

Community News and Views

A free magazine



Ipswich 60 and Better Program Inc.

A Progressive Program for the over 50s.

You can't turn the clock back, but you can wind it up again.

Mission Statement: To enable older people at a local community level to participate in decisions and activities which affect their health and well-being.

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May 2026 Vol:33 No 5

WHAT'S ON?

7th High Tea Nanny
Lous, Kalbar. Carpooling
leaving Queens Park at
9.00am Booking
essential.

**19th 10am Meet and
Greet at Riverview and
District Community
Centre**

21st Marburg Outing.
Carpooling, leaving
Queens Park at 9.30am
Booking essential.

Special Dates

3rd World Koala Day

4th Labour Day

4th Star Wars Day

10th Mother's Day

15th Ipswich Show Day

10th-16th Palliative

Care Week

19th - 25th National

Volunteers Week

24th World

Schizophrenia Day

Domestic and Family

Violence Prevention

Month

Ipswich 60 and Better Program Committee Members 2025-2026

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

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

Committee: 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 **1st Monday of the previous month (i.e. 1st Monday of April for the May edition)** for consideration by the editing committee.

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)

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

Website: www.60andbetteripswich.com.au; **email:** admin@60andbetteripswich.com.au

Community News and Views Advertising Rates:

(*includes GST) Full Page: \$99* Half Page: \$66* Business Card Size: \$44* Strip \$33*

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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 publication.

President's Pen

Dear Members,

As we step into the cooler days of May, I hope you're feeling refreshed and inspired after a busy start to the year.

Autumn in Ipswich is always a wonderful reminder to slow down a little, enjoy the crisp mornings, and appreciate the connections that keep our community vibrant and strong.

I want to take a moment to acknowledge our hardworking volunteers and staff. Their commitment—whether behind the scenes or front and centre—makes every activity possible. As we celebrate National Volunteer Week this month, please join me in offering them a big thank you. They are truly the heart of our organisation.

Looking ahead, we have a full calendar of events and activities planned, so be sure to check the program and book early where needed. It's also Ipswich Show – why not go this year?

Happy Mother's Day to all mothers – hope you are all spoiled! Wishing you a warm, healthy, and happy month ahead.

Stay well everyone,

Irene Strong

**President,
Ipswich 60 and Better
Program**



HAPPY BIRTHDAY

3rd Yvonne Dargan

4th Irene Strong

4th Mary Doyle

4th Eileen Moss

6th Glenys Rodwell

7th Faye Court

10th Kath Clarke

11th Amba-Lee Mina

12th Donna Bell

12th Faye Hancox

13th Loraine Stevenson

16th Debbie Muir

20th Shauna McGown

21st Janelle MacGillivray

24th Clifford Kopitte

26th Christine New

27th Kym Trebeck

30th Bill Williams

THE PEN

Our April social outing saw us meeting at Booval Train Station with some getting on at Dinmore, 12 of us travelled to South Brisbane station.

Once off the train we strolled to Southbank passing the new Glass theatre at QPAC. A couple of the ladies needed coffee, so the rest strolled down to the ferry terminal. Once everyone was there, we boarded the next City Cat to Hamilton.

The trip takes about two hours up and back. The weather was perfect. It's amazing how many high rises are along the river not to mention expensive homes and boats moored in front of the homes. Arriving back at Southbank everyone scattered to find their lunch choices.

Meeting back at South Brisbane Station for the train, to transfer to Roma Street then back towards home. Everyone enjoyed the day out. It was good to see some new faces on this trip.

Why not join us for a High Tea at Nanny Lou's in ***Kalbar 7th May*** or our next day out will be ***21st May to Marburg***, explore Scotland Yard Antiques, Soul Nook and Special Branch Collective, before having lunch at the Marburg Pub. We will be carpooling and meeting at Queens Park 9.30am. **Bookings essential.**

Hope to see you then. Deb.



