

# Community News & Views Ipswich

March 2026

Vol: 33 No 3

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

15-21<sup>st</sup> National Poison

Prevention Week

8<sup>th</sup> Int. Women's Day

13<sup>th</sup> World Sleep Day

17<sup>th</sup> St. Patrick's Day

21<sup>st</sup> World Poetry Day

21<sup>st</sup> Harmony Day

## Date Claimer

**Morning Tea 12/3/26**

**Elderflower Cafe**

**Meet there 10am**

**Bus trip 26/3/26**

**Mt Cootha, \$10/head plus  
lunch, call office to secure your  
seat.**

**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 2025-2026**

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

**Treasurer:** Vivienne Sambell      **Secretary:** Lyndel Godden

**Committee:** Elaine Clarkson, Ellenore Lister, Shauna McGown,  
Heather Meiklejohn, Debra Peace, Barbara White

**Part Time Office Staff: Co-ordinator** – Kerri Lynch (10hrs) Anne Bertram (10hrs)

**HSQF Coordinator:** Cassie Paton (5hrs) **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**



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**IPSWICH 60 & BETTER PROGRAM Inc.**

**ABN 85 491 018 335**

**Riverview & District Community Centre, 138 Old Ipswich Rd, Riverview. 4303**

**Contact: Ph.: 07 3282 8644; Mob: 0493097012 office hours**

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

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### **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,

As we welcome March, I'm reminded once again of how fortunate we are to be part of such a vibrant and supportive community here at 60 and Better Ipswich. Each week, our centres are alive with familiar faces, new friendships forming, and the wonderful energy that comes from people connecting, learning, and having fun together. It's this sense of belonging that makes our program so special, and I'm proud to see it thriving across all our groups.

The management committee, unfortunately, have had the resignation of Alfia Cavallaro, secretary, in February. Thankyou Alfia for stepping into the role at the AGM – thank you for all your support in that time.

Thankyou to Lyndel Godden, management committee member for agreeing to take on this role.

As the year begins to settle into its rhythm, I encourage everyone to keep exploring the opportunities available through 60 and Better.

Whether it's joining a craft group, trying a new exercise class, or simply dropping in for a cuppa and conversation, staying active and socially connected makes a tremendous difference to our wellbeing. And if you haven't visited for a little while, March is the perfect time to come back—you'll always find a friendly face waiting for you.

Thank you all for your ongoing support and involvement.

I look forward to another month filled with good company, meaningful moments, and plenty of shared laughter.

Stay well everyone, *Irene Strong*

President, Ipswich 60 and Better Program



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

8<sup>th</sup> Janette White

11<sup>th</sup> Laurie Hadler

13<sup>th</sup> Margaret Berlin

14<sup>th</sup> Kath Hogan

15<sup>th</sup> Doreen Gowell

18<sup>th</sup> Karen Lambert

19<sup>th</sup> Heather Meiklejohn

19<sup>th</sup> Marianne Ryan

23<sup>rd</sup> Valmai Joy Bottle

24<sup>th</sup> Malcolm Pengilly



## The Pen – Meet and Greet Wrap-Up

Our Meet and Greet on Tuesday 17 February was a wonderful reminder of what makes Ipswich 60 and Better such a warm, welcoming group. The room filled quickly with familiar faces, new members, and plenty of friendly chatter as we settled in for the morning. The guest speaker presented valuable information see page 14.

The highlight of the day was hearing directly from the convenors of many of our activity groups. Each spoke with genuine enthusiasm about what their group offers—whether it’s creativity, movement, learning, or simply good company. Their passion set the tone for the year ahead and gave everyone a clearer picture of the opportunities available.

For newer members, it was a chance to explore what might spark their interest. It was a lovely reminder of just how much talent and dedication sits within our community. Conversations continued long after the formalities ended, with plenty of people sharing ideas and making connections. A big thank-you to everyone who came along and made the morning such a success.



### International Women’s Day

International Women’s Day and Women’s History Month remind us to honour the remarkable contributions of women who have shaped our community, our country, and our world. Throughout March, we celebrate their achievements, amplify their voices, and reaffirm our commitment to equality and opportunity for all women in Ipswich.

