

# Community News & Views Ipswich

February 2026

Vol: 33 No 2

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.



A big THANK YOU to the Ipswich Orchid Society for their generous donation during our two year partnership. We are now able to purchase new devices and upgrade our system.

## Special Days

13<sup>th</sup> Anniversary of the Apology to members of the Stolen Generations

14<sup>th</sup> Valentine's Day

20<sup>th</sup> World Day of Social Justice

28<sup>th</sup> Ramadan

## Date Claimers

**17<sup>th</sup> February  
Meet and Greet**

10am – start.

Please bring a plate to share.

**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:** Alfia Cavallaro

**Committee:** Elaine Clarkson, Lyndel 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 **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**



**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.**

**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**

Dear Members,

Happy New Year and welcome back to another exciting year with the Ipswich 60 and Better Program! I hope you all enjoyed a wonderful festive season filled with joy, laughter, and time with loved ones.

As we step into 2026, let's embrace the opportunities this year brings—new activities, friendships, and shared experiences that make our community so special. Our program continues to thrive because of your enthusiasm and participation, and I'm looking forward to seeing familiar faces and welcoming new ones.

This year, we'll focus on staying connected, active, and engaged. Keep an eye on our calendar for upcoming events, workshops, and social gatherings. Together, we'll make 2026 a year of fun, learning, and friendship.

We look forward to catching up with you, Tuesday 17<sup>th</sup> February 10am here at the Riverview and District Community Centre for the first Meet and Greet for the year!

Thank you for being part of our wonderful community.  
Let's make this year the best yet!

Stay well everyone, *Irene Strong*  
President, Ipswich 60 and Better Program



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

6<sup>th</sup> Graeme Ault

6<sup>th</sup> Joanne Liew

6<sup>th</sup> Donna Malone

7<sup>th</sup> Garry Smith

7<sup>th</sup> Keith Adams

11<sup>th</sup> John Born

14<sup>th</sup> Coralie Smith

14<sup>th</sup> Barbara White

17<sup>th</sup> Vivienne Sambell

18<sup>th</sup> Ruth Albeck

18<sup>th</sup> Serena Kereopa

18<sup>th</sup> Jacqueline Clayden

18<sup>th</sup> Delwyn Little

21<sup>st</sup> Carole Headridge

22<sup>nd</sup> Lorelle Audoss

24<sup>th</sup> Geoff Andrews

25<sup>th</sup> Gwen Baker

26<sup>th</sup> Ray Humphries



## **The Pen – Welcome to the Pen for 2026**

I hope everyone had a wonderful time over the Christmas break. The Monthly Social Group has organised some outings for the first half of the year. The only costs are your food, transport, and donations to the driver when carpooling. Please RSVP to the office on 32828644, 2 weeks prior to the event so enough spots can be booked.

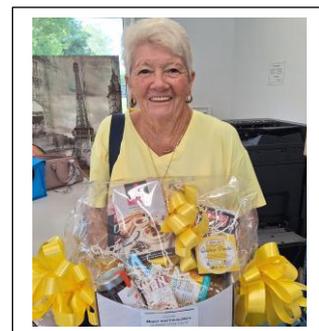
### **Morning Teas**

- 26/2/26** “Simply Daughters” at Ma Ma Creek. Carpooling leaves Queens Park at 9.30am.
- 12/3/26** “Elderflower Café” Tivoli. Meet there @ 10am
- 9/4/26** “Wounded Heroes” Meeting there @ 10am
- 7/5/26** “Nanny Loos” Kalbar. Carpooling leaves Queens Park Café at 9.30am
- 4/6/26** “Queens Park Café” Meeting there at 10am

### **Day Trips**

- 26/3/26** “Mt Cootha gardens” Carpooling leaves Queens Park Café at 9.30am
- 23/4/26** Travelling to Brisbane City Cats via train, leaving Booval station at 9am, meeting there.
- 21/5/26** “The Nest Community” at Brendale. Carpooling leaves Queens Park Café at 9.00am
- 18/6/26** “Lone Pine Sanctuary. Carpooling leaving Queens Park Café 9.30am

The lucky winner of our 2025 Christmas Raffle was Marie! Congratulations Marie, we hope you enjoyed your goodies basket. Second place went to Greg, followed in third place by Ellenore. Raised \$347. Thankyou!



