

Community News & Views Ipswich

October 2024

Vol: 31 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.



October Special Days

Queensland Seniors Month

Mental Health Month

1st International Day of Older Person

6th World Smile Day

10th World Mental Health Day

31st Grandparents Day

Come and Try Month

with

Ipswich 60 and Better Program Inc.

DATE CLAIMERS

*Contact the office if you are interested
on 3282 8644*

- 1st Morning Tea for Seniors @ Riverview
 - 23rd Seniors Expo (Showgrounds)
 - 25th Gailes Mini Seniors Expo
 - 28th Cent Auction 1pm @ Riverview
 - 31st Seniors Expo 9:30am (Whitehill Church)
- Thurs 14th November Christmas Lunch @ TAFE

Tues 26th November 10am Annual General Meeting

@ Riverview Community Centre *Please Bring a Plate*

IPSWICH 60 AND BETTER PROGRAM Inc.

A PROGRESSIVE PROGRAM FOR THE OVER 50'S



Funded by



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, Joan Preece,

Vivienne Sambell, 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

Newsletter
Available in
A4

IPSWICH 60 & BETTER PROGRAM Inc.

ABN 85 491 018 335

Riverview & District Community Centre Hall, 138 Old Ipswich Rd, Riverview

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

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.

Community News and Views Advertising Rates:

(*includes GST) Full Page: \$99* Half Page: \$66*

Business Card Size: \$44* Strip \$33*

Also available at **www.60andbetteripswich.com.au**

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!

The Annual General Meeting is on Tuesday 26 November so come along and enjoy the morning with us. Please consider nominating for a position on the Management Committee. A letter will be sent out soon to all members with an invitation to the AGM so mark your calendars and join in this very important meeting along with being our Pre-Christmas Bash!

Good news – we have a letter forwarded through to us from the Office of the Minister for Seniors and Disability Services. The letter included:

The benefits of Ipswich 60 and Better Program and other Senior Social Isolation Services across Queensland for individuals, groups and communities are significant. These programs contribute to the government's objectives of age-friendly communities, where seniors are connected, cared for and celebrated..... I am pleased to inform you the department has recently approved additional ongoing funding to Ipswich 60 and Better Program to help continue to deliver their valuable services.

I would like to sincerely thank all of our members and other people who took the time to reach out, write letters and emails to various members of Parliament and the Ministers office in relation to the need for an increase in funding. Your support of our program is greatly appreciated.

This month is Queensland Seniors Month and there are lots of activities happening in and around Ipswich. We have included some details in this newsletter. The **Christmas Party** is @ TAFE on 14th November. Numbers are filling up fast, so ring the office for booking. Please let us know if you aren't able to come and please pay as soon as possible to confirm your spot.

The Garden Spectacular was an amazing weekend. A huge congratulations to Ipswich Orchid Society and Ipswich & Districts Bromeliad Society and prizewinners. Until next month *Irene Strong*



Happy birthday to our members who were born in October

Happy belated birthday to any Members we may have missed.

8 th	Carmel Morris	16 th	Irene Tarbet
12 th	Denise Stokes	18 th	Shirley Hatch
17 th	Anjan Kundu	21 st	Lorraine Jones
19 th	Alan Morrison	23 rd	Pamela Sims
22 nd	Gail Callon	26 th	Joan Kreis
25 th	Dorn Matthews		



Containers for Change

DATE	AMOUNT
Total to Date @ 30 Sept	\$568.80
27/9	\$11.30
26/9	\$14.40
24/9	\$5.60
13/9	\$16.60
6/9	\$4.70
3/9	\$12.40
20/8	\$10.50
Previous Total	\$493.30

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.

MEMBER NUMBER

Ipswich 60 and Better Program Inc.

