

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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July 2026 Vol:33 No 7

WHAT'S ON?

Social Group:
Bookings- ph: 3282644

9th Elderflower Farm,
Kalbar, Meet @ Queens
Park 9:00am

23rd Redcliffe, Stroll
along Bee Gees Way, &
the Pier, meet @
Queens Park to leave at
9:00am

31st August Cent
Auction Fundraiser.
12:30 for 1pm start,
Bookings required.
Phone 3282644

Special Dates

Dry July

1st International Joke
Day

1st Sarcoma Awareness
Month

5th Naidoc Week

6th Int. Kissing Day

20th Int. Chess Day

26th Donate Life Week

28th World Hepatitis Day

UV Safety 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.

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,

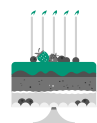
As we welcome July, we find ourselves firmly in the heart of winter—a season that invites us to slow down, stay warm, and perhaps spend a little more time connecting with one another. While the chilly mornings may make it tempting to stay tucked under the blankets, our community continues to shine with warmth, friendship, and activity.

I would like to extend a warm thank you to everyone who has participated in our recent gatherings and activities. Whether you attended a social morning tea, enjoyed one of our activities, or simply came along for a chat, your presence is what makes Ipswich 60 & Better such a vibrant and supportive community. It is truly heartening to see so many smiling faces and to hear the laughter that fills our spaces.

As always, we remain committed to providing a safe, welcoming, and inclusive environment for everyone. If you have any ideas, feedback, or suggestions, please don't hesitate to share them with us. This is *your* community, and we value your voice.

Irene Strong

**President,
Ipswich 60 and Better
Program**



HAPPY BIRTHDAY

6th Ann Dujela

8th Wendy Lindsay

10th Charles Carvalho

11th Pat Andrew

11th Elizabeth Lowe

11th Mary Tefay

15th Glenda Cooper

19th Krissie Bailey

23rd Di Wooldridge

23rd Mark Kerr

24th Anne Bunce

28th Kate Kunzelmann

28th Wendie Payne

29th Annette Creighton

30th Gerard Gimpel

THE PEN

Social outing **4th June** to Trevallyn Lifestyle Centre Brassall, eleven ladies attending for coffee, cake and laughter. It was an enjoyable morning, a bit chilly, but a hot coffee soon sorted that. Afterwards we strolled through the nursery looking at all the plants, seedlings and decorative pots. So much to see and choose from. A great place to visit. Thanks to those who attended.



Our small group enjoyed the trip to Lone Pine., on the 18th June. We watched the sheep dog show, raptor show, saw lots of koalas. We got to watch a Tasmanian Devil running around its enclosure, saw wombats, crocodiles, monitor lizards, platypus, cockatoos and many more. Some of us even got to pat a dingo while it was on its walk with its handler.



Enjoyed lunch at the Sleepy Koala Cafe. It was a very enjoyable day. Thank you to those who attended. ***If you would like to join us in July's social outings, (see front page) please book in.***

STOP THE PRESS!!!!

Raceview Congregational Church in partnership with St Mary's Aged Care Home is creating an Intergenerational Community Garden at the church on 117 Wildey Street Raceview. The aim is of this Intergenerational Community Garden is to bring old and young together to share experiences, foster a sense of community and for the children to learn some gardening skills from the older generation.

This garden will be a great therapeutic space where the older generation can interact with the Kindy and school children and learn from each other around the garden as they grow fruit and vegetables or interact with the chooks. There is an opportunity for the older people to become like mentors to children in this fun, hands on learning garden environment.

The garden area has now been fenced securely and ready for the establishment of plants in the already provided raised garden beds. The church has this garden open for the retired people in the community to be involved in the gardening activities activity.
(continued Page 7)

Is Your Computer Being Left Behind by Windows?

A free offer to help you keep using your existing PC safely.

What is happening with Windows?

Microsoft has released Windows 11, but it only runs on relatively new computers, partly because Microsoft includes Artificial Intelligence (AI) in their programs. Many of us are now seeing a message on our screens saying our PC cannot run Windows 11.

To make matters worse, Microsoft has stopped supporting Windows 10. “No longer supported” means Microsoft will no longer release security updates to protect against viruses, malware, and hackers. If you continue using Windows 10 on the internet, your computer is increasingly at risk.

In short: Microsoft is pushing users to either buy a new computer or accept growing security risks. But there is another option.

Linux Mint — a free, safe alternative

Linux Mint is a free operating system that runs beautifully on both older and new computers. It looks and feels very similar to Windows, and it continues to receive regular security updates. You can use it to browse the internet, write documents, send emails, view photos, play music and videos, and more — just as you do today.