# Containers for Change

DATE	AMOUNT	
<p><b>Great Effort! Thank you!</b></p> <p><b>Keep up the good work.</b></p>		<p>Every little bit helps! Thank you to all who are participating in our containers for change drive for 2026.</p> <p>Take Containers to the collection points or drop in bay. Scan or use the code <b>(C10125847)</b></p> <div style="text-align: center; background-color: #f5f5f5; padding: 10px; border: 1px solid #ccc;"> <p style="color: green; font-weight: bold; margin: 0;">C10125847</p>   </div> <p style="text-align: center; font-weight: bold;">                 12 Cole St, Bundamba                  355 Brisbane St, West Ipswich                  229 Brisbane Rd, Goodna                  157 Collingwood Dr, Collingwood Park                  33 Belar St, Yamanto             </p> <p style="text-align: center; font-weight: bold;"> <u>NB</u> Please remove lids and straws from Poppers. <b>DO NOT CRUSH CANS</b>                  – Barcode needs to be readable.             </p>

# Peter Roberts

## Mowing Made Simple

MOWING EDGING WEEDING PRUNING

Mowing@robertsonline.id.au

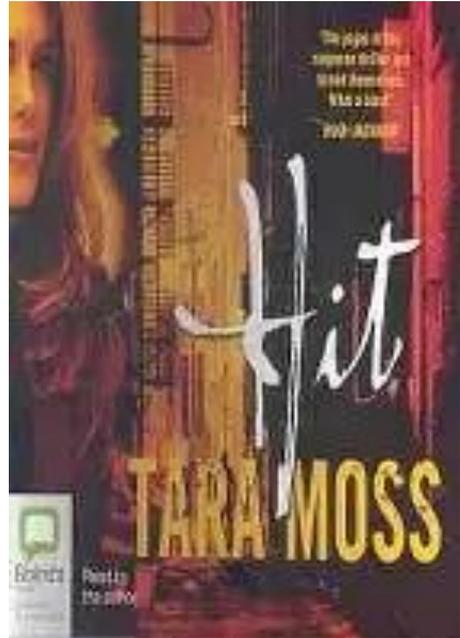
0408 087 020

## **Book Review with Yvonne - HIT**

Author Tara Moss, Suspense thriller

She's beautiful, street-smart and hoping to leave her troubled past behind her.

Makedde Vanderwall has finished her studies and is ready to start practising as a forensic psychologist. She's also starting a new life in Australia with her detective boyfriend Andy Flynn. Hoping to scrape together some extra cash, Makedde begins doing part-time work for an infamous P.I. With a knack for investigation and bending the law, Makedde might have just stumbled across her true calling, and the career choice that would finally bust up her relationship once and for all. Then she is hired to investigate the murder of a high-flying P.A Meaghan Wallace.



The police believe it's an open and shut case; a junkie street-kid is guilty. But Makeede discovers that the case is a lot more complicated, and if the boy did kill Meaghan, then who set him up? And how far will they go to keep their guilt a secret.

This story isn't brilliant and could be a bit long winded.

### **For Sale by Donation to Ipswich 60 and Better Program Inc.**

Items from deceased estate in great condition, contact Kerri at the office

Manual wheelchair (Aspire Evoke 2, rrp \$1009). Foldable electric wheelchair with head support & foot plates (rrp \$4000). Raised toilet chair/commode.

Aspire Meal walker (rrp \$225). Aspire Vogue Forearm walker (rrp \$670).

