

# Community News & Views Ipswich

**July 2025**  
Vol: 32 No 7

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.



## **THE NEXT GENERATION: STRENGTH, VISION & LEGACY**

6-13 JULY 2025

**Special Days** Dry July

**6 – 13 NAIDOC Week**

**11 – World Population Day**

**27 – National Tree Day**

**30 – International Day of Friendship**

### **DATE CLAIMERS**

**1<sup>st</sup> July** – Memberships due

**8<sup>th</sup> July** – **HOY** morning tea (\$10 each, fundraiser, **all welcome**)

**17<sup>th</sup> July**- **Crow's Nest**, small towns, social group. Carpool, ring office.

### **DATE CLAIMERS Cont'd**

**1<sup>st</sup> Sept** – Treasure Trove, \$15 a head, put it in your diary. **All Welcome**

**21<sup>st</sup> Sept** – Secret Bridesmaid Business @Ipswich Little Theatre

**23<sup>rd</sup> Sept** – AGM

**27<sup>th</sup> – 28<sup>th</sup> Sept** Ipswich Garden Spectacular

Funded by



**IPSWICH 60 AND BETTER PROGRAM Inc.**

**A PROGRESSIVE PROGRAM FOR THE OVER 50'S**

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

## **Ipswich 60 and Better Program Committee Members 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** – 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 **1<sup>st</sup> Monday of the previous month (i.e. 1<sup>st</sup> 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

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**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](http://www.60andbetteripswich.com.au); **email:** [admin@60andbetteripswich.com.au](mailto: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](http://www.60andbetteripswich.com.au)

**Email our office to be sent out a request form should you wish  
to advertise with us.**

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## **PRESIDENT'S PEN**

I hope this message finds you well and in good spirits. As we move into the second half of the year, I am delighted to share some exciting updates and upcoming events with you.

Firstly, I want to express my heartfelt gratitude to all our volunteers and participants for their unwavering support and enthusiasm. Your dedication is what makes our program thrive and continue to be a beacon of community spirit.

We have a fantastic lineup of activities planned for the coming months, including walking and exercise groups, social outings, and our HOY Fundraiser. These events are designed to enrich your lives, foster new friendships, and promote a healthy and active lifestyle.

I encourage you to take full advantage of these opportunities and get involved. Your participation not only benefits you personally but also strengthens our community as a whole.

Thank you for being a part of the Ipswich 60 and Better Together, we can make a positive impact and continue to grow as a vibrant and supportive community.



Stay well everyone, *Irene Strong*

## **HAPPY BIRTHDAY TO ALL MEMBERS BORN IN July**

1	Dianne Bevan	19	Kristine Bailey
2	Shirley O'Donnell	20	Tris Smith-Philips
3	Max Hilton	23	Di Woolridge
6	Ann Dujela		Mark Kerr
7	Gillian Kane	28	Wendy Payne
8	Wendy Lindsay		Kate Kunzelmann
11	Patricia Andrew	29	Annette Creighton
	Mary Tefay	30	Leona Bayoux-Perrot
15	Glenda Cooper	31	Kathleen Campbell
16	Carmen Smith		



## **Celebrating National Tree Day**

As we approach National Tree Day on July 27, 2025, it's a wonderful opportunity for those of us over 60 to reflect on the importance of trees and nature in our lives. 🌳

### **A Day to Connect with Nature**

National Tree Day, Australia's largest community tree-planting and nature care event, invites everyone to get their hands dirty and contribute to a greener future.

For many of us, this day is more than just planting trees; it's about reconnecting with the natural world, sharing stories, and passing on our love for the environment to younger generations.

### **Why Trees Matter**

Trees are vital for our planet. They absorb carbon dioxide, produce oxygen, and provide habitats for wildlife. For those of us who have seen the world change over the decades, participating in National Tree Day is a chance to leave a legacy. It's a way to ensure that future generations can enjoy the beauty and benefits of a healthy environment.

### **Getting Involved**

There are many ways to participate in National Tree Day.

Whether you join a local tree-planting event, donate to environmental causes, or simply spend time in your garden, every little bit helps. It's also a fantastic opportunity to meet like-minded individuals and share your experiences and wisdom about nature and conservation.

### **Health Benefits**

Engaging in outdoor activities like tree planting can have significant health benefits. It can improve physical fitness, reduce stress, and enhance mental well-being. For those of us over 60, staying active and connected with nature is crucial for maintaining a healthy lifestyle.

