

Community News and Views

A free magazine



Ipswich 60 and Better Program Inc.

A Progressive Program for the over 50s.

You can't turn the clock back, but you can wind it up again.

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



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October Vol:33 No 10

WHAT'S ON?

Bookings essential

**2nd October 10am-12pm
Seniors Morning Tea @
Riverview by MP Jennifer
Howard & MP Lance
McCullum**

**4th October 10am Picnic @
Kholo Gardens**

**22nd October 10am Putt Putt
Golf \$10 59 Huxham St
Raceview**

**5th November 1130am
Lunch Café 63 Bundamba**

**25th November Christmas
Lunch @ TAFE, taking
bookings now \$30pp**

Special Dates

Queensland Seniors Month
National Safe Work month

1st International Day of Older
Persons

6th Mad Hatter Day

8th World Sight Day

5–11 Mental Health Week

11th-17th National Carers
Week

October 21–22 Orionid Meteor
Shower

October 23 National Bandana
Day

29th World Stroke Day

31st Grandparents Day

Ipswich 60 and Better Program Committee Members 2025-2026

President: Irene Strong

Vice President: Vacant

Treasurer: Helen Pazold. Secretary: Lyndel Godden

Committee: Sandra Smrecnik, Marianne Ryan, Kym Trebeck (4 member places vacant)

Part Time Office Staff: Co-ordinator: Kerri Lynch (15hrs) Anne Bertram (10hrs) Office Assistant – Anne-Marie Bradley (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.

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)

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

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

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 errors or inaccuracies or inaccruracies. 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

With spring now in full swing, it is hard to believe how quickly the year is passing. We are enjoying longer days, warmer weather, and the beautiful colours that this season brings. It is a wonderful time to get outdoors, catch up with friends, and take advantage of the many activities and social opportunities available through Ipswich 60 & Better.

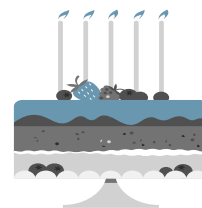
Our organisation continues to thrive because of the enthusiasm, participation, and support of our members. Whether you attend our social gatherings, activity groups, outings, or special events, your involvement helps create the welcoming and inclusive community that makes Ipswich 60 & Better such a special place.

Following our recent AGM, I would like to take this opportunity to sincerely thank our outgoing Management Committee members for their dedication, time, and valuable contribution to Ipswich 60 & Better. Their commitment and service have played an important part in the continued success of our organisation, and we are very grateful for all they have given.

At the same time, I am delighted to welcome our new Management Committee members and thank them for generously volunteering their time and skills.

Welcome to Helen Pazold, Sandra Smrecnik, Marianne Ryan and Kym Trebeck. (There is time to join in and help shape the program, as there are 4 vacancies). (Cont'd page 4)

HAPPY BIRTHDAY



8th Carmel Morris

12th Denise Stokes

16th Irene Tarbet

17th Anjan Kundu

19th Alan Morrison

21st Lorraine Jones

22nd Gail Callon

23rd Pamela Sims

25th Dorn

Matthews

27th Patricia

Robertson

We look forward to their ideas, enthusiasm, and contribution as we work together to support our members and continue building a strong and vibrant organisation.

I would also like to extend my sincere thanks to all our dedicated volunteers, convenors, staff, and committee members who work tirelessly behind the scenes. Their commitment ensures that our programs run smoothly and that members have opportunities to stay active, connected, and engaged. We are fortunate to have such a passionate team contributing to the success of our organisation.

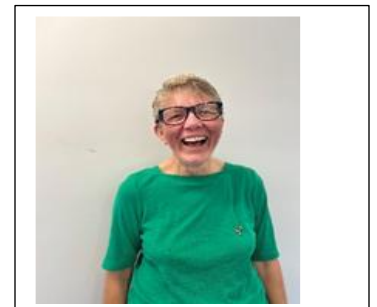
I encourage everyone to continue participating, invite a friend to join, and make the most of the friendships and experiences that our organisation offers. Please keep an eye on the calendar and newsletters for updates and be sure to book early where required.

