

Community News & Views Ipswich

August 2025

Vol: 32 No 8



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.



1st Aug ~ World Day of Joy!

Special Days in August

- 7th Aged Care Employee Day
- 9-17 Aug Brisbane EKKa
- 8th Int. cat rescue day
- 8th Happiness Happening Day
- 9th Int. Day of Indigenous People
- 10th World Day of Loneliness
- 13th Left Handers Day
- 22nd Daffodil Day
- National Stroke Week
- 26th National Dog Day

DATE CLAIMERS

- 1st September Treasure Trove Fashion Show. \$15 a head. All welcome
- 21st Sept Secret Bridesmaids business@ Ipswich Little Theatre. Contact the office if you would like to attend.
- 23rd September- AGM
- 27th – 28th Sept -Ipswich Garden Spectacular. (Volunteers needed to sell raffle tickets over weekend)

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!

Funded by



Ipswich 60 and Better Program Committee Members 2024-2025

President: Irene Strong Vice President: Karen Batterham

Treasurer: Vivienne Sambell

Secretary: Maureen Davies

Committee: 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 **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

The year is moving past so quickly, before you know it there will be Christmas decorations on display at shopping centres!

As we embrace the final month of winter, it's heartwarming to reflect on the wonderful energy and friendships we've shared over the past few weeks.

Our HOY fundraiser was a fantastic success! Thank you to everyone who joined in the fun and helped make the day so memorable. Your enthusiasm and generosity went a long way in supporting our ongoing programs—plus, there's nothing quite like a bit of friendly competition around the card tables to bring out some smiles! Special thanks go out to Dell and the fundraising subcommittee for organising the event.

We also enjoyed a delightful outing to Crows Nest, where good company, fresh country air, and a few scenic surprises made for a perfect day. It's always a joy to explore the region together and these trips truly remind us of the value of shared experiences.

Looking ahead, we're eagerly anticipating the much-talked-about Fashion Parade featuring 'Recylyn'. It's bound to be a stylish celebration of creativity and sustainability. If you haven't yet marked it on your calendar—do! It's shaping up to be one of our highlight events of the season. *And don't forget to get your Father's Day Raffle tickets from the office now.*

Thank you all for the warmth, laughter, and sense of community you bring to Ipswich 60 and Better. Here's to another month of connection.

Irene Strong



HAPPY BIRTHDAY TO ALL MEMBERS BORN IN AUGUST

| | |
|-----------------------|--------------------|
| 3 Carmel Donlevy | 20 Bernadette Rich |
| 7 Suzanne Schonknecht | 22 Lorelle Audoss |
| 6 Christine Harvey | 22 Bob Polowyj |
| 8 Delwyn O'Donohue | 25 Lorraine Walsh |
| 10 Michael Cafemer | 26 Kate Collier |
| 10 Colette Whitely | 27 Blair Sanewski |
| 11 Helen Beaver | 29 Kitty Bird |
| 12 Andrea Shields | 29 Nancy Byrnes |
| 12 Rhoderick Melville | 31 Heather Cummins |
| 16 Ike van der Hoeven | |



The Pen

This month the Social Club took a trip to Crows Nest.

Queens Park Cafe was the meeting place for those going on our day trip. A group of eleven came ready to carpool in three vehicles.

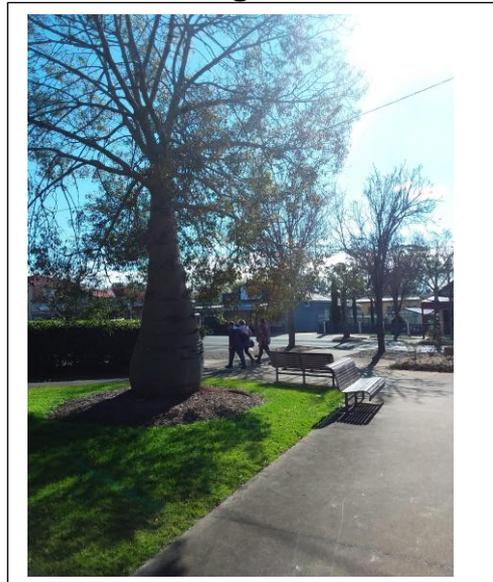
Setting off, taking about an hour before arriving in Esk for a well-earned coffee at the local bakery.