# Containers for Change

DATE	AMOUNT	
<p style="text-align: center;"><b>Total to Date</b> <b>Great Effort!</b> <b>Thank you!</b></p> <p style="text-align: center; margin-top: 20px;"><b>Keep up the</b> <b>good work.</b></p>	<p style="font-size: 1.2em;"><b>\$1043</b></p> <div style="text-align: center; margin-top: 20px;">  </div>	<p style="text-align: center;">Every little bit helps! Thank you to all who are participating in our containers for change drive for 2026.</p> <p style="text-align: center;">Take Containers to the collection points or drop in bay. Scan or use the code <b>(C10125847)</b></p> <div style="text-align: center; margin: 10px 0;">  </div> <p style="text-align: center; margin-top: 10px;"> <b>12 Cole St, Bundamba</b>  <b>355 Brisbane St, West Ipswich</b>  <b>229 Brisbane Rd, Goodna</b>  <b>157 Collingwood Dr, Collingwood Park</b>  <b>33 Belar St, Yamanto</b> </p>

# Peter Roberts

## Mowing Made Simple

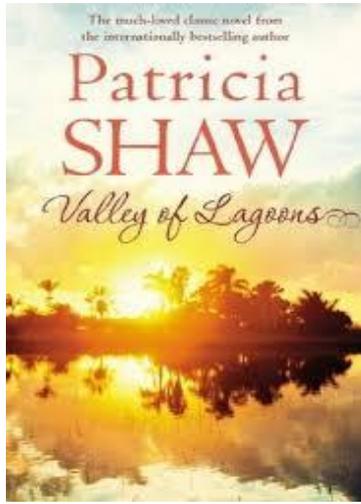
MOWING EDGING WEEDING PRUNING

Mowing@robertsonline.id.au

0408 087 020

## Book Review with Yvonne - VALLEY OF LAGOONS

Author Patricia Shaw - Historical Novel



In 1825 the square-rigger Emma Jane sets sail from England, carrying on board convicts found for the penalty colonies and a handful of paying passengers determined to brave the perilous journey to a new land of opportunity – Australia. The settlers soon discover that the quickest road to wealth lies in laying claim to vast tracks of cattle grazing land – though this soon brings them into conflict with fierce Aboriginal tribes. Aristocratic Jasin Hazelwood, forced to flee

England to avoid gambling debts, will stop at nothing to join the elite ranks of cattle kings. Double-crossing friend and foe alike, he starts a feud with the Irish squatter Pace Macnamara that has tragic consequences for both families. But it is the women who are the true pioneers. Jasin's spoilt wife Georgina, who refuses to be crushed by his ruthlessness or his infidelities, and the convict girl Delours, who is to be his nemesis. The beautiful and mysterious Valley of Lagoons is the ultimate challenge for these magnificent men and women whose spirit, and courage and greed pushed back the frontiers of an unforgiving land. An interesting story of how this country was pioneered and the hardship the people endured to make it what it is now.

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

Items from deceased estate in great condition, contact Kerri at the office. Please check with your OT about suitability for your needs.

Manual wheelchair (Aspire Evoke 2, rrp \$1009). Foldable electric wheelchair with head support & foot plates (rrp \$4000). Raised toilet chair/commode. Aspire Vogue Forearm walker (rrp \$670). Other misc. items.

Max Weight 180kg

These items are available for an affordable donation to the Program.

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in conjunction with Urban Land and Project Marketing Pty Ltd.



## Missed Out on a Property? How to Improve Your Chances Next Time

Multiple-offer situations are common today. Sellers consider not just price, but the overall strength and certainty of each offer. To improve your chances:

1. Submit Your Best Price – A strong, precise offer (e.g., \$451,800 instead of \$450,000) can stand out.
2. Strengthen Your Finance – Cash offers are ideal. If financing, get pre-approval and aim for shorter approval periods.
3. Shorten Building & Pest Timeframes – Reducing inspection windows from 14 to 5 days can make your offer more appealing.
4. Increase Your Deposit – A larger deposit (up to 10%) shows commitment and financial strength.
5. Match the Settlement Date – Flexibility to suit the seller's preferred timeframe can give you an edge.

