

Community News & Views Ipswich

May 2025

Vol: 32 No 5

A Free Magazine!



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



**Celebrating all women who
have nurtured!**

Here's to the Mums, the
Stepmums, the Grand and
Great Grand Mums and the
not Mums yet.

Special Days

Mindful in May

5	Labour Day
6	No Diet Day.
8	Ovarian Cancer Day
11	Mother's Day
16	Ipswich Show Day
23	World Turtle Day
25	World Thyroid Day
25 – 31	Food Allergy Day
26	National Sorry Day
27 – 3/6	National Reconciliation Week

Date Claimers

5th May

Labour Day public Holiday

8th May:

High Tea

15th May:

Glengallon Homestead

16th May

Ipswich Show Holiday

20th May:

Meet & Greet

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 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 – Vacancy (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 May for the
June 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, first, thank you to the Ipswich Orchid Society and the Bromeliad Society for once again putting on a wonderful Ipswich Garden Spectacular. The continued sponsorship from your support will go a long way to enhance the Program. Thank you to those volunteers who stepped up to staff the Raffle stand over the weekend. We really appreciate your time and dedication.

We farewelled Office Assistant Lea Ford last month and are currently in the process of recruiting a new team member.

There are some interesting articles in this month's Newsletter, if you have a passion for a particular subject or skills in any area, we welcome your contribution to the News and Views. You are maybe a budding poet or even a short story writer, we look forward to hearing from you.

There is a Meet and Greet happening on the 20th of May with an interesting guest speaker, we look forward to seeing you at this event. Please remember to book in with the office for catering purposes.

The Fundraising subcommittee have been diligently working away in the background and the Mother's Day raffle is being drawn on the 8th May at the high tea.

The Ipswich Show public holiday is on the 16th of May, when was the last time you went to the show?

Stay well everyone, *Irene Strong*



HAPPY BIRTHDAY TO ALL MEMBERS BORN IN MAY

3rd Yvonne Dargan.	20th Shauna McGown.
4th Mary Doyle.	21st Janelle MacGilvray.
Irene Strong.	26th Christine New.
11th Mina Amba-Lee.	27th Clifford Kopitte.
Paula Bratic.	30th Kym Trebeck.
12th Fay Hancox.	Bill Williams
13th Laraine Stevenson.	
19th Ross MacGillivray.	



VOLUNTEER WEEK



Volunteer week this year is May 19th to May 25th.

This is to celebrate and recognize the contributions of volunteers across Australia.

The theme this year is “Connecting Communities”. This week will be celebrating the impact of volunteers and encourages community engagement through volunteering and focuses on highlighting how it strengthens communities and fosters connections.

Volunteering creates lasting relationships that enrich lives and strengthen communities. Join us as we explore how giving to others fosters community engagement, connection and belonging. Let’s acknowledge the spirit of connection and the incredible impact volunteers have in building thriving and inclusive communities.

And what an impact the Ipswich 60 and Better Program Inc. volunteers make in the Ipswich community and to this organisation! Thankyou! ***You are*** making a difference. Supporting others to belong, keep connected, keep doing, to be heard, seen and valued. Keep up the amazing work you do! We couldn’t do what we do without you!

Volunteers support this organisation approximately 500 hours each month! What do they do? Management Committee responsibilities, reception volunteering, support and facilitate each of the activities, fundraising, as well as newsletter contributions, preparation and distribution to over 100 local businesses. There is only one word to describe our volunteers: ***Awesome!!!!***



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 30 April 2025	\$850.50	
15/4	21.30	
10/4	2.50	
10/4	8.80	
26/2	8.50	
Total to Date @ 19 Feb	\$809.40	
Great Effort! Thank you!		

MEMBER NUMBER

Ipswich 60 and Better Program Inc.

C10125847



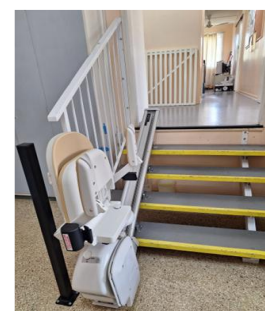
Mothers Day Raffle.