C10125847



“Youth is the gift of nature, but age is a work of art.”
Stanislaw Jerzy Lec

“The longer I live, the more beautiful life becomes.”
Frank Lloyd Wright

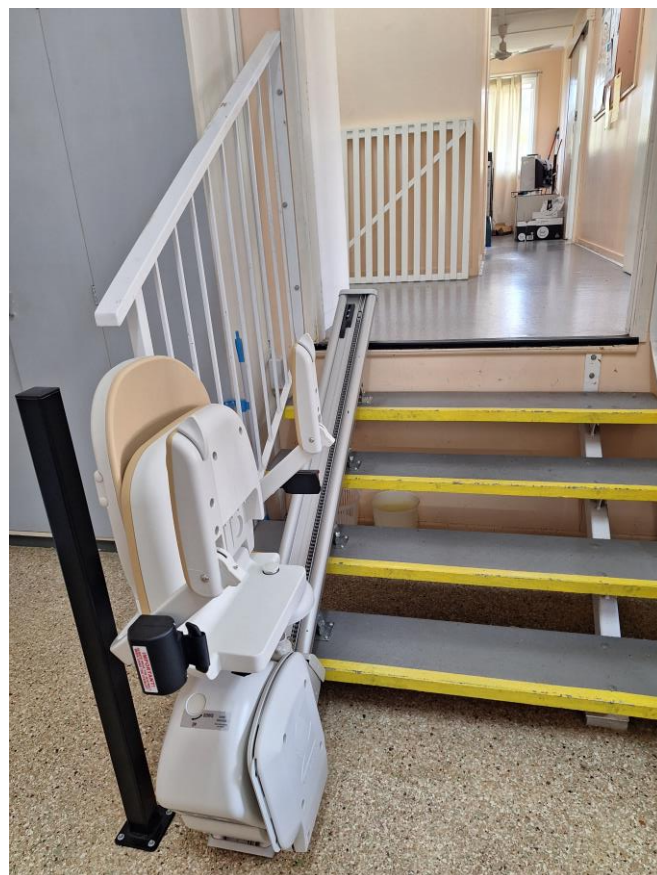
For Sale

Acorn Stair Lift maximum weight capacity 150 kg with Automatic Turn for dismount.

Current track is 5 stairs – internal use only. Hardly used. Offers considered over \$3,000.

Purchaser to arrange own installation through Acorn Stair Lifts.

For interest Contact office
 0493 097 012



Ipswich September Garden Spectacular

What a fabulous and colourful weekend with all the prize blooms on display! Many of our members were able to come along and enjoy viewing the wonderful entries to the competition.

Thank you to our members who volunteered to assist on the Raffle Table.

Well done to all the prize winners and thank you to the Ipswich Orchid Society for your support and sponsorship of the Ipswich 60 and Better Program. Below are some highlights of the weekend.





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:

Building Bonds: We don't just see clients; we see individuals with their own stories, preferences, and dreams. Our caregivers form genuine bonds that go beyond mere tasks.

Family First: As a family-owned business, we welcome you into our family. Your well-being is our priority, and we're committed to providing the care you deserve.

Promoting Independence: We're not here to take control; we're here to empower you. Whether it's assistance with daily activities or companionship, our focus is on enhancing your independence.

Our Services: • **Holistic Care:** We provide comprehensive care, from physical well-being to emotional support. • **Companionship:** Enjoy meaningful conversations, shared laughter, and precious moments. • **Skilled Nursing:** Receive professional care tailored to your health needs. • **Household Assistance:** We offer help with domestic chores, meal preparation, gardening, and more. • **Post-Hospital Transition:** We ensure a smooth recovery at home. • **Dementia Support:** We provide compassionate understanding for those facing memory challenges.

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.

Book Review with Yvonne

THOSE IN PERIL
Author Wilbur Smith
Thriller



Hazel Bannock is heir to the Bannock Oil Corporation, one of the major global oil producers. While cruising the Indian Ocean, her yacht is hijacked by Somalian pirates and her nineteen year old daughter, Carla kidnapped. The pirates demand a crippling twenty billion dollar ransom for her release, and complicated political and diplomatic sensitivities render the major powers incapable of intervening.

With growing evidence of the horrific torture to which Cayla is being subjected, Hazel calls on Hector Cross to help rescue her daughter. Major Hector Cross is an ex-S.A.S. operative and the man behind Cross Bow Security, the company contracted to Bannock Oil to provide all their security. His loyalty to the Bannock family goes beyond the call of duty. He is a formidable fighting man. Between them, Hazel and Hector are determined to take the law into their own hands and rescue Cayla.

This is the first Wilbur Smith book I have read, not sure I like his style of writing. Graphic sex scenes not really necessary and brutality graphic torture scenes -- not my kind of book.

Love Getting Older in Queensland

Share your love this October with the return of **Queensland Seniors Month**. The month-long celebration, held from 1—31 October, will promote positive community attitudes towards older people and ageing, provide opportunities for community participation to enhance community connections, and celebrate older Queenslanders and their ongoing contribution to the state—whether as volunteers or in the workforce, community leaders or carers, grandparents, or advocates. Seniors Month is all about increasing the social connectedness of older people and their communities, and we want older people to be:

- connected to their communities and the important people in their lives.
- cared for and supported if care and support are needed.
- celebrated as valued community members.

