

Community News & Views Ipswich

April 2024

Vol: 31 No 4

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 April?

6th & 7th

Ipswich Garden Spectacular

7th World Health Day

22nd Earth Day

24th Guide Dogs Day

25th ANZAC DAY

*They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.*

Upcoming Date Savers

Bookings essential

6 and 7 April

Fri 19 April

Mon 20 May

Tues 21 May

Tues 28 May

Sun 26 May

13 to 15 June

Ipswich Orchid Society Show

Whispers in the Valley Grantham Visit

Meet at 8 Lawson St @ 9:30am

Meet and Greet

Nutrition Workshop

Biggest Morning Tea

Ips Little Theatre Matinee -Stepping Out

Lismore Road Trip to *BeBe Bold Craft Shop*



Funded by



**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 Sambal, 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.**



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President's Pen

Hello everyone!

Autumn is officially here.

The Ipswich Garden Spectacular is on the weekend of 6 & 7th April. We will be selling raffle tickets, it will be a wonderful event enjoying the spectacular orchids, bromeliads and other plants. Come along and say hello!

We have the next Social activity planned for Friday 19th April going to visit Whispers in the Valley and if you're interested in going to the next live performance at Ipswich Little Theatre, we have matinee tickets for 26th May.

We regularly apply for funding through grants and submissions but if you enjoy participating in all our 60 and Better activities and want our organisation to continue and grow, moving forward, we are now seeking a Fund-Raising Coordinator and Sub-Committee. Please contact a Management Committee member or the office if you are interested or are able to be included in this very important and vital group.

Gentle Reminder: Tuesday Tai Chi for Health recommences at 8 Lawson St, from the 16th April.

The Containers for Change fundraising is up and running, so, collect your cans and bottles. The Member Number link is on Page 5.

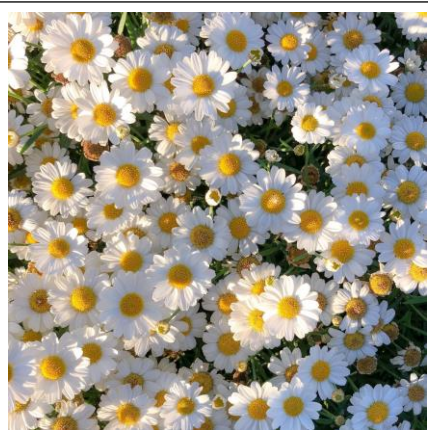
Anzac Day will be celebrated throughout our region and we have listed where you can attend some of these services on page 17. Check with the organisers to confirm start times.

Until next month ... *Irene*

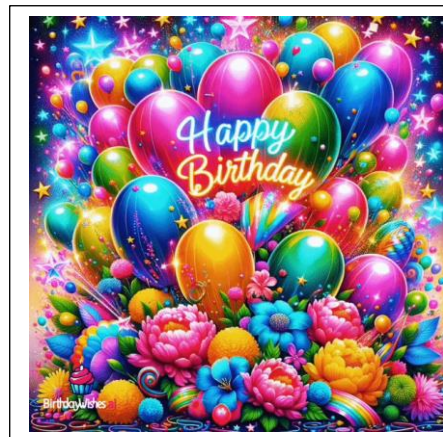


Happy birthday to our members who were born in APRIL

Happy belated birthday to any Members we may have missed.



- 1st Lori Patrick
- 3rd David Taylor
- 4th Ken Davey
- 7th Elsie Johns
- 8th Joy Truasheim
- John Durrant
- 9th Dennis Boothby
- 12th Sandra Mole
- 25th Marlene McLean
- 29th Narelle Curtis



30th Maureen Davies, Jeff Coward

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



Containers for Change

DATE	AMOUNT
Total to Date	\$85.10!
26/3	\$14.80
19/3	\$23.60
6/3	\$20.00
6/3	\$11.20
20/2	\$15.50

Every little bit helps, ask your friends, family and neighbours.

Thank you to all who are participating in our containers for change drive for 2024. Containers are taken once a month to collection point or drop in and use the code below at:

355 Brisbane St, West Ipswich
229 Brisbane Rd, Goodna
157 Collingwood Dr, Collingwood Park
33 Belar St, Yamanto

Remember "If we take care of the Pennies the Pounds will follow".
 Or in other words **Every cent counts.**

MEMBER NUMBER

Ipswich 60 and Better Program Inc.