FOR SALE BY SMALL DONATION

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). Raised toilet chair/commode. Aspire Vogue Forearm walker (rrp \$670). Other misc. items.



We'd Love to Hear from You!


Community News and Views is your newsletter, and we want it to reflect what matters most to the members of the Ipswich 60 and Better Program.

We're inviting you to share your ideas on what you'd like to see included in future editions. Do you enjoy reading member stories, local history, health and wellbeing tips, puzzles, recipes, or information about upcoming activities and services?

Perhaps you have a suggestion for a regular feature, an idea for an article, or even a contribution of your own you'd like to share. No idea is too small – if it matters to you, it matters to us.

Your feedback helps us make this newsletter more engaging, informative, and enjoyable for everyone in our community. Please let us know what you'd like more of (or less of!) so we can shape *Community News and Views* together.

Containers for Change

<p>DATE Total to date</p> <p>Great Effort! Thank you!</p> <p>Keep up the good work</p>	<p>AMOUNT \$1113.70</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 (C10125847)</p> <p>C10125847</p> 
<p>Locations: 12 Cole St, Bundamba. 355 Brisbane St, West Ipswich. 229 Brisbane Rd, Goodna. 157 Collingwood Dr, Collingwood Park. 33 Belar St, Yamanto.</p>		

Peter Roberts
Mowing Made Simple
MOWING EDGING WEEDING PRUNING
Mowing@robertsonline.id.au
0408 087 020



BOOK REVIEW WITH YVONNE

The Warsaw Orphan by Kelly Rimmer

In 1942 Warsaw, fourteen-year-old Elzbieta Ribnick lives with her adopted parents and uncle under Nazi occupation. Although she has already witnessed unspeakable horrors she cannot share, Elzbieta remains largely unaware of the full reality of life inside the nearby Jewish ghetto. With schools closed and movement restricted, her days are marked by boredom and frustration.

Everything changes when Elzbieta meets her neighbour Sara, who is involved in smuggling Jewish children out of the ghetto. Inspired to honour the legacy of her birth family, Elzbieta decides to help, tutoring Jewish children so they can pass as non-Jews once they escape.

Sixteen-year-old Roman Gorka lives inside the ghetto with his parents, younger brother and baby sister. Starving and desperate, Roman risks everything each day to find scraps of food, hoping his mother can produce enough milk to keep the baby alive. His world revolves around his family, and the thought of separation feels worse than death. Yet the brutal truth remains: the only chance for his baby sister to survive is to give her up.

This story pulls no punches, portraying relentless starvation, brutality and loss. As Elzbieta and Roman's paths cross, the emotional toll of war becomes painfully clear. Roman's heart is so filled with anger and hatred that even survival may not be enough to restore peace to his soul.

Heartbreaking and powerful, this novel shines a light on courage and humanity during one of history's darkest times. The author's research is evident, with several characters and storylines based on real events, making the story all the more compelling.

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.



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1. Long-term capital growth
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3. Leverage – You can borrow against property
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5. Tangible asset – you can physically see and improve your property
6. Inflation - Property and rents often rise with inflation
7. Demand – people need a place to live

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- General building tasks

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Creating from the beginning

JASON | 0455 269 503

makernsonhandymanservices@gmail.com

Monthly Activities:

Theatre Group: Ipswich Little Theatre, weekend Matinee when shows are scheduled. (*Dates to be advised*) Bookings 32828644

Social Outings: Monthly social events throughout the year. Advertised in Newsletter. (Carpooling or Bus trips), Coffee mornings. All activities need to be booked and advertised through the Newsletter. Bookings 32828644

Meet and Greet, general meeting and guest speaker. (Bring a plate to share, unless otherwise advised)

Thank you! *Classic Muscle Car Club Ipswich for your 2nd generous donation of \$500*