<https://www.cotaqld.org.au/program-and-services/seniors-month-2/>

YOU ARE INVITED...



FREE MORNING TEA

FREE INFORMATION SESSION & EXPO STALLS

TO A SENIORS' COMMUNITY EVENT

designed to help you navigate the many aged care options available in your region.

THURSDAY 31 OCTOBER | 9.30am – 12pm

Whitehill Church of Christ, 219 Whitehill Rd, Raceview 4305



RSVP

P 07 3363 1881

E events@cofcqld.com.au

Or scan the QR code

PROUDLY SPONSORED BY



Home Care



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!

- FIND YOUR IDEAL ROLE** ➤ **Volunteer Drivers/ Volunteer Owner Driver**
- **Friendship Volunteers to support isolated senior**
- **Technology Tutor**

A few hours of your time can make a huge impact in the lives of vulnerable people. Find your ideal volunteering role with STAR. Take the first step towards making a positive impact in your local community.



Simply call STAR on 07 3821 6699

TECH SMART SENIORS INFO DAY AND EXPO 2024



Tuesday, October 15, 2024
9:30 am- 12pm at Brothers Leagues Club
20 Wildey St, Ipswich

Embracing technology in 2024



- Latest tips on online safety
- Connect with your local library online
- Information seminars by guest speakers on what's new in technology that's relevant to seniors
- 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 marketingstarct.org.au
Bookings are essential as numbers are limited.


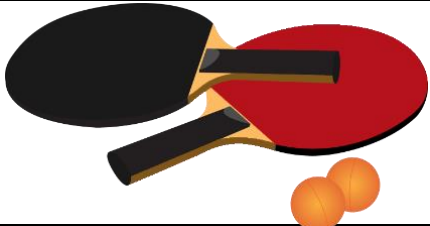
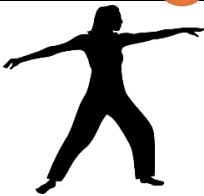




Hosted by STAR Community Services in collaboration with Queensland Police Service Ipswich District Crime Prevention Unit.



NEIGHBOURHOOD WATCH AUSTRALASIA

Monday			
UFO Craft (<u>U</u> n <u>F</u> inished <u>O</u> bjects)	9:30am-12 noon	Riverview	Donation Morning Tea to share
Social Art	9:30am-12:30pm	Riverview	Donation
Tuesday			
Drop In 4 a Cuppa	10 -12 noon	Riverview	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	4pm	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	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	Brothers	Donation / Bring Lunch
Mahjong	9.30 – 12.30pm	Y Tavern	Donation
Concert Party Jan White 0409 279 631	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 UFO Craft Table Tennis Tuesday Table Tennis Friday	Riverview and District Community Centre Hall, 138 Old Ipswich Rd, Riverview	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 138 Old Ipswich Rd, Riverview
Tai Chi for Health Tuesday	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 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	Queens Park Ipswich	



*****Christmas Closure*****

The office at Riverview will close over the Christmas Holidays
 From Thursday 19th December Until Monday 13th January 2025

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

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helenb@remax.com.au

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Profile Real Estate

in conjunction with Urban Land and Project Marketing Pty Ltd.



Where do I start with buying a new home? Here are some helpful hints for you.

The step would be to define what your budget is. Do you need to talk to a bank or finance broker to find out what your options are available for finance, arrange to have a pre-approval loan in place if needed. Have clear understanding on what your needs are. Make a list of the must haves in a property. Consider all factors including location, size and what local amenities you need. When you have an area in mind do some research on the market. You can find a large amount of information on the internet about an area or ask a Real Estate Agent to provide statistics and information about sale prices in the area. When you find a house you like, check to make sure the layout works for you. You can drive by the home at different times of the day, to check things like the noise level and activity in the immediate area. When walking through the home look to see if there are any noticeable structural issues, look at the roof, walls, showers etc see if you can notice anything unusual. It's recommended to have a building and pest inspection done on the property you purchase. Is the property flood affected. Check on the local council website for flood maps and for any nearby development which could affect the property. You can check with your solicitor to see if they recommend any other searches to be done on the property.

