

Community News & Views Ipswich

March 2024

Vol: 31 No 3

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.



What's happening in March?

8th International
Women's Day
17th St Patrick's Day
21st Harmony Day
29th Easter

There comes a time in Life when you realise that it is the simple things in Life like a Feather or tiny butterfly that brings the most pleasure. Take time to appreciate the small things in life as they become our best memories.



Upcoming Date Savers

Bookings essential

16 March 10am	Indooroopilly Shopping Trip Meet at Booval Station
6 th and 7 th April	Ipswich Garden Spectacular
13 th – 15 th June	Lismore Road Trip to <i>BeBe Bold Craft Shop</i>

Funded by



Queensland
Government

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 2023-2024

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

Secretary: Maureen Davies **Acting Treasurer:** Karen Batterham

Email: executive@60andbetteripswich.com.au

Committee: Ellenore Lister, Roslyn Newsham, Joan Preece,
Vivienne Sambell, Barbara White

Part Time Office Staff: Co -Co-ordinators - Kerri Lynch (10 hrs) Anne Bertram (10 hrs)

Office Assistant – Lea Ford (10 hrs)

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 month for consideration by the editing committee.

Convenor updates required by 20th day of the month

IPSWICH 60 & BETTER PROGRAM Inc.

ABN 85 491 018 335

8 Lawson Street Leichhardt 4305

Contact: 3282 8644 or **Mobile:** 0493 097 012 during office hours

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



The office (and Activities) is closed on Public Holidays

Please contact the Office Staff during the Hours of

Monday 9am - 5pm; Tuesday 9am - 5pm; Wednesday 9am - 12pm

Please call 3282 8644

If you leave a Message, we will get back to you.

Community News and Views Advertising Rates:

(*includes GST) Full Page: \$65* Half Page: \$40*

Business Card Size: \$30* Strip \$25*

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 errors, 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

Hello everyone!

Welcome to Autumn! The summer rains and the hot days with high humidity have been a challenge to many of us so now we can look forward to some cooler days and nights over the next few months until Winter.

We had our first Meet and Greet for the year and it was lovely to be in such a welcoming venue as the Golf Club and so close to our office. The morning tea was delicious and quite a few members stayed on for lunch and snacks afterwards. Thank you to our guest speakers from TASC's Ipswich Seniors Legal and Support Service who shared information followed on by a Q&A.

We have spare tickets for the Matinee of **Aging Disgracefully at Ipswich Little Theatre for Sunday 10th March at 2pm**. So ring the office quick for this event.

The Social Team have been looking at various options and this month on **Saturday 16th March** we are hopping on the **Train @ Booval Station at 10am** and going to **Indooroopilly Shopping Town**. Some of you may prefer to drive to Indro, so its whatever you prefer, ring the office and let us know you'll be joining in. It's Easter at the end of the month and then we have the **Ipswich Garden Spectacular on 6 & 7th April**. We will have a stall and a raffle and it will be a wonderful weekend enjoying the spectacular orchids. Many of us have been to past Orchid Shows and we thoroughly enjoyed seeing the prize orchids and other beautiful plants on display and plants are for sale. Save the date and we'll see you there. Until next month ... *Irene*



Happy birthday to our members who were born in March

Happy belated birthday to any Members we may have missed.



Laurie Hadler 11th
Margaret Berlin 13th
Kath Hogan 14th
Doreen Gowell 15th
Karen Lambert 18th
Heather Meiklejohn 19th
Adelle Griffin 23rd
Valmai Bottle 23rd
Malcolm Pengilly 24th





Our First Meet and Greet in 2024 Monday 19 February Ipswich Sports Club

On Monday 19th February the first Meet and Greet was held for the year. We met at the Ipswich Sports Club or Ippy Club, Leichhardt. A huge thank you to Glen and his team who were so hospitable and wow, what a morning tea! ... we are still talking about the spread and those scones... YUM!! 27 people were in attendance. It was also wonderful to welcome new members, Yvonne, Sandra and Heather and new participants Bob and Patricia.

