

Community News & Views Ipswich

April 2025

Vol: 32 No 4

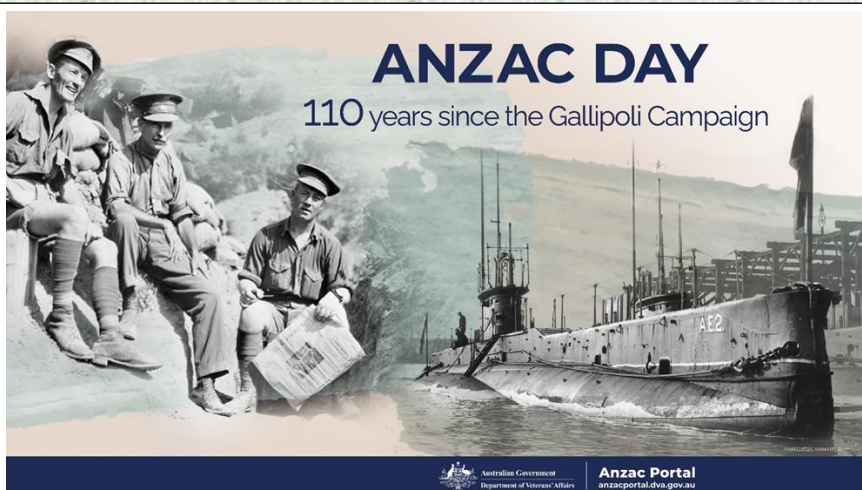
A Free Magazine!



Mission Statement: To enable older people at a local community level to participate in decisions and activities which affect their health and well-being.



18th – 21st April



Special Days

1	April Fool's Day
4	Tomb Sweeping Day (China)
6	Physical Activity Day
7	World Health Day
8	Flower Festival (Japan)
13	Palm Sunday
15	World Art Day
18 – 21	Easter
22	Earth Day
23	World Book Day
25	ANZAC Day
26	Hug an Australian Day Get Organised Day

Date Claimers

12th & 13th April:

Ipswich Garden Spectacular

8th May:

High Tea

15th May:

Glengallon Homestead

20th May:

Meet & Greet

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 2024-2025

President: Irene Strong

Vice President: Karen Batterham

Treasurer: Vivienne Sambell

Secretary: Maureen Davies

Committee: Gail Durrant, John Durrant, Ellenore Lister, Shauna McGown,
Debra Peace, Joan Preece, Barbara White

Part Time Office Staff: **Co-ordinator** – Kerri Lynch (15hrs) Anne Bertram (10hrs)

Office Assistant – Lea Ford (10hrs)

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 previous month (i.e. 1st Monday of April for the
May edition)** 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, 138 Old Ipswich Rd, Riverview. 4303

Contact: Ph.: 07 3282 8644; Mob: 0493097012 **office hours**

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

Office Hours

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

Please call 3282 8644 first to ensure there is someone to attend to your needs.

The office is closed on Public Holidays

Community News and Views Advertising Rates:

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

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

1000 newsletters are printed each month and distributed through community outlets.

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 error's 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

Hello everyone,

It feels like Autumn is here at last – it is a beautiful time of year! The cooler weather is so welcome.

This month the Ipswich Orchid Society and Ipswich Districts Bromeliad Society holds their **Ipswich Garden Spectacular** – mark the **12 and 13th April** in your diary – a must go to event! The fabulous displays and sales of Orchids and Bromeliads as well as vendor stalls and workshops are indeed true to the event title “Spectacular”! As they are supporting us, we will be there also, come and say hello as well as buy a raffle ticket for the amazing prizes they will have – and also support us to support you! See the advertisement on page 15.

Just a reminder that the office is closed over the Public Holidays of Easter and Anzac Day. This time of year, can be a difficult time for some – take the time to reach out to others.

Mahjong is so popular now, they will meet Tuesday afternoons from 1pm – 4pm as well as their regular Friday morning at the Y Tavern.

