich

May 2024

Vol: 31 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 on 12<sup>th</sup> May  
From Ipswich 60 and  
Better Program Inc.  
Management Committee  
and the Office Team*



## *Ipswich 60 and Better Program Inc.*

*Supported by the Ipswich Sports Club*

Invite you to our **Australia's Biggest Morning Tea**. Let's get together and enjoy a cuppa so we can support those impacted by cancer. All Profits donated to Cancer Council Donations can be made online or on the day.

**Where: Ippy Sports Club**

**1a Samford Road Leichhardt**

**When: Tuesday 28<sup>th</sup> May 2024**

**Time: 10:00am (to approx. 11:30am)**

**Bookings essential. \*\*\* \$10 Entry includes Morning Tea \*\*\*** Raffles and Lucky Numbers on the day (Bring extra Cash)

**RSVP: 21 May Telephone: 3282 8644**

## Upcoming Date Savers

### Bookings essential

<b>Mon 20 May</b>	<b><u>Meet and Greet @ 10am Ippy Sports Club</u></b>
Tues 21 May	Nutrition Workshop
<b>Tues 28 May</b>	<b><u>Biggest Morning Tea @ 10am</u></b>
Sun 26 May	Ips Little Theatre Matinee -Stepping Out
13 to 15 June	Lismore Road Trip to <i>BeBe Bold Craft Shop</i>



Funded by



***Mother's Day Raffle and Biggest Morning Tea Raffle Tickets available***

**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](mailto:executive@60andbetteripswich.com.au)

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

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

**Office Assistant –** Lea Ford (10 hrs)

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

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

**1<sup>st</sup> Monday of the month** for consideration by the editing committee

**Convenor updates required by 20th day of the month**

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**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](http://www.60andbetteripswich.com.au); **email:** [admin@60andbetteripswich.com.au](mailto:admin@60andbetteripswich.com.au)

**The office (and Activities) is closed on Public Holidays**

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**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](http://www.60andbetteripswich.com.au)

**Email our office to be sent out a request form should you wish to advertise with us. Advertising rates will be increased from 1<sup>st</sup> July 2024.**



**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

Happy Mother's Day and it's Ipswich Show Month. Didn't that come around fast – soon it will be Winter!

We had such a wonderful weekend at the Garden Spectacular with the Ipswich Orchid Society. Thank you to all our members who came along and for our volunteers on the Raffle Table. The Raffle was drawn on Sunday and the winners were First Lyn Barrett; Second J Larter; Third Chris Dare; Fourth Sue King. Congratulations to all the raffle prize winners and Congratulations to our members Eric and Yvonne Jonker for their prize winning plants. Thank you to the Orchid Society for their wonderful support to Ipswich 60 and Better. We are extremely grateful for our partnership with them.

**Do come along to our next Meet and Greet on Monday 20<sup>th</sup> May at the Ippy Sports Club our guest speaker is Tayla Burns from Australian Government Department of Health and Aged Care. We have a Mother's Day Raffle happening now so grab tickets. Winner will be drawn at the Meet and Greet. Morning Tea cost will be \$6 per person.**

We are holding another Biggest Morning Tea this year on Tuesday 28<sup>th</sup> May at the Ippy Sports Club which will be \$10 entry for Morning Tea which includes a donation to the Cancer Council. Raffle tickets are also on sale with proceeds going to Cancer Council.

Thank you to all those who have been donating to the Containers for Change. Our fundraising total is growing!

Until next month ... *Irene*



### **Ipswich 60 and Better Management Committee** are inviting YOU to join us for **General Meeting including a Meet and Greet and** **Morning Tea**

Where: Ippy Sports Club 1a Samford Road Leichhardt

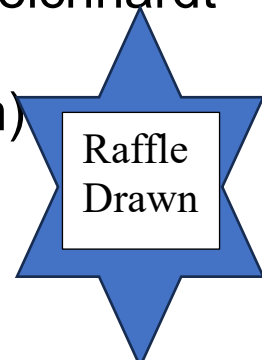
When: **Monday 20 May 2024**

Time: **10:00am** (to approx. 11:30am)