On behalf of the Management Committee, thank you for your ongoing support of Ipswich 60 & Better. As we welcome a new committee and acknowledge the contribution of those who have served before them, we look forward to another year of working together to strengthen the program.

October is Queensland Seniors Month, a “time to create age-friendly communities, where seniors can lead healthy and productive lives and are connected, cared for and celebrated.” (Council of the Ageing Queensland). I invite all seniors to join in activities from Ipswich 60 and Better this month to experience connectiveness in a welcoming, open environment. Starting on **2nd October**, at 10 am with a morning tea, Hosted jointly with MP Jennifer Howard and MP Lance McCullum. (Bookings **essential**)

Wishing you all a happy, healthy, and enjoyable October.

Warm Regards, Irene Strong, President



Annual General Meeting

On 22 September, we marked the end of our 2025–26 year, farewelled the outgoing Management Committee and welcomed our new executive and team. More than 20 members attended, along with Tanya from Ipswich City Council, Federal Member for Blair Shane Newman and Community Policing Officer Sergeant Nadine Webster.

The Members present discussed, moved and voted on increasing the cost of membership to \$25 a year, commencing July 1st 2027. All present agreed.

We were delighted to award Joan Preece a meritorious life membership. Joan has been an active member of Ipswich 60 and Better since 2009. During that time, she served as putt-putt convenor until September 2010, ten-pin bowling convenor until the 2011 floods, and garden group convenor from January 2010 to March 2013. She has supported UFO since its establishment in 2014 and served on the Management Committee from 2020 to 2025. We thank Joan for her dedication to Ipswich 60 and Better Program and wish her health and happiness.



THE PEN

Southern Downs Steam Railway ~ Deb Peace

A group of eight travelers, six from the UFO group, enjoyed a 4-day steam train trip from Toowoomba to Goondiwindi in August. We started our adventure early at the Toowoomba Railway Station, where we were all assigned to a carriage and seats for the trip. Leaving Toowoomba our first stop is Clifton, for a tour of the area including Nobby, where we could visit Rudd's Pub, Sister Kenny Museum and more. Once back at Clifton we enjoyed lunch on the platform before boarding the train for Warwick, our Overnight Stay. Our tour of Warwick took us past Churches, steel horse sculptures, Abbey of Roses, Pringle Museum, Heritage listed National Hotel as well as many beautiful old sandstone buildings and so much more.

Day 2 — Warwick — Inglewood — Goondiwindi Another early start with the bus taking us to the Warwick Railway Station for a lovely hot breakfast, in the Dining Room, before boarding the train. Arriving in Inglewood we enjoyed a BBQ lunch on the station platform. Back on the train there are so many things to see along the way, changes in the landscape, cattle, sheep, goats, horses, kangaroos hopping alongside the train tracks, emus, broilgas, foxes, wild pigs and even donkeys. The countryside is very dry until you come across crops of wheat and oats then it looks lush and green. The train slowed down coming into Yelarbon as we pass the painted silos, which are right beside the tracks, depicting children playing by the Dumaresq River. A great photo opportunity. The Silos are part of the Australian Silo Art Trail. After arriving in Goondiwindi midafternoon we board our bus for a tour of the local area, Home of Gynsyd, the Goondiwindi Grey, champion racehorse Statue, Churches, an old Carbeen Tree now known as the Tree of Knowledge, before settling into the motel for two nights.

Day 3 - Goodiwindi — Toobeah After breakfast we had a little time for a walk before heading to the station for our trip to Toobeah, population 300, for lunch. Back on the train for Goondiwindi and an afternoon tour including a cotton farm and the history of cotton, Customs House Museum and the Goondawindi Cotton Shop, which was opened for our tour groups. We did enjoy our time at the cotton shop. We also saw Landscapes which are steel art sculptures for the public to enjoy.

