

Community News & Views Ipswich



December/January

Vol: 32 No 12 / Vol: 33 No 1

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 DECEMBER

1st World AIDS Day

10th Human Rights Day

18th International Migrants Day

25th Christmas Day

26th Boxing Day

JANUARY

1st New Years Day

26th Australia Day

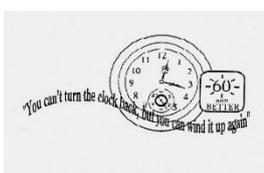
DATE CLAIMERS

9th Christmas Meet and Greet 930am for 10am. Ring office to Register.

16th Christmas lights trip – bookings essential

Please Note:

Office Closed from Thursday 18th Dec and Re opens on Monday the 12th of January 2026.



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

Treasurer: Vivienne Sambell **Secretary:** Alfia Cavallaro

Committee: Elaine Clarkson, Lyndell Godden, Ellenore Lister, Shauna McGown,
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

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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 we turn the final page of the calendar, December brings with it a sense of reflection, celebration, and connection. It's been a wonderful year for the Ipswich 60 and Better Program, filled with laughter, learning, and the joy of shared experiences. I want to extend my heartfelt thanks to each and every one of you who participated in our activities, volunteered your time, or simply brought your smile to our gatherings. You are the heart of this program, and your presence makes all the difference.

The festive season is a time to cherish the company of loved ones, to reach out to those who may be alone, and to celebrate the spirit of giving. Whether you're decorating your home, preparing a special meal, or attending one of our end-of-year events, I hope this Christmas brings you peace, warmth, and a renewed sense of joy. Let's also take a moment to remember those we've lost and hold their memories close during this meaningful time.

Looking ahead, we're excited for what 2026 will bring. Plans are already underway for new workshops, outings, and opportunities to connect and grow together. As always, your ideas and feedback are welcome—we're here to serve you and ensure this program continues to thrive.

On behalf of the Ipswich 60 and Better committee and staff, I wish you and your families a safe, happy, and healthy Christmas and New Year. May the season be kind to you, and may the year ahead be filled with good health, friendship, and fulfillment. Warm regards, *Irene Strong*



HAPPY BIRTHDAY TO ALL MEMBERS BORN IN DECEMBER

1 st Robyn Shimooka	12th Philip Barnsley	19 th Gailene Miller
2 nd Greg Exton	12th Julie Goulding	20 th Richard Winrow
3 rd Lyn Hurst	14th Christine Hahn	21 st Pauline Pope
4 th Jean Betts	14th Elaine Hatcher	23 rd Christine Bussell
5 th Doreen Marks	14th Ethel Llewellyn	24 th Karen Batterham
6 th Lee Span	15th Sandra Smrecnik	25 th Roslyn Beduhn
7 th Barry Beetham	18th Nelly Van Hal	25 th Karen MacLeod
7 th Lyn Devlin	19th Raewyn Armstrong	31st Anne Smith
7 th David Trezise	19th Lorraine Hughes	
10 th Sandi Sheavils	19th Rhoda Leigh	



HAPPY BIRTHDAY TO ALL MEMBERS BORN IN JANUARY

3rd John Livingstone
 5th Alfia Cavallaro
 10th Lynette Bryant
 14th Sherry Arts
 14th Lyn Lee

15th Kevin Ardrey
 15th Joan Preece
 19th Marjorie Davis
 28th Moira Sandery
 31st Maree Harvey



Birthstone for DECEMBER

Tanzanite, zircon, turquoise, and blue topaz



Birthstone for JANUARY

Garnet: Love Protection and Vitality.



Containers for Change

DATE	AMOUNT
<p>Total to Date @ 1 November</p> <p>Great Effort! Thank you!</p> <p>WE HAVE DONE IT OVER \$1000!</p> <p>Keep up the good work.</p>	<p>\$1016.90</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)**



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.

Christmas Activities

Ipswich 60 and Better are holding a **Meet and Greet** on Tuesday 9th December 930am for 10am start. Please bring a plate for Christmas celebrations and the drawing of our Christmas Raffle!

Christmas Lights Tour! On December 16th we embark on a Christmas Lights tour of Ipswich. Pick up points are located around Ipswich so phone the office on 32828644 to secure your seat!

