

Community News & Views Ipswich

August 2024

Vol: 31 No 8

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.



DATE CLAIMERS

Contact the office if you are interested on 3282 8644

- Thursday 15th August:
Mystery Op Shop Trip
Carpool & Meet 10am
Queens Park Kiosk
- **Bus Trip to Hervey Bay**
22- 25th August
- Thursday 12th Sept:
Carnival of Flowers
Carpool & Meet @ 9am
Queens Park Kiosk

August

2 nd	Jeans For Genes
5 th – 11 th	National Stroke Week
5 th – 11 th	Loneliness Awareness Week
9 th	International Day of the World's Indigenous Peoples
9 th	World Book Lovers Day
16 th	National Day of Action Against Bullying and Violence
25 th	Australian South Sea Islanders National Recognition Day
26 th	Dog Appreciation Day

28th and 29th September
Ipswich Garden
Spectacular



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

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Vivienne Sambal, Barbara White

Part Time Office Staff: Co -Co-ordinators - 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
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.

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8 Lawson Street Leichhardt 4305

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

The office 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
advertise with us. Advertising rates have increased from 1st July 2024.**



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President's Pen

Hello one and all!

Membership to Ipswich 60 & Better Program entitles you to stay up to date with our regular newsletter being mailed to you every month, and the opportunity to contribute. We appreciate you taking the time to fill in the membership form and return to ensure our records are correct with updated information. Annual Memberships for the Program was due as of 1st July 2024. Full Membership/s are \$20.00 (GST included) covering you from the 1st July 2024 until the 30th June 2025.

Thank you for your continued support of our Program and we appreciate your promptness in paying your annual membership.

Spring is just around the corner and at the end of September, the **Ipswich Garden Spectacular** will be on at the Silkstone State School. The colourful entries and all the prizewinners will all be on display so mark the days in your calendar for a wonderful weekend of enjoying the beautiful blooms.

Sadly, the Office will be relocating due to the impending Sale of the Property. Our new Venue will be **at Riverview Districts Community Centre 130 Old Ipswich Road**. Stay tuned for further details. The Annual General Meeting will be happening in the next few months. When the date is finalized we will let you know.



Until next month *Irene Strong*

Happy birthday to our members who were born in August *Happy belated birthday to any Members we may have missed.*

- Carmel Donlevy* 3rd
- Suzanne Schonknecht* 7th
- Delwyn O'Donohue* 8th
- Helen Beaver* 11th
- Maureen Fensom* 12th
- Ike van der Hoeven* 16th
- Bernadette Rich* 20th
- Lorelle Audoss* 22nd
- Lorraine Walsh* 25th
- Kate Collier* 26th
- Blair Sanewski* 27th
- Kitty Bird* 29th



Containers for Change

DATE	AMOUNT
Total to Date @ 30 July	\$453.40
30/7	\$21.00
23/7	\$15.40
9/7	\$45.30
1/7	\$27.40
25/6	\$22.20

Every little bit helps, ask your friends, family and neighbours.

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 **(C10125847)**

12 Cole St, Bundamba
355 Brisbane St, West Ipswich
229 Brisbane Rd, Goodna
157 Collingwood Dr, Collingwood Park
33 Belar St, Yamanto

NB Please remove lids and straws from Poppers. DO NOT CRUSH CANS – Barcode needs to be readable.

Remember “If we take care of the Pennies the Pounds will follow”.

Or in other words - Every cent counts.

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.



Here are photos of the Table Tennis Players Ann, Coralie, Del, Mal, Tina & Laurie who had a great night out with dinner at Monte Lane followed by a Latin Music Show at Studio 188 in Ipswich.



**How do you see yourself?
Are you a half full (positive) or half empty**

**How to be Positive in Life Part 1
(like a Glass Half Full)
Sent in by Gail Forbes**

- ✚ **Learn to like yourself:** You are an amazing human being. Learn to stand tall and smile in the mirror.
- ✚ **Don't let things get to you:** The only person's opinion that matters is yours. Having a good opinion of yourself makes you stronger when other people are rude or negative towards you. Learn to walk away and avoid conflict.
- ✚ **Be kind to others:** Everyone has their own journeys. Being kind to others will make them smile and make your heart lighter. This will have a positive influence on you.
- ✚ **Don't beat yourself up:** Don't let failure control your emotions. We all have our ups and downs. Learn from failure and spin the negative into a positive and continue to be a "glass half full".