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

Ph Kim: 0403760326

Riverview and District Community Centre

138 Old Ipswich Rd, Riverview Email: grumpygrandpas2024@gmail.com



True to its name, it was a Spectacular event! Stunning Displays, and informative workshops inspired many purchases.

As the Ipswich Garden Spectacular's sponsored charity, Ipswich 60 and Better Program Inc volunteers staffed the Raffle stand organised by the Ipswich Orchid Society – prizes also organised by them. Thank you so much for those who donated Prizes: 1st donated by Eric and Yvonne Jonker and David from the Ipswich Men's Shed who made the frog planter, 2nd The Ipswich Men's Shed, 3rd Shayne Neumann Federal MP, 4th Wendy Bourne State MP and 5th Jennifer Howard State MP.

Congratulations to Raffle Winners!

1st (Purple) S69 Sherin. 2nd (Grey) F27 Brian H.
3rd (Grey) F14 Peter. 4th (Grey) F42 Julie.
5th (Purple) J Winks.



A variety of images taken over the weekend.



ENVIRONMENT MATTERS

Lyndel

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

Margaret Mead.

The increase of plastic pollution over the past 30 years has become a global problem that requires collective action to solve.

Only 9% of plastic is being recycled and plastic's chemical composition makes it unable to fully decompose, causing pollution to build up causing problems for our planet and human health. (earthday.org)

Simple things we can do to reduce our plastic use: -

1. Run the washing machine less to lessen microplastics in oceans.
2. Wear clothes made from natural material
3. Look for groceries and fruit & veg without plastic packaging.
4. Use beeswax covers and glass containers to store leftovers.
5. Do not use Teflon coated appliances. Stainless steel etc is better.
6. Reduce your consumption of soft plastics.
7. Recycle toothpaste tubes use tooth powder in non-plastic.
8. Use old towels for dishes and cleaning. Natural scrubbing brushes.

Empty, clean toothpaste tubes can be taken to Goodna Street Life to be recycled.

Biome stores (Indooroopilly) have environmental products of all types for cleaning and tooth care etc.

Good news is that in NSW Woolworths will be starting a trial to restart soft plastic recycling in June, so hopefully the program will gain momentum for the rest of Australia.

HELEN BRYAN

Taking the stress out of selling

Excellent firsthand knowledge from having lived locally for over **40 years**. Over 20 years of industry experience, sharp negotiation skills and a warm and friendly communication style.



Contact me for your free property price report
0418 722 135 / 3510 5238
helenb@remax.com.au

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



New changes for the rental laws. From 1 May 2025 the following changes come into effect.

To enter a rental property - you need to receive a minimum notice period of 48 hours instead of 24 hours.

New limits for entry apply after a form 12 notice to leave or form 13 notice of intention to leave had been issued – An agent, tradesman or landlord cannot enter the property more than 2 times within a 7 day period.

Changes to privacy – Agents/Landlord are now limited on what personal information can be requested from tenants.

Applications – There is a new standard rental application form for tenants to apply for properties. Agents/Landlords need to provide 2 ways to submit the application.

Changes to requests for fixtures and structural variations to a property, the Managing agent now must respond within 28 days. The tenants are required to use the approved form for the request and the landlord must not act unreasonably in refusing the request.

For more information on the new rental laws www.rta.qld.gov.au or 1300 366 311.

Food Allergy Week

Food Allergy Week was created by Allergy & Anaphylaxis Australia to raise awareness of food allergy in Australia.

Awareness and education help reduce the risk of allergic reactions, and effectively treat potentially life-threatening emergencies when they happen.

Held in the last week of May each year, Food Allergy Week is dedicated to promoting community understanding of food allergy.


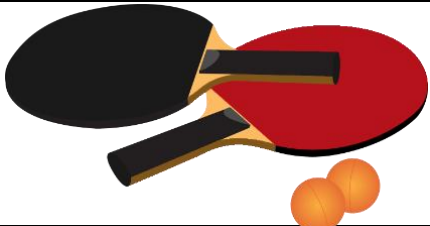

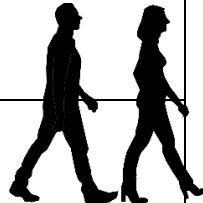
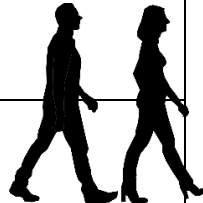
Australia has one of the highest rates of food allergies in the world, with more than 1.5 million Australians living with a food allergy. We also have one of the highest rates of hospital anaphylaxis admissions in the world. There has been a 51% increase in anaphylaxis presentations to emergency departments in a 5-year period, growing to more than 11,500 per year.