Opening Hours and Activities Break

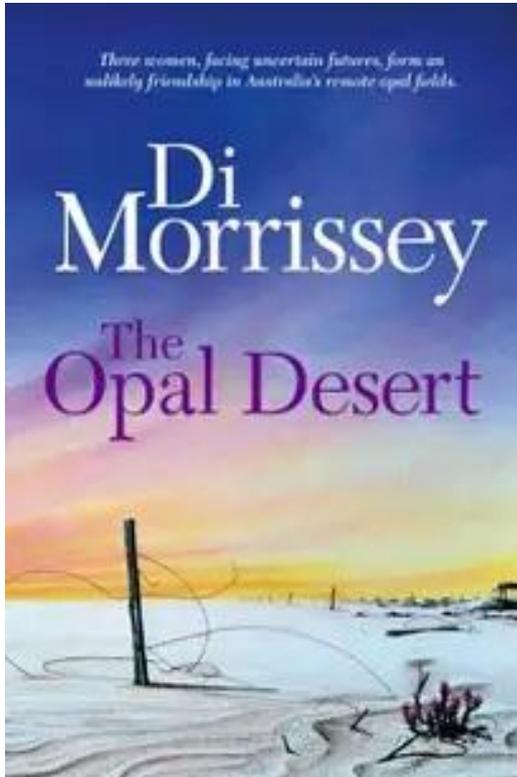
The Ipswich 60 and Better office team will be taking a break from last day 17th December and opening back on the 12th of January 2026!
The groups will be winding up for the year as follows:

Group	Last session	Starting back
MONDAY		
UFO	15/12/2025 (followed by lunch @ Brothers)	12/01/2026
Social Art	15/12/2025	12/01/2026
TUESDAY		
Mahjong / Rummy	12/12/2025	9/1/2026
Tai Chi for health (Raceview)	9/12/2025	27/1/2026
Tai Chi for Health (Goodna)	2/12/2025 lunch breakup	3/2/2026
Table Tennis (Riverview)	Closed public holidays	
Walking	9/12/2025	13/01/2026
WEDNESDAY		
Indoor Carpet Bowls	10/12/2025	14/01/2026
Table Tennis (Springfield)	17/12/2025	14/1/2026
THURSDAY		
Walking	11/12/2025	15/01/2026
Tai Chi for Health	11/12/2025	15/01/2026
FRIDAY		
Learn to Play Bridge & Games	28/11/2025	6/02/2026
Canasta / Cards	Finished	16/01/2026
Mahjong	12/12/2025	9/1/2026
Concert Party	5/12/2025 (lunch 12 th)	23/01/2026
Table Tennis (Riverview)	Closed public holidays	

Book Review with Yvonne

THE OPAL DESERT

Author Di Morrissey



The Opal Desert is the story of three women from different generations with unresolved issues in their lives who meet in the fictitious town of Opal Lake.

Kerrie, in her 40's, has just lost her famous sculptor husband, who had been the centre of her existence and for whom she made many sacrifices and now she finds her life has lost direction.

Shirley, approaching 80, was betrayed by her lover many years before and has now retreated from the world becoming a recluse, living in an underground dugout.

Anna 19 has a promising athletic career but is torn between the commitment of her sport which could carry her to the Olympics or enjoy life like other younger people.

The friendship that develops between these three women, who meet in the strangely beautiful but desolate landscape of the Opal fields helps them resolve and come to terms with the next stage of their lives.

An interesting story with good research about Opal mining. Makes you want to go and see these Opal mining towns.

Life advice from Ellenore

If at first you don't succeed, parachuting is not for you.

Sustainable Clothing

On November first I attended Boonah Organisation For Sustainable Shire Clothes Swap held next to the Boonah library. A gold coin was requested if one had no clothes to swap, but I had brought three items which either had been given and/or were too large for me. Choosing things by colour



attraction, then practicality, and things I could use to mend other garments, first was a lacy top which will be cut up for mending. I took some hand stitching with me as an example of what can be done with fabric offcuts. Staying to help pack up the remaining items, I then came across several pants which will be worn to walking and yoga in the cooler months plus a Damart top for the same purpose. Colour drew me to a leopard type print shirt to be worn on it's own or over other things as well.

The following week the next exercise in sustainability awareness took me to Ipswich Climate Action Group Trashion Parade at The Masonic Centre, for which my preparations have been ongoing. The Kyanga "Fishing With Light " top, worn in our own Treasure Trove Fashion Parade, entered with extra inclusions, won second prize in the Upcycling Category against a large field of planet conscious contenders. Two friends came along to support my efforts, joining the fun of watching several categories, including children, op shop, wearable art and our Upcycling. We were entertained by The Royal Mail Ukuleles, a solo singer and a choir during change breaks and a delicious afternoon tea was available.

Much enjoyment and a feeling of doing something to help others become more involved in combating Fast Fashion problems of waste, pollution, slave labour and excess was certainly achieved by attending and participating in these two events, with thanks to the two organisations.

By Lyndell

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.