If a property is in a multiple-offer situation, be ready to submit your strongest offer immediately. Being strategic, prepared, and decisive greatly improves your chances next time.

# 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  
construction and building industry.

- ✓ Honest & Trustworthy
- ✓ Registered business
- ✓ References available

### **Available for:**

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  - Renovation support
  - Landscaping & Fencing
  - General building tasks

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*makernsonhandymanservices@gmail.com*

## SCONES, SCONES AND MORE SCONES !!!!

Back by popular demand, for those who have missed seeing our scone recipe listed in week 6, is a whole page devoted to this delicious and very moreish morsel. It is amazing that such a simple food to make gives so much pleasure to everyone. Give them a go, but remember to treat your mixture with a ‘light hand”, don’t go kneading them as you would bread.

### Basic recipe

4 cups Self Raising Flour

good pinch of salt (for flavour)

300ml milk

300ml cream

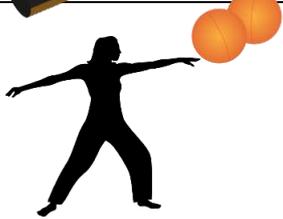
Mix all together, cut out and place on a tray, bake in a hot oven approx. 12 minutes. When cooked and well risen, the bottom of the scone should sound hollow when tapped. Hints 1. 1 tbsp of



cornflour added for each cup of Self Raising Flour helps to give a light texture to the scone. 2. Always sift the flour for aeration 3. Use a stainless-steel knife to mix as it helps with aeration 4. Dip the cutter in flour when cutting out the scones—never twist the cutter or you will end up with “leaning towers of Pisa” 5. You may need to vary the amount of liquid as flours can vary. You need a soft dough not a stiff dough 6. Bake in a hot oven 7. When they come out of the oven, brush off any flour on the outside of the scone and wrap in a clean tea towel which helps to keep them soft. 8. Never cut the scone in half—pull apart with your fingers. 9. Serve with jam and whipped cream or my favourite—a good blob of butter melting on the hot scone with golden syrup also melting into the hot scone.

<https://cwaofvic.org.au/grow-connect-improve/cookery/>

<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>500/Cards/Canasta</b>	10 am-12noon	Riverview	Donation
<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



*You are invited!*

## Social Connections Open Day & Morning Tea

Explore a range of social programs and activities especially designed for seniors to pursue their hobbies, build meaningful connections, and engage with the local community!



**FREE EVENT.**  
Open to all  
Senior residents  
of  
Ipswich.

**MARCH 18, 2026 10AM-12PM**

**Brothers Leagues Club Ipswich  
20 Wildey St, Raceview**

### **Come along for a fun and informative social morning:**

- ✓ Learn about STAR's social activities, programs, and services
- ✓ Get information on how to access these services through My Aged Care
- ✓ Enjoy morning tea with our friendly team
- ✓ Make new connections with like-minded people in your local area.

- **Charters and Lunch Clubs**
- **Craft and other activities**
- **Technology Training Program**
- **Companionship Program**
- **Friendship Visitor Program**
- **Phone Pals**

Bookings are essential. Scan the QR code to book online, or call Jo Houghton at STAR on 3821 6699 or email [enquiries@starcare.org.au](mailto:enquiries@starcare.org.au)



## **Staying connected with vision changes**

(article part one)

People living with a vision condition such as macular degeneration, glaucoma, or diabetic eye disease may be adjusting to changes that affect everyday life. Some of these changes are practical, others emotional, and many sit outside what is discussed in a clinic appointment. Having the right support can help ensure these shifts don't quietly lead to disconnection, from activities, confidence, or the people and routines that matter.

As seniors we often spend much of our time caring for others, partners, family, friends, neighbours, communities, and don't always turn that same care toward ourselves. When vision changes are part of life, having space to ask questions, learn new ways of doing things, or talk through the adjustment can make a meaningful difference, both for the person experiencing vision loss and for those close to them.