Toowoomba Trip

By Ethel Llewellyn

Thursday, the second one in September arrived and a handful of us met and set off from Queen's Park, in Ipswich, for a day's outing to see some of the glorious gardens and creations in Toowoomba, The Garden City. Now that town is so large and well spread out it's easy to get lost but under the expertise of our two drivers, we ended up at the first point of call, morning tea or should I say, "coffee". Heading south, west and finally east on our departure from the area around Spring Bluff.

A bit of sunshine, great poppies, tulips, snapdragons, azaleas, you name it Picnic point was ablaze. The local Japanese Gardens were next on the list and with the help of an old Referdex we were able to walk through the lovely entrance gates not too long after enjoying scones and other yummy treats.

The majority of the party had never set foot in the Gardens, and they turned out to delight each and every one of us. Clean air, bird life in abundance, reflective water abounding in living water plants and blossoms galore, the vision from all points of view made for a beautiful "Japanese" atmosphere.

From there we made our way to Laurel Bank Park. Lo and behold, wonders never ceased to amaze us. The shrub creations were stunning and the thrill of it all was the "train" and then when we scaled up the stairs to enjoy the visions presented before us from the viewing platform the gardens were just awesome. Music, gardening implements to name a couple of activities were represented in many creations by diligent gardeners. Not a leaf out of place.

Lunch was just a drive around the block and a lovely meal was shared before setting off, heading west, to end up at Spring Bluff. Again, not many of us had ever been there and to top the visit off was the forty-two wagon coal train that passed through the station while we were there. Whistles and bells rang out to ensure no one was on the track when it travelled onto its destination.

All in all, the five of us enjoyed the whole day trip and many thanks to our two drivers for seeing us back to Ipswich safe and sound. Looking back upon the journey we hardly drove on the same route twice. Great company, catching up and some laughs along with good conversation. Oh! Yes, it rained, we didn't get wet and our spirits were high after a great day out in each other's company.



CELEBRATE SENIORS MONTH

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.





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



ANCESTORS

By Col Simmich

If you could see your ancestors
Standing in a row,
Would you be proud of them –
Or maybe you don't know.

If you could see your ancestors
All standing in a line,
Could you proudly say,
"Hey! These ancestors are mine."

If you could see your ancestors
Looking so discreet,
Would you recognise them as
people,
If you should chance to meet?

Then there's the other side,
Maybe a different sort of view,
Would those same ancestors
Be so proud of you?

We invite you to the

Ipswich 60 and Better Program

**Annual General Meeting
Shared Christmas
Morning Tea**

which will be held on

Tuesday 26th November

starting at 10am
at

Riverview Community Centre
138 Old Ipswich Rd,
Riverview

Please Bring a Plate

September Answers

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



What are October's birth flowers? October has two birth flowers: the marigold and cosmos. Marigolds (Tagetes) are cheerful and versatile flowers known for their striking colours and distinctive aroma.

September Trivia Answers from Meg

1. A breed of what farm animals is the Santa Gertrudis? CATTLE
2. What is the nickname of Sydney Harbour Bridge? THE COATHANGER
3. What animal does Australia export to Saudi Arabia? CAMELS
4. Are there more kangaroos/humans in Aust? 40 MILLION KANGAROOS
5. What was vegemite invented from? LEFT OVER YEAST USED FOR BEER
6. When security guards at Parliament House were banned from calling people 'mate' how long did the ban last? ONE DAY
7. What is Australia's population? 25 MILLION
8. What is the ratio of sheep per person in Aust? 6-1 OVER 150 MILLION SHEEP IN AUSTRALIA
9. What do Aussie's call a sausage? SNAGS OR BANGERS
- 10 What year did Cyclone Yasi hit North Queensland? 2011
- 11 Which Aust prime minister disappeared at sea? HAROLD HOLT
- 12 In what year did Sydney Harbour Bridge open? 1932
- 13 What is Australia's most eastern point? CAPE BYRON
- 14 What is a male kangaroo called? A BOOMER
- 15 How long is it take to build Sydney Harbour Bridge? 8 YEARS
- 16 In what year did Australia get their first female prime minister? 2010
- 17 When an Aussie 'bends an elbow' what is he doing? DRINK A BEER
- 18 Which film features the phrase "Tell him he's dreaming? THE CASTLE
- 19 What constellation is depicted on the Aust flag? THE SOUTHERN CROSS
- 20 Where is the Sea of Tranquillity? ON THE MOON

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

OCTOBER BIRTHSTONE

Those born in October enjoy two spectacular birthstones to commemorate their birthdays – opal and tourmaline. Both October birthstones have endless colour combinations and beautiful colouring characteristics.