C10125847



Keep your member number handy - share it with your supporters to raise funds and to track your fundraising efforts.

Volunteers needed!



The Ipswich 60 and Better Program runs on the generosity of volunteers. There are many varied roles available, and it depends on the level of commitment, time and what interests you.

In 2024/2025 we will be looking for people who have an interest in the direction of the organisation with spaces opening up on the Management Committee, Treasurer, and various general Committee positions. Other Roles include Office administration support, Morning Tea Host (conversations and cuppa), Group convenors, Cleaner for Office.

We offer training, support, fun and connections with a fabulous group of people.

Unused Free Adjustable Toilet Seat Raiser Available

The seat has not been used & is free of charge. It has adjustable arms. The arms are packed away but if anyone is interested I can send a photo of the arms OR



refer to the attached picture on the brochure which has instructions.

Mary Tefay

Contact the Office on 32828644



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

SENIOR SALES AGENT

Phone 0412 441 568

jennifer@linkproperties.com.au



GROWING ORCHIDS FOR BEGINNERS

With Yvonne

In choosing which type of orchids to start off with, Cattleya are one of the easiest to grow. Look for firm leaves and mid green in colour. Orchids should be upright in the pot and feel firm. If it is growing outside of the pot this means it



needs to be repotted. Most orchids grow in a medium of bark about 10 - 15 mm in size, this is medium sized bark. Some growers use Perlite and charcoal in their mix. The perlite helps to retain the water and the charcoal adds nutrients and allows air flow through the mix.

Looking After your Plants: Water plants once a week in Spring, and in summer when really hot at least twice a week. When the weather gets cooler 7 - 10 days will suffice. Never grow Orchids in direct sunlight. Put them in a shade house with 50% shade cloth on the sides and 70% on the roof. Do not have your shade house too close to trees as it might be under more shade and you will have trouble flowering them. If no shade house is available, put them somewhere where they will get filtered sunlight. Morning sunlight is best or under a tree. Fertilise your plants weekly with a weak solution of liquid plant food. Some growers use the organic approach and use fish emulsion. Generally, orchids require more nourishment during the growing season, and less when they are dormant.

The best place to buy orchids is at Orchid Shows or a reputable Orchid grower. Nearly all Orchid Societies have 2 shows a year, and always have plants for sale, which are grown in areas where they are being sold. Unlike orchids sold at large hardware stores, which are usually grown in other states and usually in hot houses.

This is just basic information to start your collection.

HAPPY GROWING



Yvonne



Spotlight on

Mahjong



Would you like to learn how to play Mahjong?

New beginners welcome!

Every Friday morning a group gathers at 8 Lawson Street Leichhardt and very willing, and patient group teachers everyone how to play. It's a fabulous game and much laughter is heard. The group members break for morning tea with everyone contributing. A small donation is asked for participation.

To book please call the office on 32828644.



Social Outing to Grantham

When: **Friday 19th April**
Where: Whispers of the Valley Grantham Visit
Meet at: 8 Lawson St Leichhardt
Time: **9:30am**
Lunch: Floating Café in Grantham

We will meet at: **Ipswich 60 and Better Office @ Lawson Street**
and we will **carpool** for this social outing in April.

It promises to be a fun day out!
Everyone is welcome to join in!

Please call the Office on 3282 8644 to Book

Book Review **With Yvonne**



“SECRETS AND SHADOWS”

AUTHOR: Mary Nickson

Determined to start a new life, Louisa Forrester has come to Scotland in search of adventure, new relationships and a second chance. She has enrolled on a creative writing course at the renowned Glendrochatt Arts Centre. It is here that she meets Marnie Donovan, a young American who has travelled to Scotland in search of the childhood home of her eccentric benefactors, hoping for answers to questions that have haunted her all her life. Isabel Grant, who runs the centre with her husband Giles, is facing the greatest challenge of her life but must put on a brave face for everyone's sake.