### **A Community Effort**

National Tree Day is a community effort that has seen millions of trees planted since its inception in 1996. By participating, we contribute to a collective goal of creating a greener, more sustainable world. It's a day to celebrate our shared commitment to the environment and to inspire others to join in.

# Containers for Change

MEMBER NUMBER

Ipswich 60 and Better Program Inc.

C10125847



DATE	AMOUNT
<b>Total to Date @ 30<sup>th</sup> June</b>	<b>\$918.10</b>
26/6	9.30
5/6	36.00
4/6	16.20
30/5	8.20
23/5	19.20
10/4	2.50
10/4	8.80
26/2	8.50
<b>Total to Date @ 19 Feb</b>	<b>809.40</b>

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

Thank you to all who are participating in our containers for change drive for 2025.

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**

Great Effort!  
Thank you!

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

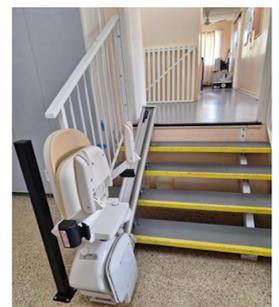
## Fathers Day Raffle.

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

Great Prizes Will be Drawn 1<sup>st</sup> September

## 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 **Phone Kim: 0403760326**
- Scroll Saw Intarsia

Riverview and District Community Centre  
138 Old Ipswich Rd, Riverview Email: [grumpygrandpas2024@gmail.com](mailto:grumpygrandpas2024@gmail.com)

Reminder to Book in now!

# Hoy! using Playing Cards (similar to Bingo)



A Pack of cards is used for every 4 people:  
Each player holds 13 cards

This style of Hoy uses the suites only  
That is Diamonds, Hearts (red)  
Clubs and Spades (black)

 The 'caller' states the card e.g. 'red diamond' etcetera  
 The player puts the called card aside. As cards are called, the first to empty their hand calls.....

Tues 8th July

# #HOY!

 and wins a PRIZE!!

Variations include:

1. FIRST THREE CARDS CALLED WINS
2. FIRST PLAYER WITH ALL CALLED RED WINS
3. "DONKEY'S BUM" MEANS PLAYER WITH ONE CARD LEFT WINS.

## HOY MORNING TEA

Riverview & District Community Centre

\$10.00 ENTRY!

PLEASE BRING A PLATE OF FOOD TO SHARE ON YOUR TABLE  
OF 4... UNLIMITED TEA OR COFFEE.

9.30 AM FOR 10.00 AM START

SPECIAL THANKS TO DELL FOR ALL PRIZE DONATIONS 

## News from around the Groups

### A Thank you for Di.



Thankyou Di Molloy, for establishing and convening the Mahjong group since 2022. Di is retiring from the role! However, will still be joining in with the activities.



There were **three people** celebrating a birthday, this turned into a **PARTY** at Indoor Bowls. 😊



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

Register your interest by calling the office on 07) 32828644 .

### Lunching with Elsie

Early June I somehow found my way to Elsie's front door and ended up lunching with her and her son and daughter in law. Sharing lunch with them was a real treat and upon learning that early in April Elsie had turned the grand old age of 95 made our time together extra special.

Elsie has been a very long-time member of the Program and still maintains her membership as well as staying in touch with a few of us.

Always ready to share time and her generosity with her visitors which in turn really makes us all feel special. The courtesies offered makes for a rare treat of just, once in a blue moon, being able to sit at a well-presented table and share.

Spending time in great company is a true blessing!

*Ethel*





**Thriving in the Third Act:**  
Insights and Action from the 2025 Healthy Ageing  
Conference Published: **08 Apr 2025**  
(continued from June)

**3. Loneliness: The Silent Epidemic**

Loneliness was described as a public health threat comparable to smoking and obesity. It's associated with increased risks of cardiovascular disease, dementia, and early death.

Key points:

Loneliness ≠ social isolation (subjective vs objective)

Older adults often won't use the word "lonely"—they say "I feel invisible" or "I don't want to be a burden"

A pharmacist-led pilot training program is being trialled to support meaningful conversations with patients (the PALS program)

- Action Step: Ask, "Do you feel connected to people in your life?"  
Consider engaging with local walking or hobby groups.*

**4. Social Prescribing: A Pill for Purpose**

Dr Kuljit Singh introduced social prescribing as a model that acknowledges that health is not just biological but also social and psychological. GPs and allied health professionals, including physiotherapists and community members, can refer patients to community activities, social groups, or volunteering opportunities to combat isolation and boost well-being.

