

March 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

|        |  |
|--------|--|
| 1 Mar  | Clean Up Australia Day                                       |
| 4 Mar  | International Women's Day<br>Morning Tea at YMCA             |
| 8 Mar  | International Women's Day                                    |
| 16 Mar | Harmony Week   |
| 17 Mar | St Patrick's Day   |
| 19 Mar | Info Session on Dementia                                     |
| 19 Mar | National Close the Gap Day for<br>Indigenous Health Equality |

*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

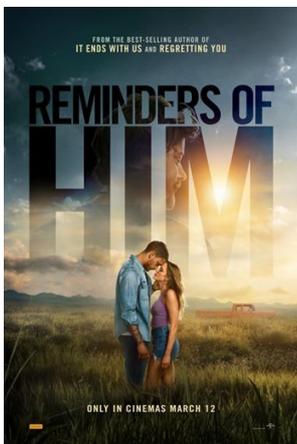
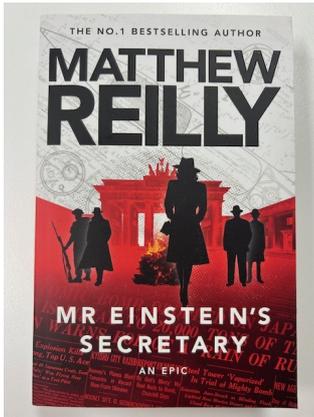
**Phone:** 0459 930 453

**Email:** [ipswichthrivingseniors@ymcaqueensland.org.au](mailto:ipswichthrivingseniors@ymcaqueensland.org.au)

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

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## Monthly Updates

### Book Club 2 March 2:00pm

Our book for this month is Matthew Reilly's 'Mr Einstein's Secretary!' This is a fast paced, clever historical thriller that reimagines Albert Einstein's world through the eyes of his brilliant and resourceful secretary. Join our Book Club this month and receive a copy of this book for just \$5.

### Lunch Bunch Social Meet Up 7 March 12:00pm

Our next Lunch Bunch meet up will be held at Brothers Leagues Club at Raceview. Due to popular demand, we are now asking for anyone who would like to attend to book a ticket online to reserve your spot. Booking a ticket is free and you will still need to order and pay for your meal at the venue. There are 50 spots available and once sold out you can put your name on the waitlist. See our important links section to book your ticket now.

### Movie and Mingle 16 March 10:00am

Join our next movie sessions as we head to Event Cinema at Orion to see 'Reminders of Him.' This is an adaptation of Colleen Hoover's best selling novel. This emotional story centres around a mother released from prison hoping to rebuild her life and reconnect with the daughter she's never known. See important links section to book tickets via Humanitix.

### Information Session 19 March 10:30am

Join us for an engaging presentation from Dementia Australia about understanding Dementia. The session will explore ways to reduce your risk of dementia, highlight key symptoms to be aware of and provide insight into the impacts of a dementia diagnosis on carers, family and friends. You'll also learn about all the supports available through Dementia Australia. Free lunch provided. Please RSVP - 0459 930 453.

### Frozen Meals For Sale at Springfield Lakes

Every Friday 10:00am - 12:00pm 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

### Ukulele

Ever thought "I wish I'd learnt an instrument" but weren't sure where to start?" The ukulele is the perfect first step. Ipswich Thriving Seniors Strummers would be delighted to welcome you to the joy of music. Our group leader Marc is dedicated to helping complete beginners gain confidence and discover the joy of playing. The ukulele group is a friendly bunch who enjoy getting together, having a laugh and making music together in a relaxed environment. You don't need your own ukulele - we have some at the centre available for use.



The group meets every Thursday at 1pm. Each session is just \$5. Come along and join in the fun! No need to book.



## New Programs at Springfield Lakes

### Painting

Libby is back facilitating our "Introduction to Painting" classes this March. Enjoy learning a new technique each week. Classes are every Monday 1pm - 3pm. \$10 per class. Please book your spot - 0459 930 453.



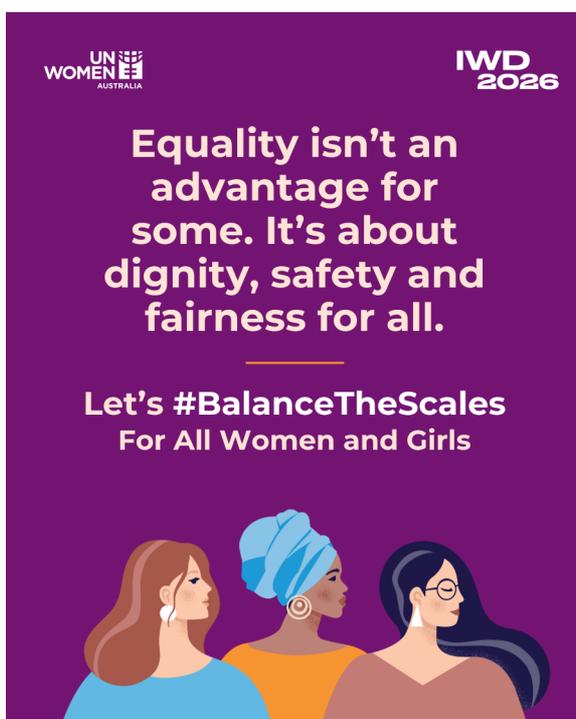
### Tai Chi

Our brand new Tai Chi classes are starting on 10th March! Classes will be held every Tuesday from 7:30am - 8:30am in the Spring Lake Park, directly across the road from the Springfield Lakes Community Centre. First class free then \$5 per session. No need to book.

## International Women's Day

International Women's Day on 8th March is a wonderful opportunity to celebrate the remarkable contributions of women! This year's theme "Balance the Scales" champions fairness, equality, and opportunity for all women. It's a reminder that when we remove barriers and create systems that value every voice, our whole community thrives. On this day, we celebrate the achievements of women, acknowledge the work still to be done, and commit to building a future where rights, respect, and justice are shared equally.

To find out more about how to support this campaign visit <https://www.iwd.net.au/>



## SeeWay



# SeeWay.

An initiative of **Guide Dogs.**

SeeWay – an initiative of Guide Dogs is a free national service designed to support people living with permanent vision changes, as well as their loved ones and carers. It's practical low vision care to compliment the clinical care of an eyecare professional. It offers everyday lifestyle guidance and personalised digital skills support, alongside access to counselling and clear, trusted information.

If you or someone close to you is navigating vision changes, gentle guidance and practical ideas are available at your own pace. Explore articles, digital skills support, counselling and practical ideas at [www.seeway.com.au](http://www.seeway.com.au) or call 02 8350 1400.

## Redcliffe Bus Trip

Last week, 50 of our members enjoyed a delightful bus trip to Redcliffe, taking in the beautiful waterfront views and exploring the local shops, parks, lagoon and art gallery. A stroll down the iconic Bee Gees Way was a highlight, adding a touch of nostalgia to a relaxed and social day out. It was a wonderful opportunity to connect with new friends and share a memorable outing together. Visit Ipswich Thriving Seniors website to find out about our upcoming bus trips.



## St Patrick's Day at Brothers Leagues Club

Brothers Leagues Club Ipswich is celebrating St Patrick's Day with a line up of Irish themed entertainment. Performances include Life of Reilly with traditional Irish folk music, Celtic Count an Irish performer with high energy pub classics and timeless ballads as well as some St Paddy's Day themed Bingo! March 15 - 17.

## 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