4 Wheel Walkers. Other misc. items.

**Max Weight 180kg**

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Now summer is well under way, it's a reminder to make sure your pool is as safe as possible.

Here are a few quick checks you can do today:

**1. Test the self-close**

Open the gate and let it go. It must close and latch on its own every time.

**2. Check the gaps underneath your fence**

No opening under or through the fence should be more than 100 mm.

**3. Clear the area for climbing obstacles**

Move pot plants, toys, chairs and anything kids could climb on away from the fence.

**4. Never prop the gate open**

Even for a minute. Most accidents happen during busy gatherings.

A working gate saves lives.

# LOCAL HANDYMAN

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*makernsonhandymanservices@gmail.com*

*Later*

Talk to you later

I'll call you later

See you later

We'll walk later

I'll tell you later

We leave everything to later but forget that later does not belong to us.  
Later, our loved ones are no longer with us.

Later, we don't hear them, and we don't see them,

Later, they are just memories,

Later, the day becomes night, the force becomes helpless,

The smile becomes a grimace, and life becomes death.

Later becomes too late.

Do it now.

## **Clothing Alterations**

### *Clothing Alterations /Repairs*

**ALTERATIONS** Trousers Skirts Tops Jackets

**REPAIRS** Zips replaced Hems Waists let out/in

Elastic replaced Jeans Mended Zips Hems School uniform  
repairs

Garments adjusted for disability – age – Mobility needs

**Custom Pick up and Delivery Service for areas 4304**



MIRIAM 0413 161 754



Harold St Bundamba

<b>Weekly Activities</b>			
<b>Monday</b>			
<b>UFO Craft</b> ( <u>U</u> n <u>F</u> inished <u>O</u> bjects)	9:30am-12 noon	Riverview	Donation M/ Tea to share
<b>Social Art</b>	12.30 – 2.30pm	Riverview	Donation
<b>Tuesday</b>			
<b>Mahjong /Rummy</b>	1pm - 4pm	Y Tavern	Donation
<b>Tai Chi for Health</b>	1.15 pm-2.15 pm	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>	4.30pm	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>	8.30 am	Varies	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>	To be advised		
<b>Mahjong</b>	10am – 1pm	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</b> <b>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> <b>Walking Thursday</b>	Ipswich Various Locations Queens Park	Contact Office



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# NDIS Care CONVERSATIONS



Unsure how to best use *your NDIS plan* to build independence and reach your goals?

**Let's Start the Conversation.**

Whether you're just starting or reviewing your NDIS journey, **STAR NDIS Care Conversations** offer a friendly environment to support you in making the most of your NDIS plan. Get clarity and build confidence. Book your spot today.

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- ✓ Small group, interactive sessions
- ✓ Limited numbers for personalised support
- ✓ Bring your own NDIS plan and questions
- ✓ Speak 1:1 with experienced professionals
- ✓ Get practical tips and strategies

FREE SESSIONS STARTING FROM FEB 2026!

### UPCOMING SESSION IN IPSWICH.

Friday, 6 February 2026 from 10 am - 12 pm  
STAR Office, Shop 1, 5 Jacaranda St, East Ipswich



IPSWICH LITTLE THEATRE SOCIETY  
PRESENTS

THE  
SHAWSHANK  
REDEMPTION

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](http://www.ilt.org.au)  
or phone or book in person at the Ipswich Visitor Information Centre 32810555

## A Short History of Valentine's Day

Valentine's Day, celebrated on 14 February, has a long and fascinating journey from ancient rituals to the modern celebration of love we know today.

### Ancient Beginnings

The story starts in ancient Rome with Lupercalia, a mid-February festival linked to health, fertility, and the coming of spring. Although not romantic, it helped establish February as a time for pairing and renewal.

### The Legend of St Valentine

The day is named after St Valentine, a Christian martyr from the 3rd century. His exact story is unclear, but popular legends say he secretly married young couples or sent a loving note signed "from your Valentine" before his execution. Over time, he became a symbol of devotion.

