

# Community News & Views Ipswich

April 2026

Vol: 33 No 4

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.

"Happy Easter..May the renewal of life  
At Easter bring new  
Blessings of love, hope,  
Peace, good health &  
Happiness to you and  
Your loved ones..  
Embrace the renewal of life."  
-Babz



ANZAC DAY  
**LEST WE  
FORGET**



## Special Days

2<sup>nd</sup> World Autism Acceptance  
Month  
3<sup>rd</sup> Good Friday (Public Holiday)  
5<sup>th</sup> Easter Sunday  
5<sup>th</sup> Daylight Savings ends  
7<sup>th</sup> World Health Day  
11<sup>th</sup> Parkinsons Day  
25<sup>th</sup> ANZAC Day  
24<sup>th</sup> – 30<sup>th</sup> World Immunisation  
Week  
Stress Awareness Month

## Date Claimer

23<sup>rd</sup> April Brisbane City Cat  
Bookings ESSENTIAL For Info and  
bookings phone the office on  
32828644

**Wounded Heroes event on  
9<sup>th</sup> April Cancelled**



Funded by



**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 2025-2026**

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**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**

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**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:**

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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.**

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## PRESIDENT'S PEN

Dear Members,

As we welcome the month of April, I hope this edition of *Community News and Views* finds you well and enjoying the cooler mornings that signal autumn's arrival. Our program has been buzzing with activity lately, and it's wonderful to see so many familiar and new faces taking part in the groups, classes, and social gatherings that make our community such a vibrant and supportive place.

Easter is upon us once again, and it offers a lovely reminder to slow down, connect with others, and appreciate the simple joys in life.

Whether you're celebrating with family, sharing a meal with friends, or simply enjoying a peaceful long weekend, I hope this Easter brings you renewal, warmth, and maybe even a small chocolate treat or two.

Looking ahead, we have several activities planned for the coming weeks, and I encourage you to get involved wherever you can. Your participation and enthusiasm are what keep Ipswich 60 and Better thriving. As always, thank you for your continued support, kindness, and community spirit. I wish each of you a happy and safe Easter season.

Stay well everyone, *Irene Strong*

President, Ipswich 60 and Better Program



## HAPPY BIRTHDAY TO ALL MEMBERS BORN IN APRIL



1<sup>st</sup> Lori Patrick  
 2<sup>nd</sup> Pamula Heit  
 2<sup>nd</sup> Mruldula Vani Bojanapati  
 4<sup>th</sup> Ken Davey  
 4<sup>th</sup> Anne Lynch  
 5<sup>th</sup> Libby Blackshaw  
 7<sup>th</sup> Elsie Johns  
 8<sup>th</sup> John Durrant  
 8<sup>th</sup> Joy Truasheim  
 9<sup>th</sup> Prue Harradine  
 9<sup>th</sup> Dennis Boothby

11<sup>th</sup> Helen Farley  
 12<sup>th</sup> Norah Blunden  
 18<sup>th</sup> Janette Wells  
 19<sup>th</sup> Colin Rodwell  
 20<sup>th</sup> Tris Smith - Phillips  
 23<sup>rd</sup> Susan Strange  
 25<sup>th</sup> Marlene McLean  
 26<sup>th</sup> Kathryn Hitchenor  
 29<sup>th</sup> Narelle Curtis  
 30<sup>th</sup> Pauline Constable  
 30<sup>th</sup> Jeff Coward

## The Pen

Our Social outing for *February* didn't quite go to plan as Simply Daughters changed their opening days, so we will try again later in the year. Meeting at Queen's Park here in Ipswich,



the group set off and finally arrived in Forest Hill in two vehicles. We had breakfast/lunch at Caffe Sorella, where you can indulge with a gelato as well as buying some beautiful gifts. We then strolled through the shops before heading to Laidley to wander around the town.

