

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.

IN THIS ISSUE

President's Pen Pg3

The Pen Pg4

Book review with Yvonne Pg8

Weekly Activities Pg11

Apple Pie recipe Pg12

Men's Health Week article Pg13

The Last Cup of Tea Pg15

Puzzles and trivia Pg17-19



June 2026 Vol:33 No 6

WHAT'S ON?

**4th June will be at
Trevallen Lifestyle
Centre at 10am.
Bookings essential.**

**18th Trip to Lone
Pine Sanctuary \$45
(phone office for
details)**

Special Dates

Pride Month

3rd Mabo Day

5th World

Environment Day

6th Queensland Day

8th-14th Men's Health
Week

15th World Elder
Abuse Day

18th Red Apple Day

21st to 27th July

DeafBlind Awareness
Week

Bowel Cancer

Awareness 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*

1000 newsletters are printed each month and distributed through community outlets.

Also available at **www.60andbetteripswich.com.au**

Email our office to be sent out a Request Form should you wish to advertise with us.

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President's Pen

Dear Members,

I would like to extend a sincere and heartfelt thank you to everyone who attended our Meet and Greet on May 19. It was wonderful to see so many familiar faces alongside new members joining us for the first time. The atmosphere was filled with laughter, conversation, and a genuine sense of connection—exactly what our organisation strives to foster.

Events like these remind us of the importance of coming together, sharing our stories, and building friendships. Whether you came along for a cuppa, to reconnect with old friends, or to make new ones, your presence made the day truly special. A big thank you also goes to the volunteers and organisers who worked behind the scenes to make the event run so smoothly. Your dedication and generosity of time are deeply appreciated.

We are proud to be part of such a vibrant, supportive community. As always, we encourage everyone to stay involved, attend upcoming activities, and continue to reach out to fellow members. There is always a place for you here, and together we make Ipswich 60 and Better the welcoming organisation it is.

Stay well everyone,

Irene Strong

**President,
Ipswich 60 and Better
Program**



HAPPY BIRTHDAY

3rd Lyndel Godden

4th Joyce Ramsay

4th Ray Stanovic

6th Kay Ardrey

8th Kapadia

Prabhatchandra

9th Yvonne Jonker

9th Jim Sax

14th Freda Allison

16th Margaret Gunter

19th Annette Mole

22nd Sally Hughes

25th David Hawkins

29th Malcolm Nienhurs

29th Bonnie Phillott

30th Gabrielle Dempster

THE PEN

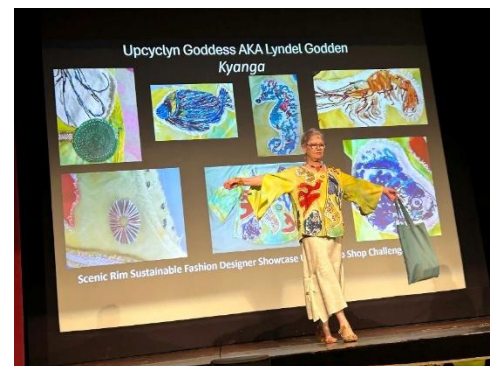
For our trip to Nana Lou's Lane at Kalbar, nine ladies joined us, where we had a lovely morning tea and a very successful shopping trip. The shop has a large variety of tops, slacks, dresses as well as bags and a huge selection of giftware. I do not think anyone left empty handed! We strolled through Wiss Emporium looking at the various items for sale. There's also a very good bakery and cafe nearby. Everyone said they enjoyed their morning.



Marburg trip - After arriving in Marburg, we went for coffee at Special Branch Collective, where they also sell pots for your plants among other things. We then strolled through Scotland Yard Antiques where you could find some amazing treasures then off to Soul Nook. Wandering over to the park to see the restored sulky in the shed before heading off for lunch at the Marburg Pub, where we enjoyed a very nice meal.

Everyone enjoyed their day.

Join our friendly **Refashion Ipswich**, led by UpcylGyn Goddess, Lyndel Godden, every Monday morning! This creative group focuses on giving clothes a second life—whether it's mending, altering, or transforming garments into something new. It's a great way to pick up practical sewing skills, reduce waste, and share ideas with others in the Ipswich community. All skill levels are welcome; come along for a chat, a cuppa, and some hands-on fun!



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 seat. Aspire Vogue Forearm walker (rrp \$670). Other misc. items.