The Nursery Mystery Trip found the social group at Oxley Nursery and then to Relove Oxley – a wonderful time!

**The next Ipswich Orchid Society and the
Ipswich & Districts Bromeliad Society
event is coming up soon on
28th and 29th September**

Ipswich 60 and Better will be attending both days so come along and join in the fun and admire all the beautiful blooming prizewinners and entries. Plants will be for sale to colour your garden.



**IPSWICH
GARDEN
SPECTACULAR**

**28th September 2024
8:30am—3:00pm
29th September 2024
9:00am—1:00pm**

**Silkstone State School
Prospect Street, Silkstone**

**Admission = \$5.00
Under 18's = Free**

GROWING ONCIDIUM ORCHIDS

Commonly known as Dancing Ladies

Article Supplied by Yvonne Jonker

The *Oncidium Flexuosum* comes from Brazil, Argentina, Uruguay and Paraguay. It is a suitable plant for beginners.

Oncidiums flower in late summer or early Autumn, with dozens of blooms on multiple stems that last for months. After finishing flowering they enter a new growth cycle where they grow new leaves. They are dormant in early summer as they prepare to bloom again.

Culture: 50% shade is adequate for this Orchid, it does best in a bright, very well ventilated spot in the shade house and can be grown outside in filtered sunlight on a tree in the garden.

Containers: It is possible to grow these orchids on slabs of cork or bark and in pots. When growing in pots the potting medium has to be of a very open nature to let the excess water run off. Do not stand them in a saucer as they need to dry out. A suitable mixture is made up of 60% medium sized pine bark and 20% of both perlite and charcoal.

Repotting: This is best carried out after flowering when the new growth first appears. They are intolerant to stale conditions if left in this condition can suffer from root damage, thus repotting should be done at anytime the potting medium starts to deteriorate. Do not use too big a pot.

Watering: While they enjoy heavy watering in summer, *Oncidiums* dislike being wet during the cooler months. To avoid this, place them under a clear fibre glass roofing for the cooler wet months in order to give them a rest period.

Fertilising: In Spring and Summer fertilise with a balanced fertiliser with equal parts NKP (nitrogen phosphorous and potassium) at least once a week. You are not helping the plant in any way by fertilising heavily as orchids cannot absorb nutrients quickly. Also spray the fertiliser mix under the leaves as that is where the orchids feed. Some growers also put a sprinkling of "Slow Release Fertiliser " on the plants to help if they can't fertilise every week.

Taken from: Growing Orchids in Australia

Author: Terry Cook

**** 3G Network finishes 31st August, check your mobile phones to ensure you stay connected text '3G' to 3498 or talk to your provider. ****

Book Review with Yvonne

"A TASTE FOR IT" Author Monica McInerney



Cèad Mile Filter, the Irish brochures said, "A thousand welcomes." A hundred thousand nightmares more like it!

Maureen Carmody's off on a trip of a lifetime. A talented chef, she's travelling around Ireland for a month to promote Australian food and wine. She is part owner of a winery and restaurant with her brother in rural South Australia and is on an organised food and wine tour with other Australian wine makers.

Maura's expecting a straightforward business trip. But what she gets is a whirlwind of mishaps, misunderstanding, rivals and revaluations -- and Dominic Hanrahan, who is giving her plenty of food for thought.

Set in Ireland and Australia, this book is a warm and funny novel about following your heart and pursuing your dreams.

A nice light hearted story which I enjoyed reading.

Thinking of selling your home?