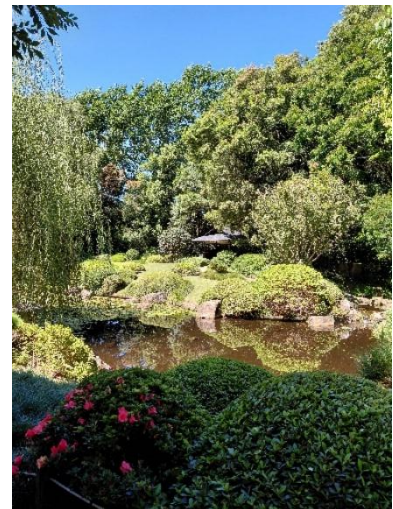
There was only six of us, but we all had a good day lots of chatting and laughter.

In *March* at the Elderflower Cafe, we had a turn out with 18 members attending brunch. It was a good morning to catch up and meet some new members. Afterwards some of us went for a wander through the Tivoli Nursery and bought too much!





Mt Coot-tha Summit and Botanical Gardens bus trip was a wonderful day, with 16 onboard. First stop the Summit lookout, perfect views over Brisbane city and surrounding areas. Nola pointed out Mt Gravatt.

Some took the chance of a quick coffee. Next, the gardens, once the bus stopped everyone headed off in different directions. Some to the cafe first, while others wandered the gardens. We strolled from the Arid region, kitchen garden to the Japanese Gardens. Bonsai House where some were 68 years old, then through the exotic rainforest. Some enjoyed an ice at the end.



# Containers for Change

DATE	AMOUNT	
<p>Total to Date Great Effort! Thank you!</p> <p>Keep up the good work.</p>	<p>\$1070.70</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;">  </div> <p> <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

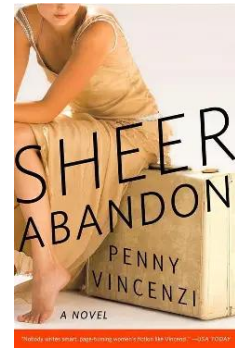
Mowing@robertsonline.id.au

0408 087 020

## Book Review with Yvonne - SHEER ABANDON

### Author Penny Vincenzi

Martha, Clio and Jocasta meet by chance at Heathrow airport in 1985 as they are starting off on separate back-packing adventures, and they decided to spend their first few days of their trip together in Thailand. When they go their separate ways, they vow to get together in London the following year. But many years pass before the three cross paths again, and the once capricious, carefree girls now all have thriving careers. One of them, however, harbours a terrible secret. On her return from her pre-college excursion, she gives birth to a baby girl in the cleaning closet at Heathrow airport and abandons her there.



Clio has fulfilled her ambition of becoming a doctor, only to find herself trapped in a marriage to an arrogant surgeon who belittles her and her professional achievements.

Martha is a highly paid corporate lawyer, just embarking on a political career. Dedicated to her job, she has little time for personal relationships and lives a busy, but lonely life.

Jocasta, a tabloid newspaper reporter with an infallible instinct for a big story, is in love with a charming colleague who can't make the permanent commitment she longs for.

The infant abandoned at Heathrow has grown up under the loving care of her adoptive parents. Now a beautiful teenager named Kate, she sets out to find her birth mother; a quest that unexpectedly brings the women together and exposes the secret so many years before. Who was the mother of the baby?

This book was quite thick and probably could have been reduced, as it sometimes repeated parts already written. But in saying that it was a nice story.

## ENVIRONMENT MATTERS

by Lyndel

Following on from our own Sixty and Better Treasure Trove Fashion Parade last year, I will endeavour to update members on Sustainability Events coming up in Ipswich and Scenic Rim.

As a result of the devastating factory fire and Rani Plaza, Bangladesh collapse 2013, where over 1,200 people were killed, Fashion Revolution Week was created to bring attention to the hazards of fast fashion and encourage consumers to mend and retain their clothes to help the environment cope with the glut of clothes filling the world.

Boonah Organisation for A Sustainable Shire is holding a Fashion Designer Showcase and Upcycle Op Shop Challenge on April 18th @ The Centre, Beaudesert. Lunch, trade stalls, slow stitching and a chance for a country drive to view local fashion designers upcycling work. Tickets are \$25, contact Julie 0435992798 or Erica 0417720352.

I will be entering a couple of the many categories, applicable to life in The Scenic Rim, so an interesting time should ensue for participants and audience alike.