An informative talk was given by TASC's Ipswich Seniors Legal and Support Service's solicitor Jenni and social worker Jane on what this service does in supporting seniors who are experiencing age discrimination or elder abuse (Financial, Physical, Emotional or Neglect).

Ten Tips for Protecting Yourself from Elder Abuse

1. Do **NOT** give your PIN to anyone.
2. Do **NOT** give your internet banking details to anyone. Don't permit a friend, carer or family member to register your account for internet banking.
3. Before loaning any money, giving any money, moving in with family, allowing family to move in with you, get **INDEPENDENT** legal advice. Make sure: the lawyer has not been chosen by a family member, the lawyer is **NOT** acting for another family member, the advice is **NOT** given in the company of a family member, you obtain your legal advice **ALONE**.
4. Talk to Centrelink about loaning or gifting any money, property or moving in with a family member. Your pension may be affected.
5. Make a will and review it every two to three years.
6. Get regular capacity tests with your GP and keep them with your will.
7. Make an Enduring Power of Attorney (EPOA) and review every 2-3 years.
8. Do **NOT** sign an EPOA until you fully understand what you are signing. The power you are giving to your attorney is full control of over **ALL** your assets. Choose someone you trust. You can nominate when it takes effect, it does not have to be immediately. Appoint 2 people to act jointly.
9. Join a group and keep healthy. Stay active and keep connected.
10. **Speak Up! Call Seniors Legal and Support Services 3214 6333.**

SPOTLIGHT on the WALKING GROUPS **Weekly on TUESDAY Afternoons and THURSDAY Mornings**



Our Strategic Plan 2024-2029

Our Purpose Mission:

- To enable older people at a local community level to participate in decisions and activities which affect their health and wellbeing.
- To promote positive approaches to ageing and challenge community attitudes through information, activities and connections in the Ipswich region.

Our Priorities:

1. Maintaining a diverse program of activities and events to engage with older people in the Ipswich area
2. Ensuring the adequacy of financial, physical and human resources for the Program
3. Raising community awareness of the Program to attract members, volunteers and financial support
4. Demonstrating strong stewardship and governance of the Program
5. Supporting the voice of senior community members to be heard and valued within the Program and broader community.

Our Strategic Pillars:

The areas in which work will be undertaken to achieve these Priorities are:

1. Events, activities, and programs
2. Partnerships and collaboration
3. People and participation
4. Promotion and communication
5. Revenue and finances
6. Governance

Nutrition Update

Nutrition workshops have returned and will be held throughout 2024. Look out for the next workshop date in the newsletter. This year the workshops will be focused on a balanced approach to eating.

The first nutrition workshop for 2024 'Getting a Great Start' was held in February. Thank you to all the participants. The cooking demonstration and discussion topic was focused on getting a great start nutritionally to your day. If you missed out, look out for new recipes on display in the office and newsletters.

The cost of contribution to workshop material is \$8 for financial members and \$10 for participants. Bookings are required 1 week prior to workshops can be made by calling the office or using contact details below.

Balancing your plate with nutritionally dense whole foods helps promote health and wellbeing. A balanced approach to eating is having a variety of foods across the 5 food groups. The Australian Guide to Healthy Eating recommends (1):

- Vegetables and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties,
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
- Milk, yoghurt cheese and/or alternatives, mostly reduced fat.



A top tip for vegetables to boost your nutrition is to add lots of colours. To help meet your 5 a day serves look for vegetables that are in season and use fresh, frozen and canned vegetables. (2)

The 2024 nutrition workshops and newsletter updates will help to support a balanced approach to eating. Look out for supporting resources around the 60 & Better Office.

Need Help?

The nutrition advice in newsletters and workshops is general advice and may not suit your individual needs. If you would like individual nutrition support, please use the contact details below for Nutritious Living or see your Doctor or an Accredited Practising Dietitian.

What's next?

Upcoming workshops will include 'Nutritionally Boosting the Classics' and 'Super Snack' ideas.

Get Involved!!

Bring in your recipe ideas or pictures of healthy balanced meals to inspire us all. You can drop off recipes to the 60 & Better office or email Michelle on the details below. We are looking forward to seeing your ideas!