Dr Paul Lam


It was a very early start on 17 April with a drive to Centenary Heights State High school for a one-day workshop with Dr Paul Lam. Yang24 Form in depth, meaning lots of practice applying the main Taichi principles. This form is considered to be the most popular form in the world. As with any form once you know the basics tweaking it can add to your usual practice especially if you are in the process of teaching others. Of course, meeting others who enjoy and or teach Taichi for Health programs from near and far including Dr Paul Lam himself made for enjoyable hard day's work. Result was one very tired participant who was quite pleased to finally meet Dr Lam and get a photo.



Irene Strong,

Tai chi instructor

Containers for Change

<p>DATE Total to date</p> <p>Great Effort! Thank you!</p> <p>Keep up the good work</p>	<p>AMOUNT \$1134.40</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>		

Life Advice with Ellenore

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

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



The journey of 1000 steps start with one step.

Mother's Day Raffle Winners drawn at the Meet and Greet

19th May

Raising \$277 *Thankyou!*

Greg Exton



Coralie Smith



Iris Runciman



Purple D5

Purple D32

Purple D13

15th June: World Elder Abuse Day

World Elder Abuse Awareness Day is a time to recognise that every older person deserves **respect, dignity, and safety**.

Elder abuse can take many forms, including financial, emotional, physical abuse, or neglect. Often it goes unnoticed, as people may feel unsure or uncomfortable speaking up. Signs can include sudden isolation, changes in finances, or shifts in behaviour.

What Does Elder Abuse Look Like?

Elder abuse is any act that harms or distresses an older person. It can include:

- **Financial abuse** – misuse of money, pressure to change wills, or unauthorised use of bank accounts.
- **Emotional or psychological abuse** – insults, threats, or controlling behaviour.
- **Physical abuse** – causing injury or discomfort.
- **Neglect** – failing to provide basic needs such as food, medication, or care.
- **Social isolation** – preventing contact with family, friends, or community.

Sometimes the signs are subtle: a sudden withdrawal from social activities, unexplained financial changes, or a noticeable change in mood.

As a community, we can make a difference by **staying connected, checking in on one another, and listening without judgement**. A simple conversation can help someone feel supported and less alone.

If you or someone you know needs help:

- **Elder Abuse Helpline (QLD): 1300 651 192**
- **Lifeline: 13 11 14**
- Let us continue to build a community where everyone feels **valued, safe, and heard**—not just on 15 June, but every day.



BOOK REVIEW WITH YVONNE

COLD CASE Author Faye Kellerman

This is the seventeenth book in the very popular Peter Decker and Rina Lazarus series from the bestselling author Faye Kellerman; it is my first book by this author.

The savage murder of beloved teacher Bennett Little shocked the community and baffled police. That his killer was never caught has haunted one of his pupils the gifted but shy Genoa Greeves. Eighteen years later, software billionaire Genoa reads of a similar carjacking and murder in Hollywood.

Now able to wield enormous influence, she pressures LAPD to direct Lieutenant Peter Decker to reopen the case and solve the homicides. With Decker facing nothing but cold traits and dead leads, he enlists the help of his daughter, Hollywood detective Cindy, as well as Rina, his wife.

It is a decision he may come to regret as the line between cops and robbers gets dangerously blurred. Now Decker's cold case is reawakening treacherous secrets in a city where the price of fame has no limits.

An interesting story with twists and hidden agenda.

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 (See front page for details)

Date Marker: *Annual General Meeting Tuesday 22nd September 2026 10am*

HELEN BRYAN

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Weekly Activities
MONDAY
Riverview and District Community Centre Hall, 138 Old Ipswich Rd, Donation and MTea to share. UFO (Unfinished objects) 9:30am-12noon, *NEW*Refashion Ipswich 9:30-12noon , Social Art 12:30pm-230pm,
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. (School terms only)
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 1-2:30pm 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

Recipe – Red Apple Pie

- 2 1/2 cups all-purpose flour, sifted for that dreamy lightness.
- 1 cup unsalted butter, cold and cubed like a winter morning.
- 1/4 cup ice water, because we are keeping it cool.
- 6 cups red apples, peeled and thinly sliced for that perfect crunch.
- 3/4 cup granulated sugar, because life is sweet.
- 1 tsp ground cinnamon, for that warm hug in every bite
- 1/4 tsp ground nutmeg, a whisper of spice
- 1 tbsp lemon juice, to keep things bright and tangy.
- 1 egg, beaten, for that golden glow