- Action Step: If you are not a member of a group or association, speak to your GP or physio about local organisations (e.g., Men's Sheds, community choirs, arts groups).*

**5. Falls Prevention: Exercise That Works**

Professor Anne Tiedemann, from the University of Sydney, presented compelling evidence that not all exercise is created equal for fall prevention. Key findings:

- Balance-challenging and functional exercises (e.g. walking on uneven surfaces, step-downs) are most effective
- Group classes are just as effective as 1:1 sessions if designed well

- Action Step: Join an exercise class that includes progressive balance training and functional movement—not just strength or general fitness.*

- Action Step: Don't ignore any aches, pains or niggles that are preventing you for being active.*

(To be continued in August)

## Call on a STAR Friend today!

Do you feel lonely or socially isolated?  
A STAR Friend can add a little sparkle to your life.



07 3821 6699

**STAR Friends is a free service providing quality social connections for those on a Home Care Package or on the national waitlist for a Home Care Package.**



Funded by the Australian government

Your STAR Friend will be a volunteer from your local community, matched with you based on your interests and hobbies.

With your STAR Friend, you can choose to simply enjoy a cuppa and chat, or

- go for a walk or an outing in the community
- play games together such as chess, cards
- do arts and crafts
- rekindle hobbies
- play or listen to music
- connect with your friends and family using technology, and more!

**If you or someone you know is on a Home Care Package or on the waitlist for Home Care Package, and would like to join STAR Friends, please call Jessy Byrnes at STAR on 07 3821 6699 or email starfriends@starct.org.au**

[www.starcommunityservices.org.au](http://www.starcommunityservices.org.au)



## VOLUNTEERS NEEDED

CALLING ALL COMMUNITY MINDED PEOPLE.

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

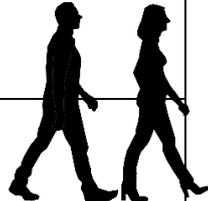
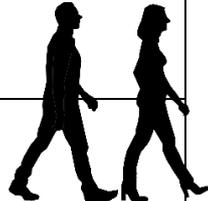


### JOIN STAR COMMUNITY SERVICES!

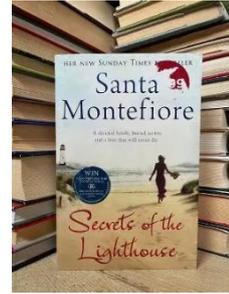
At STAR, we value our people and we are passionate about making a difference for vulnerable people by supporting them in living independent and fulfilled lives. We welcome people of all ages and diverse backgrounds who want to create positive outcomes for people in our community. A range of volunteering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

CALL 3821 6699 FOR MORE INFORMATION.

<b>Weekly Activities</b>			
<b>Monday</b>			
<b>UFO Craft</b> ( <u>Un</u> Finished <u>O</u> bjects)	9:30am-12 noon	Riverview	Donation M/ Tea to share
<b>Social Art</b>	9:30am-12 noon	Riverview	Donation
<b>Tuesday</b>			
<b>Mahjong</b>	1pm - 4pm	Y Tavern	Donation
<b>Tai Chi for Health</b>	1pm-2pm	Raceview	Donation
<b>Tai Chi for Health</b>	1pm	Goodna	Donation 3818 1648
<b>Table Tennis</b>	1pm-4.30pm	Riverview	Donation bring A/ Tea to share
<b>Walking</b>	4pm	Ipswich CBD Locations vary	Bring Hat, Water, appropriate shoes
<b>Wednesday</b>			
<b>Indoor Carpet Bowls</b>	1:30pm – 4:30pm	Raceview	Donation A/ Tea to share
<b>Table Tennis</b>	1pm-4pm	Springfield	Donation A/ Tea to share
<b>Thursday</b>			
<b>Walking</b>	9:00am	Queens Park	Bring Hat, Water, appropriate shoes
<b>Tai Chi for Health</b> (inc Tai Chi for Diabetes)	1-2pm Beginners 2-3pm Advanced	Cascade Gdns Raceview	Donation Irene 0497 808 402
<b>Friday</b>			
<b>Learn to Play Bridge &amp; Games</b>	10 am-12noon	Riverview	Contact Garry 0411 876 668
<b>Canasta /Cards</b>	10 am-12.30am	Brothers	Donation
<b>Mahjong</b>	10 am - 12:30pm	Y Tavern	Donation
<b>Concert Party</b> <b>Jan White 0409 279 631</b>	1-2.30pm 2pm A/noon Tea	Raceview	Donation. bring A/Tea to share
<b>Table Tennis</b>	1pm-4.30pm	Riverview	Donation A/ Tea to share