Some useful facts about Linux Mint:

- It is completely free of charge.
- It is regularly updated to keep your computer safe.
- It runs on both old and new computers.
- Its built-in Office programs can open and save Microsoft Word, Excel, PowerPoint, and other Office files.
- Compared to Windows, desktop Linux systems attract far fewer viruses etc.
- Linux is so dependable that it powers the world's top 500 supercomputers.

My offer to you

My name is Keith Adams, and I am a fellow member of 60 and Better. I am happy to install Linux Mint on your computer at no cost, if you would like to keep using your existing PC safely.

(Is Your Computer Being Left Behind by Windows Continued)

I ask that you be present for the installation — it's a great chance to get familiar with your new system, so you feel confident using it from day one. While I will take every care (and before we start, we will back up your data), installing a new operating system does carry a small element of risk and by proceeding you understand and accept this risk.

If you would like to take up this offer, please contact the office of “60’s and Better” and leave your contact details. (Ph - 3282 8644; 138 Old Ipswich Road, Riverview)

For more information, watch one of these YouTube videos -

“Complete Linux Mint Tutorial: Getting To Know The Desktop “or
“5 Things LINUX MINT Objectively Does Better Than WINDOWS”

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.



Ipswich 60 and Better Program Inc is saddened by the passing of

long term members Irene Glen and Di Molloy.

Both were valued members whose friendship and contribution to the community will be deeply missed.

Our thoughts are with all those who have lost loved ones recently.



Irene



Di

VISION PATCHWORKERS IPSWICH



**Invite you to help them CELEBRATE their
40th Anniversary**

**on Saturday. 1st August, 2026 at the
premises of Vision Christian Family,
56 Gledson Street, North Booval
from 10 a.m. to 3 p.m.**



**A Display of Quilts, Wall Hangings and a variety of craft items made over the
past 40 years will be on display.
Admission: A gold coin donation**



Food and drink will be available for sale.



Enquiries: Joy Truasheim: 0407 659 739; Lynell Jendra: 0403 464338

(Continued from Page 4)

They can help either the residents from St Mary's or the local Kindy kids as they potter in the garden during the week.

Ps Billy Diehm from the Raceview Congregational Church is excited with the possibilities of intergeneration community connection. This is a chance for children who maybe disengaged or Seniors who are suffering from some isolation to come out and potter in the garden. Maybe for a school child, it is the first time they have grown something as simple as a tomato. There is no membership or cost in being involved. The church is covering all the costs.

The Church has supplied all the equipment for the garden. It is now just ready for volunteers to be involved. And they are looking for a "champion" who could help co-ordinate the projects in the garden. You can call Ps Billy on 0433 873 459 for details



BOOK REVIEW WITH YVONNE

SHADOWS OF THE OSPREY

Author Peter Watt

This book is a follow on from the Cry Of The Curlew.

The family conflict between the Duffy and Macintosh families continues to follow the burgeoning growth of the Australian nation.

The savagery of the new frontier is accompanied by espionage and diplomatic games played on the chessboard of a harsh unforgiving landscape.

Enid Macintosh continues to hold her bitterness at her husband Donald and eldest son Angus' untimely death, causing an erosion of her control of the family business to Granville White, her nephew and her daughter Fiona's husband. Her deepest distrust of the young man thirsting for power ignited into a flame of hate when she discovers her beloved son David was killed and that Granville had a hand in his demise.

Fiona is no longer the naive young girl who had fallen completely for the charismatic Michael Duffy. She unwittingly, has become a pawn in the game of revenge played out by Granville and his sister Penelope.

Michael Duffy hardly recognises himself and deliberately passes himself off as a Yankee mercenary. Kate, nee Duffy, has forged an independent life for herself running a bullock wagon business and supply store, one of her own and the other two of her dead bushranger brother Tom's half-caste son and daughter, and gains respect and notoriety on the frontier.

There is a subtle and vital input by many of the minor characters, Morrison Mort, the former policeman and now Captain of the Osprey, continues to become more repugnant with each encounter. His military flair for combat leaves the reader wondering if he'll ever come to grief when it does, it is totally fitting. A big German barman known as Uncle Max, is willing to protect the junior members of the Duffy family with his life if need be. When he does this and changes the life of his charges forever. The twelve-year-old Patrick Duffy, son of Michael and Fiona, becomes another pawn in the Macintosh power struggle. Interesting way that the characters are ending. Looking forward to reading the third book in the series.

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.



Contact me for your free property price report
0418 722 135 / 3510 5238
helenb@remax.com.au

RE/MAX
Profile Real Estate
in conjunction with Urban Land and Project Marketing Pty Ltd.