Instructions

1. In a large bowl, mix the flour and salt. Add the cold, cubed butter and use your fingers to work it into the flour until the mixture resembles coarse crumbs. Tip: Keep everything cold for the flakiest crust.
2. Gradually add ice water, 1 tablespoon at a time, mixing until the dough just comes together. Divide into two discs, wrap in plastic, and chill for at least 1 hour. Patience is key!
3. Preheat your oven to 190°C. Roll out one disc of dough on a floured surface to fit a 9-inch pie dish. Trim the edges, leaving a little overhang.
4. In a large bowl, toss the apple slices with sugar, cinnamon, nutmeg, and lemon juice. Pile this spiced apple goodness into the pie crust.
5. Roll out the second disc of dough and place it over the apples. Trim, seal, and crimp the edges. Cut a few slits in the top for steam to escape. Brush with beaten egg for that picture-perfect finish.
6. Bake for 45-50 minutes, or until the crust is golden and the filling is bubbly. Tip: Place a baking sheet underneath to catch any drips and save your oven from a sticky situation.

Golden and glorious, this pie boasts a crust so flaky it could start a trend, with a filling that's the perfect mix of sweet and tart. Serve it warm with a scoop of vanilla ice cream for a match made in dessert heaven.

Men's Health Week: Supporting Strong, Connected Lives in Ipswich

Men's Health Week: Ipswich 60 and Better

Men's Health Week is a valuable reminder for men in our Ipswich 60 and Better community to take stock of their health and wellbeing. As we get older, it becomes even more important to look after ourselves—not just physically, but mentally and socially as well. This week encourages us to pause, check in, and make small changes that can lead to a healthier and more enjoyable life.



Staying active is one of the best ways to maintain independence and wellbeing. This does not mean high-intensity exercise; simple activities like walking, gardening, stretching, or joining a local group can have real benefits. Regular movement helps improve strength, balance, and energy levels, making everyday tasks easier and more enjoyable.

Equally important is staying connected. Social interaction plays a big role in maintaining mental health and reducing feelings of loneliness. Whether it is catching up with a friend, joining a community group, or volunteering your time, these connections help build a sense of purpose and belonging. Even a regular chat over a cup of tea can make a difference.

Men's Health Week also highlights the importance of speaking openly about health concerns. Many men grew up in a time when talking about feelings was not encouraged, but reaching out today is a sign of strength. Checking in on mates and being willing to talk can support both your own wellbeing and that of others.

It is also a good time to focus on the basics of good health—balanced meals, staying hydrated, getting enough rest, and keeping up with medical check-ups. Regular visits to your GP and staying on top of screenings can help identify any issues early and keep you feeling your best.

Above all, Men's Health Week is about celebrating the experience, knowledge, and contributions of older men in our Ipswich community. Your continued involvement—whether through sharing skills, supporting others, or simply staying active—makes a real difference.

Let us take this opportunity to look after ourselves and each other. Small steps today can lead to healthier, happier years ahead.



The Last Cup of Tea



Margaret’s mornings had always begun the same way: the gentle hiss of the kettle, the faint scent of bergamot, and the slow, careful pouring of hot water into her favourite porcelain cup. The cup was chipped on the rim, a flaw she had grown fond of, much like the wrinkles on her hands.

She lived alone now, in a small cottage with ivy creeping up the walls. The silence was thick, but not unfriendly—it was the kind of quiet that let her hear the ticking of the old clock and the rustle of leaves outside.

One autumn morning, as she sat by the window, she noticed a boy lingering by her garden gate. He was thin, with a backpack too big for his shoulders, and eyes that darted like a sparrow’s. Margaret opened the door and called out, “Would you like a cup of tea?”

He hesitated, then nodded.

They sat together at her small kitchen table. He told her his name was Daniel, that he was new to the neighbourhood, and that his parents were always busy. She listened, nodding, letting his words fill the space between them.

When he left, she pressed a small packet of biscuits into his hand. “For later,” she said.

The next morning, Daniel returned. And the morning after that. Over weeks, their conversations grew longer, the silences more comfortable. Margaret found herself laughing again, telling stories she had not spoken aloud in years.

One day, Daniel brought her a gift: a small, hand-painted cup. “So, you have another one,” he said shyly.

Margaret placed it beside her chipped porcelain cup. Two cups now, side by side, waiting for tea.

