

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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September Vol:33 No 9

WHAT'S ON?

Social Group:

Bookings- ph:32828644

10th Movies and lunch

@Riverlink, time TBA.

Bookings are essential.

22nd Annual General Meeting. 10 am start. RSVP via office by 21st Sept.

24th September 9am Quilt show Toowoomba, meet @ Queens Park

22nd October 10am Putt Putt Golf \$10 59 Huxham St Raceview

5th November 1130am Lunch Café 63 Bundamba

Special Dates

1st Jeans for Genes Day

5th Forgiveness Day

6th Father's Day

10th R U OK Day?

15th World Lymphoma Day

21st Int Day of Peace

Prostate Cancer Awareness Month



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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, Heather Meiklejohn, Debra Peace, Barbara White

Part Time Office Staff: Co-ordinator: Kerri Lynch (15hrs) Anne Bertram (10hrs) 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.

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President's Pen

As we welcome spring and the promise of warmer days ahead, I would like to take this opportunity to remind everyone about our Annual General Meeting and vacant committee positions.

The AGM is an important milestone in the life of any organisation, providing members with the opportunity to reflect on the achievements of the past year and help shape the direction of the future.

I strongly encourage all members to consider nominating for a committee position. We have seen representation from the same groups for a few years and are really advocating for members from all groups to actively participate to keep the organisation alive.

As we head into the final months of the year, there are plenty of activities and events to look forward to. I encourage everyone to take advantage of the opportunities available, try something new, and invite a friend along to experience what Ipswich 60 & Better has to offer.

Our programs are designed not only to provide enjoyment but also to support health, wellbeing and social connection.

I would also like to acknowledge and thank our dedicated volunteers and committee members. Their commitment, generosity and hard work behind the scenes ensure that our activities continue to run smoothly and successfully. We are fortunate to have such a caring and enthusiastic team supporting our members.

A special thank you to Cassie Paton for her work with us on the HSQF, developing policies and processes for Ipswich 60 and Better. Cassie was a great help and will be missed!

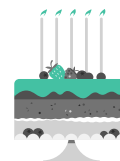
I look forward to seeing you at our upcoming events.

Warm Regards,

Irene Strong

President

HAPPY BIRTHDAY



1st Joy Halls

3rd John Scott

3rd Brian Skippington

4th Leanne Ford

10th Kristine Fisher

11th Margaret Taylor

19th Ian Taylor

24th Eric Jonker

25th Deb Peace

26th George Sawyers

29th Patricia Valentine

30th Fred Hurst





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Simply call STAR on 07 3821 6699

Take Time to Do What You Enjoy

Finding joy in everyday moments is essential for a fulfilling life. The STAR Friends Program is designed to help seniors do just that!



Here are a few heartwarming examples of how STAR Friends clients are embracing this opportunity and finding joy in their lives:

- Discovering their artistic sides through arts and crafts.
- There's nothing quite like the joy of baking and sharing delicious treats. Lemon Meringue Pie has become a favorite among STAR Friends clients—sweet, delicious, and worth every bit of effort, they say!
- For those who love the outdoors, going for walks amongst nature is a highlight of their day.
- Friendly card games and challenging jigsaw puzzles



STAR Friends is a free service offering friendly social connections for:

- Support at Home recipients
- Residential aged care residents
- Those on the national waitlist for either of the above

If you or someone you know would enjoy seeing a friendly visitor once a fortnight who will come to your home and spend quality time with you, please reach out to STAR.

**Join us today and discover
the joy of shared
experiences and new
friendships. Call Jessy on
07 3821 6699 or email
starfriends@starct.org.au**



Funded by the Australian Government



**Ipswich Little Theatre
The Pink Hammer
16 September - 3 October 2026
by Michele Amas**

Director: Jim Orr, Assistant Director: Chris Austin-Greenhill

Four women sign up for a carpentry workshop but instead turn up at the home of the tutor's disgruntled husband, Woody, after the tutor absconds with their money. As the women invade his "man cave", they persuade him to run the course for them, leading to unlikely friendships, revelations, and emotional journeys as his ordered space and their lives are transformed.