Question: I'm worried if I sell first I won't be able to find another suitable home.

Answer: To ease your concern, you may be more comfortable with a longer settlement. Speak to your agent and request a longer settlement. They can then talk to buyers and negotiate for you. It's common to have 30, 60 or even 90 day settlements. Another option would be to see if you can negotiate a rent back period allowing you time to find another home. would be to see if you can negotiate a rent back period allowing you time to find another home.

Fun on a Budget | Little Aussie Communities

For those looking for low-cost activities to entertain grandchildren over the holidays, Little Aussie Communities offers a variety of suggestions. Here are some budget-friendly activities to consider:

Picnics: Pack a simple picnic and head to your local park. Bring a frisbee, soccer ball, or kite to add to the fun. Nature trails or hiking paths are also a fantastic way to enjoy the outdoors and spend quality time together.

DIY Crafts: Turn plain old pasta into a work of art, make bath bombs, or create DIY Cloud dough. These activities are not only fun but also educational.

LOCAL HANDYMAN

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Reliable | Experienced | Affordable

Looking for help with jobs big or small?
I'm a local handyman with over 35 years
of experience in all areas of the
construction and building industry.

- ✓ 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

Grandma's Richmond Rumball Recipe

Ingredients:

8 Weetbix Crushed finely
 1 tin of Condensed Milk
 2 Tablespoons of Cocoa
 ½ cup Desiccated Coconut
 1 Cup Sultanas or Chopped Raisins or Dates
 1 Teaspoon Vanilla
 2 Tablespoons Rum or Essence (optional or double amount)
 Optional Glazed Ginger finely chopped



Method:

1. Mix ingredients
2. Let stand in refrigerator until firm enough to roll into balls
3. Roll into Balls and toss in Coconut

Australian Barbequed Ham Recipe (Cont'd on next page)

https://www.womensweeklyfood.com.au/recipe/baking/aussie-barbecued-ham-10357/#am_keyword_product_mention_wrapper

7 kilogram cooked leg of ham	1/2 cup (125ml) sweet sherry
2 tablespoon dijon mustard	1/4 cup (55g) firmly packed brown sugar, extra
2/3 cup (150g) firmly packed brown sugar	2 clove garlic, halved lengthways
1/2 cup (125ml) pineapple juice	1/4 teaspoon ground clove

Cut through rind about 10cm from shank end of leg in decorative pattern; run thumb around edge of rind just under skin to remove rind. Start pulling rind from shank end to widest edge of ham, discard rind.

2. Using sharp knife, make shallow cuts in one direction diagonally across fat at 3cm intervals, then shallow-cut in



opposite direction, forming diamonds. Do not cut through top fat or fat will spread apart during cooking.

3. Place ham in disposable aluminium baking dish; rub with combined mustard and sugar. Place ham on heated barbecue; cook, covered, using indirect method, 1 hour.

4. Meanwhile, combine juice, sherry, extra sugar, garlic and clove in small saucepan; stir over heat until sugar dissolves. Reduce heat; simmer, uncovered, about 10 minutes or until glaze reduces by half. Brush ham with glaze; cook, covered, using indirect method, 45 minutes, brushing several times with glaze during cooking. Cover ham with foil; stand 15 minutes before slicing.

5. Meanwhile, cook pineapple on heated barbecue, brushing with remaining glaze during cooking.

Johnno's Christmas

What is Christmas Day like for you? Hot, flies, rellies ... on a Scorching summer's day!

Maybe you're ...

Dashing through the bush, in a rusty Holden Ute

Kicking up the dust with an Esky in the boot.

Kelpie by your side, singing Christmas songs

It's summertime and you are in your singlet, shorts and thongs!

Christmas time is beaut and oh what fun it is to ride

In a rusty Holden Ute!

Engine's getting hot, we dodge the Kangaroos and when we arrive

All the family is there, sitting by the pool,

Christmas day, the Aussie way, by the barbeque!

Grandpa has a doze, the kids and Uncle Bruce

Are swimming in their clothes.

The time comes round to go, we take a family snap,

Then pack the car and all shoot through, before the washing up.

Yes, I wonder what Christmas is to you.

Let's not forget – the “*Reason for the Season*”!

CHRISTmas, it's about Him, Jesus, celebrating his birthday!

Amidst the festivities, let's not forget the real meaning of Christmas.

UnFinished Objects with Deb.

U.F.O. stands for unfinished objects which in my case was very fitting, as this was unfinished.

I started my tartan knee rug well over 30 years ago, before my daughter was born, she's now 36. Recently finding it again I thought it was time to finish it.

It's all finished now and ready for next winter. Included is a photo of the rug finally completed!!!