Initially Louisa and Marnie dislike each other, especially when both women are drawn to the same man. And Isobel must keep the peace. But enigmatic Christopher Piper carries his own secrets of the past and in their brief encounter are forced to confront the truth about themselves and the choices they have made.

Told with warmth and insight, this story is a beautifully written story of three women and how they learn to embrace the future, however uncertain.

World Health Day **7th April**




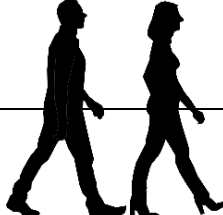
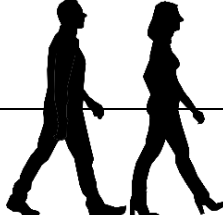
This is a timely reminder for all of us to have our regular health checks including:

- Eye and Dental check-ups; Breast Screenings
- Flu Vaccinations and Skin Checks

It's recommended that you get a blood test done at least once a year. If you've got pre-existing conditions like hypertension, heart disease, or diabetes, you may need to increase your blood work to every three or six months, depending on the recommendation of your doctor.

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
Tai Chi for Health From 16th April *** VENUE CHANGE ***	1pm-2pm	Leichhardt	Donation
Tai Chi for Health	1pm	Goodna	Donation 3818 1648
Rummikub	2pm-3pm	Leichhardt	Donation
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	Various Locations	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	1-3pm 2.30 A/noon Tea	Raceview	Donation bring Afternoon Tea to share
Table Tennis	1pm-4.30pm	East Ipswich	Donation Afternoon Tea to share

Not gray hairs! But wisdom highlights. 😊

Groups	Group Address	Other Activities
Art Cards & Games Mahjong Rummikub Tai Chi for Health Tuesday 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 Indoor Carpet Bowls	Raceview Congregational Church Hall, 117 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	Ipswich Various Locations	

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

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

April's Australian native is the **Eremophila**. Known as Emu Bush, Eremophila have longed been used in Aboriginal tribal life. It comes in a variety of colours from deep purple to vibrant red and with a name that means 'desert loving'.



April Trivia Questions from Meg

1. What was the name of Charlie Brown's dog?
2. What colour do you get if you mix blue and yellow?
3. Flying Doctor's founder, the Rev John Flynn, is on which Aust banknote?
4. What is the main ingredient to make beer?
5. The Rum Rebellion is an event from the history of which country?
6. Which instrument is also called a squeezebox?
7. What is 200% of 200?
8. Which iconic Sydney building was designed by Jorn Utzon?
9. Which stage musical does the song Memory come from?
- 10 In which country was novelist Bryce Courtenay born?
- 11 How many masts does a sloop have?
- 12 What is the hardest naturally occurring substance on earth?
- 13 What type of drink is souchong?
- 14 What type of creature could you find living in an apiary?
- 15 What is the coloured part of the eye called?
- 16 In which country did the Granny Smith apple originate?
- 17 What river is associated with Perth?
- 18 What is the only vowel not to appear in a 'qwerty' keyboards top line?
- 19 In which sport is Australia's Tony Roche a former champion?
- 20 A jimble is a type of what sea creature?

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

April was the second month in an early Roman calendar, but became the fourth when the ancient Romans started using January as the first month.

April is named for the Greek goddess of love, Aphrodite.

The name for the month of April originally came for Aprilis which means to open.

Arbor Day is in April for nature lovers (pick out a tree to plant on April 26)

March Trivia Answers from Meg

- 1 The movie 'Happy Feet' features what animals? *Penquins*
- 2 What Does the R stand for on the rating of a movie? *Restricted*
- 3 The traditional Wimbledon colours are green and what? *Purple*
- 4 How many herbs and spices are in Colonel Sander's original KFC recipe? *11*
- 5 Which fruit contains more vitamin C, kiwi fruit or oranges? *Kiwi Fruit*
- 6 What food is made from the skin and bones of animals? *Gelatin*
- 7 What is the national food of Scotland? *Haggis*
- 8 Which flower is most gifted on Valentine's Day? *Red Rose*
- 9 What is the main ingredients on Bombay Duck? *Fish*
- 10 How many teeth does an aardvark have? *None*
- 11 What colour is the 'black box' in an aeroplane? *Orange*
- 12 What kind of animal is a bustard? *A bird*
- 13 How do you tell the age of a horse? *Its teeth*
- 14 What is the floral emblem of Western Australia? *Kangaroo Paw*
- 15 What do you call someone who shoes horses? *Farrier*
- 16 How long is New Zealand's Ninety Mile Beach? *55 miles*
- 17 'Good on you Mum' is from a jingle advertising what bread brand? *Tip Top*
- 18 How many hours are in a full week? *168*
- 19 Where are the next Olympic Games being held? *Paris 2024*
- 20 In which Australian state is the Tamar Valley? *Tasmania*