Bookings essential

Morning Tea \$6 per person

RSVP: Office 3282 8644



# Containers for Change

DATE	AMOUNT	<p>Every little bit helps, ask your friends, family and neighbours.</p> <p>Thank you to all who are participating in our containers for change drive for 2024. Take Containers to the collection points or drop in bay. Scan or use the code <b>(C10125847)</b> <b>12 Cole St, Bundamba</b> <b>355 Brisbane St, West Ipswich</b> <b>229 Brisbane Rd, Goodna</b> <b>157 Collingwood Dr, Collingwood Park</b> <b>33 Belar St, Yamanto</b></p> <p><b><u>NB</u> Please remove lids and straws from Poppers. DO NOT CRUSH CANS – Barcode needs to be readable.</b></p> <p>Remember “If we take care of the Pennies the Pounds will follow”. Or in other words - <b>Every cent counts.</b></p>
<b>Total to Date @ 23rd April</b>	<b>\$161.70</b>	
23/4	\$16.40	
19/4	\$35.80	
15/4	\$6.70	
9/4	\$17.70	
<b>Total @ end March</b>	<b>\$85. 10</b>	

## MEMBER NUMBER

Ipswich 60 and Better Program Inc.

C10125847



Keep your member number handy - share it with your supporters to raise funds and to track your fundraising efforts.



## Mothers Day Raffle

**Drawn 20<sup>th</sup> May**

**2 Mystery Prizes**

**Tickets: \$2 each or 3 for \$5**

**Purchase at the office**

**Take some to sell, help us help**

**you! Thank you, donors.**

*When something in life makes you smile .... Do it again!  
Blessed are we who can laugh at ourselves ...  
for we shall never cease to be amused!*



**Mothers**

God created mothers,  
Because he saw the need  
For someone to watch over us  
And help us plant the seed,  
So future generations  
May learn the art of love  
That mothers give us everyday  
Like angels from above.  
Remember Mum on Mother's Day,  
The one who gave you birth,  
Cherish her and worship her,  
The greatest mum on earth.  
by Di Wooldridge

**Nutrition workshop with  
Dietitian Michelle Lambert**

**21st of May, 11am at 8 Lawson St, Leichhardt**

“Focus on improving the nutritional density of  
classic recipes”.

Cost: \$8 for financial members; \$10 for participants.  
Bookings are required 1 week prior to workshops.

**Phone: 32828644**

## **Phalaenopsis Orchids**

A Guide to Growing PHALAENOPSIS Orchids

Commonly known as the MOTH ORCHID

Article provided by Yvonne Jonker

PHALAENOPSIS Orchids are regarded as the most beautiful orchid of them all. They are easy to grow in the home environment if a few basic guidelines are followed. The larger more mature plants can bloom for 3 months at a time and often twice a year.

**LIGHT:** Phalaenopsis orchids should be grown as an INDOOR PLANT and never receive direct sunlight. They are a low light orchid, but need adequate filtered light for at least part of the day in order to grow well. The foliage of your plant will tell you if the light is adequate or if the plants are receiving too much. The leaves should be a medium green and of firm substance.

**TEMPERATURE:** Phalaenopsis love warmth and humidity. They can be grown indoors in a sunroom, but humidity must be provided, this can be achieved by placing the plants on a grid over a tray of water. There are many people who grow phalaenopsis in this way.

**AIR MOVEMENT:** Phalaenopsis orchids love good air movement. If you find it necessary to shut all the windows in your home it would be a good idea to run a fan, in the direction of your plants. This will minimize the chances of fungal attack and promote healthy growth.

**WATERING:** A thorough watering twice a week is usually adequate put in very dry hot conditions more may be required. If you look at these plants you will notice that they have no bulbs to store water, so they should not be allowed to dry out, but they do not want to remain soaking wet. It is very important to water early in the morning so that the foliage has dried out by nightfall.

**FOOTNOTE:** When buying Phalaenopsis orchids from the large hardware stores or supermarkets be aware these are usually grown in Sphagnum Moss, and sitting in a non-draining pot.

When watering, remove plant from outer pot to allow the plant to drain properly. Allow the sphagnum moss to dry out before watering.

If plant is grown in bark you may need to water more frequently in the very hot weather.



# Ipswich Orchid Society Garden Spectacular



**Prize winners – Yvonne and Eric Jonker**  
Many of Ipswich 60 and Better volunteers came along and helped sell raffle tickets.



# 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](mailto:helenb@remax.com.au)

**RE/MAX**  
**Profile Real Estate**

in conjunction with Urban Land and Project Marketing Pty Ltd.



## **Real Estate Q&A with Helen**

### ***Question:***

I'm concerned with the recent reports of increased Meth Labs in homes. How can I make sure my new home hasn't been affected?