After a short break we set off along the Esk Crows Nest Road, but soon discovered it wasn't a sealed road all the way. Which led to three very dirty and dusty cars arriving in Crows Nest.

After lunch at the Little Blueberry Cafe we strolled around town, investigating the shops along the way.

Leaving around 2pm heading for home through Murphys Creek, everyone was dropped back at Queens Park.

A very enjoyable day had by all involved, with lots of laughs, conversations and adventure.



Father's Day Raffle

1st Prize: Whipper Snipper

2nd Prize: Hamper, donated by Cr Marnie Doyle

3rd Prize: Hamper, donated by Jennifer Howard MP

4th Prize: Barnaby Joyce Port Decanter



To be drawn on Monday 1st September at Treasure Trove Fashion Parade
Tickets just **\$2** each **or 3 for \$5**

Containers for Change

| DATE | AMOUNT |
|--------------------------------|-----------------|
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| | |
| Total to Date @ 30 June | \$918.10 |

Great Effort!
Thank you!

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

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

MEMBER NUMBE

Ipswich 60 and Better Program

C10125847



We Are So close to \$1,000!

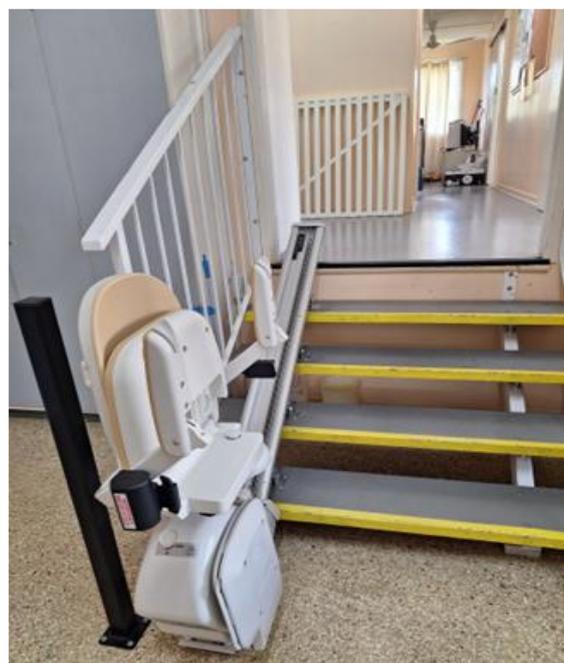
Lets aim for this amount by the end of October.



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



Oral health care tips for people with natural teeth

Leonie Short

Seniors Dental Care Australia

info@sdcaust.com.au

0407 694 874



People with natural teeth should be putting a pea-sized amount of fluoride toothpaste onto a dry toothbrush. The toothbrush should be small headed and soft-bristled.

Angle the toothbrush towards your gums and use a small circular motion to clean your teeth and gums. Angle the toothbrush up for the top teeth, and angle it down for the bottom teeth. Clean the outside surfaces of your teeth (facing your lips and cheeks) and the inside surfaces of your teeth (facing the palate and your tongue). To clean the biting surfaces of the back teeth, gently scrub back and forth. Cleaning should take at least 2 minutes, and it should be completed twice per day – morning and night.

You may also be using a tongue scraper to clean your tongue, and an interdental cleaner (interdental brush or dental floss) to clean in between your teeth.

So, you can get the maximum benefit from the fluoride toothpaste, do not wet your toothbrush before you start brushing. And, after you have brushed, you can spit but do not rinse.

2025-26 Memberships Reminder

A reminder to pay your 2025-2026 membership of \$20 via the office in cash or cheque, or online via PayPal or direct deposit. You must use your name as a reference so payment can be recorded against your name to continue to receive newsletters. We are also searching for those members who have paid online without using your name as a reference (e.g *The old man*), as we cannot process your membership. Please see office staff.



IPSWICH GARDEN SPECTACULAR

27th September 2025 8:30am—3:00pm

28th 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

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





Thriving in the Third Act: Insights and Action from the 2025 Healthy Ageing Conference

Published: 08 Apr 2025

Continued from July

6. Nutrition: Protein Matters in Older Age

Professor Karen Walton discussed the growing evidence around **protein intake** in older adults:

- Older adults often under-consume protein
- Spreading protein across all meals (not just dinner) helps preserve **muscle mass** and **immune function**
- BMI is a flawed health indicator in older age; a slightly higher BMI may be protective

Action Step: *As an older person, include a source of lean protein in every meal (e.g. eggs, Greek yoghurt, legumes, fish). See a dietitian for more tailored advice.*

7. Chronic Disease: From Risk to Resilience

Chronic disease management doesn't need to be fear-based. **Liz Obersteller**, nurse practitioner and diabetes educator, advocated for shifting from “managing risk” to “building resilience”.

