

Community News & Views Ipswich



November 2025

Vol: 32 No 11

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.



SPECIAL DAYS IN NOVEMBER

November

White Ribbon Month

1st All Saints Day

4th Melbourne Cup

11th Remembrance Day

13th World Kindness Day

14th World Diabetes Day

16th Int. Day of Tolerance

19th Int. Men's Day

17th-23rd National Skin Cancer Awareness Week

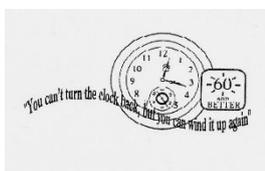
DATE CLAIMERS

25th November Healthy Eating Workshop (contact council)

3rd December – Members Christmas Lunch (Must rsvp spaces limited, pay on booking)

9th Christmas Meet and Greet 930am for 10am

Expression of interest ~ Christmas lights trip ~ call office



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 INC. PHONE 32828644

Ipswich 60 and Better Program Committee Members 2025-2026

President: Irene Strong **Vice President:** Karen Batterham

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Heather Meiklejohn, Debra Peace, 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

PRESIDENT'S PEN

As the days grow longer and the sun shines brighter, there's a renewed energy in the air—spring is in full swing, and summer is just around the corner! It's the perfect time to get outdoors, enjoy the warmth, and reconnect with friends old and new.

With the festive season fast approaching, we're gearing up for one of our favourite traditions: the Christmas Raffle. We're calling on our wonderful members to lend a hand—if you're able to volunteer some time to help sell raffle tickets, we'd be so grateful. Every ticket sold helps support our program and brings a little extra cheer to the season.

And speaking of cheer, don't forget to RSVP for our Christmas Lunch at Bremer TAFE on December 3rd. Spaces are filling fast, so please get in quick to secure your spot by phoning the office on 3282 8644.

Also looking forward to our Christmas Meet and Greet, 9th December 930am! It promises to be a joyful celebration with delicious food, great company, and plenty of festive spirit.

Wishing you all a beautiful November filled with sunshine, laughter, and community.

Warm regards,

Irene Strong



HAPPY BIRTHDAY TO ALL MEMBERS BORN IN NOVEMBER

1st Debbie Kundu

3rd Loraine De Villiers

4th Phil Brown

4th Nita Cooper

8th Ellenore Lister

8th June McDonald

10th Gail Durrant

12th Hanife Avkiran

13th Wanda Dilger

14th Nick Theodore

16th John Betts

18th Margaret McCulloch

18th Mike Stanovic

20th Barbara du Rand

20th Anna Morrison

21st Ann Halsall

23rd Iris Runciman

30th Glen Jackson



The Pen –

The day began with a lovely breeze as seven departed Queen's Park in two cars, headed to our first stop, Reverse Garbage at Burke Street, Woolloongabba.

Much variety in stock gave all a chance to pursue our desires in project materials, several of us took the opportunity to start our Christmas shopping a little early (no spoilers!) This shop is associated with Friends of the Earth, giving business the ability to pass on unwanted stock, so you never know what will be on sale. Jewellery and supplies and upholstery samples plus hardware and furniture are all popular choices for sale there. I found two swatches to make a cushion cover for \$3 total.

Lunch time and we checked directions to The Willow Hotel at Moorooka, where the view, serving sizes and quality pleased all.

Down Beaudesert Road we next visited The Sewing Lair and The Antique and Collectables Op Shop right next door where the crafters were delighted with unused fabric and haberdashery supplies. Finding some lovely batik fabric was a highlight for me and I think most purchasers were happy too. Trying on hats was also fun at the op shop.

On the whole an enjoyable day out was certainly achieved.

Lyndel



Containers for Change

DATE	AMOUNT	
<p>Total to Date @ 1 November</p> <p>Great Effort! Thank you!</p> <p>We are getting closer to \$1000!</p> <p>Keep up the good work.</p>	<p>\$994.50</p> 	<p>Every little bit helps! 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)</p> <div style="text-align: center;">  </div> <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>

Peter Roberts

Mowing Made Simple

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Oral health care tips for people with a denture

Leonie Short

People with a denture should be using a specially designed denture brush, not a toothbrush. Denture brushes have longer bristles and a tufted end to clean into hard to reach areas.



A denture cleaning paste, gel or soap (liquid or cake) should be used to clean a denture. Toothpaste is not recommended to use with a denture as the abrasives in toothpaste will scratch a denture and make it more prone for bacteria-containing plaque to adhere to its surfaces.