### ***Answer:***

When buying your new home, you can put a clause in your contract which allows you to obtain a satisfactory Methamphetamine report on the property. For your peace of mind there are companies that will come out and test the property and provide you with a full report. A Rapid inspection starts from about \$330. Another option is for you to buy a DIY Meth Residue testing kit and you test yourself, these kits provide results in a few minutes.



## Focus on ..... Tai Chi

Why not try Tai Chi for Health?

I'm sure you have all heard the phrase "use it or lose it before today. Learning anything new is a challenge in itself, but learning and practicing Tai Chi regularly can have many health benefits.

Although movements are slow and gentle, it's more than just another form of exercise. Gentle stretching at the start of each session prepares your body for an intense but gentle workout, which can result in some health benefits that you might not expect.

Improved flexibility, improved muscle strength, improved fitness (especially with breathing), improved posture, some pain relief, lowered blood pressure or improvements with digestion are just some possible benefits.

Of course, the more regularly you practice the more potential the health benefits. Tai Chi for Health programmes like Tai Chi for diabetes, Tai Chi for osteoporosis or Tai Chi for arthritis & falls prevention, are some of the forms which Dr. Paul Lam together with Tai Chi experts and other health professionals have designed. Tai Chi for arthritis and falls prevention has the stamp of approval from America's major medical organisation, as there have been studies to back it.

It is advised that you check with your GP or medical specialists before engaging in any new physical activity.

Thursday afternoon  
from 1.00pm at  
Cascade Gardens  
retirement village  
for beginners.

Irene Strong (Instructor)




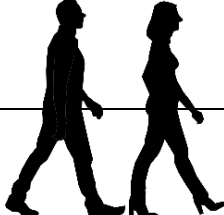
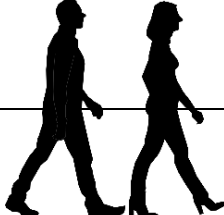


**“Growing older gracefully means having a keen curiosity about learning things about the world that you didn't know yesterday, no matter how many yesterdays you've had.”**

**Padma Lokshmi**

<b>Monday</b>			
<b>UFO Craft</b> ( <u>U</u> n <u>F</u> inished <u>O</u> bjects)	9:30am-12 noon	Leichhardt	Donation Morning Tea Included
<b>Social Art</b>	12:30pm – 3pm	Leichhardt	Donation
<b>Tuesday</b>			
<b>Drop In 4 a Cuppa</b>	From 10am	Leichhardt	Donation
<b>Tai Chi for Health</b> *** VENUE CHANGE	1pm-2pm	Leichhardt	Donation
<b>Tai Chi for Health</b>	1pm	Goodna	Donation 3818 1648
<b>Rummikub</b>	2pm-3pm	Leichhardt	Donation
<b>Table Tennis</b>	1pm-4.30pm	East Ipswich	Donation bring Afternoon Tea to share
<b>Walking ***Time Change</b>	<b><u>4pm Winter</u></b>	Ipswich CBD Locations vary	Bring Hat, Water, appropriate shoes
<b>Wednesday</b>			
<b>Learn to Play Bridge</b>	9.30 am-12.30pm	Cascade Gdns Raceview	Contact Garry 0411 876 668
<b>Indoor Carpet Bowls</b>	1:30pm – 4:30pm	Raceview	Donation
<b>Table Tennis</b>	1pm-4pm	Springfield	Donation
<b>Thursday</b>			
<b>Walking ***Time Change</b>	<b><u>9am Winter</u></b>	Various Locations	Bring Hat, Water, appropriate shoes
<b>Tai Chi for Health</b> (inc Tai Chi for Diabetes)	1-2pm Beginners 2-3pm Advanced	Cascade Gdns Raceview	Donation Irene 0497 808 402
<b>Friday</b>			
<b>Mahjong</b>	9:30 – 12:30pm	Leichhardt	Donation
<b>Cards &amp; Games (Canasta)</b>	10am - 2pm	Leichhardt	Donation /Bring Lunch
<b>Concert Party</b> <b>Kath 3201 6075</b>	1-3pm 2.30 A/noon Tea	Raceview	Donation bring Afternoon Tea to share
<b>Table Tennis</b>	1pm-4.30pm	East Ipswich	Donation Afternoon Tea to share