During Food Allergy Week, Allergy & Anaphylaxis Australia calls on all Australians to unite to help increase awareness and share information on what we can all do to improve safety for people who live with food allergies.

The theme for Food Allergy Week 2025 will be
Travelling with a Food Allergy.



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	1:15pm-2:15pm	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	9 am	Queens Park, Ipswich	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 

Book Review by Yvonne

In memory of all mothers who surrendered or lost their children.

MESSAGE FROM AN UNKNOWN CHINESE MOTHER

Author XINRAN



This wasn't an easy book to read due to its topic. It's a collection of ten different fates, united by the Chinese law and tradition concerning "how to deal with" female offspring.

The story centres on women who had to give their babies away (or murder them) due to the reasons mentioned above --especially in the very poor, rural areas of China, this seems to be common practice, since women are accepted as wife only if they bear a son. Or, in some areas killing a baby girl is believed to prevent natural disaster. The book tells the grieving and longing of these mothers as well as the stories of some of those daughters who survived and were lucky enough to find a new home within a family who adopted them. The questions of why their mothers gave them away and coming to terms with one's identity is another central question of this book.

The fates of these mothers and their babies is haunting, and I can't even begin to understand how such customs can still exist in these days and times. Reading this has opened my eyes -- it made me feel sad and angry. It's an emotional read.

The authors ever so slight distance gave those stories the realistic shade they needed, yet the emotions of the mothers and daughters shone through. The sad part about this, is that these female babies whether murdered or abandoned were never registered, so those that were adopted would never be able to find their birth mother.

BLESS THEM ALL

I have read up on this practice and it seems to have been going on for more than 2000 years.

HOMEWORK...PRACTICE....100 times I must write out...

The word "RUN" is considered to have the most senses of any English word - over 600 (Thesaurus.com). NOTE: As written in the Reader's Digest April/May 2024 edition. Said, "as written in the Reader's Digest". Well maybe, printed, as it was in the form of a printed article. Though technically it was written in the beginning, or, maybe typed. In ancient times, the beginning, forms of communication happened. In this day and age there are so many forms that have evolved that new innovative ideas are being created, let's say as we speak, or, more to the point as we read this. Keeping up though means we are losing our touch, in some instances, that perhaps, even the ability to do running writing will be a lost art.

Joining letters together, the art form of cursive writing is such a pleasant pastime. Making of sentences, combined, to make paragraphs, using, examples of punctuation is a true learned thing. An inanimate, not an animate, that can bring forth life to words as old as time.

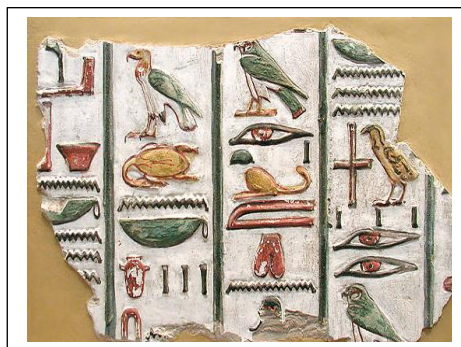
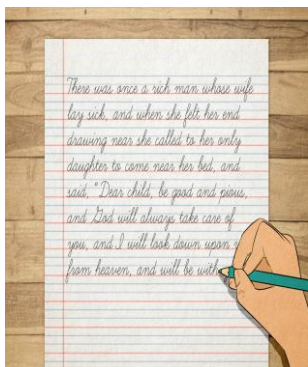
Using fine metal nibs attached to a very small piece of wood, and after many hundreds of years a quill of feathers with a sharp point of bone that could be dipped into ink before being put onto paper and in turn forming letters, joined, we now have plastic handles as well as fine timber pieces. Let alone the biro.