Sadly, this month we will be farewelling Lea from the office – she will be greatly missed as her expertise has been so invaluable. Thank you, Lea, we hope you are able to join our activities in the future. It will be great to see your smiling face. 😊

Stay well everyone, *Irene Strong*



HAPPY BIRTHDAY TO ALL MEMBERS BORN IN APRIL

- | | |
|------------------|-------------------|
| 1 Lori Patrick | 11 Helen Farley |
| 2 Vani | 12 Sandra Mole |
| 3 David Taylor | 25 Marlene McLean |
| 4 Anne Lynch | 29 Narelle Curtis |
| 7 Elsie Johns | 30 Maureen Davies |
| 8 Joy Truasheim | Pauline Constable |
| John Durrant | Jeff Coward |
| 9 Dennis Boothby | |
| Prue Harradine | |



Activity Focus on Social Art Group

The Social Art Group meet on Monday mornings at the Riverview and District Community Centre, 138 Old Ipswich Rd, Riverview at 9.30 to 12noon.

The Craft group also meet at the same time so there is always lots of chat, fun and laughter!

We are looking for more social Artists, both Men and women to come and join us. All levels of expertise from beginners to more accomplished are all welcome, as we can learn from and help each other. If you love to colour in, sketch, draw or paint in any medium come along and join in. It is a great opportunity to socialize with other people who enjoy an artistic hobby. We also have a lunch or social outing occasionally. Contact Maureen on 0419946511 for further information. Look forward to meeting you.



Book Review

“SONGS OF LOVE AND WAR”

Author: Santa Montefiore



West Cork, Ireland 1900. The year marks the start of a new century and the birth of three different women. Kitty Deverill the flamed haired Anglo-Irish daughter of the Castle, Bridge Doyle, the daughter of the Irish cook and Celia Deverill, Kitty's flamboyant English cousin.

Together they grow up in the dreamy grounds of the family's grand estate, Castle Deverill. Yet their peaceful way of life is threatened when Ireland's struggle for independence reaches their isolated part of the country.

A bastion of British Supremacy, the Castle itself is in danger of destruction as the war closes in around it, and Kitty's, in love with the rebel Jack O'Leary and enslaved by her own sense of patriotism, is torn between loyalty to her Anglo - Irish family and her deep love of Ireland and Jack.

Wrenched apart by betrayal, their world turned to ash, the girls' friendship seems all but lost as they are swept to different parts of the globe. Yet, they have one thing in common: a fierce and unwavering longing for Castle Deverill and the memories contained within.

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 2025.</p> <p>Take Containers to the collection points or drop in bay.</p> <p>Scan or use the code (C10125847)</p> <p>12 Cole St, Bundamba 355 Brisbane St, West Ipswich 229 Brisbane Rd, Goodna 157 Collingwood Dr, Collingwood Park 33 Belar St, Yamanto</p> <p><u>NB</u> Please remove lids and straws from Poppers. DO NOT CRUSH CANS – Barcode needs to be readable.</p>
Total to Date @ 19 Feb	\$809.40	
6/2	\$8.60	
30/1	\$16.90	
28/1	\$0.60	
28/1	\$9.10	
28/1	\$4.90	
13/1	\$15.20	
13/1	\$19.70	
7/1	\$11.10	
30/12	\$17.90	
17/12	\$10.40	
Total to Date @ 20 Jan	\$769.30	
Great Effort! Thank you!		

MEMBER NUMBER

Ipswich 60 and Better Program Inc.

C10125847



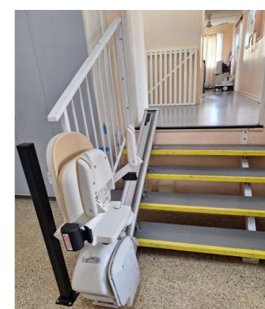
Mothers Day Raffle.

Tickets available, \$2 each or 3 for \$5.

Drawn on Thursday 8th May at the High Tea.