Christmas Message

My favourite Christmas carol is O Holy Night. It was written in the mid 1800's by a French poet Placide who wasn't a Christian. The local parish priest had asked Placide if he could write a poem based on Luke chapter 2. Music was then added, and we have this wonderful carol we still sing some 200 years later.

My favourite line is "the thrill of hope, a weary world rejoices." The manger scene would have been chaotic. A weary teenage Mary giving birth in a stable surrounded by animals, in the middle of the night. Joseph feeling as useful as the cows and sheep in the stable. This was not how they pictured their first child, and future Saviour of mankind should have been born. In a dirty smelly barn with no midwife.

They would have felt overwhelmed, anxious and unsure what would happen next. Things hadn't gone well after Mary had travelled to Bethlehem on the back of a Donkey at 9 months pregnant, delivers birth in the stable and then unannounced after birth a bunch of smelly shepherds turn up. No privacy for an exhausted Mary.

Yet, in that moment of turmoil and uncertainty there is **Hope**. **Hope** in the birth of Jesus Christ, a baby who grows up and changes the circumstances of the world. Christ enters the world in turmoil and tiredness and brings **Hope** to people's circumstances. He exchanges our weariness for **Hope**.

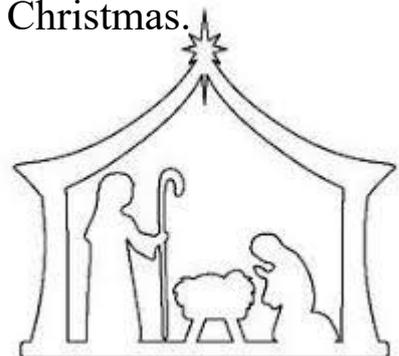
This baby who doesn't stay as a baby introduces **Hope** to all who are weary, worried, anxious, in despair. His **Hope** brings us change to our circumstances.

The gift of Christmas is not what you receive from a friend or family member, but the gift of that first Christmas morning. God's gift to us – Jesus Christ who gives us the greater gift of **Hope**.

My prayer is that you receive that gift this Christmas.

Have a happy and holy Christmas!

Pastor Billy Diehm
Raceview Congregational Church



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 Not school holidays	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 



G'Day

While most of us will celebrate Christmas surrounded by family and friends, many of our seniors will spend the holidays alone and feeling isolated. A simple gift can change this.

I invite you to become a Secret Santa and donate a gift suitable for a person over the age of 65 years. STAR Community Services' volunteer elves will make these gifts into hampers and deliver them to seniors who are facing Christmas on their own.

Let's give a gift that gives a smile and show our seniors they are cherished.

Bruce Paige, Channel Nine

Responses from last year's Secret Santa hamper recipients:

- **Carol:** "I haven't been able to afford coffee for so long. I am going to sit down with a coffee and a mince pie."
- **Mark:** "You have made my Christmas. I recently lost my wife and I am feeling the loneliness."

Become a Secret Santa for Seniors

1

Or

2

Make a donation by scanning the QR code



Donate a gift or non-perishable food items, suitable for a person over 65 years of age at one of the many drop-off points.

3

Gift Ideas

Tea cups, socks, coffee, vouchers, pamper packs, hand-cream, fruitcake, crockery, household goods, non-perishable food items or anything that inspires you!



4

GIFT DROP OFF POINTS

- City Cave 5/260 Brisbane St, West Ipswich
- City Cave, Spring Lake Metro Shopping Centre, Shop 4/1 Springfield Lakes Blvd, Springfield Lakes
- Ipswich Central Library, Nicholas St. Ipswich
- Jennifer Howard MP, 125 Brisbane Rd, Booval
- Karana Downs Pharmacy, 10 College Rd, Karana Downs
- Luke Gregory Hair, 1C Glebe Rd, Newtown
- Mounties Care, 4/160 Brisbane Road, Booval
- Redbank Plaza Library, 1 Collingwood Dr. Redbank
- Redbank Plains Library, Moreton Ave, Redbank Plains
- Ripley Chempro Chemist, T19, 20 Main St, Ripley
- Rosewood Library - 15 Railway St, Rosewood
- Springfield Central Library, Cnr Main St and, Sirius Dr. Springfield Central
- STAR office, 5 Jacaranda Street, East Ipswich
- Y Jamboree Heights Fitness and Recreation, 76 Andaman St, Jamboree Heights



For further details contact Catherine Williams, Business Development, STAR Community Services. fundraising@starct.org.au - 07 3821 6699 - Darling Downs, Gold Coast, Ipswich, Logan, Redlands - ABN 26 729 619 090

Oh Holy Night

O Holy Night!