Place the denture cleaning paste, gel or soap on the denture brush and clean all parts of the denture thoroughly whilst firmly supporting the denture in the palm of your hand and with your thumb.

It is also a good habit to check your denture for cracks, build-up of plaque, or stains.

Thoroughly rinse the denture and denture brush in running water after cleaning.

Cleaning should take at least 2 minutes, and it should be completed twice per day – morning and night.

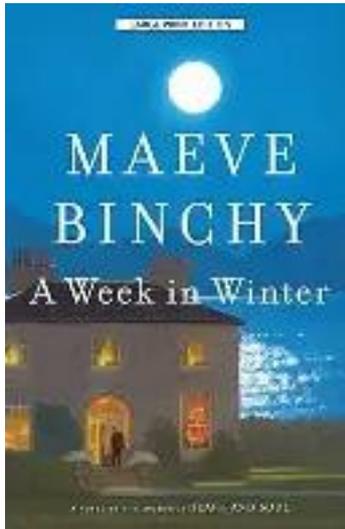
You may also be using a tongue scraper to clean your tongue.

Once per week, use a denture cleansing tablet to destroy bacteria and disinfect your denture. Follow the manufacturer's recommendations as to the soaking time – this can vary from 3 minutes to 10 minutes.

At night, to reduce the risk of losing or swallowing your denture, and reduce the risk of pneumonia, it is preferred for you to remove your denture, clean it, dry it and store it dry in a covered denture container.

In the morning, wet the denture before placing it back in your mouth. This makes insertion easier and quicker. You are now ready for the day!

Book Review with Yvonne - A WEEK IN WINTER
Author Maeve Binchy



Stoneybridge is a small town on the west coast of Ireland, where all families know one another. When Chicky Starr decides to take an old decaying, mansion set high on the cliffs overlooking the windswept Atlantic Ocean and turn it into a restful place for a holiday by the sea, everyone thinks she is crazy. Helped by Rigger (a bad boy turned good, who is handy around the house) and Orla, her niece (a whizz at business). Chicky is finally ready to welcome her first guests to Stone House's big warm kitchen, log fires, and understated elegant bedrooms. John the American movie star, thinks he has arrived incognito; Winnie and Lillian are forced to take a holiday together; Nicola and Henry, practising medicine; Anderson hates his father's business, but has real talent for music; Miss Nell Howe, a retired schoolteacher, criticises everything and leaves a day early, much to everyone's relief; the Walls are disappointed to have won this second prize holiday in a contest where the first prize was Paris; and Freda the librarian, is afraid of her own psychic visions.

Sharing a week with this unlikely cast of characters is pure joy, full of Maeve's trademark warmth and humour once again, she embraces her good storytelling.

This is the last book that Maeve Binchy wrote before her sudden death. As are all her stories, it is her trademark warmth humour and kind of characters that will make her books love on.

I always enjoy reading Maeve Binchy books they are good light reading.

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

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in conjunction with Urban Land and Project Marketing Pty Ltd.



It's that time of year when people go away. Here are some recommendations on things to do before going on holidays

If possible, set up timers on your lights to look like someone is home.

Put a stop on mail and papers being delivered.

Unplug all electronics

If you have an alarm, alert the company maintaining.

Turn off the water supply.

Leave a clean kitchen – dirty plates and crumbs bring pests and vermin

Empty the rubbish bin, arrange someone to put the wheelie bin out and bring in if needed.

Remove items that may spoil from the fridge

Gardens – put a timer on the sprinkler system

Have a neighbour check the property regularly.

Make sure the property is securely locked.

LOCAL HANDYMAN

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Looking for help with jobs big or small?
I'm a local handyman with over 35 years
of experience in all areas of the
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- ✓ Honest & Trustworthy
- ✓ Registered business
- ✓ References available

Available for:

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

MAKER & SON HANDYMAN SERVICES

Creating from the beginning

JASON | 0455 269 503

makernsonhandymanservices@gmail.com

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 (new time)	12:10pm – 3pm	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	4.30pm	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	8.30 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

