

April 2026

IPSWICH *Thriving* SENIORS Newsletter



Welcome!

The Ipswich Thriving Seniors program offered by YMCA Queensland aims to empower seniors to feel more connected, supported and actively engaged. We provide a variety of social groups, bus trips and information/referral to enhance the health and wellbeing of seniors in Ipswich. We are excited to share all the latest news, program offerings and local events to help seniors thrive!

Important Dates

3 Apr	Good Friday Public Holiday
6 Apr	Easter Monday Public Holiday
6 - 10 Apr	No classes at Springfield Lakes
7 Apr	World Health Day
16 Apr	Info Session: RACQ Years Ahead
23 Apr	Bus Trip: Watercress Creek Farm
25 Apr	Anzac Day

For or all your Ipswich Thriving Seniors Program updates visit our website, follow us on Facebook or join our mailing list.

SPRINGFIELD LAKES COMMUNITY CENTRE

Phone: 0459 930 453

Email: ipswichthrivingseiors@ymcaqueensland.org.au

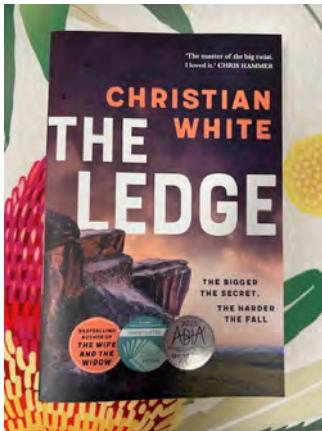
Visit: 53 Springfield Lakes Boulevard, Springfield Lakes, QLD 4300

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Monthly Updates

Book Club 13 April 2:00pm

Please note due to the public holiday our next Book Club will be held on 13 April. Our book for this month is The Ledge by award winning Australian author Christian White. You can receive your copy of this book at Book Club for \$5.

No Lunch Bunch Social Meet for April

Due to Easter there will be no Lunch Bunch Meet up in April. Our next meet up will be on Saturday 2nd of May, 12pm at Springfield Tavern. To book your spot see our Important Links section.



Movie and Mingle 27 April 10:00am

Please note our next Movie & Mingle session will be held on the 4th Monday of the month (27 April). This is so we get the chance to see the just released movie "Michael." This film tells the story of Michael Jackson's life beyond the music, tracing his journey from the discovery of his extraordinary talent as the lead of Jackson Five, to the visionary artist whose creative ambition fueled a relentless pursuit to become the biggest entertainer in the world.

Information Session 16 April 10:30am

Join us for a free presentation. RACQ Years Ahead is designed for older drivers, helping you to stay up to date and drive with confidence. The session will provide a review of crash statistics, outline recent changes to road rules, explore driver behaviour, explain medical reporting rules and highlight alternative transport options. Free lunch provided. Please RSVP - 0459 930 453.



Frozen Meals For Sale at Springfield Lakes

Every Friday 10:00am - 10:30am you can now purchase delicious frozen meals from Goodness Enterprises at YMCA Springfield Lakes. \$3.50 per meal or 5 meals for \$15.

Featured Program of the Month

Bridge

Looking for a fun, social way to keep your mind sharp? Join our friendly Bridge group every Tuesday from 11:30am to 1:30pm for just \$5. Bridge is a wonderfully engaging card game that blends strategy, memory, and teamwork – and it's easier to learn than you might think. No experience needed – just bring your curiosity and enjoy a great time with great company.



Program Updates

Activity Pass

Did you know you can purchase an Activity Pass for \$50 at the Springfield Lakes Community Centre. This pass grants you 10 sessions for any of the social groups held at the centre. When you have finished with your card, hand this into staff and you will go in our monthly draw to win a free Activity Pass.

Name Badge

Name Badges are available for all members to order at the Springfield Lakes Community Centre for \$5. Wearing a badge makes it easier for everyone to recognise one another, start conversations, and feel included, especially for new members.



ANZAC Day

Be part of something special this ANZAC Day! Volunteers Needed!

Greater Springfield RSL Sub Branch is launching its first-ever ANZAC Day Veterans March at Brighton Homes Arena – and volunteers are needed to help bring this event to life.

Alongside the march, enjoy the ADF SE QLD AFL Women's team taking on Queensland Fire & Rescue AFL Team, plus a RAAF flyover!

Keen to help? They will find a role for you to get involved. Share your name and availability with Ipswich Thriving Seniors and we'll link you in with the RSL team.

Call 0459 930 453 or email ipswichthrivingseniors@ymcaqueensland.org.au



OzHarvest Cooking Program for Men



FREE 6 week cooking program for men! Join up to these hands on sessions and learn:

- Simple cooking tips & tricks
- How to understand food labels
- Ways to save money on your food budget
- Meal planning strategies to reduce waste
- Safe food storage essentials.

Join us once a week for 6 weeks starting 5th May at Springfield Lakes Community Centre.

See Important Links to find out more. Limited spots available.

Aged and Disability Advocacy (ADA)

We recently had ADA stop in for a visit to chat with some of our members and share info about ADA Link. ADA Link is a free service that provides one-on-one support to help vulnerable seniors access aged care services and other community supports. If you need help registering for My Aged Care or navigating the aged care system, contact ADA Link.

Phone: 1800 818 338

<https://adaaustralia.com.au/>



Ripley Programs

New seniors groups are coming to Ripley, and we couldn't be more excited to share what's on the way. After the school holidays, we'll be launching:

- Relaxed Coffee Catch-Up at Café Providence
- Fun and social Travel Club at the Providence Community Centre
- Creative Corner Craft Group at White Rock Community House

Start dates to be announced soon! Stay tuned—there's plenty of good things coming for our Ripley seniors community.

Planes, Trains and Autos Festival

2 - 4 May

Ipswich's Planes, Trains and Autos festival delivers a packed program of sky-high aerobatics, roaring racetracks, heritage train journeys and hands-on machinery displays. Across multiple venues, visitors can explore specialty vehicles, cutting-edge tech, model steam engines, monster machines and classic cars—all wrapped in a fun, family-friendly atmosphere. Visit the Important Links section to find out more.



Easter and School Holiday Centre Closure

A reminder that the Springfield Lakes Community Centre will be closed from 3 April - 10 April. Enjoy the Easter break and we look forward to welcoming you back on Monday 13 April.

Helplines

Ambulance, Police, Fire: 000

Seniors Enquiry Line: 1300 135 500

Carers Gateway: 1800 422 737

Lifeline: 13 11 14

Elder Abuse Helpline: 1300 651 192

My Aged Care: 1800 200 422

Aged and Disability Advocacy:
1800 700 600

Police Link: 131 444

Crime Stoppers: 1800 333 000