Weekly Activities
MONDAY
UFO (Unfinished objects) 930am-12noon, Riverview and District Community Centre Hall, 138 Old Ipswich Rd, Donation and MTea to share
Social Art 1230pm-230pm Riverview and District Community Centre Hall, 138 Old Ipswich Rd, Donation and MTea to share
TUESDAY
Rummy 1pm-4pm, Y-Tavern 502-510 Warwick Road, Yamanto, Donation Ph Sandy 0419934559
Tai Chi for Health Advanced. 1.15pm-2.15pm, Donation, Cascade Gardens, 67 Cascade St, Raceview.
Tai Chi for Health 1pm, Donation, Goodna Neighbourhood House 33 Queen St 3818 1648
Table Tennis 1pm-4pm Donation, Riverview and District Community Centre Hall, 138 Old Ipswich Rd. Contact: Laurie Hadler 0402784019
Walking group 4pm , Various locations, Bring hat, water, walking shoes, 0493097012
WEDNESDAY
Indoor Carpet Bowls 1.30pm-4pm, donation, Raceview Congregational Church Hall, Wildey St
Table Tennis 1pm-4pm Donation, Aveo Springfield,1 Symphony Way, Springfield Lakes
THURSDAY
Walking 9am , Various locations, Bring hat, water, walking shoes, 0493097012
Tai Chi for Health 1-2pm beginners, 2-3pm advanced, Donation, Community Hall Cascade Gardens 67 Cascade St, Raceview, Donation. Irene 0497 808 402
FRIDAY
Learn to Play Bridge & Games, 500/canasta, 10-12pm Riverview and District Community Centre Hall, 138 Old Ipswich Rd, Donation, Garry 0411876668
Mahjong 10am-1pm Y-Tavern 502-510 Warwick Road Yamanto, Donation Sandy 0419934559
Concert Party 1-230pm Raceview Congregational Church Hall, Wildey St , Jan 0409279631
Table Tennis 1-4pm donation, Riverview & District Community Centre Hall, 138 Old Ipswich Rd. Laurie Hadler 0402784019

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

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 4304 only



MIRIAM 0413 161 754

Harold St Bundamba

Salted tahini freezer fudge

https://www.woolworths.com.au/shop/recipes/salted-tahini-freezer-fudge?icmpid=sm-copy-recipe_detail_page-ingredients

- 375g Macro Organic hulled tahini
- 2/3 cup coconut oil
- 2 tsp vanilla essence
- 2 tbs maple syrup
- 200g Woolworths dark chocolate, chopped
- 1/4 tsp sea salt flakes



Step 1 of 3

Grease and line a 20cm square cake pan, extending paper 2cm above edges of pan on all sides. Place tahini, coconut oil and vanilla in a heatproof bowl. Microwave on high, stirring halfway through, for 1 minute or until melted and smooth. Stir in maple syrup. Pour half of the tahini mixture into a separate bowl. Chill for 10 minutes or until slightly thickened.

Step 2 of 3

Add chocolate to the remaining tahini mixture in bowl. Microwave on high for 30 seconds. Stir until melted and smooth. Pour chocolate mixture into prepared pan. Spoon tahini mixture over chocolate mixture, then using a butter knife, swirl mixtures together

Step 3 of 3

Freeze for 30 minutes or until partially set. Sprinkle with salt. Freeze for 2 hours or until set. Remove from pan and cut into pieces. Serve.

The Benefits of Volunteering with Ipswich 60 and Better Program Inc

19th – 25th National Volunteers Week

Volunteering with the Ipswich 60 and Better Program Inc is about more than giving back — it's a way to stay active, connected and engaged while making a real difference. Volunteers are at the heart of the program, helping create a welcoming, supportive environment for Senior Ipswich people. From events and activities to behind-the-scenes support, every role contributes to keeping the program running smoothly.



What do Volunteers do at Ipswich 60 and Better Inc?