RECIPE OF THE MONTH

Berry Banana Oat Smoothie Serves 1

This month's recipe is a quick smoothie you can make for breakfast.

Ingredients

- ½ banana, fresh or frozen
- ¼ cup frozen mixed berries
- 1 tbsp rolled oats
- 1 cup reduced fat milk or alternative
- 1/2 tsp cinnamon
- 1 tbsp yoghurt



Method

Add your ingredients into a blender and blend until smooth. Serve in glass and top with extra oats and berries if you would like. Tips: add or omit fruits that you like and are in season. Using frozen fruit helps make your smoothie thick and chilled.

For nutrition enquires please call or email Michelle at Nutritious Living on 0450032780 or michellelambert@nutritiousliving.com.au

References

1. <https://www.eatforhealth.gov.au/food-essentials/five-food-groups>
2. <https://www.healthdirect.gov.au/balanced-diet>
3. <https://nomoneynotime.com.au>

Book Review **With Yvonne**



HELLO FROM THE GILLESPIES

Author Monica McInerney

Every year since Angela, a young English back-packer, married handsome Station owner Nick Gillespie, she has sat down on the 1st December to write her Christmas letter.

You know the sort - full of good, cheerful news of the families doings and achievements with a couple of photos. But this year is different. She worries that her marriage is falling apart as Nick seems disinterested and they don't talk much anymore. She's also worried about her children, Linda who has come scurrying back home in debt and without a job, 10 year old Ig who keeps running away from boarding school, and has an imaginary friend, and her twins Veronica and Genevieve, out in the world but perhaps not choosing the wisest jobs and boyfriends.

So, this year Angela tells the truth in her letter, spelling out all her concerns about the family. She was never really going to send it but somehow writing about her worries is a way of relieving her stress. However, when it is accidentally emailed to over a hundred people, suddenly all their friends, neighbours and relatives know all about the Gillespies and their woes.

This is a very enjoyable story about a family that have been very close while the children were growing up but is now struggling to come to terms with changes in their lives. Nick is typical of many farmers and station owners who have been struggling financially through drought and have to make the difficult decisions to avoid debt. His inability to talk to his wife has only made matters worse for him, and like many others in his situation is now suffering depression.

Angela is also a typical middle-aged mother who continues to run around looking after everyone cooking, cleaning & managing crises. Even though she has 3 grown daughters back home for Christmas who give her a hand. When she suddenly becomes ill and suffers memory loss, it's fun to watch her family suddenly scrabbling around to manage without her.

A delightful light-hearted story that was easy to read.

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.



This month's Real Estate Tip from Helen



Have you checked and/or upgraded your smoke alarms recently?

This week an owner was charged after 6 people died in a house fire for failing to install compliant smoke alarms.

In 2017 the new smoke alarm legislation started, currently all investment properties, new builds and sale properties need to be compliant under the legislation. From 2027 all residential properties will need interconnected photoelectric smoke alarms in all bedrooms and hallways. Queensland Fire and Emergency Services is now urging that all owners upgrade to the legislation as soon as possible.

For more information:

[Smoke alarms | Queensland Fire and Emergency Services \(qfes.qld.gov.au\)](#)