**“Cherish all your happy moments: they make a fine cushion for old age.”**  
**Christopher Morley**

Groups	Group Address	Other Activities
Art Cards & Games Mahjong Rummikub Tai Chi for Health Tuesday UFO Craft	8 Lawson Street <b>Leichhardt</b>	<b>Theatre Group</b> Ipswich Little Theatre <b>Weekend Matinee</b> when Shows are scheduled.
Learn to Play Bridge Tai Chi for Health Thursday	Community Hall Cascade Gardens 67 Cascade St, <b>Raceview</b>	<b>Drop In 4 a Cuppa</b> Tuesdays from 10am  8 Lawson Street Leichhardt
Concert Party Indoor Carpet Bowls	Raceview Congregational Church Hall, 117 Wildey St, <b>Raceview</b>	<b>Social Outings</b> Various Events throughout the year Costs and Venues vary
Table Tennis Tuesday Table Tennis Friday	Trinity Uniting Church Hall, 114 Jacaranda St, <b>East Ipswich</b>	
Table Tennis Wednesday	Aveo Springfield 1 Symphony Way, <b>Springfield Lakes</b>	
Tai Chi for Health Tuesday Goodna	Goodna Neighbourhood House 33 Queen St, <b>Goodna</b>	
Walking Tuesday	Ipswich Various Locations	
Walking Thursday	Ipswich Various Locations	

**Canasta players wanted!** Friday mornings.

10am -2pm, 8 Lawson St, Leichhardt. Phone 32828644 to book!



**Feeling left behind in the digital world?  
NOW is the best time to get online.**

## Join STAR TECH

**- a technology training program for seniors. Call 07 3821 6699.**

*I would like to get online but I don't know where to start.*

*I have so many technology related questions, but no one to ask.*

STAR TECH is a unique technology program specially designed for the elderly. Start your technology journey today with personalised training and new devices.

Learn the **essential digital skills** from friendly, supportive trainers. Regular workshops are held at STAR office in East Ipswich. Call 3821 6699 for more information.

\*Eligibility criteria and program fee apply.

- The program offers a new Android Tablet and full training of basic digital skills OR bring your own device
- Flexible program schedule. Start any time
- One off program service fee is \$99 (for CHSP clients)

*STAR Tech is available for those aged 65 or over or aged 50 or over for Aboriginal and Torres Strait Islander people. The program is funded as part of the Commonwealth Home Support Programme (CHSP).*

## DO YOU NEED ASSISTANCE WITH TRANSPORT COSTS?

You may be eligible to access subsidised transport for trips in your local area through STAR Community Services!

- ▶ Are you under 65 years of age?
- ▶ Do you have a disability or health condition but not eligible for NDIS?
- ▶ Are you disadvantaged and need an affordable transport option?

**STAR Community Services is now offering Government funded Community Transport Service.**

Call STAR NOW on 07 3821 6699 to discuss how you can benefit from a subsidised transport service to live independently and participate in your local community and social activities.

**STAR is an award-winning non-profit community service organisation. Find out more at [starcommunityservices.org.au](http://starcommunityservices.org.au)**



**07 3821 6699**



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5		8	9					1
		6	1	2				
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**Crowea Edna Walling** was selected for **May's Australian Flower** in recognition of the passion that the landscape designer Edna Walling had for dainty Australian plants.

*May Trivia Questions from Meg*

1. A person skilled in many different fields is a jack of all .... What?
2. Which show of the 1970's & 80's tells the tales about the Ingalls family?
3. Myopia affects which part of the body?
4. In poker, what is the highest ranked card in a royal flush?
5. In what year did World War Two end?
6. Which sport was Monica Seles associated with?
7. Which singer is the subject of the film 'Walk the Line'?
8. Princess Diana was born in which decade?
9. According to tradition what lies at the end of the rainbow?
- 10 On a standard computer keyboard, which key is the largest?
- 11 What name is given to a person who stuffs dead animals?
- 12 In Australia how many teaspoons make one tablespoon?
- 13 The OZ Lotto lottery draw takes place on which day of the week?
- 14 The town of Esperance is in which Australian state or territory?
- 15 What are dalmatian pups typically born without?
- 16 Proverbially to make an attempt at peace is to hold out which branch?
- 17 What is the greater quantity: A pint or a gallon?
- 18 What is 1 third of 99?
- 19 Are seahorses fish?
- 20 A coxswain is in charge of what type of vehicle?