Groups	Group Address	Other Activities
<b>Art</b> <b>Learn to Play Bridge/</b> <b>Card &amp; Board Games</b> <b>UFO Craft</b> <b>Table Tennis Tuesday</b> <b>Table Tennis Friday</b>	Riverview and District Community Centre Hall, 138 Old Ipswich Rd, <b>Riverview</b>	<b>Theatre Group</b> Ipswich Little Theatre Weekend Matinee when Shows are scheduled
<b>Tai Chi for Health</b> <b>Tuesday</b>	Community Hall Cascade Gardens 67 Cascade St, <b>Raceview</b>	<b>Mahjong</b> Contact Sandi 0419934559
<b>Tai Chi for Health</b> <b>Thursday</b>	Community Hall Cascade Gardens 67 Cascade St, <b>Raceview</b>	
<b>Concert Party</b> <b>Indoor Carpet Bowls</b>	Raceview Congregational Church Hall, Wildey St, <b>Raceview</b>	<b>Social Outings</b> Various Events throughout the year Costs and Venues vary
<b>Table Tennis</b> <b>Wednesday</b>	Aveo Springfield 1 Symphony Way, <b>Springfield Lakes</b>	
<b>Tai Chi for Health</b> <b>Tuesday</b> <b>Goodna</b>	Goodna Neighbourhood House 33 Queen St, <b>Goodna</b>	
<b>Walking Tuesday</b>	Ipswich Various Locations	Contact Office 
<b>Walking Thursday</b>	Queens Park Ipswich	Contact Office 

YVONNE'S book review  
SECRETS OF A LIGHTHOUSE  
Author Santa Montefiore



Ellen Thorton is running away from her shallow life in London and her controlling mother, who is desperate for her to conform. Where better than the sweeping landscape of the Connemara, to stay with her mother's estranged sister, in a place she can cut off all contact with the past? But beneath the wild beauty of the Irish landscape lie secrets which have been hidden for years and a mystery just waiting to be unravelled.

Conor Macausland cuts a dark, lonely figure. His young wife Caitlin, died tragically at the old lighthouse and her loss has devastated him. But when he and Ellen come across each other, a connection sparks between them. Yet Caitlin's restless spirit is determined that he should never love another.

Ellen soon realises that Conor's past is not all it seems, and there's more to her family history than she knew, too. As the secrets are finally revealed, the truth must be told.

A compelling story of a divided family, hidden pasts and a love that will never die.

←—————→  
**Learn to Play Bridge and Games**

Held at Riverview each Friday 10am-12pm is Bridge and other games. Bridge, also known as **Contract Bridge**, is a trick-taking card game in which the object of the game is to win or "take" tricks. Like another trick-taking classic, Spades, the most common variant of Bridge involves partnership. Two teams of two, in a four-player arrangement, is most common. Bridge can also be played in a three-handed or three-player variant, known as cutthroat. Bridge is a classic card game using the standard 52-card Anglo-American deck, and one whose age and complexity lends itself to a depth of strategy. It is a great game to keep those brain cells firing.

Other games include: 500, scrabble and a variety of card games depending on number of people who attend.



**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.

### What should I do to get my house ready for market?

To help achieve the best result I would recommend looking at your presentation:

**Declutter** – Start packing away all items that are unnecessary, this will make the rooms look more spacious. The more you pack now the easier it will be once the property is sold.

**Clean** – Give your home a good deep clean including the windows.

**Repairs or renovations need doing** – Walk around the property to see if there are any repairs that need doing. For example, taps leaking, mouldy silicon, carpet that needs replacing, paint peeling.