The stars are brightly shining,
It is the night of our dear Saviours birth;
Long lay the world in sin and error pining,
'Til He appeared and the soul felt its worth.
A thrill of hope the weary world rejoices,
For yonder breaks a new and glorious morn;
Fall on your knees,
Oh, hear the angels voices!
O night divine, O night when Christ was born!
O night, O holy night,
O night divine!

Led by the light of faith serenely beaming,
With glowing hearts by His cradle we stand;
So led by light of a star sweetly gleaming,
Here came the wise men from Orient land.
The King of kings lay thus in lowly manger,
In all our trials born to be our Friend;
He knows our need,
To our weakness is no stranger.
Behold your King, before Him lowly bend!
Behold your King, before Him lowly bend!

Truly He taught us to love one another;
His law is love and His gospel is peace;
Chains shall He break, for the slave is our brother,
And in His name all oppression shall cease.
Sweet hymns of joy in grateful chorus raise we,
Let all within us praise His holy name;
Christ is the Lord,
Oh, praise His name forever!
His powr and glory evermore proclaim!
His powr and glory evermore proclaim!

IPSWICH LITTLE THEATRE SOCIETY
PRESENTS



THE
SHAWSHANK
R E D E M P T I O N

by Owen O'Neill and Dave Johns

Director: Shane Mallory

Assistant Director: Amanda Harrison

When Andy Dufresne is convicted of murder and sentenced to life in the notorious Shawshank prison, he must find a way to keep himself and his hopes alive by using his wits and forging friendships.

Based on the 1982 novella by Stephen King, *The Shawshank Redemption* brings the story of friendship, resilience and hope made famous by the acclaimed 1994 film to the ILT stage.

Strong Adult Themes, Violence and Coarse Language
Rated MA15+

Performance Season
25 February - 14 March 2026
Public Nights 27 & 28 February 6, 7, 13 &
14 March at 7.30 pm
Public Matinees 1 & 8 March at 2 pm



An amateur production by arrangement with Broadway Licensing Global.
All performances at the Incinerator Theatre, 15 Burley Griffin Drive, Ipswich.
More information and tickets are available online at www.ilt.org.au
or phone or book in person at the Ipswich Visitor Information Centre 32810555

GET READY FOR DISASTERS



Ipswich, is your household ready for a severe storm, bushfire or other disaster?

- 1. Understand your risk**
with the Ipswich Disaster Dashboard
- 2. Prepare an emergency plan**
with everyone in your household
- 3. Pack an emergency kit**
with 3+ days worth of essentials

Access handy tools and resources at
Ipswich.qld.gov.au/emergency or phone
(07) 3810 6666.



🌴 Staying Cool and Hydrated This Festive Summer ☀️

As the festive season rolls in and temperatures rise across Ipswich, it's more important than ever for our 60 and Better community to stay cool, comfortable, and well-hydrated. Queensland summers can be unforgiving, and older adults are more susceptible to heat-related illnesses, so a few simple habits can make a big difference.

Start by keeping your fluids up throughout the day—even if you don't feel thirsty. Water is best, but herbal teas, fruit-infused water, and even hydrating foods like watermelon, cucumber, and oranges can help. Avoid too much caffeine or alcohol, which can dehydrate you. A good tip is to keep a jug of cold water in the fridge and sip regularly, especially during the hottest parts of the day.

Dress for the weather with light-coloured, loose-fitting clothing made from breathable fabrics like cotton or linen. If you're heading out to enjoy Christmas markets or family gatherings, wear a wide-brimmed hat and sunglasses, and carry a small bottle of water with you. At home, keep blinds closed during peak sun hours and use fans or air conditioning to maintain a cool indoor environment. If you don't have air conditioning, consider spending time at a local shopping centre or library to beat the heat.

Finally, check in on friends and neighbours—especially those living alone. A quick call or visit can brighten someone's day and ensure they're coping well with the summer warmth. Let's keep the spirit of community alive this Christmas while looking after our health and each other. Stay cool, stay hydrated, and enjoy a joyful and safe festive season!