Remember the slates we were using...in the early grades way back in the early 1950's and years prior. Going to school and writing with a pencil, a H.B., easily rubbed out with a rubber when a mistake was made. Rub too hard and a hole in the paper was created for sure. Now a mistake with a biro was another story because the biro "ink" couldn't be expertly erased, however now there is an erasable pen. Horror if it was exam time.

Hieroglyphics, after pictures scraped into cave walls, depicts how life was forever ago. Without the abilities of people who learned to decipher those early writings we can now understand in this day and age what life was like back then. This all led, eventually, into the written word that is found in books. Having tangible artefacts, and the ability to read ensures the origins of all we know, and histories will never be lost.

Think of whoever created the alphabet, the ability to dip a nib into ink, join letters to create words and compose sentences that hold stories with meaning was just such an amazing person. Not forgetting all the writers since and all unborn writers. Libraries aren't full yet.

SO back to the headline... **HOMEWORK...Practice...100 times I must write out... "Never give up the abilities"**, the talents learned all those years ago in School and since. "Practice makes perfect"...so important to keep up the printed form, the written form, the longhand, the shorthand, scribing, the typed notes, cursive writing, Old English printing (hand written) AND most important of all, be it with your usual hand or your unusual one, your very own signature. E.L.



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

MEET AND GREET

Hi all, our next Meet and Greet is coming up soon, reserve your spot.

When: Tuesday May 20th.

Time: 10am start.

Where: 138 Old Ipswich Road, Riverview.

Riverview and District Community Centre, Riverview. (Just across the road from the Riverview State Primary School.)

There are plenty of car parks, and room in the hall for everyone.

Guest Speaker: Vinu Francis from Easy Hearing.

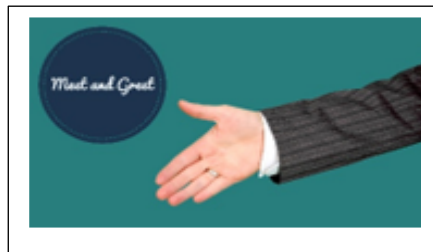
Easy Hearing, an audiology clinic here in Ipswich, provides a range of hearing services, including hearing tests, hearing aids, ear wax removal, and tinnitus management. They offer personalized hearing solutions and diagnostic tools.

Morning tea provided. (please ring to book your place and advise any special dietary requirements)

Time after the meeting to socialize make new connections, reconnect with old friends, find out what is happening at Ipswich 60 and Better Program.

It would be lovely if members put this date and time in their calendars and are able to attend.

We look forward to seeing you.



ALLERGIES

Allergies. The bane of everyone's lives. From the individuals who suffer from an allergy to those that are immediately around them.



There are several forms of allergies. These are some of the most common - *drug, food, contact dermatitis, latex, allergic asthma, animal, anaphylaxis, allergy to mould*.

Following is brief description of these:

Drug allergy is an abnormal reaction of the immune system to a medication.

Food allergies is an unpleasant or dangerous immune system reaction after a certain food is eaten.

Contact dermatitis is a skin rash caused by contact with a certain substance.

Latex allergy is an allergic reaction to certain proteins found in natural rubber latex.

Allergic asthma is asthma triggered by exposure to the same substances that trigger allergic systems.

Seasonal allergies is an allergic response causing itchy, watery eyes, sneezing and other similar systems.

Animal allergy is an abnormal immune reaction to proteins in an animal's skin cells, saliva or urine.

Anaphylaxis is a severe, potentially life-threatening allergic reaction.

Allergic to mould is an abnormal allergic reaction to mould spores.

If you suspect you suffer from any of the above, please visit your trusted health care professional and get checked out. There is nothing worse than living with an allergy, and suffering when sometimes a simple treatment or process can alleviate the symptoms and provide relief.

Reliable, Affordable Transport Services for All

Access government subsidised community transport. Call STAR today on 07 3821 6699



► 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**.*



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

► 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*.



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**
- **Admin and other office support.**

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



From the Social Club Pen

Have you all had a lovely month socialising out there, whether with the 60 and Better Program or just with good friends? Socialising does not mean anything officially organized, it just means getting out there and enjoying yourself with friends and making new ones.

I hope many of you visited the Ipswich Orchid Society Garden Spectacular. I know I did and had a lovely time meeting new people and saying hi to the people I know.