**Outside** – Buyers will drive past, make the outside look as inviting as possible. You may need to do an external house wash, tidy up the gardens, mow the lawn, add a couple of pot plants

**Staging** – To appeal to buyers, arranging furniture strategically or even hiring someone to stage your home will show buyers how the spaces can be utilised and give a more spacious feel to the property.





# IPSWICH GARDEN SPECTACULAR

**27<sup>th</sup> September 2025 8:30am—3:00pm**

**28<sup>th</sup> September 2025 9:00am—1:00pm**

Ipswich Orchid Society Show & Sale  
Ipswich & Districts Bromeliad Society Sale  
Multiple other Vendors attending  
Variety of plants and products available  
Raffle tickets available

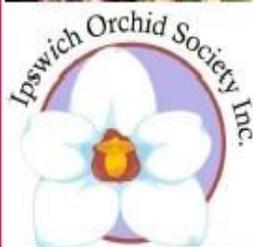
**Admission = \$5.00**

**Silkstone State School**

**Prospect Street, Silkstone**

Cultural lectures  
Plant Creche  
Disabled parking  
Wheelchair friendly  
Bus trips welcome

**Under 18's = FREE**



Questions? Email us at  
[ipswichorchidsociety@gmail.com](mailto:ipswichorchidsociety@gmail.com)

Hosted by Ipswich Orchid Society and  
Ipswich & Districts Bromeliad Society  
Supporting Ipswich 60 and Better Program



**ENVIRONMENT MATTERS- Decluttering.**

Most of us are at the age where we may have to think about downsizing due to practicalities such as health or finances. The mind has to process our environment; therefore, it has to work overtime if it's surrounded by chaos and clutter. Clutter is like a psychological weight in our homes. Our mental health will certainly benefit from a 'spring clean' of our homes, even though it is winter.

Nuala McGovern spoke about the connection between our home and well-being on BBC 1 and why she thinks we should curate our things to tell our stories using the things that really mean something.

**TIPS:-** Start with one drawer, shelf, cupboard or corner.

- Use three containers, one to bin, one to keep or remake/repurpose, one to sell, give away or donate.
- Think about whether you have used the item in the last year, if you have duplicate things or does not suit current lifestyle.
- Join “Unconsumers Groups” to give away your items.
- Whether you collect in a bag, box or bin, take it straight to the car.
- Reward yourself with a special treat or take a break in between achieved goals.

How clutter related stress shows up in your life:-

1. You feel overwhelmed
2. Clutter creates endless decisions
3. Clutter creates tension in relationships
4. Clutter can increase cortisol levels creating more stress

Ideas for repurposing include using glass bowls and platters to make garden ornaments (bird bath pictured)



You could repurpose wine glasses by putting candles into them as gifts or jars to hold items.

Of course, if you wish to learn more about clothes upcycling, we are taking expressions of interest at our September Treasure Trove Fashion Parade regarding future workshops.



**The Pen: UP, UP AND AWAY** Come wintertime the terns migrate and leave Norfolk Island as do many others. *Instead*, Ipswich had 8 ladies migrate over the seas to spend seven nights there. Six of them being members of the social group. So come Thursday, 12th June they all met in the wee hours of the morning to be driven to the Brisbane International Airport for the flight.

All went well, queued at the counter for check-in, only to be told check-in wasn't till 8.30a.m. Even though the board indicated it was. No panics found a seat and coffee was the order of the morning. Check-in finally done, customs dealt with, money spent in duty free. Time for another coffee stop before waiting for boarding time at 11.35a.m. All good and after a late start, 'Up, Up and Away'.

After a comfortable flight, transfer to accommodation, a cuppa and cake shared we all settled into our respective units. Time to shop for supplies. Dinner at the Bowls Club. Great food and truly welcomed as it had been a long day. Needed to be fresh for the Island Orientation Tour the next morning. Which began a whirlwind of organised Island Tours. First being The Progressive Dinner, Saturday early morning breakfast after a walk for some (which didn't happen due to weather). BUT the breakfast did. Due to weather the Fish Fry was transferred into the Church Hall. Excellent evening and a few happened to get a sunset shot. Markets, lunch, the walking Convict Kingston Tour was the next day.