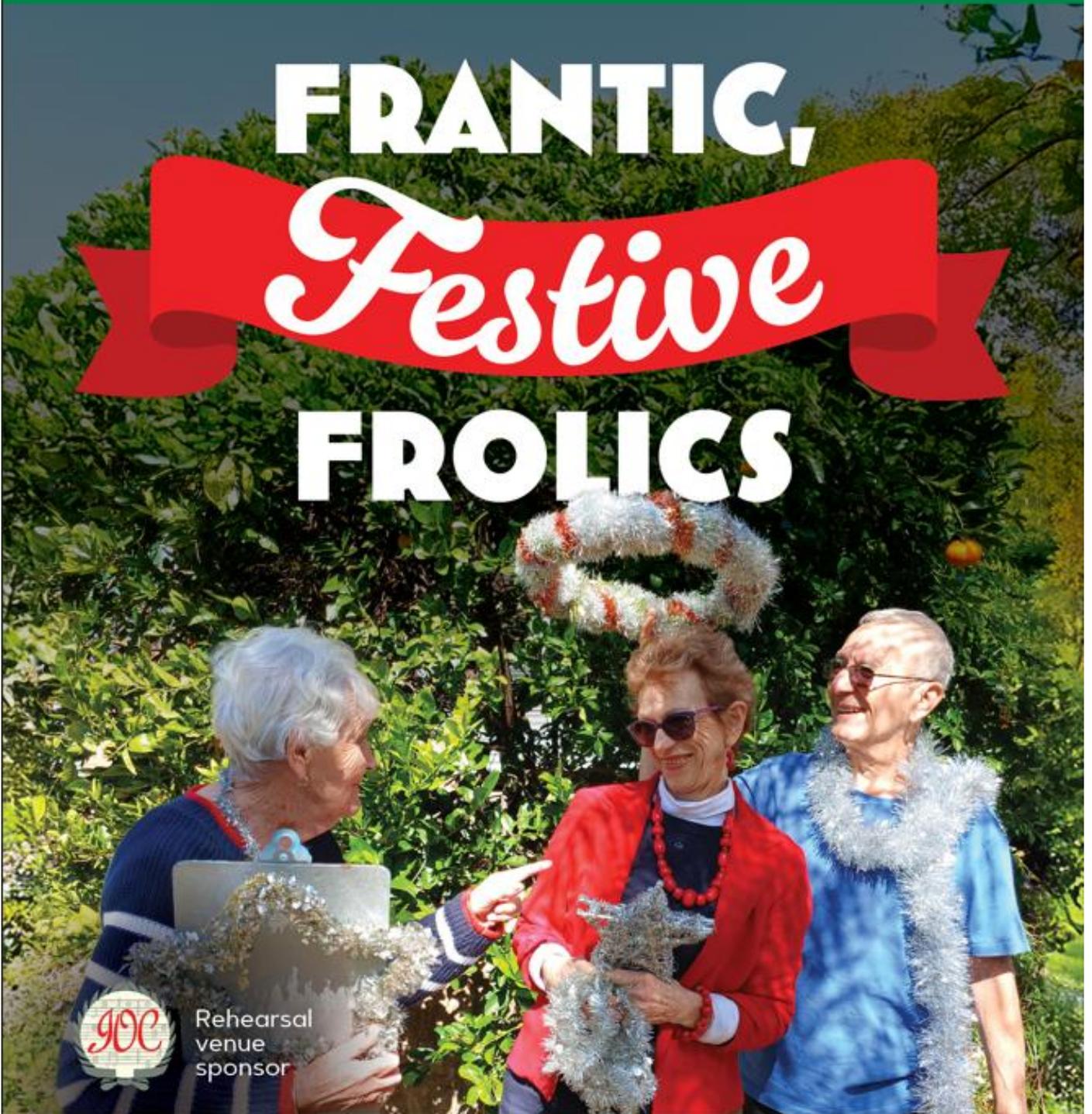
Groups	Group Address	Other Activities
Art Learn to Play Bridge/ Card & Board Games UFO Craft Table Tennis Tuesday Table Tennis Friday	Riverview and District Community Centre Hall, 138 Old Ipswich Rd, Riverview	Theatre Group Ipswich Little Theatre Weekend Matinee when Shows are scheduled
Tai Chi for Health 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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10.00 am and 1.00 pm

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CIVIC CENTRE**

IPSWICH 60 AND BETTER PROGRAM INC. PHONE 32828644

IPSWICH LITTLE THEATRE SOCIETY

PRESENTS

WAITING FOR GOD

A PLAY BY

MICHAEL AITKENS

Directed by
Chris Austin-Greenhill
Assisted by Jessica Pitman
and Alison Lees

At Bayview Retirement Village, battle-axe extraordinaire Diana Trent conspires with new resident Tom Ballard to give the conniving manager his comeuppance through a hilarious conspiracy with unexpectedly heart-warming results.