Gardening Prayer

Submitted by Glenda Cooper (Ipswich Table Tennis)

The rainfall, is never right for the genuine gardener, and this prayer offers to help God out a bit on what is actually needed:

O Lord,

Grant that in some way it may rain every day,
Say from about midnight until three o'clock in the morning,

But you see,

It must be gentle and warm

So that it can soak in;

Grant that at the same time

It would not rain on campion, alyssum, helianthemum, lavender,

And the others which You

In your infinite wisdom know are drought-loving plants –

I will write their names on a piece of paper if you like –

And grant that the sun may shine the whole day long,

But not everywhere

(not, for instance on spiraea, or on gentian, plantain lily and
rhododendron)

And not too much:

That there may be plenty of dew and little wind,

Enough worms,

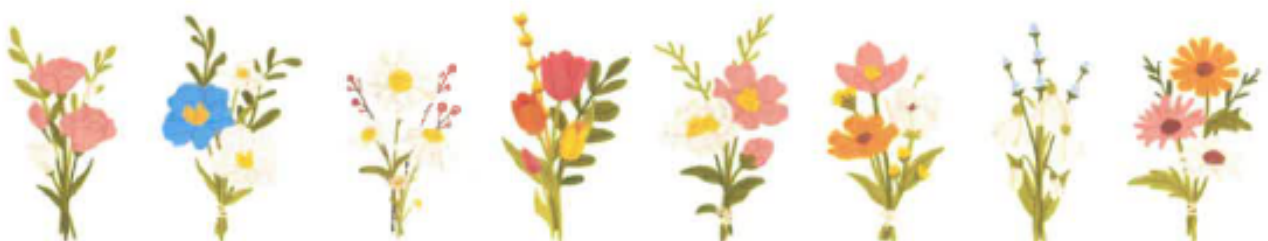
No plant-lice and snails,

No mildew,

And that once a week

Thin liquid manure and guano may fall from heaven.

Amen



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

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helenb@remax.com.au

RE/MAX
Profile Real Estate

in conjunction with Urban Land and Project Marketing Pty Ltd.



Real Estate Q&A with Helen

Question: Looking to downsize? Are you in a position to buy your new home?

Answer: If a relocation loan or bridging finance isn't an option, selling first with a long settlement date or selling with a rent back option would be the best suggestion for you. This will give you time to search for a new home and puts you in a good position to have your offer accepted when you do find the perfect home. In today's market, properties are selling quickly and therefore many sellers will not accept a subject to sale contract. Speak to your agent, if you are lucky, they may have an off-market option or vendor that may agree to a Subject to sale contract.

Ipswich ANZAC Services & Marches 2024

<https://brisbanekids.com.au/where-are-the-anzac-services-and-marches-in-brisbane/>

<https://www.salvationarmy.org.au/bundamba/our-community/bundamba-anzac-observance-committee/>

Please check up-to-date times/locations with organisers

04:15	Bundamba Dawn Service March.
04:25	Bundamba Dawn Service Bundamba Memorial Park Bundamba preceded by a march at 4.15am
04:30	Ebbw Vale Dawn Service.
06:30	Ipswich Five Ways Ipswich-Limestone Hill 6.30am service
07:30	Ipswich Railway Workshops preceded by a march at 7.15am Ipswich Railway Workshops Gates open at 6.45 am.
09:00	Ebbw Vale Service Main event 8.30am
09:00	Bundamba Main Service March
09:15	Bundamba Main Service
10:40	Ipswich Main Service March Corner of Brisbane and Waghorn Streets IPSWICH Ipswich Main March 10.45am service
11:00	Redbank Redbank Memorial Reserve Bridge Street REDBANK