Key messages:

- Focus on **self-efficacy**, **patient-led goal setting**, and **community supports**
- Address not just the numbers (BP, A1c) but also emotional well-being and lifestyle barriers

Action Step: *Ask yourself and tell your health professional about, “What’s most important to me right now?” so that any intervention is focussing on what you need.*

To be Continued September

Book Review with Yvonne

JUST ONE LOOK

Mystery Thriller

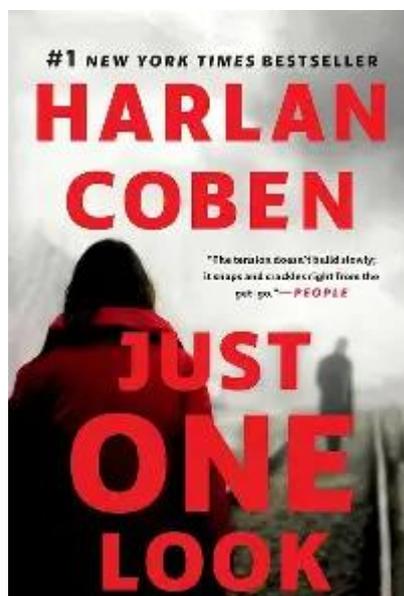
Author Harlen Coben

An ordinary photograph causes a mother's world to unravel in an instant. After picking up her two children from school, Grace Lawson looks through a newly developed set of photographs. She finds an odd one in the pack, a mysterious picture from perhaps twenty years ago, showing four strangers, she can't identify. But there is one face she recognises-- that of her husband before she knew him.

When her husband sees the photograph that night, he leaves home and drives off without an explanation. She doesn't know where he is going, or why he is leaving. Or if he is ever coming back. Nor does she realise how dangerous the search for him will be. Because there are others interested in both her husband's past and the photo, including Eric Wu, a fierce, silent killer who will not be stopped from finding his quarry, no matter who or what stands in his way.

Her world is turned upside down, filled with doubts about herself and her marriage. Grace must confront the dark corners of her own tragic past she struggles to learn the truth, find her husband, and save her family.

This book was a bit slow to start, but once I got into it, there were lots of twists and turns, and it kept me guessing as to what will happen next. I enjoyed it.



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.



There are three reasons a property doesn't sell.

Presentation: A lot of buyers have trouble looking beyond what they see. They can't imagine what a property can look like with a few changes like the placement of furniture, decluttered or even a few minor renovations. Majority of people just want to move in and unpack without doing anything.

Agent: Choosing the right agent can also be an issue. Making sure you have inviting photos, good advertising to attract the buyers to view the property. Someone that follows up buyers and can negotiate the best result for you.

Price: Any type of property will sell for the right price. Any property that sits on the market for a long period of time is normally overpriced. As the owner, you have an emotional connection to the property this putting your own feelings over the researched sales comparisons. When choosing an agent make sure they have given you comparable market analysis to help you make an informed decision.

BULBOPHYLLUM ORCHIDS

Yvonne Jonker

Growing Bulbophyllum orchids in Qld is feasible with attention to their specific needs, including light, humidity and watering. These orchids, particularly the Australian native species, thrive in warm humid conditions with good air circulation. They can be grown in shallow pots (like dishes) with a good well-draining mix, mounted on bark or cork, or even attached to trees in the garden.



Key considerations for growing bulbophyllum.

LIGHT: - bulbophyllums generally prefer bright indirect light, but some species can tolerate depending on their natural habitat. East, North or West facing areas are often suitable.

TEMPERATURE: - They prefer warm daytime temps (20c -27c) and a drop of at least 6c at night.

HUMIDITY: - High humidity is essential, so consider using a humidity tray or grouping plants together.

WATERING: - Watering frequency depends on the growing medium and weather conditions. Bark dries out faster than moss, so adjust water accordingly. Thoroughly water when medium is nearly dry, ensuring excess water drains away.

POTTING MIX: - A well-draining mix is crucial, common options include - pine bark, perlite, coconut husk chips and sphagnum moss.