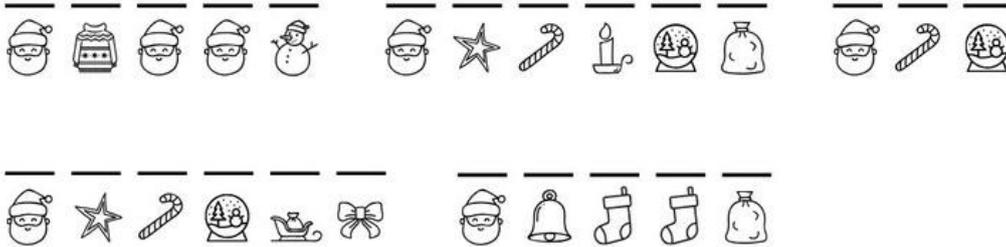
CHRISTMAS TONGUE TWISTERS

CODE BREAKER

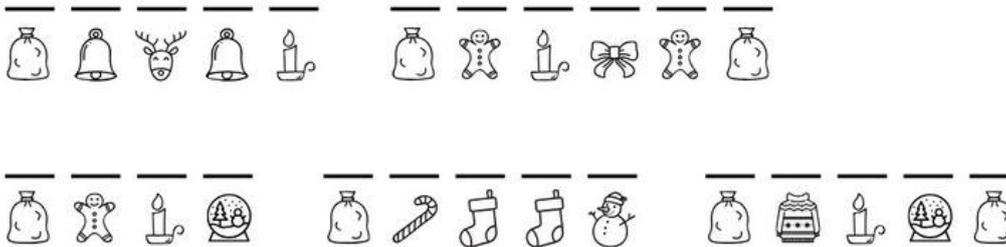
A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Can you decode these Christmas tongue twisters? Use the key to break the code

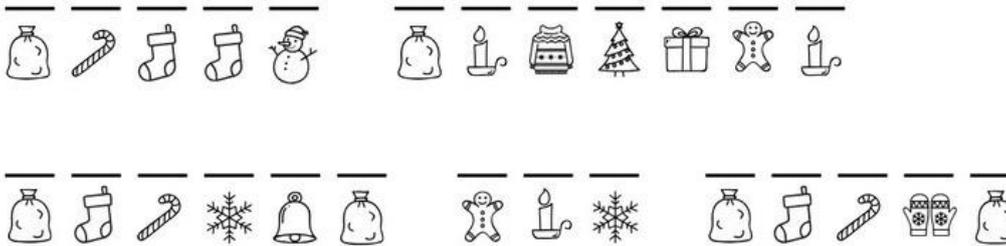
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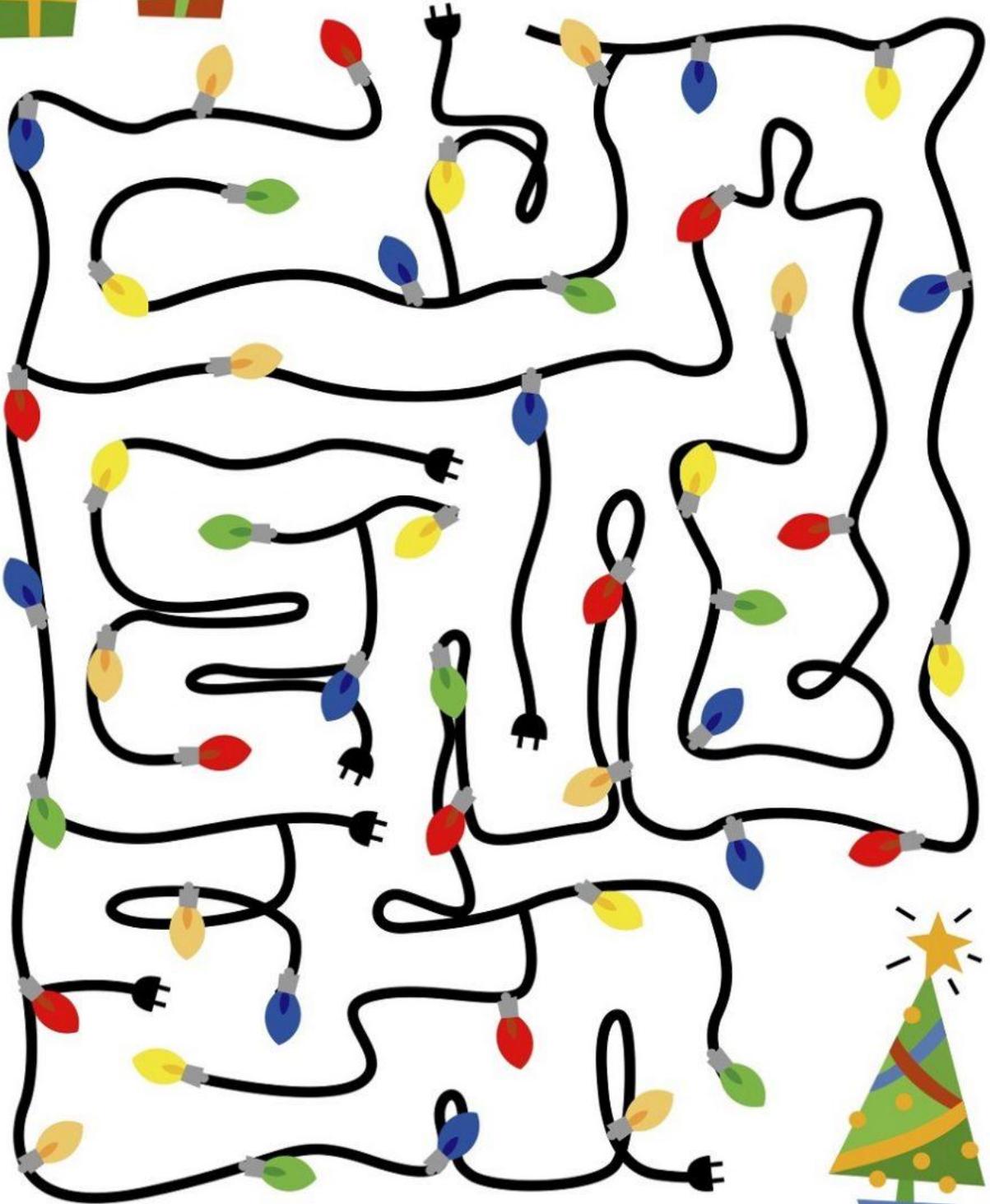