For Sale

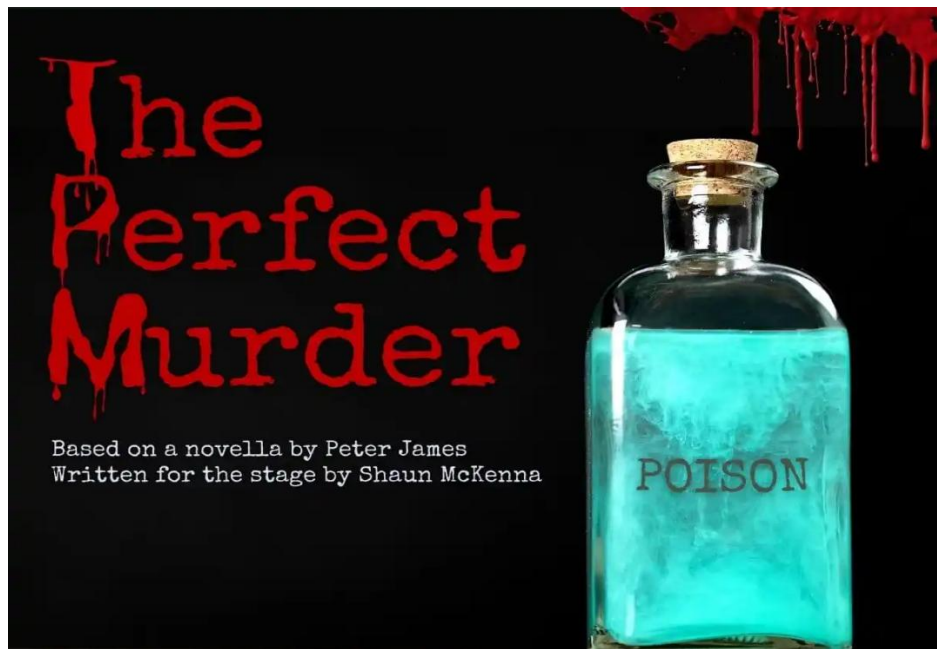
Acorn Stair Lift maximum weight capacity 150 kg with Automatic Turn for dismount. Current track is 5 stairs – internal use only. Hardly used. All offers considered. Purchaser to arrange own installation through Acorn Stair Lifts. For interest Contact office 0732828644



Grumpy Grandpas and the Ladies Woodwork Group

- Woodturning *Tuesday, Wednesday, Friday, Saturday*
- Wood Pyrography *8.30 – 12noon*
- Scroll Saw
- Scroll Saw Intarsia

Riverview and District Community Centre
 138 Old Ipswich Rd, Riverview Email: grumpygrandpas2024@gmail.com



Ipswich Little Theatre's Second Season of 2025

Ipswich Little Theatre presents, '**The Perfect Murder**'. Written by Peter James and adapted for stage by Shaun McKenna, directed by Helen and Ian Pullar and assisted by Julie-Anne Wright.

Public nightly performances at 7.30pm-16,17,23,24,30,31 May with Sunday matinees (Sold Out) at 2pm on 18 and 25 May.

The Plot:

'Victor Smiley and his wife Joan have been married for nearly twenty years. Victor secretly loathes Joan more and more each day. Joan is bored by Victor, and his snoring drives her mad. Their marriage has reached a crisis point. Victor decides there is only one way to get Joan out of his life forever, but he's about to get a nasty surprise. Maybe he's not the only one with murder in mind.'

A cleverly crafted script which will leave you wondering how you missed those vital clues.

Rated PG with some adult themes.

Bookings: www.ilt.org.au or at the Ipswich Visitor Information Centre, Queens Park in person or phone 3281 0555.