Rated PG
Performance Season
19 November to 6 December 2025

An amateur production by arrangement with ORiGiN Theatrical, on behalf of Samuel French, LTD.
All performances at the Incinerator Theatre, 15 Burley Griffin Drive, Ipswich.

Bookings: <https://www.ilt.org.au/> or phone (07)3812 2389

Movember: A Month to Champion Men's Health in Ipswich and Beyond

Movember is more than just moustaches—it's a global movement that shines a spotlight on men's *mental health*, *prostate cancer*, and *testicular cancer*. For the 60 and Better Ipswich community, it's a timely reminder to check in, speak up, and take action for better health.

What Is Movember?

Movember began in Australia in 2003 when a group of mates decided to grow moustaches to raise awareness for prostate cancer and depression. Today, it's a worldwide campaign that encourages men to grow a "Mo" and start conversations about health that are often left unsaid.

Men over 60 often face unique *mental health* challenges—retirement, isolation, grief, and physical decline can all take a toll. Yet many suffer in silence. Movember aims to break the stigma and encourage men to seek help early. In 2025, Movember launched the Men in Mind program, a nationwide training initiative that equips mental health professionals to better connect with men before they reach crisis point.

Prostate Cancer: Know the Signs

Prostate cancer is the most diagnosed cancer in Australian men. Early detection is key. Movember advocates for regular check-ups and PSA testing, especially for men over 50 or those with a family history. This year, Movember-funded research revealed a new combination treatment that offers longer life and less pain for those with incurable prostate cancer.

Testicular Cancer: Not Just a Young Man's Disease

While testicular cancer is more common in younger men, it's important for older men to stay informed. Movember encourages monthly self-checks and open conversations with doctors. Awareness saves lives.

Grow a Mo: Let your moustache spark conversations!

Honouring Their Legacy: Remembrance Day 2025 in Ipswich

Each year on 11 November, Australians pause to reflect on the courage, sacrifice, and service of those who fought and died in wars, conflicts, and peacekeeping operations. For the Ipswich 60 and Better community, Remembrance Day 2025 is not only a time to remember the fallen but also to reaffirm our commitment to peace, unity, and the values they defended.

The Significance of Remembrance Day

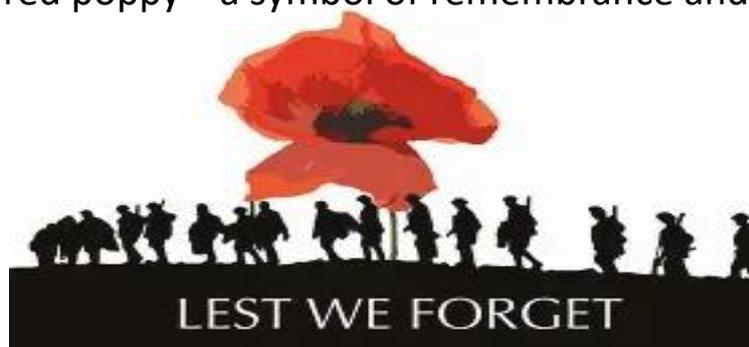
Remembrance Day marks the anniversary of the Armistice of 1918, which ended the fighting in World War I. At 11am on the 11th day of the 11th month, the guns fell silent on the Western Front after four years of brutal conflict. Since then, this moment has become a solemn tradition observed across Australia and the Commonwealth.

We honour the more than 60,000 Australians who died in World War I, and the many thousands more who served in World War II, Korea, Vietnam, Afghanistan, Iraq and peacekeeping missions around the globe.

How Ipswich Commemorates

In Ipswich, Remembrance Day is marked with community services, wreath-laying ceremonies, and a minute of silence. Local RSLs, schools, and civic groups gather at memorials such as the Ipswich Soldiers Memorial Hall and Limestone Park Cenotaph to pay tribute.

This year, the Ipswich RSL Subbranch will host a public ceremony beginning at 10:30am, culminating in the traditional minute of silence at 11:00am. Veterans, families, and residents are encouraged to attend and wear a red poppy—a symbol of remembrance and hope.



ART...DRESSED TO KILL...PROPER AND
CORRECT....FORMAL OR INFORMAL...SMART BUT
CASUAL!