Monday			
UFO Craft (<u>U</u> n <u>F</u> inished <u>O</u> bjects)	9:30am-12 noon	Leichhardt	Donation Morning Tea Included
Social Art	12:30pm – 3pm	Leichhardt	Donation
Tuesday			
Drop In 4 a Cuppa	From 10am	Leichhardt	Donation
Rummikub	1pm – 3pm	Leichhardt	Donation
Tai Chi for Health	1pm-2pm	Raceview	Donation
Tai Chi for Health	1pm	Goodna	Donation 3818 1648
Table Tennis	1pm-4.30pm	East Ipswich	Donation bring Afternoon Tea to share
Walking	<u>4.30pm Summer</u>	Ipswich CBD Locations vary	Bring Hat, Water, appropriate shoes
Wednesday			
Learn to Play Bridge	9.30 am-12.30pm	Cascade Gdns Raceview	Contact Garry 0411 876 668
Indoor Carpet Bowls	1:30pm – 4:30pm	Raceview	Donation
Table Tennis	1pm-4pm	Springfield	Donation
Thursday			
Walking	8.30am summer	Varies	Bring Hat, Water, appropriate shoes
Tai Chi for Health (inc Tai Chi for Diabetes)	1-2pm Beginners 2-3pm Advanced	Cascade Gdns Raceview	Donation Irene 0497 808 402
Friday			
Cards & Games (Canasta)	10am-2pm	Leichhardt	Donation / Bring Lunch
Mahjong	9:30 – 12:30pm	Leichhardt	Donation
Concert Party Kath 3201 6075	1pm-3pm 2.30 A/noon Tea	Raceview	Donation bring Afternoon Tea to share
Table Tennis	1pm-4.30pm	East Ipswich	Donation Afternoon Tea to share

******* AIR CONDITIONING coming to 8 Lawson Street Soon !!!*******



Groups	Group Address	Other Activities
Art Cards & Games Mahjong Rummikub Games UFO Craft	8 Lawson Street Leichhardt	Theatre Group Ipswich Little Theatre Weekend Matinee when Shows are scheduled
Learn to Play Bridge Tai Chi for Health Thursday	Community Hall Cascade Gardens 67 Cascade St, Raceview	Drop In 4 a Cuppa Tuesdays from 10am 8 Lawson Street Leichhardt
Concert Party Tai Chi for Health Tuesday Indoor Carpet Bowls	Raceview Congregational Church Hall, Wildey St, Raceview	Social Outings Various Events throughout the year Costs and Venues vary
Table Tennis Tuesday Table Tennis Friday	Trinity Uniting Church Hall, 114 Jacaranda St, East Ipswich	
Table Tennis Wednesday	Aveo Springfield 1 Symphony Way, Springfield Lakes	
Tai Chi for Health Tuesday Goodna	Goodna Neighbourhood House 33 Queen St, Goodna	
Walking Tuesday	Ipswich Various Locations	
Walking Thursday	Limestone Park Ipswich	

Canasta players wanted! Friday mornings.
 10am -2pm, 8 Lawson St, Leichhardt. Phone 32828644 to book!



**Feeling left behind in the digital world?
NOW is the best time to get online.**

Join STAR TECH

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

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.

STAR Tech is available for those aged 65 or over or aged 50 or over for Aboriginal and Torres Strait Islander people. The program is funded as part of the Commonwealth Home Support Programme (CHSP).

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 are held at STAR office in East Ipswich. Call 3821 6699 for more information.

*Eligibility criteria and program fee apply.

- **The program offers a new Android Tablet and full training of basic digital skills OR bring your own device**
- **Flexible program schedule. Start any time**
- **One off program service fee is \$99 (for CHSP clients)**

DO YOU NEED ASSISTANCE WITH TRANSPORT COSTS?

You may be eligible to access subsidised transport for trips in your local area through STAR Community Services!

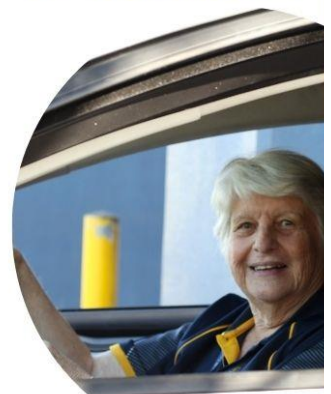
- ▶ Are you under 65 years of age?
- ▶ Do you have a disability or health condition but not eligible for NDIS?
- ▶ Are you disadvantaged and need an affordable transport option?

STAR Community Services is now offering Government funded Community Transport Service.