Bookings: 32810555

THE PEN

Chapters Bookshop

Thursday 6th August, group of eight ladies enjoyed brunch at Chapters Bookshop at Karalee Shopping Centre. Lovely meals and friendly staff. A good chance for a catch up. Very enjoyable morning, albeit a little chilly.

Anyone wanting to join us please do, the more the merrier, just let the office know for numbers.



Steam Train

On the 24th August our social group hopped on a heritage steam train journey between Toowoomba and Goondiwindi, providing passengers with an opportunity to experience historic rail travel through the Darling Downs region. Travelling in restored heritage carriages, we could observe the operation of a traditional steam locomotive while enjoying views of the surrounding countryside. The excursion highlighted an important aspect of Queensland's railway history and attracted a range of participants, including railway enthusiasts, history enthusiasts, and members of the wider community interested in heritage transport.



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BOOK REVIEW WITH YVONNE

CITADEL

Author Kate Moss

This is the third book in the series I have not read the other two, but it didn't make any difference to the story in this book.

Citadel is a mesmerising World War 2 story of daring and courage, in which a group of determined women fighting for the French Resistance risk their lives to save their homeland.

France 1942 in Carcassonne a colourful historic village nestled deep in the Pyrenees, a group of courageous women engage in lethal battle. Like their ancestors who fought to protect their land from the Northern invaders seven hundred years before, these members of the resistance - code named Citadel - fight to liberate their home from the Nazis. But smuggling refugees over the mountains into neutral territory and sabotaging their German occupiers at every opportunity is only part of their mission.

These women must also protect an ancient secret that, if discovered by their ruthless enemies, could change the course of history. A blend of rugged action and haunting mystery, Citadel is a vivid and rich story of love, faith, heroism and danger - and a group of extraordinary women who dare the impossible to survive.

I just felt this book was a little too long 700 pages and due to so many characters, it was easy to forget where they fitted in the story.

Dad Jokes:

*Did you know you weren't born with Kidneys..... You have to grow up before you get Adult Knees. 😊

*I wondered why the baseball was getting closer and Closer..... Then it hit me. 😊

HELEN BRYAN

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Question of the Month:

When is the best time to sell?

Answer: When to sell is less about finding the “best time” and more about what’s right for you.

If you’re waiting for market conditions to change, consider the cost of doing nothing -

The stress of ongoing maintenance to a home that no longer suits your needs, especially when downsizing.

***The key question* to ask is whether your property still fits your current life.**

Containers for Change

DATE Total to date Great Effort! Thank you! Keep up the good work	AMOUNT \$1154.30 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)**

Annual

Coming up on **September 22nd** at 10am is our Annual General Meeting (AGM). The Ipswich 60 and Better AGM provide members with an opportunity to review the organisation's activities and financial performance over the past year, elect or confirm committee members, discuss future plans, and ensure the organisation continues to meet the needs of its members and the community. The Program cannot function without a Management Committee.

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 Brothers Leagues Club, Wildey Street Raceview, 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

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Prostate Cancer Awareness Month: A Reminder to Get Checked

September is Prostate Cancer Awareness Month, a timely reminder for men to take charge of their health. Prostate cancer is Australia's most commonly diagnosed cancer in men, yet only 36% of cases are detected at Stage 1, when treatment options and outcomes are often at their best.

For men aged 50 and over, and those with a family history of prostate cancer, regular discussions with their GP about screening and prostate health are important.

As prostate cancer may not show symptoms in its early stages, routine health checks can play a vital role in early detection.

The message for our Ipswich 60 & Better community is simple: don't ignore your health. A conversation with your doctor today could make a significant difference tomorrow, helping ensure more years spent enjoying life with family and friends.

Prostate Cancer Awareness Month 2025 - Australian Prostate Cancer (APC)



Fathers Day September the 6th.