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► Transport for the elderly

STAR's award winning transport service for people aged over 65 is available for your social and non-urgent medical appointments. The service is available under the **Commonwealth Home Support Program (CHSP)** or fully funded under your **Home Care Package**.*

► Transport for people aged under 65

This service is available under the **Community Transport Funding** for those who are:

- Under 65 years of age
- Experience transport disadvantages as a result of
 - a disability, a mental health condition, a chronic health condition
 - financial disadvantage, has limited access to affordable private or public transport
 - an unpaid carer travelling in their role as carer
- Be unable to access appropriate transport through other funded/subsidised schemes*.



Get more information on www.starcommunityservices.org.au . *Eligibility criteria, costs and conditions apply.



BECOME A VOLUNTEER OWNER-DRIVER AND HELP KEEP YOUR COMMUNITY MOVING

- *Do you have some spare time in your week?*
- *Are you looking for a meaningful way to occupy your time?*
- *Would you like to support vulnerable people in your local community?*

Join our friendly team of volunteer owner-drivers and help make an immediate positive impact in the lives of aged, frail and people living with disability in the Ipswich community.

Call 07 3821 6699 for more information.

- Flexible hours, work around your other commitments
- Reimbursed at current ATO rate for mileage (non-taxable)
- Volunteer Owner-Drivers must own a car less than 10 years old
- Full induction and training is provided
- Centrelink approved activity

www.starcommunityservices.org.au



Monday			
UFO Craft (<u>U</u> n <u>F</u> inished <u>O</u> bjects)	9:30am-12 noon	Leichhardt	Donation Morning Tea to share
Social Art	12:30pm – 3pm	Leichhardt	Donation
Tuesday			
Drop In 4 a Cuppa	10 -12	Leichhardt	Donation
Tai Chi for Health	1pm-2pm	East Ipswich	Donation
Tai Chi for Health	1pm	Goodna	Donation 3818 1648
Table Tennis	1pm-4.30pm	Riverview	Donation bring Afternoon Tea to share
Walking	<u>4pm Winter</u>	Ipswich CBD Locations vary	Bring Hat, Water, appropriate shoes
Wednesday			
Learn to Play Bridge	9.30 am-12.30pm	Cascade Gdns Raceview	Contact Garry 0411 876 668
Indoor Carpet Bowls	1:30pm – 4:30pm	Raceview	Donation Afternoon Tea to share
Table Tennis	1pm-4pm	Springfield	Donation Afternoon Tea to share
Thursday			
Walking	9am Winter	Varies	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			
Canasta /Cards	9.30am-12.30am	Leichhardt	Donation / Bring Lunch
Mahjong	9.30 – 12.30pm	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	Riverview	Donation Afternoon Tea to share
Canasta Players, Bridge players and Indoor Carpet Bowlers Wanted!			

Groups	Group Address	Other Activities
Art Cards & Games Mahjong UFO Craft	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	Drop In 4 a Cuppa Tuesdays from 10am 8 Lawson St Leichhardt
Tai Chi for Health Tuesday *** VENUE CHANGE***	Trinity Uniting Church Hall, 114 Jacaranda St, East Ipswich	
Concert Party 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 *** VENUE CHANGE***	Riverview and District Community Centre Hall, 130 Old Ipswich Rd, Riverview	
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>29th September Ipswich Little Theatre Sunday Matinee CLUE If you wish to attend, tickets only purchased on request and prepaid.</p>		

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How will the new rental laws that commenced on 6 June 2024 affect me?

The aim of the reform was to protect tenants and provide transparency. The following information on the changes may be helpful.

- 1. Ban on Rent Bidding:** You can no longer accept rent bidding or higher offers than the advertised price when applying to a property.
- 2. Maximum Rent in Advance:** Property managers or owners can no longer solicit or accept in advance more than one month's rent for fixed tenancy agreements. If a prospective tenant offers more, the law limits the amount that can be accepted upfront.
- 3. Rent Increases:** Rental increases are now on the property not tenancy and you can only increase rent every 12 months. This means that even if a tenant moves out or the property is sold, the rent cannot be increased again on that property within that 12-month period. How this may affect you: Example, friends or relations move in to your property at reduced rent of \$300 a week on the 1st January 2024 and they move out on the 2nd July 2024. The property then becomes vacant and you advertise the property for rent, under the new legislation, you would be obligated to relet the property at \$300 a week for the remainder of that 12-month period.