Day 4 —Goondiwindi — Toowoomba Last day. After an early breakfast we head to the station and say goodbye to Goondiwindi (Gundy as the locals say). Stopping briefly at Inglewood Station for a lovely morning tea on the platform. We enjoyed a boxed lunch on the train before arriving at Warwick Station in the late afternoon. This is where we boarded our bus for the final leg of our journey to Toowoomba as Qld Rail closed the track for maintenance. This was an amazing trip with good friends and some interesting people. A trip I personally won't forget for a long time. The food was amazing, you certainly were not left feeling hungry by any means. You could get coffee/tea, biscuits, and snacks on the train in the cafe car. We were also given fresh fruit each day while travelling on the train. A trip I would definitely recommend.

Deb Peace





BOOK REVIEW WITH YVONNE

SEE ME

Author: Nicholas Sparks

Colin Hancock is giving his second chance his best shot. With a history of violence and bad decisions behind him and the threat of prison dogging his every step, he's determined to walk a straight line. At twenty-eight, he's focused on getting his teaching degree and avoiding all the places and people that proved destructive in his earlier life. Reminding himself daily of his hard - earned lessons, the last thing he is looking for is a serious relationship.

Maria Sanchez, the hard-working daughter of Mexican immigrants, is the picture of conventional success. With a degree from Duke Law School and a job at a prestigious firm in Wilmington, she is a dark-haired beauty with a seemingly flawless professional track record. And Maria has a traumatic history of her own, one that compelled her to return to her hometown and left her questioning so much of what she once believed.

A chance encounter on a rain swept road will alter the course of both Colin and Maria's lives, challenging deeply held assumptions about each other and ultimately, themselves. As love unexpectedly takes hold between them, they dare to envision what a future together could possibly look like until menacing reminders of events in Maria's past begin to surface.

Rich in emotion and fuelled with suspense. The story reminds us that love is sometimes forged in the crisis that threatens to shatter us, and that those who see us for who we truly are may not always be the ones easiest to recognise.

Life Advice with Elenore

If you want to test your memory, try to recall what you were worried about this time last year

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Question of the Month: Is your pool compliant?

The warmer weather is here! Check that your gates are self-closing and your pool area meets current safety requirements.

A pool safety certificate confirms that your swimming pool meets safety standards and is legally required when buying, selling or leasing a property with a pool.

WINNER WINNER WINNER!

Congratulations to **Anne Lynch** (blue A17) (1st Prize) and **John Fuller** (2nd Prize) on the win of our Father's Day raffle! First Prize included: a garden pack, and an embroidered towel. Second prize was a whipper snipper. We thank all our donors for these great prizes.





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Weekly Activities	Community News and Views, Ipswich 60 and Better Program Inc.
MONDAY	
Riverview and District Community Centre Hall, 138 Old Ipswich Rd, UFO (Unfinished objects) 9:30am-12noon, *NEW*Refashion Ipswich 9:30-12noon, Social Art 12:30pm-2.30pm. Donation and MTea to share.	
TUESDAY	
Rummy 1pm-4pm, Y-Tavern 502-510 Warwick Road, Yamanto, Donation ph Sandy 0419934559	
Tai Chi for Health Advanced. 1.15pm-2.15pm, Donation, Cascade Gardens, 67 Cascade St, Raceview. (School terms only)	
Tai Chi for Health 1pm, Donation, Goodna Neighbourhood House 33 Queen St 38181648	
Table Tennis 1pm-4pm Donation, Riverview and District Community Centre Hall, 138 Old Ipswich Rd. Contact: Laurie Hadler 0402784019	
Walking group 4.30pm, Various locations, Bring hat, water, walking shoes, 0493097012	
WEDNESDAY	
Indoor Carpet Bowls 1.30pm-4pm, donation, Raceview Congregational Church Hall, Wildey St	
Table Tennis 1pm-4pm Donation, Aveo Springfield,1 Symphony Way, Springfield Lakes	
THURSDAY	
Walking 8.30 am, Queens Park, Bring hat, water, walking shoes,0493097012	
Tai Chi for Health 1-2pm beginners, 2-3pm advanced, Donation, Community Hall Cascade Gardens 67 Cascade St, Raceview, Donation. Irene 0497 808 402	
FRIDAY	
Learn to Play Bridge & Games, 500/canasta, 10-12pm Riverview and District Community Centre Hall, 138 Old Ipswich Rd, Donation, Garry 0411876668	
Mahjong 10am-1pm Brothers Leagues Club, Wildey Street Raceview, Donation Sandi 0419934559	