### Medieval Romance

By the Middle Ages, Valentine's Day was firmly linked with romantic love. Writers like Geoffrey Chaucer described it as the day birds choose their mates, inspiring people to exchange handwritten love notes.

### Victorian Traditions

The 1800s transformed Valentine's Day into a major celebration. Mass-produced cards, lace, ribbons, and the giving of red roses became popular, thanks to cheaper postage and the Victorian love of sentimental gestures.

### Valentine's Day Today

Today, the day is celebrated worldwide — including across Australia — not just for romance but also for friendship, gratitude, and community connection. For groups like Ipswich 60 and Better, it's a lovely reminder of the many forms love can take throughout life.

## FEELING DIZZY, OFF BALANCE OR NOT HEARING CLEARLY?

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 Handles, Knobs



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### Hard Sudoku Puzzles

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

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

### *Life advice from Ellenore*

The best way to cheer yourself up is to cheer someone else up!

*February Trivia from Meg*

1. In which Australian capital is the Story Bridge?
2. A breed of what animal is a shihtzu?
3. The young of a flying fox or fruit bat is called what?
4. A square flat-topped hat worn at graduation ceremonies is called a what?
5. Colloquially, an untrustworthy person “couldn’t lie straight in...” what?
6. A tick bite can make you allergic to which food?
7. Suadi Arabia imports camels from which country?
8. What would you do with a baguette?
9. Miso soup is a dish from which country?
10. Mute swans are what colour?
11. What rhymes with sunny and is colloquial for toilet?
12. What is the plural of the word mongoose?
13. What kind of creature is a pipit?
14. In which Australian state or territory is the Howard Springs quarantine centre
15. When was the last leap year?
16. To which continent are gorillas native?
17. Which country lies directly north of the USA?
18. What word could mean a type of weapon or the edible shoot of an asparagus plant?

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

1. The written W \_ \_ \_ \_
2. A hospital \_ \_ \_ \_ \_
3. Articles offered for sale \_ \_ \_ \_ \_
4. \_ \_ \_ \_ \_ hello and goodbye
5. She \_ \_ \_ \_ \_ him a present
6. Let’s play a G \_ \_ \_ \_

**WORD LADDER: December**

1. Head
2. Heal
3. Teal
4. Tell
5. Tall

***December Trivia Answers***

1. A common expression that refers to a very small space – not enough room to swing a what? Cat
2. In which country was Sir Joh Bjelke-Peterson born? New Zealand
3. In the fairy tale, What relation to Hansel is Gretel? Sister
4. What form of transport is a sloop? Boat
5. In what year did Australia become the first country to have a complete set of polymer bank notes? 1996
6. How many members are in the pop group ABBA? 4
7. Where are a dogs sweat glands located? Paws
8. Which TV show has won more logies than any other? Home and Away
9. In the human body what is the axilla also known as? Armpit
10. How many sides does a pentagon have? 5
11. What nationality is tennis star Rafael Nadal? Spanish
12. What is the largest species of penguin? Emperor
13. What is the longest river in South America? Amazon
14. In which Australian state or territory id Sunraysia Highway? Victoria
15. What country is home to the vehicle Isuzu? Japan
16. Which Tasmanian marsupial is known for its temper? Tasmanian Devil
17. What is the main ingredient in risotto? Rice
18. What is the hardest substance in the human body? Enamel
19. Which country has the most people? China
20. What type of animal is the natterjack?

**Birthstone for February**



**Birth flower for February**



# 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](http://ipswich.qld.gov.au/emergency) or phone  
(07) 3810 6666.



**Queensland  
Government**

## *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.

### **Meet and Greet**

**We kick 2026 off with a February Meet and Greet. 17<sup>th</sup> February, 10am. Please bring a plate to share, we will see you there!**

**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).

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