FERTILISING: - Use a balanced orchid fertiliser regularly, especially during the growing season, (spring and summer).

MOUNTING: - If mounting on bark or cork, be prepared for more frequent watering and misting, especially during warmer months.

SHADE: - Provide 70% shade cloth for protection from intense sun.

GENERAL TIPS FOR SUCCESS

*Observe your plants. Pay attention to their growth and adjust your care routine accordingly.

* Don't overwater: Bulbophyllums are susceptible to root rot if kept too wet.

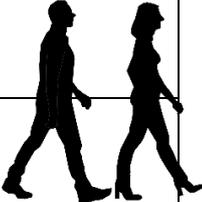
* Repot infrequently. They prefer minimal disturbances to their root system.

* Provide good air circulation. This helps prevent fungal disease.

* Be patient: some bulbophyllum species can be slow to establish.

This growing information was collected from Google AI overview from different growers.

| Weekly Activities | | | |
|--|-----------------------------------|-------------------------------|--|
| Monday | | | |
| UFO Craft (<u>U</u> n <u>F</u> inished <u>O</u> bjects) | 9:30am-12 noon | Riverview | Donation M/ Tea to share |
| Social Art | 9:30am-12 noon | Riverview | Donation |
| Tuesday | | | |
| Mahjong / Rummikub | 1- 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 pm | Raceview | Donation A/ Tea to share |
| Table Tennis | 1pm - 4pm | Springfield | Donation A/ Tea to share |
| Thursday | | | |
| Walking | 9 am | 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 | 10 am-12.30am | Brothers | Donation |
| Mahjong | 10 – 1pm | 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/Rummikub Contact Sandi 0419934559 |
| 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  |



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- Home repairs & maintenance
 - Renovation support
- Landscaping & Fencing
- General building tasks

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TREASURE TROVE FASHION PARADE NEWS

September first is fast approaching so just a few reminders of what to expect for an enjoyable event. Our suppliers, Unordinary Canary Foundation OP SHOP, Wounded Heroes OP SHOP and Safehaven Emporium prices are very reasonable.

As this event is designed to display and promote buying second hand AND determining members interest in utilising what you already own, we will be circulating a sign-up sheet for expressions of interest in future upcycling and mending workshops.

- **Please bring CASH, even small change could buy you a clothing item or something from a stall. Note there is No eftpos available.**
- Clothing supplied by OP SHOPS and some upcycled items will be for sale.
- To add to the Spring atmosphere, feel free to dress up in your finery, something opped, upcycled or just different! There may even be a prize.
- The Father's Day Raffle and the door prize will be drawn following afternoon tea.

We are looking forward to a fun afternoon with interesting company, hope you can join us!

Lyndel Godden (Recyclyn goddess).

60 AND BETTER

60 AND BETTER

Treasure Trove Fashion Parade

Monday 1st September, 12.30pm for 1pm
at Riverview & District Community Centre
138 Old Ipswich Road, Riverview

Showcasing 'Recycled Fashion'

Entry - \$15 includes Afternoon Tea & bottomless tea, coffee

Brought to you by *Recyclyn Goddess*

Clothing & Craft for Sale (CASH ONLY)

Tickets can be purchased from
Ipswich 60 & Better Program on (07) 3282 8644

Jokes by J.O.H.N.O

Did you hear about the two baked beans that hitchhiked around Australia? They ended up in Cairns. Ay?



Operation Christmas Child

by Gail Durrant

Some of you may have heard of the shoeboxes for Christmas. This is a service called Operation Christmas Child run by Samaritans Purse, an Australian and New Zealand International Relief Fund. It is a way that people in Australia and New Zealand can donate toys, hygiene items, school supplies, and clothing to children aged 0-14 in over 100 countries and spread the good news of Jesus Christ.

My name is Gail Durrant and my lovely church, Vision Christian Family Church, see this as one of our missions. The amazing thing is we are a small church of about 80 people, but we pack over 470 boxes each year. Our aim is 500 but we never quite get there. This is how you can help.

We are asking for donations of school supplies, toothbrushes, hairbrushes, clothing for children from 0-14, small toys and books, craft items and anything that you know children of these ages would enjoy. Please remember that the gifts need to fit into a shoe box and liquid, or pastes are not allowed. I would like to thank Yvonne Jonker and Vivienne Sambell who have donated some lovely handmade toys, skipping ropes and small toys. Vision Christian Family Church thank you for these lovely gifts, which will be a real blessing to the children who receive them. If you find it in on your heart to donate, please ring me on 0408 722 905. We are happy to pick up the articles from you.