And in that simple act, she realized that even in the quietest seasons of life, new chapters could still begin.

(Author Unknown. Copy from the internet)



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Healthy Eating

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.



V	K	W	D	E	K	O	O	C	E	M	O	H	D	Z	G	T	E	M
S	N	E	Z	D	3	W	S	L	E	B	A	L	D	O	O	F	A	A
K	O	K	A	F	A	X	N	Q	I	I	F	I	B	E	R	A	T	V
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AVOID JUNK FOOD

BREAKFAST

CALCIUM

CHEW WELL

DAIRY

EAT RAINBOW

FIBER

FOOD GROUPS

FOOD LABELS

FRUITS

HOME-COOKED

HYDRATION

LEAN MEATS

LOW SUGAR

LUNCHBOX

MEAL PREP

MINERALS

MYPLATE

NUTRITION

OMEGA-3

PROTEIN

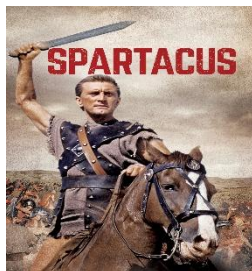
SNACKS

VEGETABLES

VITAMINS

JUNE TRIVIA

1. In which Australian state is the heritage listed Beenleigh Distillery?
2. With a total of 28 medals including 23 gold who is the most successful Olympian of all time?
3. Is Matt Moran a jockey or an Australian Chef?
4. The mandible is a bone in the hand, true or false?
5. Which vegetable tops a shepherd's pie?
6. What type of beverage is a Lady Gray?
7. How many arms does a star fish have?
8. How many holes in a ten-pin bowling ball?
9. What British sitcom of the 70s and 80s was set in fictional Grace Brothers department store?
10. How old is an octogenarian?
11. What game is played on a lawn called a crown green?
12. How many states make up the United States of America?
13. Which two Australian states do not observe daylight savings time?
14. How old do you have to be to run for president of the USA?
15. The Gibson Desert is entirely in which Australian State?
16. Who won the 2019 AFL grand final?
17. How many teeth is a full set for an adult person?
18. Bundaberg is north of Maryborough, true or false?
19. What does a kleptomaniac do?
20. Which actor died in 2020 aged 103 years old, who played in the film Spartacus?

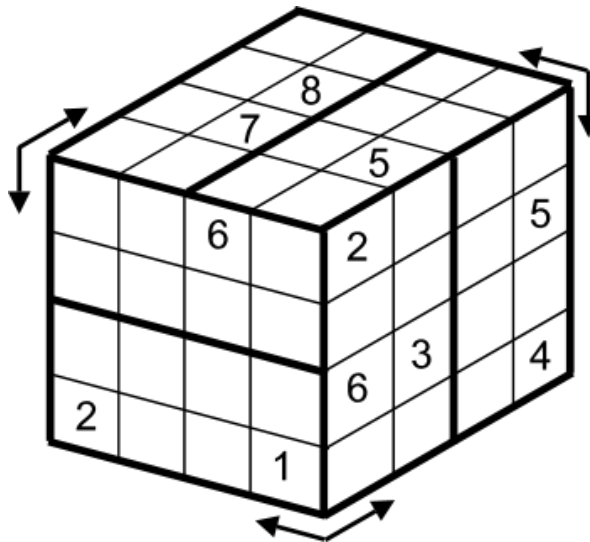


MAY TRIVIA ANSWERS

1. Butterflies use which part of their bodies to taste? **Feet**
2. Which animal is known to breathe through their skin? **Frogs**
3. What colour is the blood of an octopus? **Blue**
4. What common farm animal is colour blind? **Cow**
5. Approximately how many seeds are on a strawberry? **200**
6. What is the national dish of China? **Peking duck**
7. Which food is known to be the most stolen in the world? **Cheese**
8. Don Bradman was born in which NSW town? **Cootamundra**
9. The Pilbara is a region of which Australian state? **WA**
10. Simmental is a breed of which farm animal? **Cow**
11. Which country has the longest coastline? **Canada**
12. Who was the first of Queen Elizabeth's children to divorce?
Princess Anne
13. Rhyming with pickle, what is an implement with a curved blade for cutting grain? **Sickle**
14. What type of weapon is a blunderbuss? **Gun**
15. Which country's athletes are traditionally first in the parade at an Olympic opening ceremony? **Greece**

JUNE

Sudoku ...with a twist



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.

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