Anzac Day, Friday 25 April

Ipswich ANZAC Day Dawn Service: 4:00 AM - 4:45 AM

Location: Ipswich Soldiers Memorial Hall

63 Nicholas Street, IPSWICH QLD 4305

Contact: Ipswich RSL Sub-Branch Phone: 0499285767

Ipswich ANZAC Day Ceremony and March: 6.45AM – 8.30AM

Location: Queensland Museum Rail Workshops

North Street, NORTH IPSWICH, QLD 4305

Contact: Ipswich Railway RSL Sub-Branch Phone: 0728008028

Ipswich ANZAC Day Service: 8:15 AM - 9:30 AM

Location: Soldiers Memorial Hall Honour Stone

63 Nicholas Street, IPSWICH, QLD 4305

Contact: Ipswich RSL Sub - Branch Phone: 0499285767

This is the anniversary of the day when Australian and New Zealand soldiers landed on Gallipoli in 1915 as part of the Allies' invasion. Anzac Day draws large crowds of people to the dawn services, and marches are held around the country.

Anzac Day is a time for all Australians to recognise the more than 1.5 million service men and women who have served our country in all conflicts, wars and peacekeeping operations. It's also a time to remember the over 103,000 Australians who sacrificed their lives in our country's name.



Easter Reflection

I have always been intrigued by the coincidence that the two largest stories of sacrifice in the lives of Australians occur within days of each other. Easter and Anzac Day. There are many parallels in both stories of sacrifice. The willingness of a person to lay down their life for another. The other day I was pondering the concept of this type of sacrifice. It's a given that I would sacrifice for my family, my wife and children as well as my siblings and parents. My friends I would like to think so. But a stranger? Hmm that caused me to pause as I examined my motives. It would be easier if I knew there was an acknowledgement of what I had done. If they were thankful and remembered what I had done.

This is where the Anzac Day message is different to Easter. Anzac Day is a day where the nation pauses and reflects on the sacrifices of many especially those who made the ultimate sacrifice of their life. Easter's message of Jesus Christ's death on the cross is even more poignant and demanding of mankind to pause and reflect because He knew it was going to cost His life and He knew that many would reject or not even accept His sacrifice for them. I would argue that Jesus' death, His sacrifice, ultimately gave mankind more freedom than that of the diggers and yet as a nation we give it little or no value. We don't like to pause and reflect because we become uncomfortable because His death demands a response from us. We accept the freedom that the Diggers bought for us but we struggle to accept the freedom that Christ gave us.

Two stories of sacrifice that both demand a response. One story we as a nation generously acknowledge and pay our respects. The other we struggle to accept and, in some ways, bury beneath a long weekend and lots of chocolate. Anzac Day is an important day in our nation's history. Easter is an important day in our eternal history.

Pastor Billy Diehm
Raceview Congregational Church



HELEN BRYAN

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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

RE/MAX
Profile Real Estate
in conjunction with Urban Land and Project Marketing Pty Ltd.



Storm Damage?

It's recommended to Act Quickly with Insurance Claims.

If your property suffered damage during the recent severe weather, it's vital to start the claims process as soon as possible:


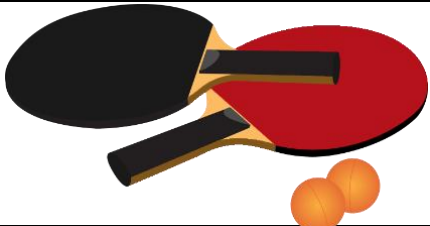

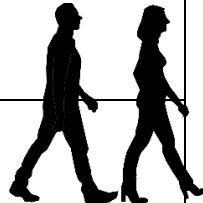
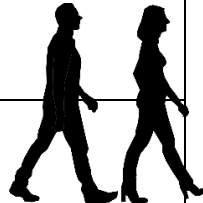
- Arranging your own quotes may be an option: Obtaining independent quotes can help you secure refunds from insurance companies.
- Make notes: Take photos of all damage before you begin clean-up efforts.
- Be proactive: Don't wait for your insurance company to assign contractors - getting your own quotes can often expedite the process.