*To be continued next month*

[www.seeway.com.au](http://www.seeway.com.au)

### **For Sale: Icare333 Single near new Adjustable Bed**

Adjustable head lift and knee adjustment

Adjustable high and low heights

Removable head and foot ends

Foot brake on each wheel

Removable full-length sides

Tilt forward and backward

Beige colour

Remote control/



Possible air alternating

mattress

**Price \$1300**

Phone Nancy

0402131911

## Cathy Vo

GLG Legal Springfield

On February 17<sup>th</sup> we held our quarterly Meet and Greet and was joined by guest speaker, Cathy Vo from GLG Legal Springfield.

Cathy spoke at length about issues affecting us all, including wills, power of attorneys and estate planning.

The importance of making a will and preparing it in a legal way ensuring correct formatting was discussed, including how complex they can be, and how to write them so that they have less chance of being contested after death.

Power Of Attorney. (P.O.A). forms can be downloaded from the Qld Department of Justice, completed and witnessed by a JP or a commissioner for declarations. A power of attorney allows you (the principal) to appoint someone you trust (i.e. an attorney or attorneys) to make decisions for you during your lifetime. Power of attorneys can include personal (including health) matters and financial matters. There are 2 types of power of attorney: general power of attorney, which ends if you lose capacity and an enduring power of attorney, which continues if you lose capacity.

Cathy discussed the importance of having a medical health directive. To make an advance health directive, you must be 18 or older and have capacity to understand the nature and effect of the advance health directive.

The trifecta being all three documents, bearing in mind that these documents need to be reviewed regularly, in case things change.

### **BRIBIE ISLAND HOLIDAY HOUSE**

**Comfortable, low set, water views of Pumistone Passage**



**Build a sandcastle or catch a flatty in front**

**Available Easter and April School Holidays Thursday 2nd April to Saturday 18th April 2026 Phone Joyce 0407 572 398**

## **Sleep Awareness Day – March Focus**

Each March, Australians are encouraged to pause and reflect on the importance of healthy, restorative sleep—something many of us don't get enough of. *World Sleep Day*, observed in 2026 on **Friday, 13 March**, serves as a reminder that good sleep is essential for our physical, mental, and emotional wellbeing. The event is part of a global initiative led by the World Sleep Society, aimed at raising awareness about common sleep issues and promoting healthier sleep habits across communities. [\[wincalendar.com\]](http://wincalendar.com)

This year's theme, "**Sleep Well, Live Better,**" highlights the powerful link between quality sleep and our overall health. Poor sleep has been associated with increased risks of chronic conditions, including heart disease and diabetes, and it can significantly affect mood, memory, and daily functioning. In Australia, where up to 40% of adults experience inadequate sleep, this awareness day plays an important role in encouraging people to re-examine their routines and make sleep a priority. [\[wincalendar.com\]](http://wincalendar.com), [\[worldsleepday.org\]](http://worldsleepday.org)

World Sleep Day also encourages simple, practical steps that anyone can adopt—such as maintaining a regular sleep schedule, creating a calming bedtime routine, limiting screens at night, and seeking medical advice if snoring or insomnia affects daily life. Community groups, health organisations, and individuals are invited to take part by sharing information, hosting conversations, or simply checking in with friends about how they're sleeping. Together, we can help reduce the impact of sleep problems and promote healthier habits throughout the Ipswich community.

Vale Dr Cecil Dougherty. Cec was a long-term member and avid tennis player until recently. A real gentleman who will be sadly missed.





## Don't Miss Another Moment.

Hearing connects us to the people and moments we love.

### Are you experiencing these signs?

- Asking people to repeat themselves?
- Turning up the TV louder than everyone else?
- Struggling to hear in noisy places?
- Experiencing ringing or buzzing in your ears?
- Feeling dizzy or off balance?

Hearing loss often happens gradually – you may not realise how much you're missing.

### WORLD HEARING DAY SPECIAL

#### ✓ FREE Hearing Aid Trial – No Obligation

Try the latest hearing technology in your everyday life before making any decisions. Experience clearer conversations, better TV sound, and more confidence – **risk free.**



(Free services available when you choose Easy Hearing Audiology as your hearing provider.)