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

**May Facts**

*The month of **May** might have been named for the Roman goddess **Maia**, or more likely the Roman goddess of growth **Bona Dea**, whose festival was held in **May**.*

**May** never begins or ends on the same day of the week as any other month.

**May's** flower is the **Lily of the Valley**. Its birthstone is the **emerald**.

**April Trivia Answers from Meg**

1. What was the name of Charlie Brown's dog? SNOOPY
2. What colour do you get if you mix blue and yellow? GREEN
3. Flying Doctor's founder, the Rev John Flynn, is on which banknote? \$20
4. What is the main ingredient to make beer? WATER
5. The Rum Rebellion is from the history of which country? AUSTRALIA
6. Which instrument is also called a squeezebox? ACCORDIAN
7. What is 200% of 200? 400
8. Which building was designed by Jorn Utzon? SYDNEY OPERA HOUSE
9. Which stage musical does the song Memory come from? CATS
- 10 In which country was Bryce Courtenay born? SOUTH AFRICA
- 11 How many masts does a sloop have? ONE
- 12 What is the hardest substance on earth? DIAMONDS
- 13 What type of drink is souchong? TEA
- 14 What type of creature could you find living in an apiary? BEES
- 15 What is the coloured part of the eye called? IRIS
- 16 In which country did the Granny Smith apple originate? AUSTRALIA
- 17 What river is associated with Perth? SWAN RIVER
- 18 What is the only vowel not to appear in a 'qwerty' keyboards top line? A
- 19 In which sport is Australia's Tony Roche a former champion? TENNIS
- 20 A jimble is a type of what sea creature? JELLYFISH

## OUR NEW ZEALAND CRUISE

by Debra Peace (UFO and Walking)

We're off on a 14 day cruise for our 46<sup>th</sup> wedding anniversary.

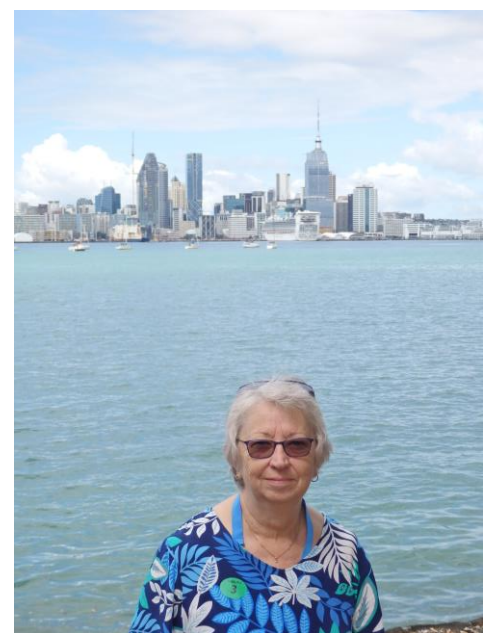
Myself, Jeff and our daughter Jessica arrived at the cruise terminal and proceeded to check in. It wasn't long before we were on the P & O Pacific Encounter. We found our stateroom, met our stewards Arnold and Rajesh both from the Philippines.

Next, we headed for lunch then a roam around the ship to get our bearings. The ship set sail mid-afternoon following the coast, past Caloundra up to Point Cartwright and as the Captain announced turning right heading towards Auckland. We had 3 full days at sea, we had muster station drill the first morning, then the rest of the day was ours. There's plenty to do on board with bingo, trivia, craft, swimming, waterslides, movies on deck, shows in the theatre at night and so much more or pick a quiet spot to read or do nothing.

First port of call, Auckland. Our tour was of Auckland Harbour area then over to Devonport, where we were taken for a tour around the Victorian homes and a lookout with breathtaking views over the Auckland Harbour. When the tour was over we were taken back to the village of Devonport to have a wander then make our way to the ferry, back to the cruise terminal. We had a chance to stroll the city then back to the ship.

Next port, Tauranga. We toured a kiwi fruit farm that produces kiwi fruit that is then imported to Australia and over 50 countries. We learnt the health benefits of the kiwi fruit as well as taste them. Something that we learnt was kiwi fruit is also known as Chinese gooseberry, which is grown on vines. Four female vines to one male vine and they produce large bunches throughout the season, March to October.

To be continued next month ....



# Book Review With Yvonne



## **JUST ONE LOOK**

Mystery Thriller  
Author Harlen Coben

An ordinary photograph causes a mother's world to unravelling an instant. After picking up her two children from school, Grace Lawson looks through a newly developed set of photographs. She finds an odd one in the pack, a mysterious picture from perhaps twenty years ago, showing four strangers she can't identify. But there is one face she recognises-- that of her husband before she knew him.

When her husband sees the photograph that night, he leaves home and drives off without an explanation. She doesn't know where he is going, or why he is leaving. Or if he is ever coming back. Nor does she realise how dangerous the search for him will be. Because there are others interested in both her husband's past and the photo, including Eric Wu, a fierce, silent killer who will not be stopped from finding his quarry, no matter who or what stands in his way.