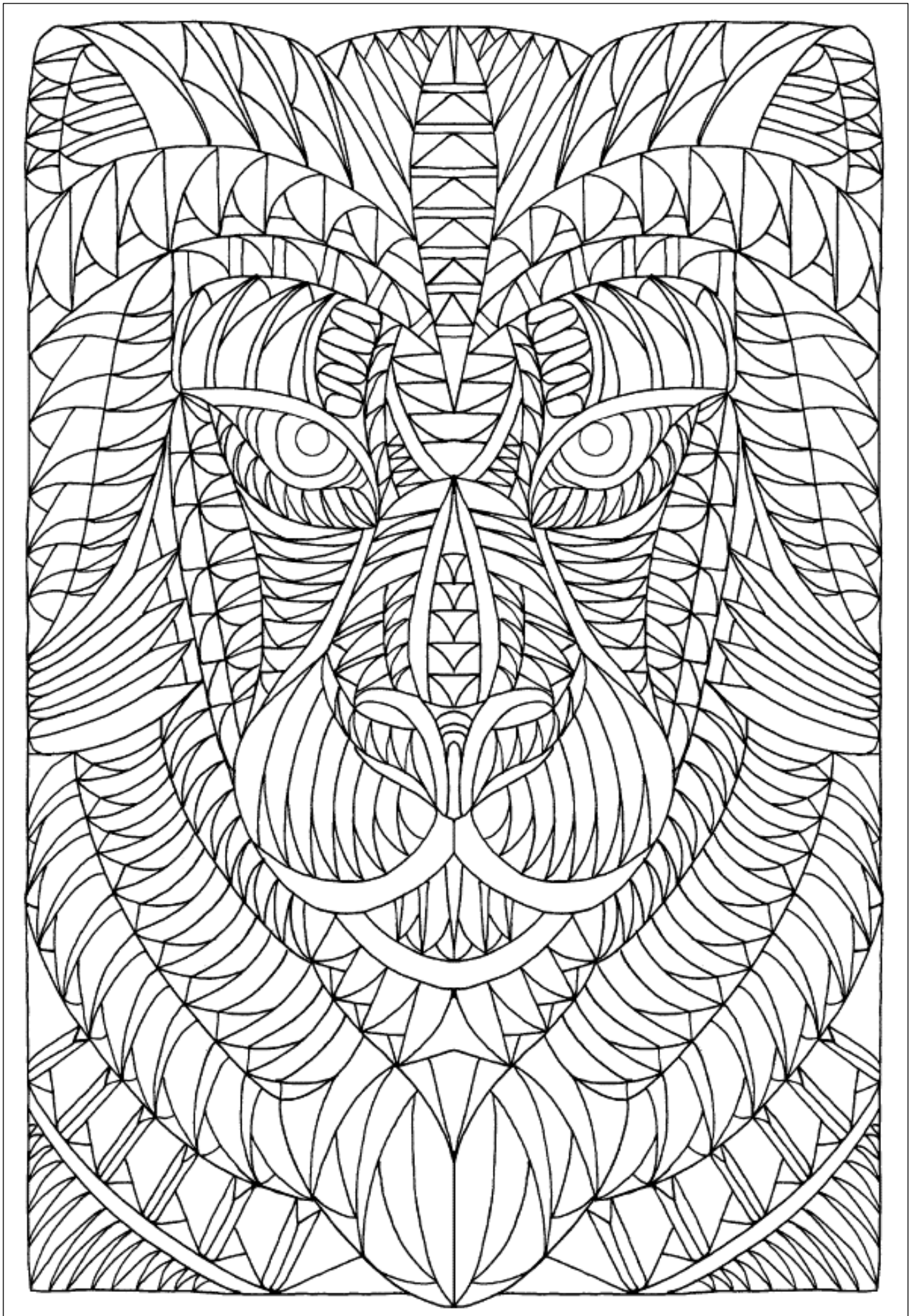
Call STAR NOW on 07 3821 6699 to discuss how you can benefit from a subsidised transport service to live independently and participate in your local community and social activities.