Cost for outings is left out as we are not sure what will be involved. If an entry fee is required, we will ensure you are aware. We always try and carpool, to social activities promoted (donations, towards fuel, if given will be greatly appreciated). However, you are expected to pay for your own food and drinks.

High Tea on 8th May, there are limited numbers, and you must book at the office, as it is being held at Bundamba TAFE. There is a \$30 cost for this.



A visit to Glengallon Homestead is on **Thursday 15th May**. There will be an entry fee of \$15 per adult or \$12 for

Concession. We are meeting up at the Yamanto McDonalds at 9.30am to start our trip and will be returning to at the end

of the day. This is carpool travel. You will need to make your own way to pickup and drop off point. When booking please advise if you are willing to drive or need to be a passenger.

In July we will be visiting Crows Nest and surrounding towns. This is a stop, look and possible buy trip for whatever takes our fancy. Currently there is nothing in June as I will be away.

We hope to hear from you with what you got up to in June so I can add to this page. Pictures are a must (which I forget to do).

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.

See you next month with bells on, **The Pen**.

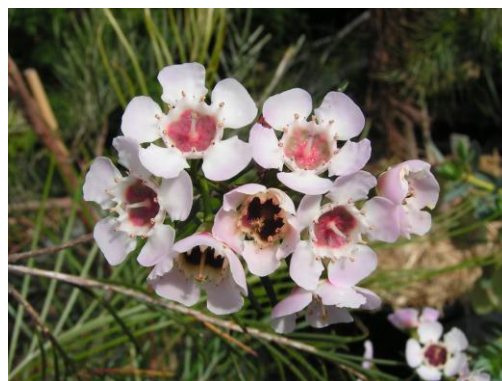
1	4	9	3	2	7	5	8	6
2	5	7	1	8	6	4	3	9
3	6	8	9	5	4	7	2	1
5	2	1	7	6	3	8	9	4
4	9	6	8	1	5	2	7	3
7	8	3	4	9	2	1	6	5
6	1	2	5	7	9	3	4	8
9	3	5	2	4	8	6	1	7
8	7	4	6	3	1	9	5	2

April Sudoku Answers



May Facts:

Native Australian Birth Flower for May is the Crowea or “Waxflower”.



April Trivia Answers from Meg

1. Butterflies use which part of their bodies to taste? ***Feet***
2. Which animal is known to breathe through their skin? ***Frogs***
3. What colour is the blood of an octopus? ***Blue***
4. What common farm animal is known to be colourblind? ***Cow***
5. Approximately how many seeds are in or on a strawberry? ***200***
6. How many ice cream flavours does Baskin – Robins have? ***31***
7. What is the national dish of China? ***Peking Duck***
8. Which food is known to be the most stolen in the world? ***Cheese***
9. Don Bradman was born in which NSW town? ***Cootamundra***
10. The Pilbara is a region in which state of territory? ***Western Australia***
11. Simmental is a breed of what farm animal? ***Cattle/Cow***
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? ***61***
13. Which country has the longest coastline? ***Canada***
14. Who was the first of Queen Elizabeth 2nd children to divorce? ***Princess Anne***

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

May Sudoku**May Birth Stone**

is an Emerald,
representing
wisdom, loyalty.

The word Emerald
is derived from the
Greek word
“smaragdus”
meaning “green”.

***May Trivia from Meg***

1. Traditional children's greeting on the 1st day of a month is a “pinch andwhat?
2. In what decade were DVD's invented?
3. What activity is associated with tripping the light fantastic?
4. What is the car driven by Rowan Atkinson's character Mr Bean?
5. The flag of Japan features a large circle of what colour on a white background?
6. How many rings in the Audi logo?
7. Mosquitos have how many legs?
8. What colour is ermine fur?
9. Do bats lay eggs?
10. What type of animal is a steed?
11. How many times has Tom Cruise been married?
12. Mohair comes from which type of animal?
13. What would you do with mead?
14. Are spiders insects?
15. What is the name of Batman's car?

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.

**If undeliverable return to:
Ipswich 60 and Better Program Inc.
PO Box 608
Booval Fair Q 4304**

**SURFACE
MAIL**

**Postage
Paid
Australia**

**Australia Post Publication
100019013**