Jokes by J.O.H.N.O. (cont'd)

And hey, what about the "dad Jokes", they're just the best, ay!

Have a gander at these . . .

What do ya call a lazy baby kangaroo?

A pouch potato! Ay?

Hey, you know you're Australian when

Most of the words you know end in "o" such as arvo, servo, garbo.

Right? And you end most sentences with Ay? or Right? Calling someone "mate" is a completely appropriate term to call anyone in Australia be they male or female. Right? You answer most questions by saying "no worries" or "no drama" or even "she's right".

Let's Get Tech Ready!

Now is the best time
to get online!



07 3821 6699

Join STAR TECH

- a technology training program
for seniors. Call 07 3821 6699.

*I would like to get
online but I don't
know where to
start.*

*I have so many
technology related
questions, but no
one to ask.*

STAR TECH is a unique technology program specially designed for the elderly. Start your technology journey today with personalised training and new devices. Learn the essential digital skills from friendly, supportive trainers. Regular workshops held at STAR office in East Ipswich. Call 3821 6699 for more information. *Eligibility criteria and program fee apply.



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.

GALVANIZED
A FESTIVAL OF HERITAGE

5-14 SEPTEMBER

**Explore the City of Ipswich's
best heritage experiences and events.**

- Great Places of Ipswich
- Social dances and Father's Day events
- Haunted experiences
- Talks and tours
- Workshops and open days
- Plus so much more!



View the full program at
GALVANIZEDIPSWICH.COM.AU

**IPSWICH
FESTIVALS**

CWA Winter recipe ~ Apple Crumble

Ingredients:

- 800 g stewed apples, tinned or homemade
- 1/3 cup sultanas
- 1 cup muesli
- 1/2 cup desiccated coconut
- 1/2 cup slivered almonds
- 1/4 cup pecans, chopped
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 cup self-raising flour
- 100 g butter, softened



Method:

1. PREHEAT oven to 180°C and line a square pie dish (approx. 23x23cm) with baking paper.
2. FOLD sultanas into apple and place in the dish.
3. MIX remaining ingredients in a large bowl to make crumble.
4. SPRINKLE crumble over the top of apple and sultanas.
5. BAKE in oven for 30-35 minutes, until golden brown.

What's Great About It:

A quick and easy apple crumble recipe that has been health-a-sized to include half a serve of fruit per portion! This recipe can be easily adjusted to be gluten free by opting for a gluten free muesli and self-raising flour.

More..... Jokes by J.O.H.N.O 😊

I just watched an Aussie cooking show, and the audience cheered when the chef made meringue.

I was surprised... Usually Aussies “boo meringue”

Ipswich Little Theatre

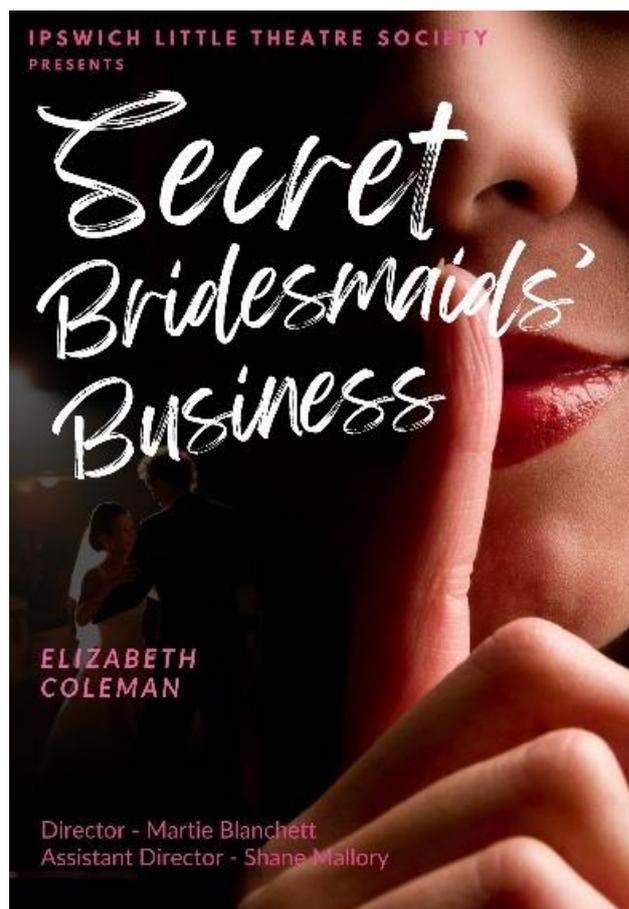
Secret Bridesmaids' Business

A comedy by Elizabeth Coleman about a wedding party thrown into chaos by a last-minute scandal.