07 3821 6699



STAR is an award-winning non-profit community service organisation. Find out more at starcommunityservices.org.au



IPSWICH GARDEN SPECTACULAR



6th April 2024 8:30am—3:00pm

7th April 2024 9:00am—2:00pm

Ipswich Orchid Society Show & Sale

Ipswich & Districts Bromeliad Society Sale

Multiple other Vendors attending

Variety of plants and products available

Raffle tickets available

Admission = \$5.00

Silkstone State School

Prospect Street, Silkstone

Cultural lectures

Plant Creche

Disabled parking

Wheelchair friendly

Bus trips welcome

Under 18's = FREE



Questions? Email us at
ipswichorchidsociety@gmail.com

Hosted by Ipswich Orchid Society and
Ipswich & Districts Bromeliad Society
Supporting Ipswich 60 and Better Program



The Legacy of Banks and Solander

Contributed by Phil Adam

Submitted by Glenda Cooper (60 and Better Ipswich Table Tennis)

When Joseph Banks stepped ashore at Botany Bay on 28 April 1770, he would not have known what to expect.

Accompanied by Swedish student of Carl Linnaeus, Banks was to open the eyes of the world to the vast array of distinctive plant and animal species that New South Wales, or Australia, as it was to become, possessed.

There had been more than 50 European landings on Australian shores before and many scientific collections of plants and animals already existed in Europe. Many of these were a result of French expeditions particularly to the west coast of the continent. As is the case with Banks some of these early scientists have been memorialized by having species named after them e.g. Leschenault. Despite this it is estimated that the Endeavour expedition added something like 10% to the world's store of scientific knowledge at the time.

Banks and Solander collect numerous specimens which were pressed and preserved between paper to dry them out for long term storage. Accidents occurred and some specimens were lost but nevertheless more than 30,000 herbarium sheets representing more than 3600 plant species survived. About 1400 of these were previously unknown to western science. The complete collection of sketches etc was not published until some 200 years after the voyage.

From this time onwards the collection and description of new species throughout the Pacific region including Australia and New Zealand has continued. The search continues today and new discoveries are always being added. The discovery of the Wollemi pine in 1994 is one of the better known examples of this ongoing process.

It is 250 years since the great discoveries of the Endeavour voyage. The world became aware of the vast range and unique nature of Australian flora and fauna. It is a legacy to be celebrated and imposes on us an obligation to preserve and protect what is already known and to continue the efforts to expand our knowledge.

Thinking of selling your home?

The challenge of moving from selling to sold is an exciting journey and I have the experience to help you.

Please call me anytime!

JENNIFER *Jodjson*

SENIOR SALES AGENT

Phone 0412 441 568

jennifer@linkproperties.com.au



Ipswich Hospital Museum

The Ipswich Hospital Museum preserves the history and stories of the Ipswich Hospital and the Ipswich Community. We are located in the beautiful Jubilee Building on the hospital campus. Bring your friends and family and visit the museum.

The museum is open every Wednesday from 9am - 12pm and on the first Sunday of each month from 10am - 2pm.

Metered parking is available in the surrounding area, free parking for the hospital is available in the old Ipswich Library carpark, and, on weekdays, the Ipswich Hospital courtesy bus offers a free bus service from Limestone Park Car Park (off Quarry Street) to the main entrance of Ipswich Hospital. Ph 0492 995 178 or message us at <https://www.facebook.com/IpswichHospitalMuseum> for more information.

Helpful links:

Courtesy Bus Timetable

<https://www.westmoreton.health.qld.gov.au/sites/default/files/inline-files/shuttle-bus-timetable.pdf>

Located in the Jubilee Building on the Court Street side of the hospital campus

<https://tourmkr.com/F12sSJR6U8/6655657p&17.78h&87.82t>



Are you or your loved one looking for the
Right Care, Right at Home ?



Right at Home Ipswich Lockyer Valley team are experts in providing home care services to our community. Our highly trained caregivers and nursing staff will treat you or your loved ones with the highest respect and mindfulness while assisting them with their care needs.