For many of us, Father's Day is a special time to celebrate the fathers, grandfathers, stepfathers and father figures who have enriched our lives with their love, guidance and support. Whether it is sharing a family meal, a phone call, or simply reflecting on cherished memories, this day reminds us of the important role these men play in our families and communities. To all the wonderful dads in our Ipswich 60 & Better community, we wish you a happy and memorable Father's Day.

Recipe – Roast Lamb



- 3 garlic cloves, minced
- 1 tablespoon kosher salt
- 1 tablespoon minced fresh rosemary
- ½ Cup olive oil
- 1 leg of lamb (2 – 3kg)

Preheat oven to 200°C.

In a small bowl, combine the oil, garlic, salt and rosemary; rub over lamb. Cover and refrigerate overnight.

Place lamb, fat side up, on a rack in a shallow roasting pan.

Bake, uncovered, 20 minutes. Reduce heat to 350°; bake 1-3/4 to 2-1/4 hours longer or until meat reaches desired doneness, basting occasionally with pan juices. Let stand 15 minutes before slicing.

Serve with your choice of vegetables.

Life advice with Ellenore

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 begins with one small step

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

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Harold St Bundamba



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2026 Community Lottery

**Help Ipswich 60 and Better raise \$5000 and
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won!**

Visit <https://www.communitylottery.com.au/>

SPRING

WORD SEARCH

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

BEE

BLOSSOM

BUD

BUNNY

BUTTERFLY

CHICK

EGGS

FLOWER

GRASS

KITE

LADYBUG

LAMB

LILY

NEST

PUDDLE

RAIN

SEEDS

SPROUT

TULIP

WORM

[illegible]

AUGUST TRIVIA ANSWERS

1. What is Australia's longest river? **Murray River**
2. In Queensland, which coastal town is named after a year? **1770**
3. What was the first commercially manufactured breakfast cereal?
Shredded wheat
4. Black-eyed peas are not peas, what are they? **Beans**
5. What tool uses a magnetic needle that points north?' **Compass**
6. How many years in a century? **100**
7. How many days in a fortnight?**14**
8. What is the name of the royal family's castle in Scotland? **Balmoral**
9. Stratus, cirrus, cumulus and nimbus are types of what? **Clouds**
10. On which hand did Captain Hook have his hook? **Left hand**
11. Who lives in a trash can in Sesame Street? **Oscar the Grouch**
12. What contains more sugar, strawberries or lemons? **Lemons**
13. What food is the base of guacamole? **Avocado**
14. What is the most common training command for dogs? **Sit**
15. How many continents are there in the world? **7**
16. A common ladybug has spots of what colour? **Black**
17. Which city was briefly called Batmania? **Melbourne**
18. What is the oldest city in Australia? **Sydney**
19. Which was the first Australian state to give women consent to vote?
South Australia
20. Are worker bees male or female? **Female**



SEPTEMBER TRIVIA

1. What did “Itsy bitsy spider” climb up?
2. Which country invented ice cream?
3. The name of which African animal means “river horse”?
4. Which sweet is wrapped in paper printed with trivia questions?
5. Which Australian animal is on the \$1 coin?
6. What bird is on the front of the Australian \$50 note?
7. Which law was first adopted in Australia in 1970 to do with motor vehicle safety?
8. What do you call a baby echidna?
9. What does Fred Flintstone have around his neck?
10. What colour is the M in McDonalds?
11. How many holes are there in a full round of golf?
12. How many points does a snowflake have?
13. What was margarine first marketed in England as?
14. What name is used to refer to a group of frogs?
15. What is a female donkey called?
16. How many cards in a deck of Uno?
17. Which game includes the phrase “Do not pass go, do not collect \$200”?
18. What other name does corn go by?
19. Name the only animal that cannot jump?

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.

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.

AGM 22nd September 10am

All welcome! Guest speaker Dave Hagger, Exercise Physiologist speaking on "Stay Strong After Sixty!"

If undeliverable return to:

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