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				8	4		9	
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	9	7					8	
8			9		3			2
	1					9	5	
	7			4	5	8		
	3		7	1				
		8					4	

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



**Make Santa's Christmas merry and bright
By helping him through this maze of lights!**



Christmas WORD SEARCH

T O O S N O W M A N U Q F T B
S N N F L B E Z K G G A R R G
C L J O L L Y S J I R Z O E Q
F N E V P R I G I N E D S E D
Q G E I M F L G N G I S T U Q
C G S Z G N U J G E N C Y F B
A W R D R H X O L R D R Z E L
F I E L V E S L E B E O Q S Q
C H R I S T M A S R E O F T C
O S Y Z N T H A A E R G E I J
Y K U D O V D G K A J E T V U
M L N E D U K K B D G F Z E
H I N B B O S T O C K I N G Y
Q B S A N T A H J G I F T H
T J E S U S F K K R H C Y M

SANTA
CHRISTMAS
ELVES
GIFT

TREE
JESUS
GINGERBREAD
SNOWMAN

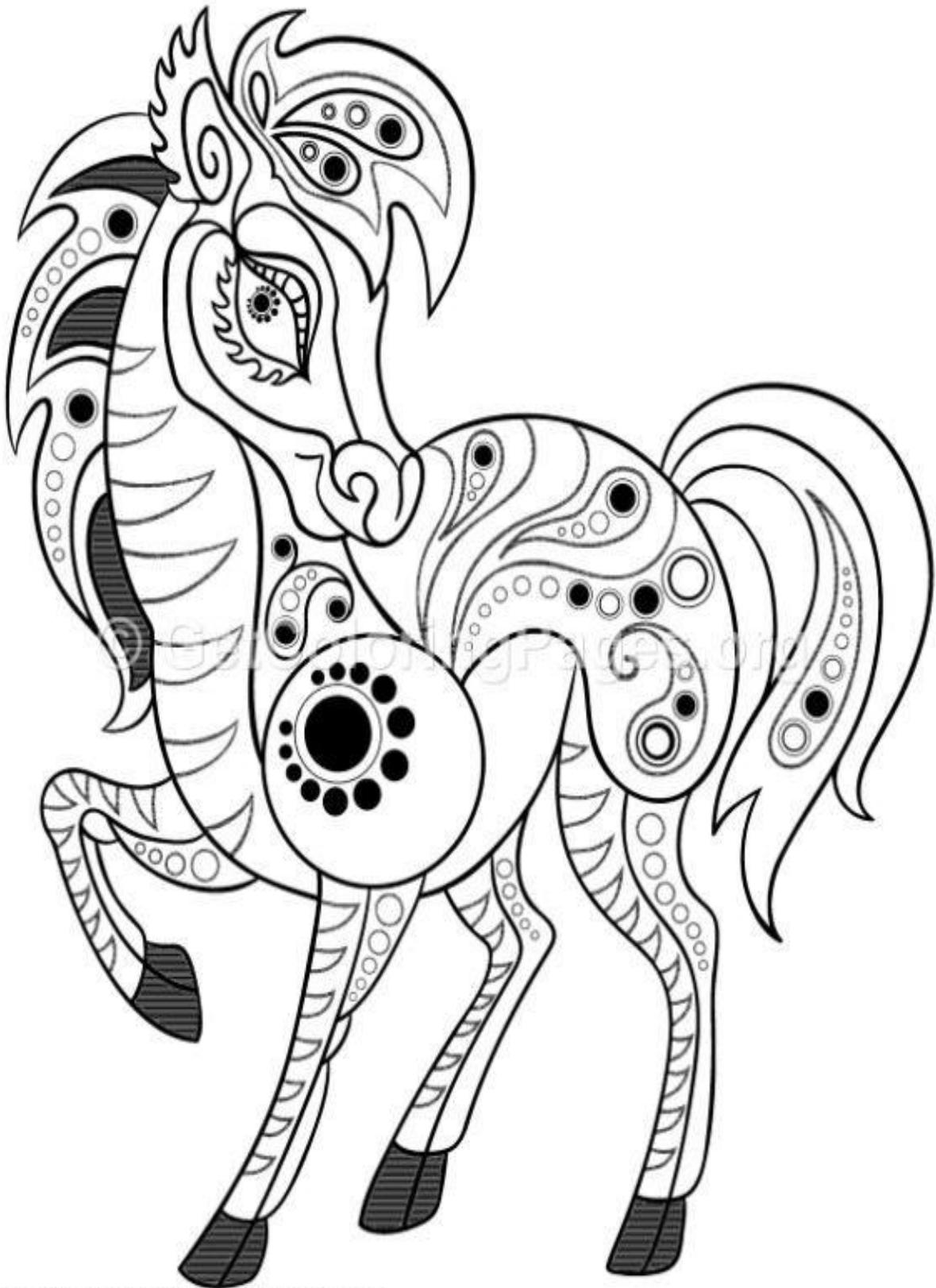
STOCKING
FESTIVE
JINGLE
JOLLY

SCROOGE
FROSTY
REINDEER
SLEIGH



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2026 Chinese Year of the Horse Colouring In



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November Trivia Answers from Meg

1. What sort of animal is an ibex? Goat
2. Which capital city is home to Australia's largest shopping mall?
Melbourne
3. Queenslander Jason Day is a champion surfer. True or false? False
4. - What is the least expensive and most popular fruit? Banana
5. Is Bateman's Bay north or south of Sydney? South
6. Which car firm made the Sandman model in the 1970s? Holden
7. What is the natural harbour of Sydney also known as? Port Jackson
8. In which decade did seat belts become mandatory? 1970s
9. Is the English dish called Spotted Dick, a curry, pie or pudding? A pudding
10. Is a bushel a shrub, a dry weight or a type of coffee? Dry weight
11. How many balls are bowled in an over in cricket? Six
12. What types of items does a cooper make? Barrels
13. What sort of animal is an Appaloosa? Horse
14. In which country did the board game Chinese Checkers originate?
Germany
15. What is the term for trees which lose their leaves annually?