FRIDAY (Cont'd)

Concert Party 1-2:30pm Raceview Congregational Church Hall, Wildey St , Jan 0409279631

Table Tennis 1- 4pm donation, Riverview & District Community Centre Hall, 138 Old Ipswich Rd. Laurie Hadler 0402784019

Celebrating Seniors Month 2026

October is Seniors Month, a special time to recognise and celebrate the invaluable contributions older Australians make to our families, communities, and society.

2nd October at the **Riverview and District Community Centre**, a free Seniors Morning tea is being hosted together with MP Jennifer Howard and MP Lance McCullum, starts at 10am, **booking essential**.

In Ipswich, Seniors Month provides an opportunity to connect, learn, and enjoy a wide range of activities designed especially for seniors.

From social gatherings and health and wellbeing programs to cultural events and community celebrations, Seniors Month encourages people to stay active, engaged, and connected. It is also a chance to acknowledge the wisdom, experience, and volunteer spirit that older residents bring to our community every day.

At Ipswich 60 and Better Program Inc., we are proud to support seniors in leading active and fulfilling lives. Throughout the year, our members contribute countless hours of friendship, support, and community service, helping to make Ipswich a more inclusive and caring place for everyone. We encourage all seniors to take part in Seniors Month activities, try something new, reconnect with old friends, and make new ones along the way. Whether you attend a local event, volunteer in your community, or simply spend time with loved ones, every connection helps strengthen our community.

Happy Seniors Month to all our members and friends. Thank you for all you do to enrich the Ipswich community. We look forward to celebrating with you throughout October.

Together, let's celebrate positive ageing, lifelong learning, and the wonderful contribution of seniors in our community.

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DATE Total to date Great Effort! Thank you! Keep up the good work	AMOUNT \$1169.60 Every little bit helps! Thank you to all who are participating in our containers for change drive for 2026.	Take Containers to the collection points or drop in bay. Scan or use the code (C10125847) 
Locations: 12 Cole St, Bundamba. 355 Brisbane St, West Ipswich. 229 Brisbane Rd, Goodna. 157 Collingwood Dr, Collingwood Park. 33 Belar St, Yamanto.		

Monthly Activities:

Theatre Group: Ipswich Little Theatre, weekend Matinee when shows are scheduled. (*Dates to be advised*) Bookings 32828644

Social Outings: Monthly social events throughout the year. Advertised in Newsletter. (Carpooling or Bus trips), Coffee mornings. All activities need to be booked and advertised through the Newsletter. Bookings 32828644 (**See front page for details**)

2026 Christmas Party

Ipswich 60 and better invite you to secure your booking for our annual Christmas luncheon at Bremer Tafe's restaurant, The Miner's Right.

When: 25th November 2026; **Cost:** \$30; Only 32 seats available, get in early!!