Booval 8am preceded by a march at 7:45am

Brassall 4.27am service

Goodna Dawn Service 4.15am,

Main service 8.30am preceded by a march at 8.15am

Grandchester 6am Service

Ipswich RSL Memorial Gardens Dawn Service 4.27am

Main Service 8.30am preceded by a march at 8.20am

Marburg 7.30am service preceded by a march at 7.20am

One Mile 9.30am Service

Pine Mountain 9am Service



Personal Care

- . Bathing
- . Hygiene
- . Grooming & Dressing
- . Continence Care
- . Help with Mobility
- . Help Reduce the Risk of Slips & Falls
- . Help with Exercise
- . Assistance with Eating

Companion Care

- . Cooking / Meal Prep
- . Monitor Diet
- . Medication Reminder
- . Prepare Grocery List
- . House Keeping
- . Home Activities
- . Transport
- . Gardening Services

At Right at Home Ipswich Lockyer Valley, we're not just about providing top-notch care, we're also here to guide you through the process of obtaining a Home Care Package. Whether you already have a package or need assistance in securing one, our family-run business is dedicated to ensuring you receive the care you deserve, tailored just for you.

Why Choose Us?

- We're a family-run business, which means we treat you like one of our own, with respect, dignity, and a personal touch.
- Our services are adaptable and government-supported, ensuring they're accessible and tailored to your unique needs.
- We're committed to maintaining your independence, offering professional care that integrates seamlessly into your lifestyle.
- Comprehensive Support: From navigating Home Care Packages to delivering tailored services, we're with you at every step.



Skilled Nursing Care

- . Medication Assistance
- . Catheter Care
- . Complex Wound Dressing
- . Rehabilitation
- . Palliative Care
- . Symptom Management



In Home Care & Assistance

Ipswich, Lockyer Valley | 07 2800 8489

Nutrition Update

The nutrition workshop 'Getting a Great Start' was held in February. We made several breakfast recipes and discussed ideas for a balanced breakfast and recommendations of servings of food groups.

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 see your Doctor or an Accredited Practising Dietitian.

What's next?

The next nutrition workshop will be held on the 21st of May, 11am and focus on improving the nutritional density of classic recipes. 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.

Get Involved!!

Bring in your recipe ideas 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

This month's recipe is a versatile savoury mince recipe that can be used for breakfast, lunch and dinners and can be adjusted to individual needs and tastes.

Serving ideas: on toast, on baked potato, on pasta, or with rice.

Adapted from 'multiuse mince' <https://nomoneynotime.com.au/healthy-easy-recipes/multiuse-mince>

Super Savoury Mince

Serves 4

Ingredients

1 tbs olive oil
 400g lean mince e.g turkey or beef
 1 420g can lentils, drained and rinsed
 1 chopped onion
 2 finely sliced cloves garlic
 2 carrots diced
 2 celery stalks diced
 1 zucchini diced
 200g sliced mushroom or capsicum
 1 tsp dried herbs e.g oregano or basil
 1 stock cube (vegetable or beef)
 1 tbs tomato paste
 1 400g can diced tomatoes

Method

* Heat olive oil in pan and cook mince over medium to high heat until cooked. Remove mince and set aside on plate.

* Add onions, garlic, celery and carrots and cook on medium to high heat until tender. Add zucchini and mushroom and continue to cook for another few minutes.

* Add the cook mince back to the pan along with the can of tomato, paste, herbs and crumble the stock cube over the mixture.

* Simmer on low heat until sauce has reduced. Add a bit of water if sauce becomes too dry.

Nutritional Information Approx. (Depending on ingredients used). Per Serve, 1000kJ energy, 30g protein, 6g fat, 17g carbs, 6g fibre

Tips: use any fresh or frozen vegetables to substitute. Lentils can be replaced with red kidney beans or other canned bean mix.

Nutritious Living: 0450 032 780

michellelambert@nutritiousliving.com.au

Welcome to All New Members



Easter Raffle

Drawn Tuesday 26th March 2024

Congratulations!!

1st Prize: Barb White, Ticket Purple B 51

2nd Prize: Tina New, Ticket Green B 17

Money Raised: \$250

A Huge Thankyou to those who donated!

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.

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