# HELEN BRYAN

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## **Parkinson's Awareness Month – Shining a Light on Support and Understanding**

April is recognised worldwide as Parkinson's Awareness Month, a time dedicated to increasing understanding of Parkinson's disease and acknowledging the strength of those who live with it every day. Parkinson's is a progressive neurological condition that affects movement, balance, and speech, and while it currently has no cure, early support and community awareness make a meaningful difference in the lives of those affected.

Here in our local community, many people either live with Parkinson's themselves or support a loved one who does. This month encourages us to learn more about the condition, recognise the challenges it can bring, and show compassion toward those managing its impacts. Simple acts—such as offering patience during conversation, supporting accessible activities, or checking in on a friend—can help reduce feelings of isolation.

Parkinson's Awareness Month also reminds us of the importance of staying active, socially connected, and informed. Exercise programs, support groups, and community involvement are all shown to improve wellbeing for people living with Parkinson's. Ipswich 60 and Better continues to champion healthy ageing, and we encourage anyone seeking support or information to reach out to local health services or Parkinson's Queensland, who offer valuable resources for individuals and families.

By building understanding, we help create a community where everyone feels supported, respected, and included. This April, let's take a moment to learn, acknowledge, and stand alongside those living with Parkinson's.



<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> not in school holidays	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

*Thank You! Classic Muscle Car Club Ipswich for your generous donation of \$500.*

## **Staying connected with vision changes**

(article part two)

Sometimes support looks very practical. It might be learning how to adjust the accessibility settings on the phone or tablet you already use, enlarging text, improving contrast, turning on voice features, or simplifying the layout so it feels easier and more comfortable again. Often, small changes like these can make everyday tasks such as reading messages, recognising contacts, or following news feel less effortful.

Support can also be emotional. Adjusting to vision change can bring frustration, uncertainty, or worry. Being able to speak with a qualified counsellor at no cost\* (\*GP mental health care plan required for no cost counselling), at a time that suits, can provide reassurance and perspective in a way that fits around daily life.

SeeWay – an initiative of Guide Dogs is a free national service designed to support people living with permanent vision changes, as well as their loved ones and carers. It's practical low vision care to compliment the clinical care of an eyecare professional. It offers everyday lifestyle guidance and personalised digital skills support, alongside access to counselling and clear, trusted information.

If you or someone close to you is navigating vision changes, gentle guidance and practical ideas are available at your own pace. Support is valid, appropriate and deserved, even when impacts on daily life feel small or inconsistent.

You can explore articles, digital skills support, counselling and practical ideas at: [www.seeway.com.au](http://www.seeway.com.au)

**Phone: 1800 733 929**

**Email: [info@seeway.com.au](mailto:info@seeway.com.au)**

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

## Anzac Day in Ipswich

Each April, as dawn settles over Ipswich, our community comes together in quiet reflection. Anzac Day reminds us of the courage, sacrifice, and mateship shown by those who served—and of the families who carried the weight of war at home.

Ipswich has a long and proud connection to Australia's defence story, from RAAF Base Amberley to the many local families with generations of service. For many in the 60 and Better community, these memories run deep: loved ones who served, friends who never returned, and the resilience of those who kept life going through uncertain times.

As we gather at memorials across the city, we honour not only the Anzacs of Gallipoli but all Australians who have served in conflicts, peacekeeping, and humanitarian missions. We also honour the living—veterans, families, and young people who carry the spirit of remembrance forward.

On Anzac Day, Ipswich stands together to say, with gratitude and unity: *We remember.*

Lest we forget.

## Phil's Property Maintenance



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## Chocolate cream Anzac biscuits

<https://www.bhg.com.au/recipe/food/chocolate-filled-mini-anzacs/Ingredients>

1 cup plain flour	1 tsp bicarbonate of soda
2 cups rolled oats	For the chocolate filling
$\frac{3}{4}$ cup white sugar	200g melted dark chocolate melts
125g butter, chopped	50g melted butter
2 Tbsp golden syrup	$\frac{1}{2}$ cup icing sugar mixture
2 Tbsp hot water	

### Method

1. Preheat oven to 150°C. Line 4 oven trays with baking paper or try silicone baking mats instead.

2. Put flour in a large bowl and stir in oats and sugar.

3. Combine butter, syrup and hot water in a small saucepan over a medium heat. Stir occasionally until butter has melted.