#### Why Trial Hearing Aids?

Many people delay treatment because they're unsure what to expect. With our no-pressure trial, you can:

- ✓ Wear hearing aids at home
- ✓ Test them in real conversations
- ✓ Experience the difference yourself
- ✓ Decide comfortably, in your own time

**No guesswork. No pressure. Just better hearing.**

#### Caring for the Whole Family

- Hearing tests for adults & children aged 3+
- Gentle, mess-free microsuction
- Support for tinnitus (ringing in the ears)
- Balance and dizziness assessment
- Ongoing care and adjustments

#### Local • Independent • Family-Owned



[easyhearing.com.au](http://easyhearing.com.au)

(07) 3492 9228

Karalee Shopping Village, Chuwar

**Book Now - Limited World Hearing Day Appointments Available**

# Phil's Property Maintenance



## Handyman Services

Plasterboard Repairs – holes in walls and cracks  
 Door Repairs – Insect mesh, Wheels, Closers,  
 Handles, Knobs



CALL PHIL 0413 161 754

$A + B = 76$   
 $A - B = 38$   
 $A \div B = ?$

What number is missing?

1 3 5  
2 4 ?

Hint: It's not 6

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

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

*March Trivia from Meg*

1. On which continent are the Rocky Mountains?
2. A common saying that indicates someone has finally understood something is “the penny ...what?”
3. Is a beaver carnivorous, omnivorous or herbivorous?
4. What are the two cross-pieces called, that rest in the 3 stumps, in cricket?
5. Which day of the week is known as Sabato in Italian?
6. Which company produces Time Tams?
7. According to a common saying, where are you going if you “hit the hay”?
8. In which Australian city is the Australian Open held?
9. In which Australian state or territory is the Walls of Jerusalem National Park?
10. In music a tuning fork typically has how many prongs?
11. Who is buried in Grants Tomb?
12. Have any women walked on the surface of the moon?
13. Caribou are also known by what other name?
14. Cheviot is a breed of which farm animal?
15. In which country is the Grand Canyon?
16. Often depicted as a winged boy with a bow and arrow, who was the Roman god of love?
17. Beginning with C, what is a baby swan called?

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

1. An introduced pest T \_ \_ \_ \_
2. Hit the \_ \_ \_ \_ Jack!
3. \_ \_ \_ \_ the book
4. A long type of grass \_ \_ \_ \_
5. \_ \_ \_ \_ the animals with hay
6. \_ \_ \_ \_ be aware of through touching or being touched

**WORD LADDER: February**

1. Word
2. Ward
3. Ware
4. Wave
5. Gave
6. Game

***February Trivia from Meg***

1. In which Australian capital is the Story Bridge? Brisbane
2. A breed of what animal is a shihtzu? Dog
3. The young of a flying fox or fruit bat is called what? Pup
4. A square flat-topped hat worn at graduation ceremonies is called a what? Mortarboard
5. Colloquially, an untrustworthy person “couldn’t lie straight in...” what? Bed
6. A tick bite can make you allergic to which food? Red meat
7. Saudi Arabia imports camels from which country? Australia
8. What would you do with a baguette? Eat it
9. Miso soup is a dish from which country? Japan
10. Mute swans are what colour? White
11. What rhymes with sunny and is colloquial for toilet? Dunny
12. What is the plural of the word mongoose? Mongooses
13. What kind of creature is a pipit? A bird
14. In which Australian state or territory is the Howard Springs quarantine centre? Northern Territory
15. When was the last leap year? 2020
16. To which continent are gorillas native? Africa
17. Which country lies directly north of the USA? Canada
18. What word could mean a type of weapon or the edible shoot of an asparagus plant? Spear

**Birthstone for March**



**Aquamarine**

**Birth flower for March**



**Daffodil**

## *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.

#### *Life advice from Ellenore*

All that we are is the result of what we have thought. The mind is everything. What we think, we become.

#### **Do you want to contribute?**

**The Social Committee and Newsletter Editing Committee would love you to join us. Contact the office for more information.**

Check out our Facebook page at: <https://www.facebook.com/IpsSixtyandBP>

Or search on Facebook for Ipswich 60 and Better Program.

Visit our website for information and upcoming events at:

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

**If undeliverable return to:  
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