Property Maintenance Checklist:

The recent severe weather requires extra attentiveness around your home:

- Pooling water: attracts pests and potentially termites. Improve drainage if possible.
- Check inside your home: Inspect for any signs of mould starting to appear or water damage, leaks attract termites and mould.
- Clear gutters and drains: cleaning gutters prevent future water damage.
- Create a buffer zone: Remove gardens or waste away from the home's exterior wall will reduce risk of pest damage

Weekly Activities			
Monday			
UFO Craft (<u>Un</u> Finished <u>O</u> bjects)	9:30am-12 noon	Riverview	Donation M/ Tea to share
Social Art	9:30am–12 noon	Riverview	Donation
Tuesday			
Mahjong	1pm - 4pm	Y Tavern	Donation
Tai Chi for Health	1pm-2pm	Raceview	Donation
Tai Chi for Health	1pm	Goodna	Donation 3818 1648
Table Tennis	1pm-4.30pm	Riverview	Donation bring A/ Tea to share
Walking	4pm	Ipswich CBD Locations vary	Bring Hat, Water, appropriate shoes
Wednesday			
Indoor Carpet Bowls	1:30pm – 4:30pm	Raceview	Donation A/ Tea to share
Table Tennis	1pm-4pm	Springfield	Donation A/ Tea to share
Thursday			
Walking	8:30am	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			
Learn to Play Bridge & Games	10 am-12noon	Riverview	Contact Garry 0411 876 668
Canasta /Cards	9.30am-12.30am	Brothers	Donation
Mahjong	9.30 – 12.30pm	Y Tavern	Donation
Concert Party Jan White 0409 279 631	1-2.30pm 2pm A/noon Tea	Raceview	Donation bring A/Tea to share
Table Tennis	1pm-4.30pm	Riverview	Donation A/ Tea to share

Groups	Group Address	Other Activities
Art Learn to Play Bridge/ Card & Board Games 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
Tai Chi for Health Tuesday	Community Hall Cascade Gardens 67 Cascade St, Raceview	Mahjong Contact Dianne 0427853048
Tai Chi for Health Thursday	Community Hall Cascade Gardens 67 Cascade St, Raceview	
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	Contact Office 
Walking Thursday	Queens Park Ipswich	Contact Office 

GROWING CLIVIAS

The Clivia is a herbaceous plant with thick green strap like leaves forming clumps of lush foliage that arise from short, fleshy rhizomes and roots.

The various species and hybrids bloom from autumn until spring with vivid orange, peach, red and yellow toned flowers. You can now also get yellow and cream flowering varieties. I have seen green flowers, but these plants are hard to get.



CARING FOR CLIVIA. Feed in early spring and autumn with controlled - release organic fertiliser for flowering plants, avoiding high nitrogen fertilisers. Specialist growers apply regular liquid fertilisers during summer to early autumn using a high potash fertiliser to promote increased flowering.

HOW AND WHEN TO PRUNE. Dead head and remove any flowering spikes if you do not wish to collect the seed. The colourful red berries are attractive and will not be detrimental to the plant's health, so they can be left to mature on the plant, which usually takes 12 months. Old leaves can be cut or stripped downwards to remove them and tidy up the plant.

DISEASES AND PESTS. Clivia experience few diseases or pests, with most problems Being associated with wet or poor soil conditions. Mealy bug and Lily caterpillars can often be found in the centre of the plant or at the base of the broad leaves, so treat at the first signs with horticultural oil or need oil.

SLUGS AND SNAILS. These can be troublesome in moist shade areas, so are best controlled organically with traps, hand picking with torchlight, and barriers of copper tape or by using iron chelate based snail pellets.

HARDINESS. Clivias are frost tend, and in very cold climates are best grown in tubs and pots in a glasshouse or in the house. They can be grown in low light conditions but will unlikely produce flowers.

FLOWERING. Your Clivia should flower around August to October, after they have 12 - 14 leaves, and thriving for about 3 years. Plants that have been repotted or shifted usually don't flower that year.

PROPAGATE. To propagate from cuttings, take offsets (daughter plants) from the mother plant, ensuring each has roots, and pot them individually or in a large pot, keeping the soil moist, and in a bright location. **NOT IN FULL SUN.** Clivias have thick fleshy roots and need a lot of space, so make sure your pot has plenty of room.

HAPPY GROWING, YVONNE

EARTHDAY.ORG.