4. Stir bicarbonate of soda into syrup mixture and remove from heat.

5. Add warm syrup mixture to oat mixture and stir until combined.

6. Shape tablespoons of the mixture into 28 balls.

7. Arrange balls on prepared trays about 8cm apart.

8. Press each ball lightly with your fingers to flatten slightly.

9. Bake, in batches, for 18-20 minutes or until golden brown. Remove from oven and cool on trays.

10 Make chocolate filling by combining 200g melted dark chocolate melts, 50g melted butter and  $\frac{1}{2}$  cup icing sugar mixture in a medium bowl. Sandwich a chocolate ball between 2 cooled biscuits, then repeat with remaining balls and biscuits.





## Don't Miss Another Moment.

Hearing connects us to the people and moments we love.

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- Turning up the TV louder than everyone else?
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*March Trivia Answers from Meg*

1. On which continent are the Rocky Mountains? North America
2. A common saying that indicates someone has finally understood something is “the penny ...what?” Dropped
3. Is a beaver carnivorous, omnivorous or herbivorous? Herbivorous
4. What are the two cross-pieces called, that rest in the 3 stumps, in cricket? Bails
5. Which day of the week is known as Sabato in Italian? Saturday
6. Which company produces Time Tams? Arnott’s
7. According to a common saying, where are you going if you “hit the hay”? To bed
8. In which Australian city is the Australian Open held? Melbourne
9. In which Australian state or territory is the Walls of Jerusalem National Park? Tasmania
10. In music a tuning fork typically has how many prongs? Two
11. Who is buried in Grants Tomb? Grant
12. Have any women walked on the surface of the moon? No
13. Caribou are also known by what other name? Reindeer
14. Cheviot is a breed of which farm animal? Sheep
15. In which country is the Grand Canyon? USA
16. Often depicted as a winged boy with a bow and arrow, who was the Roman god of love? Cupid
17. Beginning with C, what is a baby swan called? Cygnet

Sudoku 1 - Hard								
			4			9		
			8				1	2
				1		6		
							8	
1		2	3				5	
	7	4		9		1		
		8	2		4			5
	4							
	6						3	

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



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

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## Clothing Alterations



### *Clothing Alterations /Repairs*

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### **Helen Bryan's Real Estate Tip:**

When selling or buying a home from 1st of July, 2026. New Anti Money Laundering Legislations (AML/CTF) Laws for Real Estate Agent comes into effect.

What this means to you: A lot more paperwork and the need for you to provide personal information for the checks that need to be done.

Agents will legally need to verify Identity or if needed identify beneficial owners. Source where their funds come from, make a risk assessment, report suspicious matters and keep records.

This will not be optional as it law. For more information. Anti-Money Laundering and Counter-Terrorism Financing Act 2006 - Federal Register of Legislation

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

1. UB40, Red Red \_ \_ \_ \_ \_
2. Opp. To loses \_ \_ \_ \_ \_
3. Frustrated, at \_ \_ \_ \_ \_ end
4. Opp of dries \_ \_ \_ \_ \_
5. Gambles \_ \_ \_ \_ \_
6. Honey producers \_ \_ \_ \_ \_

### **WORD LADDER: March**

1. Toad
2. Road
3. Read
4. Reed
5. Feed
6. Feel

*April Trivia from Meg*

1. Which species of bird has the largest bill?
2. What type of instrument is a Stradivarius?
3. In the movie Castaway, the main character's friend Wilson was a what?
4. Complete the title of this book; Green ..... and .....
5. What is the most venomous snake in the world?
6. According to a long running advertising slogan, dogs go wacko for what?
7. According to a saying, what is the mother of invention?
8. Historically, what was made by a chandler?
9. What legendary singer was nicknamed "The Big O"?
10. To which continent is the Apostlebird native?
11. On a sailing ship what are sheets?
12. In what country was Ludwig van Beethoven born?
13. Which zodiac sign is symbolised by scorpion?
14. What date is regarded as the horse's birthday in the southern hemisphere?
15. Peggy is usually a diminutive name for women with what name?
16. Which was the only country besides the U.S in which Elvis Presley performed?
17. Which company makes Time Out bars?

Birthstone for April



Diamond

Birth flower for April



Daisy

## *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).

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