RSVP and secure your attendance with payment to Ipswich 60 and Better office on 32828644, Mob: 0493097012, or Email: admin@60andbetteripswich.com.au

The Shops are filling up already with Christmas Goodies. 😊

Recipe – Vegetable Flan



- 560g Zucchini
- 2x Eggs
- 160g Cream
- 50g Grated parmigiano
- 10 Basil leaves
- 7g Salt
- Breadcrumbs

1. Wash and peel the zucchini. Grate them with a large hole grater or cut them into fillets with a vegetable cutter. Collect them in a bowl and add the salt. Mix well and leave to rest for 40 minutes. Squeeze the zucchini well with a cloth.
2. In the glass of a blender, collect all the ingredients and blend until the mixture is smooth and homogeneous. Pour into buttered cups lined with breadcrumbs. Put on a plate and add boiling water up to half of the cups.
3. **Smartcooking automatic cooking option:** Place the dish on the second shelf of the oven. Select the Vegetables And Side Dishes> Preparations with vegetables> Vegetable flan program. Once cooked, wait a few minutes before unmoulding and serving.
4. **Combined steam cooking option:** Place the dish on the second shelf of the oven. Cook in static steam mode (30% steam) at 200°C for 18 minutes. Once cooked, wait a few minutes before unmoulding and serving.

Clothing Alterations

Clothing Alterations /Repairs

ALTERATIONS Trousers Skirts Tops Jackets

REPAIRS Zips replaced Hems Waists let out/in

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SAMURAI SUDOKU

[illegible]

OCTOBER TRIVIA

1. Someone naïve or inexperienced is said to be “wet behind the what”?
2. Reverse sweep is a term used in which sport?
3. What nursery rhyme mentions “silver bells and cockle shells”?
4. What word beginning with C relates to dogs?
5. What are winkles?
6. The town of Katoomba is located in which Australian mountain range?
7. The platypus is depicted on which Australian coin?
8. What is the major component of glass?
9. Who was the first non-human to win an Oscar?
10. What colour is the flower, Sturt’s desert pea?
11. How many books did Margaret Mitchell, the author of Gone with the Wind, write?
12. A farrier puts shoes on what?
13. Native to Australia, what type of animal is the tawny frogmouth?
14. What type of tea is flavoured with bergamot oil?
15. To be taking risks is proverbially to be “skating on thin ice?”
16. Who’s talk show host has a famous segment called The Red Chair
17. What alcohol is an ingredient in Irish Coffee?
18. Tofu is traditionally made from curds of which legumes?
19. The cerebellum is found in which organ of the human body?
20. What colour are the benches in the Senate in Canberra?

OCTOBER *flowers of the month*

Marigold and Cosmos



SEPTEMBER TRIVIA ANSWERS

1. What did “Itsy bitsy spider” climb up? **The waterspout**
2. Which country invented ice cream? **China**
3. The name of which African animal means “river horse”?
Hippopotamus
4. Which sweet is wrapped in paper printed with trivia questions?
Fantales
5. Which Australian animal is on the \$1 coin? **Kangaroo**
6. What bird is on the front of the Australian \$50 note? **Black Swan**
7. Which law was first adopted in Australia in 1970 to do with motor vehicle safety? **The seat belt law**
8. What do you call a baby echidna? **A puggle**
9. What does Fred Flintstone have around his neck? **A tie**
10. What colour is the M in McDonalds? **Yellow**
11. How many holes are there in a full round of golf? **18**
12. How many points does a snowflake have? **6**
13. What was margarine first marketed in England as? **Butterine**
14. What name is used to refer to a group of frogs? **Army**
15. What is a female donkey called? **Jenny**
16. How many cards are in a deck of Uno? **108**
17. Which game includes the phrase “Do not pass go, do not collect \$200”?
Monopoly
18. What other name does corn go by? **Maize**
19. Name the only animal that cannot jump? **Elephant**

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.

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.

Come and Try for Seniors Month

Visit one or more of Ipswich 60 and Better Programs activities in the month of October on us! Simply attend an activity alone or better yet, bring a friend along and enjoy what Ipswich 60 and Better have to offer

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