For the full summary of changes, please contact the Residential Tenancies Authority [New rental laws commenced 6 June 2024 | Residential Tenancies Authority \(rta.qld.gov.au\)](https://www.rta.qld.gov.au)

Bullying No Way: National week of action



The National Day of Action against Bullying and Violence has a new name—Bullying No Way: National week of action.

Bullying No Way Week, 12 to 16 August 2024, is Australia's key bullying prevention initiative and connects schools and communities to find workable solutions to prevent bullying.

Purple is the new hero colour representing Bullying No Way: National week of action and our commitment to standing against bullying.

The theme for 2024 is 'Everyone belongs'.

When we all feel like we belong, bullying struggles to find a place. It's about embracing who we are, respecting everyone's differences and standing up together against unkindness.

Belonging means we all have a role in preventing bullying. We're encouraged to speak up and create a safe place where everyone feels supported and respected, and our voices are heard and valued.

Whether you're a parent, teacher, student or member of the broader community, we invite you to join us. Everyone has a role to play in bullying prevention.

<https://bullyingnoway.gov.au/preventing-bullying/national-week-of-action>

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Watch the sunsets from the patio.
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August Nutritious Recipe

Recently, I have been researching sustainable practices for the home kitchen. I have been focused on reducing my food waste and 'using up' what I have in the fridge before doing my grocery shop. One tip I came across, was planning a 'use it up' meal where you use leftovers and items you have on hand.

It was the day before I had planned to shop, and I wanted to make a nutritious lunch with what I had available.

I made a salmon and chickpea salad using items I found in the pantry and fridge.

This salad is packed with protein and the lemon dressing makes it a quick tasty meal. You could easily substitute the fresh lemon juice for lime or use a bottled lemon juice or even apple cider vinegar.

What tips and tricks do you have for using up leftover fridge, freezer and pantry items? Let me know by sending me an email.

Lemony Salmon and Chickpea Salad.

Makes 2 big bowls



Ingredients

- 2 cups spinach
- 1 small cucumber diced
- 8 cherry tomatoes halved
- 125g canned salmon in springwater.
- 1 can salt reduced chickpeas, drained and rinsed
- 2 boiled eggs
- Juice of 1 lemon
- 1 tbsp extra virgin olive oil
- Salt & pepper to taste

Method



1. Add lemon juice and olive oil to jar and shake to make the dressing.
2. Divide the baby spinach between 2 bowls and drizzle with half of the dressing.
3. Add all the other ingredients except boiled eggs to a big bowl and gently stir.
4. Divide between the 2 bowls and drizzle with the remaining dressing.
5. Halve boiled eggs and place on top of bowls.
6. Top with salt and pepper to taste.

Tips: you can substitute any salad and fresh vegetable you have leftover. Other leafy greens, capsicum, radish, green beans, snow peas would all work well. You can also use other tinned fish and canned beans like four bean mix depending on what you have available.

Approximate Nutrition Information
Energy 1630kJ
Protein 30g
Fat 18g Sat Fat 3.5g
Carbs 21 g
Fibre 11g

Need Help?

The nutrition advice in newsletters and workshops is general advice and may not suit your individual needs. If you would like individual nutrition support, please see your Doctor or an Accredited Practising Dietitian.

Enjoy!
Michelle

michellelambert@nutritiousliving.com.au



Life Member,
Pat Andrew
enjoyed Colouring In
the last one featured
in the March newsletter.

She has sent it in for
you to see her
creative picture.

She hopes this will
inspire you to pick up
your coloured pencils
and give it a go. She
finds it very fun,
relaxing and enjoyable
and it gives her great
satisfaction.