(continued from October), By Ethel

So, here's a list of just some works of art recently seen on one given afternoon at the theatre for you to ponder upon. Note, most of these prints were NOT small BUT larger than life itself. No matter the height of the



person or the fact some were in wheelchairs. All standouts!

Glasses matched and emphasised the piece worn, not discounting shoes and handbag. Pelicans, Flamingos, Leopards, Huge purple butterflies, Flowers (big and small), Indigenous Art, Ants, Pineapples, Huge Pink Water lilies, Huge Red Poppies, Newspaper printed AND the best one of all were the Huge Christmas Beetles and their colourings, the material was so, so shiny and outstanding. Joys to behold!

NEW WORD August 2025: "FAST FASHION" (Cambridge Words, England) a noun: meaning "clothes that are made and sold cheaply, so that people can buy new clothes often". We are all in the incredible grip of fast fashion, encouraged to buy more but lower grade material.

So, the saying "Everything old is new again" holds up strong when it comes to quality in materials like even way back the 1950's. Never forget though to brighten up the day by being a living, walking piece of art, be male or female, so long as we are warm in winter and cool in summer and certainly kind in our hearts!

Celebrating the joy of friendship



Finding joy in everyday moments is essential for a fulfilling life.

The STAR Friends Program is designed to help seniors do just that!

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.

For more information please call Jessy Byrnes at STAR on 07 3821 6699 or email starfriends@starct.org.au



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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.

October Trivia Answers from Meg

1. How do dogs get rid of heat from their body? They pant
2. What colour is crimson? Red
3. How many children does Mick Jagger have? 8
4. Do vegans eat honey? No
5. Which Saint is said to be at the gates of heaven? Peter
6. What is the third vowel in the English alphabet? i
7. Are zebras considered equine or ovine? Equine
8. How many lanes are in a standard Olympic size pool? 8
9. Are there any species of penguin that can fly? No
10. Which animal is sometimes called “ship of the desert”? Camel
11. Which chillies are hotter, smaller or larger ones? Smaller
12. In what year did King Charles marry Camila Parker Bowles? 2005
13. Which planet is called the red planet? Mars
14. What is the collective noun for a group of geese? Gaggle
15. What is the name for a male sheep? Ram
16. The Haka is a ceremonial dance associated with which country?
New Zealand
17. In Australia, which sport is traditionally played on Boxing Day?
Cricket
18. Global trade was disrupted in March 2021 when the ship Ever
Given, became stuck in which canal? Suez Canal
19. Which state produces the most cotton? New South Wales
20. Which state does Jacqui Lambie represent in the Australian
senate? Tasmania

Native Birth Flowers for November

Leptospermum Starry Night



The Birth Stones for November are *TOPAZ* and *CITRINE*



November Trivia from Meg

1. What sort of animal is an ibex?
2. Which capital city is home to Australia's largest shopping mall?
3. Queenslander Jason Day is a champion surfer. True or false?
4. What is the least expensive and most popular fruit?
5. Is Bateman's Bay north or south of Sydney?
6. Which car firm made the Sandman model in the 1970s?
7. What is the natural harbour of Sydney also known as?
8. In which decade did seat belts become mandatory?
9. Is the English dish called Spotted Dick, a curry, pie or pudding?
10. Is a bushel a shrub, a dry weight or a type of coffee?
11. How many balls are bowled in an over in cricket?
12. What types of items does a cooper make?
13. What sort of animal is an Appaloosa?
14. In which country did the board game Chinese Checkers originate?
15. What is the term for trees which lose their leaves annually?
16. What is a female fox called?
17. How many ships were in the first fleet?
18. What is a cumulonimbus?
19. What is a rabbit's favourite food?
20. When is the next leap year?

WORD LADDER: Change one letter each row to answer the clues

1. F___ (clue: Make of car)
2. ____ (clue: the written)
3. ____ (clue: in exchange for pay)
4. ____ (clue: a utensil)
5. ____ (clue: a city in England)
6. ___K (clue: obstruct by defaming)

September Word Ladder Answers

1. Rope_ (clue: used to tie)
2. Hope (clue: to wish)
3. Home (clue: where you live)
4. Some (clue: a few)
5. Come (clue: opp of go)

Welcome All New Members

Are you interested in Volunteering? Phone us on 32828644

**Christmas Lunch 3rd December – Miners Right 1130am
Bookings essential, limited numbers, payment upon
booking \$30 per head**

**Christmas Meet And Greet Tuesday 9th December
930am for 10am**

**Christmas Lights Tour – Expressions Of Interest phone
office**

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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