Directed by Martie Blanchett, assisted by Shane Mallory, with a talented cast. Secret Bridesmaids' Business by Elizabeth Coleman is the next play offered by the Ipswich Little Theatre.

'The plot follows the wedding party of Meg. She and her bridesmaids are planning on kicking up their heels as the final hours before the big day tick down.

However, not everything goes according to plan as a last-minute scandal threatens to ruin the whole affair.



Details:

Venue: Burley Griffin Incinerator Theatre, Ipswich

Dates: 17 Sept – 4 Oct 2025

Times:

- Evening shows: 7:30pm on 19, 20, 26, 27 Sept; 3, 4 Oct
- Matinees: 2pm on 21, 28 Sept

Rated: M (coarse language, adult themes)

Extras: Licensed bar, wheelchair access (please call), free Wi-Fi, dinner deal available

Bookings: www.ilt.org.au, 3281 0555, or in person at Ipswich Visitor Centre

At the time of going to Print, Ipswich 60 and Better have 2 spare tickets, for a Matinee session. Phone the office for details.

July Trivia from Meg

1. Singer Jessica Mauboy was raised in which Australian city? **Darwin**
2. What retired Australian swimmer is nicknamed Madam Butterfly? **Suzie O’Neill**
3. A serenade would traditionally be sung at what time of day? **The evening**
4. Which zodiac sign is symbolised by the bull? **Taurus**
5. In what state or territory would you find Mt Kosciusko? **NSW**
6. In which part of the human body would you find the metacarpal bones? **Hands**
7. Alberta is a province of which country? **Canada**
8. In regard of travel and transport what does ETA mean? **Estimated time of arrival**
9. The location of a major World War battle, the river Somme is in which country? **France**
10. Which iconic Australian building was designed by Danish architect Jorn Utzon? **The Sydney Opera House**
11. Indicating old age, the phrase “three score years and ten” refers to what specific age? **70 years old**
12. What name is typically given to the kitchen on a ship? **Galley**
13. The remote town of Ceduna is in which Australian state or territory? **South Australia**
14. What is a female donkey called? **Jenny**
15. What is made and repaired by a cobbler? **Shoes**

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

July Sudoku Answers

Jokes by J.O.H.N.O

I forgot how to throw a boomerang the other day – then it came back to me.

What Australian animal can jump higher than the Sydney Harbour Bridge? All of them – because bridges can’t jump.

August Trivia from Meg

1. In which Australian city is the Lone Pine Koala Sanctuary?
2. In some Australia states, peanut butter is known by what name?
3. In nursery rhyme, what creature frightened Miss Muffet?
4. Which pre-decimal Australian coin was nicknamed the "zac"?
5. Which Australian city will host the 2032 Olympics?
6. Walter Burley Griffin designed which major Australian city?
7. What is the eighth letter of the alphabet?
8. A typical jar of vegemite has what coloured lid?
9. The Cape of Good Hope sits on the southern tip of which continent?
10. Who is the Australian cricketer to have received a knighthood?
11. What is missing from a naval orange?
12. What was the name of the wombat in the Australian show "A Country Practice"?
13. Copenhagen is the capital city of which country?
14. Generally, who lives longer, women or men?
15. What is the name of the lioness in the film Born Free?
16. In what decade was the Women's Weekly launched?
17. What is the past tense of put?
18. Can swans fly?
19. What do carnivores eat?
20. What do aardvarks eat?

August Sudoku

August Birth Stone



Peridot (pronounced per-i-doh, -dot), the yellowish green gemstone known to the Egyptians as "the gem of the sun", is the official August birthstone.

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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

Check out our Facebook page at: <https://www.facebook.com/IpsSixtyandBP>
Visit our website for
information and upcoming events at www.60andbetteripswich.com.au.

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