Her world is turned upside down, filled with doubts about herself and her marriage. Grace must confront the dark corners of her own tragic past as she struggles to learn the truth, find her husband, and save her family.

This book was a bit slow to start, but once I got into it, there were lots of twists and turns, and it kept me guessing as to what will happen next.

I enjoyed it.





# Stepping Out

*A warm hearted comedy*

presented by Ipswich Little Theatre

Written by Richard Harris  
Directed by Tracey Spence  
Assistant Director - Kym Frohloff

Performance Season  
16 May to 1 June 2024  
Public Nights - 17, 18, 24, 25, 31 May & 1 June  
at 8.00 pm  
Public Matinees - Sundays 19 & 26 May  
at 2.00 pm  
Rated PG - Contains some mild language adult themes

All performances at the Incinerator Theatre, Burley Griffin Drive, Ipswich.  
More info and tickets are available online at [www.ilt.org.au](http://www.ilt.org.au)  
or phone/book in person at the Ipswich Visitors Information Centre 3281 0555

BY ARRANGEMENT WITH ORIGIN THEATRICAL



**16 MAY - 1 JUN**

## Extra fluffy French Toast treat for Mother's Day

The secret to getting French toast really fluffy is to whisk a little flour into the batter.

Put a little flour into a mixing bowl. Slowly whisk in the milk. Whisk in the salt (optional), eggs, cinnamon, vanilla essence and sugar (to taste) until smooth. Heat a lightly oiled frying pan over medium heat. Soak bread slices in mixture until saturated.

Fry bread on each side until golden. Serve hot and garnish with fresh fruit as desired.



*Happy birthday to our members who were born in May*

*Happy belated birthday to any Members we may have missed.*

**3<sup>rd</sup> Yvonne Dargan**  
**4<sup>th</sup> Irene Strong;**  
**4<sup>th</sup> Mary Doyle**  
**6<sup>th</sup> Lorraine Denman**  
**11<sup>th</sup> Mina Amba-Lee**  
**11<sup>th</sup> Paula Bratic**  
**12<sup>th</sup> Fay Hancox**  
**12<sup>th</sup> Ross MacGillivray**  
**13<sup>th</sup> Laraine Stevenson**  
**21<sup>st</sup> Janelle MacGillivray**  
**24<sup>th</sup> Clifford Kopitte**  
**26<sup>th</sup> Christine New**  
**30<sup>th</sup> Bill Williams**

## Ipswich Men's Shed PLANT & GARAGE SALE

**Saturday 4th May 2024**

**7am to 1pm**



**3A Mining Street  
Bundamba**

## INDOOR BOWLS

Indoor carpet bowls is thought to have originated from a parlour game in Scotland known as 'Piggies' which was popular in the latter half of the 19th century.

The game was devised as a scaled down version of lawn bowls and was designed to be suitable for playing in small halls on a much smaller scale. Our Indoor Bowls is played on a mat approximately 7– 10 metres long and about 2 metres wide.

So come and join us, make new friends and, most importantly, have fun. We play each **Wednesday afternoon from 1.30pm – 4pm** in the Congregational Church Hall (opposite Raceview State School) 117 Wildey Street, Raceview



*Thinking of selling your home?*

The challenge of moving from selling to sold is an exciting journey and I have the experience to help you.

Please call me anytime!

JENNIFER *Hodgson*

SENIOR SALES AGENT

Phone 0412 441 568

[jennifer@linkproperties.com.au](mailto:jennifer@linkproperties.com.au)



# *Welcome to All New Members*

## Tai Chi for Health

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

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

### May Special Days

**Mental Health  
Awareness Month**

**Sun 12<sup>th</sup> Mother's Day**

**15<sup>th</sup> International Day of  
Families**

**17<sup>th</sup> Ipswich Show Day**

**26<sup>th</sup> National Sorry Day**

**27<sup>th</sup> May – 3<sup>rd</sup> June  
National Reconciliation Week**

It is never too late to  
reinvent yourself. Start a new  
career at 40. Fall in love at 50.  
Learn to dance at 60.  
Start a whole new life at 70. Stop  
saying you can't. You can and you  
should. Dreams don't have  
an expiration date.

-Ravenwolff



Check out our Facebook page at: <https://www.facebook.com/IpsSixtyandBP>

Visit our website for

information and upcoming events at [www.60andbetteripswich.com.au](http://www.60andbetteripswich.com.au).

**If undeliverable return to:  
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