Deciduous
16. What is a female fox called? Vixen
17. How many ships were in the first fleet? Eleven
18. What is a cumulonimbus? A thundercloud
19. What is a rabbit's favourite food? Lettuce
20. When is the next leap year? 2028

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December Trivia from Meg

1. A common expression that refers to a very small space – not enough room to swing a what?
2. In which country was Sir Joh Bjelke-Peterson born?
3. In the fairy tale, What relation to Hansel is Gretel
4. What form of transport is a sloop?
5. In what year did Australia become the first country to have a complete set of polymer bank notes?
6. How many members are in the pop group ABBA?
7. Where are a dogs sweat glands located?
8. Which TV show has won more logies than any other?
9. In the human body what is the axilla also known as?
10. How many sides does a pentagon have?
11. What nationality is tennis star Rafael Nadal?
12. What is the largest species of penguin?
13. What is the longest river in South America?
14. In which Australian state or territory id Sunraysia Highway?
15. What country is home to the vehicle Isuzu?
16. Which Tasmanian marsupial is known for its temper?
17. What is the main ingredient in risotto?
18. What is the hardest substance in the human body?
19. Which country has the most people?
20. What type of animal is the natterjack?

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

1. H _ _ _ You've got a good ??
on your shoulders
2. H _ _ _ To get better
3. _ _ _ _ A colour between
blue and green
4. _ _ _ _ If you don't keep a
secret you ?? it
5. _ _ _ _ L He was over 2meters
??

October Word Ladder Answers

1. Ford (clue: Make of car)
2. Word (clue: the written)
3. Work (clue: in exchange
for pay)
4. Fork (clue: a utensil)
5. York (clue: a city in
England)
6. Bork (clue: obstruct by
defaming)

Welcome All New Members

Are you interested in Volunteering? Phone us on 32828644

Christmas Meet And Greet Tuesday 9th December

930am for 10am

Please bring a plate to share



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