- 24/7 On Call & 24/7 Care Services.
- Supervised, Individual Care Plans.
- Approved Home Care Package Provider
- No Package Management Fees
- Complex Nursing Care
- Disability & NDIS Support
- Flexible, Reliable, Certified Careers
- Post -Op Care
- Personal and Companion Care
- Domestic Assistance, Gardening, Shopping, Transport

P : 07 2800 8489 | E : care.ipw@rightathome.com.au | W : www.rightathome.com.au
Right at Home Ipswich Lockyer Valley, Shop 1, 87 Brisbane Street, Ipswich QLD 4305



February Nutrition Workshop

EASTER RAFFLE Tickets 3 for \$5 or 1 Ticket for \$2
Drawn Tuesday, 26th March 2024

1st Prize: 2000 Jigsaw and Easter Eggs

2nd Prize: Cricut Mug, Handtowel and Easter Eggs

Tickets available at the office 32828644



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

March Facts

March was originally the first month of the year. According to the oldest Roman calendars, one year was ten months long, beginning in March and ending in December.

On 20th March the sun shines on the equator for the Vernal Equinox, giving us a near 50-50 split of day and night.

The Birth Flower for March is the Daffodil

March Trivia Questions from Meg

1. The movie 'Happy Feet' features what animals?
2. What Does the R stand for on the rating of a movie?
3. The traditional Wimbledon colours are green and what?
4. How many herbs and spices are in Colonel Sander's original KFC recipe?
5. Which fruit contains more vitamin C, kiwi fruit or oranges?
6. What food is made from the skin and bones of animals?
7. What is the national food of Scotland?
8. Which flower is most gifted on Valentine's Day?
9. What is the main ingredients on Bombay Duck?
- 10 How many teeth does an armadillo have?
- 11 What colour is the 'black box' in an aeroplane?
- 12 What kind of animal is a bustard?
- 13 How do you tell the age of a horse?
- 14 What is the floral emblem of Western Australia?
- 15 What do you call someone who shoes horses?
- 16 How long is New Zealand's Ninety Mile Beach?
- 17 'Good on you Mum' is a line from a jingle advertising what bread brand?
- 18 How many hours are in a full week?
- 19 Where are the next Olympic Games being held?
- 20 In which Australian state is the Tamar Valley?



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

March Australian Birth Flower

The native Australian birth month flower for March is the lovely Grevillea, which is said to represent love, faith and calmness.



February Trivia Answers from Meg

1. How many signs are there in the zodiac? *Twelve*
2. What object is said to bring bad luck if it is broken? *A Mirror*
3. What is the only fruit that has its seeds on the outside? *Strawberry*
4. What colour is a polar bear's skin? *Black*
5. Squab is a name given to the young of which bird? *Pigeon*
6. Which is the main substance used to make a crayon? *Wax*
7. How many segments are inside most oranges? *Ten (or twelve)*
8. Which bird is often associated with delivering babies? *Stork*
9. Which US state is the largest? *Alaska*
- 10 How many days in a leap year? *366*
- 11 What is the symbol that represents St Patrick's day? *Green Shamrock*
- 12 What is considered to be the oldest vegetables? *Peas*
- 13 What kind of alcohol is made from grapes? *Wine*
- 14 In which country is Timbuktu located? *Africa*
- 15 Who is the fastest runner in the world? *Usain Bolt*
- 16 What farm animal doesn't have teeth on their upper jaw? *Goats /Sheep*
- 17 Which bird is known to have eyes larger than its brain? *Ostrich*
- 18 Which animal's poo is known to be cube shaped? *Wombat*
- 19 How many spots are on the Domino's pizza logo? *Three*
- 20 What is the only edible food that never expires? *Honey*

Welcome to All New Members

Activities Update

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.

Volunteers wanted

- Table Tennis, Chess, Euchre, 500 Convenors
- People with a passion for Fundraising
- Office support, **cleaning** and Venue Host/Hostess volunteers



Tai Chi for Health

Goodna Neighbourhood House **Tuesdays** 1pm 3818 1648

Marburg and Rosewood: For more details contact Irene 0497 808 402

Check out our Facebook page at: <https://www.facebook.com/IpsSixtyandBP>
Visit our website for
information and upcoming events at www.60andbetteripswich.com.au.

If undeliverable return to:
Ipswich 60 and Better Program Inc.
PO Box 608
Booval Fair Q 4304

**SURFACE
MAIL**

**POSTAGE
PAID**

Australia Post Publication
100019013