October Trivia from Meg

1. The Margaret River wine region is in which Aust state?
2. The femur is a bone in which part of the body?
3. What is Australia's largest bird of prey?
4. A dugong is also sometimes known as the sea what?
5. A colloquial term for brains or intelligence is what colour matters?
6. The first McDonald's in Australia opened in what decade?
7. What animal is Flicka in the children's novel My Friend Flicka?
8. In 1986, Aust swimmer Lisa Curry married which ironman?
9. The word Tome most closely describes which of these?
A) short poem B) song C) book
- 10 What sort of food is Panko?
- 11 In a classic advertising jingle, what food "puts a rose in every cheek"?
- 12 By what other name is the Orca also known?
- 13 What annual cycling race was first held in 1903?
- 14 Which former international cricketer became prime minister of Pakistan?
- 15 According to a common saying, what can you not judge by its cover?
- 16 Which body of water separates Tasmania from mainland Australia?
- 17 Who played the title role in the 1959 film Ben Hur?
- 18 Which US state is named after the country's first president?
- 19 According to a common saying – a picture paints how many words?
- 20 What shape is the base of a pyramid?

October Nutrition Update and Recipe

Vitamin D

Vitamin D is mostly maintained by skin exposure to the sun. (1,2) Vitamin D deficiency in Australia's adult population is approximately 25%. (2) People under 50 years of age can store approximately 6 months worth vitamin D however, as we age our skin can become less efficient at making vitamin D. (1,2) Food sources of vitamin D include fatty fish and fortified yoghurts, milks and margarines. (1) New research has shown mushrooms that have been exposed to sunlight can provide a good source of dietary vitamin D. (2)

Vitamin D's major role is maintaining the body's calcium levels. Vitamin D is associated with bone health and thought to be involved with the immune system, skin health and muscle strength. (1)

This month's recipe is a versatile recipe you can use to top toast, a baked potato or even stir through some rice.

Creamy Mushrooms



Ingredients

1 slice wholemeal bread or jacket potato or 1 serve of cooked brown rice
 1 ½ tbsp light cream cheese
 1 tsp extra virgin olive oil
 Approx. 100g sliced mushrooms
 1-2 tbsp skimmed milk (add depending on desired consistency)
 ¼ tsp wholegrain mustard
 1 tbsp snipped chives or parsley or dill or substitute ½ teaspoon of dried herbs.

Method

1. Heat the oil in a fry pan and cook the mushrooms, stirring frequently, until softened. Turn to low heat.
2. Spoon in the milk, cream cheese and the mustard. Stir well until coated.
3. Add on top of your choice of toast, potato or rice.

Tips: you could toast some hazelnuts or pine nuts to add on top for some extra protein and crunch.

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

References

1. <https://www.eatforhealth.gov.au/nutrient-reference-values/nutrients/vitamin-d>

2. <https://www.abs.gov.au/articles/vitamin-d>

3. Mushrooms: a food-based solution to vitamin D deficiency to include in dietary guidelines <https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2024.1384273/full>

Seniors Activities 2024

- 1st Morning Tea for Seniors @ Riverview 0493 097 012
- 23rd Seniors Expo (Ipswich Showgrounds)
- 25th Gailes Mini Seniors Expo and other events (below)
Gailes Community House Contact (07) 3879 3004 /0480 252 794
- 28th Cent Auction 1pm @ Riverview 0493 097 012
- 31st Seniors Expo 9:30am (Whitehill Church see Page 8)



Seniors Month 2024

Love getting older in



History Tour
Friday 4th October
9:00am - 11:30am
Meet at 30 Karina Street Gailes
Cost: Gold coin donation



Mature movement and Nutrition
Friday 11th October
10am-12noon
30 Karina street Gailes
Cost: Gold coin donation



Self care
Monday 14th October
10:30am-12:00 noon
30 Karina Street Gailes
Cost: Gold coin donation



Mystery Bus Trip
Friday 18th October
9:00am-4:30pm
Meet 30 Karina Street Gailes
Cost: \$10



**Gailes Mini Seniors Expo
Community BBQ**
Friday 25th October
11am-1:00pm
30 Karina Street Gailes
Cost: Gold coin donation



Games day- Trivia/1% style
Monday 21st October
10:30-1:00pm
30 Karina Street Gailes
Cost: Gold coin donation

Bookings are essential for all activities. For more information check out our website, social media pages or contact Leanne.



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

- 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:
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