Here are a few suggestions to improve your property if you are thinking of selling.

- 1. Fresh paint throughout** – A neutral, modern palette enhances presentation and photographs well, offering a cost-effective refresh.
- 2. Refresh the front garden and entry** – Tidy landscaping, fresh mulch, a clean driveway, and an updated front door create a strong first impression.
- 3. Update kitchen hardware and tapware** – Replacing outdated handles and taps is an affordable way to modernise a kitchen without renovating.
- 4. Re-grout tiles** – Fresh grout and silicone sealant make bathrooms and laundries look cleaner and better maintained.
- 5. Replace or steam-clean carpets** – Clean, fresh carpets improve a home's appearance and help eliminate signs of wear.

Containers for Change

DATE Total to date Great Effort! Thank you! Keep up the good work	AMOUNT \$1134.40 Every little bit helps! Thank you to all who are participating in our containers for change drive for 2026.	Take Containers to the collection points or drop in bay. Scan or use the code (C10125847) 
Locations: 12 Cole St, Bundamba. 355 Brisbane St, West Ipswich. 229 Brisbane Rd, Goodna. 157 Collingwood Dr, Collingwood Park. 33 Belar St, Yamanto.		

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)**

CENT AUCTION

Ipswich 60 and Better Program Inc is excited to host a Cent Auction on **August 31st, 2026**, at the Riverview and District Community Hall. This enjoyable community event offers a fun and affordable way for attendees to win a variety of prizes while socialising with friends and neighbours. With a welcoming atmosphere and plenty of opportunities to participate, the Cent Auction is a great way to support the organisation's programs while enjoying a lively and engaging day out. Bookings essential!

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

Clothing Alterations

Clothing Alterations /Repairs

ALTERATIONS Trousers Skirts Tops Jackets

REPAIRS Zips replaced Hems Waists let out/in

Elastic replaced Jeans Mended Zips Hems School uniform repairs

Garments adjusted for disability – age – Mobility needs

Custom Pick up and Delivery Service for areas 4304



MIRIAM 0413 161 754



Harold St Bundamba

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

Recipe – Easy Pumpkin Soup

[Easy Pumpkin Soup | Gimme Delicious](#)

- 2 tbsp unsalted butter
- 1 tsp garlic, minced
- 1 medium yellow onion, chopped
- 1 15 oz canned pumpkin puree
- 1 tsp thyme leaves, finely chopped
- 1 tsp ginger, grated
- 1 tsp ground cumin
- 1 tsp ground pepper
- Salt to taste
- 2 1/2 cups low-sodium chicken broth
- 1/4 cup heavy cream
- 2 tbsp toasted pumpkin seeds, to garnish

Instructions

- Heat a heavy bottom pot with butter, once the butter is melted add garlic and onions and cook until the onions turn translucent.
- Add in the pumpkin puree, thyme, ginger, cumin, pepper and salt. Cook for 5 minutes.
- Now add the chicken broth and cook for 5 minutes, stirring constantly.
- Finally add the heavy cream and remove the pot from the heat.
- Using an immersion blender puree the soup.
- Transfer the soup to a bowl and garnish with pumpkin seeds before serving.



Caroline's Tid Bits: *Kettle*: removing mineral crust – boil approximately half cup of vinegar for about 15 minutes. The Kettle becomes clean and shiny again. Tip out liquid safely. Then boil the kettle in plain water again (may need to do this a few times.....unless you love the flavour of vinegar!) 😊

DonateLife Week 2026: Make a Life-Saving Difference

Each year, DonateLife Week reminds Australians of the life-saving impact of organ and tissue donation. It's a chance to reflect on how one simple decision can bring hope and a second chance at life for those in need.

Thousands of Australians are currently waiting for a transplant. For many, a donated organ means more time with family, improved health, and the opportunity to enjoy everyday life again. Despite strong community support, donor registration rates remain low.

DonateLife Week encourages everyone to register as an organ and tissue donor and, just as importantly, to share that decision with family members so your wishes are clearly understood.

Here in Ipswich, our community is known for its generosity and care. By supporting DonateLife Week, we can help save and transform lives.

To register or learn more, visit [donatelife.gov.au](https://www.donatelife.gov.au) or [Join the register | DonateLife https://www.donatelife.gov.au/register-donor-today](https://www.donatelife.gov.au/register-donor-today)

Who will I help?

2,000

Australians on a waitlist for an organ transplant

14,000

Additional people on dialysis for kidney failure, many who could benefit from a kidney transplant

Call on a STAR Friend today!

Do you feel lonely or socially isolated?
A STAR Friend can add a little sparkle
to your life.