So much to do, so many areas to visit and drive to, time just flew by. The Island celebrated King Charles 111 birthday by closing down for the Monday. Had to be organised to know where and when to find a meal. Couldn't buy an egg even to scramble it, chickens roamed the place but wouldn't or even couldn't kill, bleed and pluck to cook. Bully calves everywhere, their mum's ever protective. Days just flew by, and it was soon time to head home. Which, for some was a real problem, as they had bought handmade cows to journey back to the mainland. Beautiful they are, three with one, gifts, two another and one especially made out of selection Norfolk Island pine prints.

Shopping on the Island is a delight, and I don't think anyone came home empty handed. So, as the saying goes "Whatever happened on the island stays on the Island!" My favourite memories, conjures up quality food, great coffee, desserts, car rides and watching a Netflix movie each night. One of the best memories was when one of the crew lost her medic bracelet to be found and returned to her. Island radio was amazing, so easy to alert everyone to be on the lookout. Speed limits were on the 40/50m.p.h. limit, such a laid back place even in winter and no! Not one of us donned bathers and had a swim. Cheers Ethel



Ethel

# Good to GO Garden Organics

Ipswich residents can use their green lid garden organics (GO) bin for garden waste disposal.

Collection will occur fortnightly on the resident's regular bin day, alternating with the yellow lid recycling bin, from July.

Use the GO bin to dispose of grass clippings, prunings, cuttings, trimmings, twigs, sticks, palm fronds and weeds.



For more information scan the QR code, visit [ipswich.qld.gov.au/organics](http://ipswich.qld.gov.au/organics) or call (07) 3810 6666.

**LET'S SORT  
IT OUT.**

**IPSWICH  
WASTE SERVICES**

This initiative is supported by the Queensland Government's Recycling and Jobs Fund

 **Queensland  
Government**

2	1	3	6	8	5	7	4	9
7	8	9	2	3	4	5	6	<b>1</b>
5	6	4	7	1	9	8	2	3
8	4	7	9	6	3	<b>1</b>	5	2
6	9	2	8	5	<b>1</b>	3	7	4
<b>1</b>	3	5	4	2	7	9	8	6
4	7	8	3	9	6	2	1	5
3	5	6	1	7	2	4	9	8
9	2	1	5	4	8	6	3	7

**June Sudoku**



***June Trivia Answers from Meg***

1. How many handles on the Melbourne Cup? **3**
2. On a farm a kid is a baby what? **Goat**
3. Which Italian city is famous for its leaning tower? **Pisa**
4. What does Fred Flintstone wear around his neck? **A tie**
5. What is a baby seal called? **A pup**
6. How is the number 5 written in roman numerals? **V**
7. What does the F. stand for in F.B.I.? **Federal**
8. Which is the highest mountain in the world? **Mt. Everest**
9. What is the name of Fred Flintstone's daughter? **Pebbles**
10. How many wings does a bee have? **4**
11. Valencia and Seville are common varieties of what fruit?  
**Oranges**
12. In what country is the Marlborough wine region? **New Zealand**
13. What is the common name for a dried plum? **Prune**
14. What is the Pride of Erin? **A dance**

	3			9		6	4	
2		9	4	5		8	3	7
	6	7	2		3			<b>1</b>
5	8	2	9					6
			6	<b>1</b>	2		8	5
				3		4		
		4			<b>1</b>	5		
	2	8					7	
6								3

**July Sudoku**



**July Facts:**

July Birth Stone  
Is Ruby



**Birth Flower for  
July is the Larkspur  
and water lily.**

Together, larkspur and  
water lily  
present the balance of  
fire and water that  
defines July.

***July Trivia from Meg***

1. Singer Jessica Mauboy was raised in which Australian city?
2. What retired Australian swimmer is nicknamed Madam Butterfly?
3. A serenade would traditionally be sung at what time of day?
4. Which zodiac sign is symbolised by the bull?
5. In what state or territory would you find Mt Kosciusko?
6. In which part of the human body would you find the metacarpal bones?
7. Alberta is a province of which country?
8. In regard of travel and transport what does ETA mean?
9. The location of a major World War battle, the river Somme is in which country?
10. Which iconic Australian building was designed by Danish architect Jorn Utzon?
11. Indicating old age, the phrase “three score years and ten” refers to what specific age?
12. What name is typically given to the kitchen on a ship?
13. The remote town of Ceduna is in which Australian state or territory?
14. What is a female donkey called?

## *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](http://www.60andbetteripswich.com.au).

**If undeliverable return to:  
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