The average Australian sends 23kg of clothing to landfill each year, which amounts to 200,000 tonnes in Australian facilities. Billions of tonnes also end up in third world countries where the local infrastructure is insufficiently equipped to deal with this influx.



The textile industry is one of the most polluting in the world. Production processes cause stripping of forests to make way for plantations. Dyes being used to make bright clothes, and denim can be carcinogenic and contaminate water supplies and soil in countries that can ill afford it.

Sustainable clothing is one way to counteract these effects. Thinking of throwing away a damaged piece of clothing? Why not mend or combine with another piece from your wardrobe?

Only one percent of discarded clothing is actually recycled, most of us are buying sixty percent more and keeping it less time, to wear ten times or less. While this may not apply to an older group, it boggles the mind.

Reasons to upcycle and remake: -

- Saves money and resources
- Uniquely personalised clothing
- Use up things from linen closet
- Make your own fashion style
- Conscious fashion

Lyndel Godden models one of her upcycle creations.



Reasons to buy second hand or swap with friends: -

- Bargains Reduces clothing in landfills
- Support local charities
- Better quality fabric
- Fun activity with friends or alone

My upcycling journey began in my teens when, owing to my petite stature, I started buying from thrift shops and having articles remade to my designs by a dressmaker. I soon began making my own clothes, adding extra width to bell bottoms and tops from remnants. My teachers were my Mother, friend and later my Mother in law. Lately I make and mend nighties from cotton thrifted dresses and gifted fabric, machined throws from knitwear squares and pillowcases from tablecloths and tea towels to name a few.

Handy links: -

earth day.org

Second hand fabric: The Nest Community, Brendale.

Reverse Garbage, Woolloongabba.

The Sewing Lair, Moorooka

Op Shops: Blooms Op Shop.

Safehaven Emporium, Loganholme Shopping Centre.

Facebook pages: The Remakers-Use More Waste Less,

Australia Upcycled Cloth Collective,

The Unconsumers Ipswich.

The Edge, SLQ (**workshops and learn to sew**).

Rosemary and Time, Oxley. (**Learn to sew**).

Lyndel

 ***Expressions of Interest:*** Looking for volunteers and people interested in an upcycling project i.e. Treasure Trove Fashion Show and future workshops.



Dad Jokes by Johnno

At a hotel restaurant, a man sees an attractive woman sitting alone at the next table.

Suddenly, she sneezes, and a glass eye comes flying out of her socket. It hurls by the man, and he snatches it from the air and hands it back to her.

"This is so embarrassing," the woman says, and she pops her eye back in place. "I'm sorry to have disturbed you. Let me buy dinner to make it up to you. May I join you?" He nods. The woman is a stimulating conversationalist, stunningly pretty, and the man finds they have a lot in common.

He gets her phone number and asks, "You are the most charming woman I have ever encountered. Are you this nice to every guy you meet?"

"No," she replies.

"You just happened to catch my eye."



SAFETY AT HOME WORKSHOP

TUESDAY 29 APRIL 2025 10AM -1PM
Ipswich Sports Club 1 a Samford Rd, Leichhardt QLD 4305

FREE ENTRY

Open to all community members over 55.
This workshop is designed to empower seniors to live independently and safely at home, offering valuable information on available resources and support services.

Featuring guest speakers from Queensland Police Service, QFES, University of Southern Queensland and ADA Australia.

Enjoy a FREE morning tea and light lunch

Please register your place
by 22 April by calling STAR
on

07 3821 6699

VOLUNTEERS NEEDED

CALLING ALL COMMUNITY MINDED PEOPLE.

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

JOIN STAR COMMUNITY SERVICES!

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

CALL 3821 6699 FOR MORE INFORMATION.

From the Social Club Pen

Welcome all to 2025 (I know it is a bit late) and what a lovely year it has been so far. Alfred decided to visit us to lower the heat and deliver rain for our gardens, and before that the heat that allowed lots of swimming and shopping as well as staying home in the air conditioning to keep cool.