- Act as **Convenors** for group activities or assistant Convenors.
- Concert Party Singers entertain each week at Senior Residential Facilities.
- Assist the office staff by actively working in the **reception**.
- Become part of fundraising, social program planning.
- **Newsletter**: editors for newsletter, proof reading, assist with Distribution, contribute articles.
- Actively contribute to the organisational growth and development by joining the **Management Committee** or any of the **sub-Committees**.

Volunteering provides a strong sense of purpose, meaningful social connections and benefits for both your physical and mental wellbeing.

Your contribution no matter how big or small is valuable and celebrated.

Thank you.



Raceview Repurpose Shed

The aim of the Raceview Repurpose Shed is for men to come together to repurpose things and people. To create a circular economy where donated objects can be repurposed and recycled to help others in the community. At the same time retired men will gain a new chapter in their life as they repurpose the donated items while chatting with other men.

We are on the lookout for men, retired or not, to volunteer their time in this repurpose shed. Raceview Repurpose Shed is not about constructing objects but tinkering with things that may need repairing, repurposing, or recycling. This includes objects made metal, could be a lawnmower that needs repairing, recycling e-waste or repairing whitegoods.

As well as people donating their time, we accept donations of whitegoods, mowers, televisions, computers, mobile phones in any condition, working or not. We'll take garden tools as well.

If you are interested in being part of the Raceview Repurpose Shed you can drop in any Tuesday or Thursday morning at 117 Wildey Street Raceview (at the rear of the Raceview Congregational Church). Or if you have an old fridge, microwave, television, electrical item or tools to donate they can be dropped off at the shed anytime that suits you. Check out

www.facebook.com/raceviewrepurposedshed

Mother's Day Raffle.

Thank you for the donations of Raffle Prizes.

To be drawn at the Meet and Greet 19th May

Tickets 3 for \$5 or 1 Ticket for \$2 3 Draws





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I would like to get online but I don't know where to start.

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

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Mini search

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

**Mini classic
Racing
Small
Car**

**Cooper S
Sporty
Fast**

**Compact
Mini k
Mini**

Ten Commandments of Sport

(Published Sept/Oct 1963 NSW Public Service Table Tennis Assoc.)

1. Thou shalt not quit
2. Thou shalt not alibi
3. Thou shalt not gloat over winning
4. Thou shalt not sulk over losing
5. Thou shalt not take unfair advantage
6. Thou shalt not ask odds thou are unwilling to give
7. Thou shalt always be willing to give thine opponents the benefit of the doubt.
8. Thou shalt not under or over estimate thyself
9. Remember that the game is the thing and he who thinks otherwise is no true sportsman
10. Honour the game thou playest, for he who plays the game straight and hard wins even when he loses.

Contributed by Lorraine Jones

MAY TRIVIA and SUDOKU

1. Butterflies use which part of their bodies to taste?
2. Which animal is known to breathe through their skin?
3. What colour is the blood of an octopus?
4. What common farm animal is colour blind?
5. Approximately how many seeds are on a strawberry?
6. What is the national dish of China?
7. Which food is known to be the most stolen in the world?
8. Don Bradman was born in which NSW town?
9. The Pilbara is a region of which Australian state?
10. Simmental is a breed of which farm animal?
11. Which country has the longest coastline?
12. Who was the first of Queen Elizabeth's children to divorce?
13. Rhyming with pickle, what is an implement with a curved blade for cutting grain?
14. What type of weapon is a blunderbuss?
15. Which country's athletes are traditionally first in the parade at an Olympic opening ceremony?

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

		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							

APRIL TRIVIA ANSWERS

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

May Birthstone is Emerald:
Love, Hope and Harmony



May Birthflower: Wax flower: Symbol
of good luck and best wishes



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.

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.

<p>If undeliverable return to: Ipswich 60 and Better Program Inc. PO Box 608 Booval Fair Q 4304 Australia Post Publication 100019013</p>	<p>SURFACE MAIL</p>	<p>Postage Paid Australia</p>
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