Funded by the
Australian
government



STAR Friends is a free service providing quality social connections for those on a Home Care Package or on the national waitlist for a Support at Home Package.

Your STAR Friend will be a volunteer from your local community, matched with you based on your interests and hobbies.

If you or someone you know is on Support at Home Package or on the waitlist for one, and would like to join STAR Friends, please call Jessy Byrnes at STAR on 07 3821 6699 or email starfriends@starct.org.au

With your STAR Friend, you can choose to simply enjoy a cuppa and chat, or

- go for a walk or an outing in the community
- play games together such as chess, cards
- do arts and crafts
- rekindle hobbies
- play or listen to music
- connect with your friends and family using technology, and more!



Do you have a spare 1 hour per fortnight to visit a new friend? Bring your volunteer sparkle and make a difference. Through friendship visits, you will help an older person in your community feel more valued, connected and improve their quality of life. Simply call STAR for more info.

www.starcommunityservices.org.au

Let's Get Tech Ready! Now is the best time to get online!



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.

Join STAR TECH

- a technology training program for seniors. Call 07 3821 6699.



STAR TECH is a unique technology program specially designed for the elderly. Start your technology journey today with personalised training and new devices. Learn the **essential digital skills** from friendly, supportive trainers. Regular workshops held at STAR office in Ipswich. Call 3821 6699 for more information.
*Eligibility criteria and program fee apply.



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

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Book Now - Limited World Hearing Day Appointments Available

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

1. Nightclub security	5. Looks quickly	9. Opulence
10. Fuller (figure)	12. Crown or turban	13. Oven clock
14. Holler	16. Pls	19. Share house
21. Immense	24. Fragile	25. Top actors (4,5)
27. Speared	28. More nauseous	29. Splatter
30. Jury decisions		

1. Wharf spaces	2. Naked	3. Defeated soundly
4. Dog, Jack ... terrier	6. Unrestricted	7. Disaster
8. Shock	11. In existing condition (2,2)	15. Gives courage to
17. Tussles	18. Shell fragments	20. Clump of hair
21. Carrion bird	22. Very keen enthusiast	23. Takes forcefully
26. Sedate (of character)		

JULY TRIVIA

1. Mindil Beach is in which state or territory?
2. Cirrus clouds are commonly wispy strands, true or false?
3. Toyota made the 120Y model in the 1970's, true or false?
4. What name is given to a male antelope?
5. Which word can be both a "spasm of the diaphragm" or a "minor setback?"
6. Which Australian Prime Minister once held a world record for beer drinking?
7. "Come on Down" is a catchphrase associated with what game show?
8. What retired Australian Cricket legend is nicknamed "Pigeon?"
9. Which of these is depicted in the Beyond Blue logo: dove, butterfly or dolphin?
10. What is a baby rabbit called?
11. What is the largest country in the world?
12. What is a piccolo?
13. What happens to a bee once it uses its stinger?
14. Who was the first woman to swim the 100 metres freestyle in under a minute?
15. How many pairs of wings does a house fly have?
16. A common saying, it's better to be safe than what?
17. On which part of the body do you wear a fascinator?
18. How many are there in a baker's dozen?
19. What kind of animal is a great dane?

JUNE TRIVIA ANSWERS

1. In which Australian state is the heritage listed Beenleigh Distillery? **Queensland**
2. With a total of 28 medals including 23 gold who is the most successful Olympian of all time? **Michael Phelps**
3. Is Matt Moran a jockey or an Australian Chef? **Chef**
4. The mandible is a bone in the hand, true or false? **False, it's a jaw bone**
5. Which vegetable tops a shepherd's pie? **Potato**
6. What type of beverage is a Lady Gray? **Tea**
7. How many arms does a star fish have? **5**
8. How many holes in a ten-pin bowling ball? **3**
9. What British sitcom of the 70s and 80s was set in fictional Grace Brothers department store? **Are you being served**
10. How old is an octogenarian? **80's**
11. What game is played on a lawn called a crown green? **Bowls**
12. How many states make up the United States of America? **50**
13. Which two Australian states do not observe daylight savings time? **Queensland and Western Australia**
14. How old do you have to be to run for president of the USA? **35**
15. The Gibson Desert is entirely in which Australian State? **W.A**
16. Who won the 2019 AFL grand final? **Richmond Tigers**
17. How many teeth is a full set for an adult person? **32**
18. Bundaberg is north of Maryborough, true or false? **True**
19. What does a kleptomaniac do? **Steal**
20. Which actor died in 2020 aged 103 years old, who played in the film Spartacus? **Kirk Douglas**

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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