This year (for want of some more ideas), we are doing some Road trips. Any suggestions from other people and groups would be really appreciated as the whole idea is to go where people would like to go and do what people would like to do, whatever and where that may be, e.g. Morning tea, Lunch, visiting aged care etc.



In March, weather saw the trip to Mt Coot-ha cancelled, however the Morning Tea at Holmes St Café was held at the sister café Elderflower, at Tivoli, due to numbers. Eleven of us enjoyed the morning as well as a stroll through the Tivoli nursery.

In May there is a High Tea on 8th May, there are limited numbers, and you must book as it is being held at Bundamba TAFE, and a visit to Glengallon Homestead Thursday 15th May. We are meeting up at the Yamanto McDonalds at 9.30am to start our trip.

In July we will be visiting Crows Nest and surrounding towns. This is a stop, look and possible buy trip. Whatever takes our fancy.



Please let the office know if you wish to join any trip, or with your suggestions as to what you would like to do. We try to make these on a Thursday so everyone can attend.

The Pen



March Answers

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

April Facts:

**Birth Flower
for April is
the Daisey and Sweet Pea.**



Along with a little rain April ushers in some of the biggest celebrations of the year, Including Easter and Anzac Day.

In the Southern Hemisphere April is the middle month of Autumn.

March Trivia from Meg

1. Mooloolaba is on the Sunshine Coast. True
2. Eli Creek is a tourist attraction on which Qld island? K'gari Island
3. What do Americans typically call what Australians call a nappy? Diaper
4. Who was the British monarch in 1880? Queen Victoria
5. Which Australian city is nicknamed Freo? Fremantle W.A.
6. What sort of fruit is a Rome Beauty? Apple
7. In what year did vegemite first appear on grocer's shelves? 1923
8. What 2 words complete the proverb "birds of a feather" What? Flock Together
9. Artist James Whistler's painting is of which of his relatives? His Mother
10. What long running Aust drama featured the character Esma Watson?
A Country Practice
11. What sport often takes place in a velodrome? Cycling
12. In what country was toy company Lego founded? Denmark
13. How many feet are in a yard? Three
14. What country is the world's largest producer of coffee beans? Brazil
15. What animal was the title character in the TV show Mr Ed? Horse
16. What name is given to a champagne bottle that holds double the amount of a regular bottle? Magnum
17. In what year was John F Kennedy killed? 1963
18. What 1980's hairstyle was short at front and sides and long at the back? Mullet
19. What is the largest bird in the world? Ostrich
20. Which two countries fought the Hundred Year War? England and France

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

April Sudoku

April Birth Stone

Is a Diamond,
known for its
brilliance.

Symbolism of
enduring Love
and Strength



April Trivia from Meg

1. Butterflies use which part of their bodies to taste?
2. Which animal is known to breathe through their skin?
3. What colour is the blood of an octopus?
4. What common farm animal is known to be colourblind?
5. Approximately how many seeds are in or on a strawberry?
6. How many ice cream flavours does Baskin – Robins have?
7. What is the national dish of China?
8. Which food is known to be the most stolen in the world?
9. Don Bradman was born in which NSW town?
10. The Pilbara is a region in which state or territory?
11. Simmental is a breed of what farm animal?
12. How old was potato farmer Cliff Young when he famously won the Sydney to Melbourne ultramarathon in the early 1980's: 41, 51 or 61?
13. Which country has the longest coastline?
14. Who was the first of Queen Elizabeth 2nd children to divorce?

Welcome All New Members

Activity News

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.

Tai Chi for Health

Goodna Neighbourhood House Tuesdays 1pm 3818 1648
Marburg and Rosewood: For details contact Irene 0497808402
Are you interested in Volunteering? Phone us on 32828644

Do you want to contribute?

The Social Committee and Newsletter Editing Committee would love you to join us. Contact the office for more information.

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

Or search on Facebook for Ipswich 60 and Better Program.

Visit our website for information and upcoming events at:
www.60andbetteripswich.com.au.

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**Australia Post Publication
100019013**