Sayings – Common Expressions sent in from Pat Andrew

Penny Wise or Pound Foolish – *Learn not to be extravagant*

As sure as Eggs is Eggs – *To give an accuracy of a prediction*

Back to Square One – *Back to the beginning*

Beat about the Bush – *A round about approach to an awkward problem*

Catch 22 situation – *The only apparent way out of the situation is prevented or cancelled by some other element in the situation*

Get Down to Brass Tax – *Stop theorising and starts dealing with the facts*

In for the High Jump – *To be in line for serious trouble*

Double Dutch/Dutch Courage – *A kind of false courage attained by getting drunk*

Keep an ear to the Ground – *Be aware of current rumours, trends and public opinion. Even if you know them to be occasionally unreliable, it is always advisable that – **You Keep your ear to the Ground!***



Welcome to Your New Family: Right at Home Because You're Not Just Another Client, You're Family

Have you ever felt that your home care could be more than just assistance? That it could feel like a warm embrace from someone who truly cares? It's time to consider a change. Join our family at Right at Home, a family-run home care service that believes in creating a warm environment for its members. Experience the difference that personalized, heartfelt care can make. Here's why we are unique:

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Why Choose Right at Home? • **Local Presence:** Our office is conveniently located at 87 Brisbane St, Ipswich. • **Quality Assurance:** We are an Approved Provider under the Aged Care Act, ensuring high standards. • **Your Voice Matters:** We actively listen and adapt our care to your preferences.

Contact Us Today: (07) 2800 8489 Experience the warmth of being part of a family that cares. Switch to Right at Home. Because you deserve more than just care, you deserve to feel at home.

July Sudoku Answers

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

August Birthflowers

While the poppy and gladiolus flowers are the traditional birth flowers of August, here in Australia we have our own unique flora. The Australian native birth flower of August ... It's banksia!

**August Trivia Questions from Meg**

1. Which European country has been ruled by 19 kings named Louis?
2. What is the national floral emblem of India?
3. The overlapping circles of the Mastercard logo are what colours?
4. In which West Indies dance does the dancer pass under a low pole?
5. A cackle is a collective term for a group of what?
6. What hormone regulates the level of sugar in the blood?
7. What does the Beaufort scales measure? Rain, Windspeed or Lightning flashes?
8. That type of fashion accessory is a 'Pill Box'?
9. Sodium Chloride is the chemical term for what?
- 10 Which royal was born with the surname of Shand?
- 11 What word for a computer/tv screen can also refer to a type of large lizard?
- 12 According to a common saying what city wasn't built in a day?
- 13 An adult butterfly has how many legs?
- 14 What is a John Dorey?
- 15 In which country was Prince Philip born?
- 16 How many Olympic gold medals did Cathy Freeman win?
- 17 What according to a common saying is 'the best medicine'?
- 18 The Baskin-Robbins company specialises in selling what type of food?
- 19 What vegetable gives Popeye his strength?
- 20 Most adults develop how many wisdom teeth?

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

Peridot

Peridot is a semi-precious gemstone primarily made up of olivine, magnesium, and iron. The amount of iron present in peridot gives it its unique color and luster. Peridot is the modern birthstone for August.



July Trivia Answers from Meg

1. An expression meaning a final appearance is a swan What? SONG
2. The landmark Trevi Fountain is in which European city? ROME
3. The Royal Military College Duntroon is in which state? A.C.T.
4. The initials CD most commonly stand for what? COMPACT DISC
5. Bill is most commonly a short form of what men's name? WILLIAM
6. Prime minister Sir William McMahon represented? LIBERAL PARTY
7. On what part of the body is a trilby worn? HEAD
8. In the name of KFC, the K stands for? KENTUCKY
9. In what year did the show, "Sesame Street" first air on television? 1969
- 10 Which song starts "Farewell to old England forever"? BOTANY BAY
- 11 What parts of the body are affected by osteoporosis? BONES
- 12 Which mythological king turned everything he touched to gold? MIDAS
- 13 Cheviot, Dorset and Merino are all breeds of what? SHEEP
- 14 A quantity of 500 sheets of paper is known by what name? REAM
- 15 Tarsal bones are found in what part of the human body? FOOT
- 16 Name the fastest land animal in the world? CHEETAH
- 17 In cricket, what does LBW stand for? LEG BEFORE WICKET
- 18 How many centimetres make a decimetre? 10
- 19 What common fabric is made from the flax plant? LINEN
- 20 In ten pin bowling, how many pins are in the back row? FOUR

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 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.

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100019013