

Connecting Seniors in our Shire!

OCT 2022 QUEENSLAND
SENIORS
MONTH

PROGRAM INSIDE



COME 'N TRY

OCTOBER 2022



- 01 SAT** **7.00AM | GOFAR WALKING GROUP**
Join us for a Gentle Walk
Beaman Park, James St, Yeppoon
No bookings required
- 07 FRI** **10.15AM | MUSIC APPRECIATION U3A**
Listen to different music genres
Community Centre, John St, Yeppoon
Bookings Peter 0422 818 799
- 08 SAT** **10.00AM | PICKLEBALL**
Paddleboard sport - singles/doubles
Yeppoon Tennis Club, Chrisney St
Bookings John 0427 220 399
- 10 MON** **9.00AM | YEPPOON SENIOR CITIZENS**
A morning full of darts, cards and craft.
Morning tea provided. **Gold Coin Donation**
Old TAFE Building, Tabone St, Yeppoon
Bookings Shirley 0418 184 892
- 11 TUE** **10.00AM | ASTRONOMY & SCIENCE U3A**
Presentation on the universe and space
Community Centre, John St, Yeppoon
Bookings Ken 0417 910 925
- 12 WED** **1.00PM | YSC LINE DANCING**
Enjoy learning line dancing steps
Community Centre, John St, Yeppoon
Bookings Sharyn 0455 290 427
- 12 WED** **4.00PM | PETANQUE ON THE LAWN**
A game similar to Boules, Raffa or Bocce
Merv Anderson Park, Yeppoon
Bookings Valda 0488 193 503
- 14 FRI** **8.45AM | TAI CHI**
Gentle movements that help with stress
Emu Park Hall, Emu Park
Bookings Wilma 0409 301 164
- 17 MON** **10.15AM | BOOKCLUB U3A**
Discuss a selected book
Community Centre, John St, Yeppoon
Bookings Carol 0437 252 692
- 18 TUE** **10.00AM | RAILWAY TECHNOLOGIES U3A**
Presentation on railway infrastructure
Community Centre, John St, Yeppoon
Bookings Mark 0414 979 993
- 19 WED** **8.30AM | OHM CHAIR YOGA**
Modified Yoga
Emu Park Cultural Hall, Emu Park
Bookings Jo 0429 633 702

- 19 WED** **10.00AM | STEADY STEPS**
Exercise class to learn balance and confidence, breathing & flexibility
Emu Park Cultural Hall, Emu Park
Bookings Jo 0429 633 702
- 20 THU** **1.00PM | CCHA DANCING**
Grab your dancing shoes & enjoy old time/new vogue dances
Emu Park Cultural Hall, Emu Park
Bookings Dell 0400 583 955
- 22 SAT** **5.00PM | PICKLEBALL**
Paddleboard sport - singles/doubles
Emu Park Gym & Swim, Emu Park
Bookings Annie 0412 485 328
- 25 TUE** **10.00AM | AQUA AEROBICS**
Pool fitness class - all fitness levels
Emu Park Gym & Swim, Emu Park
Bookings Michelle 0437 022 521
- 26 WED** **9.00AM | GENTLE MOVES**
Exercise class that helps core strength and flexibility
Emu Park Gym & Swim, Emu Park
Bookings Michelle 0437 022 521
- 26 WED** **10.00AM | STRETCH & RELAX**
Gentle stretch class
Emu Park Gym & Swim, Emu Park
Bookings Michelle 0437 022 521
- 29 SAT** **5.00PM | TENNIS**
Racket sport - singles/doubles
Emu Park Gym & Swim, Emu Park
Bookings Annie 0412 485 328

13 THU

20 THU

27 THU

10.00AM | GOLF MORNING
Pair up with an experienced vet player and play a 6 hole Ambrose event.
Tuition, clubs and buggy provided.
Gold Coin Donation
Yeppoon Golf Club, Yeppoon Road
Bookings Bryan 0439 568 513
or Karen 0407 030 514

**FREE unless otherwise stated*

EVENTS

**FREE unless otherwise stated*

11 TUE **10.00AM | CONNECT WITH YOUR LOCAL LIBRARY @ EMU PARK**
Emu Park Library, Hill St, Emu Park
Bookings Karen 4913 3840

11 TUE **2.30PM | SENIORS MONTH LAUNCH**
Come along to meet 'Bob & Betty' while you enjoy nibbles and drinks
RSL Emu Park, Emu Park
Bookings Karen 4913 3840

14 FRI **9.00AM | OAK TREE SENIORS EXPO**
One stop shop for information and products for Seniors and Carers
Bell Park, Hill St, Emu Park
No bookings required

14 FRI **10.00AM | BABY BEATZ**
Grandparents and parents welcome
Emu Park Cultural Hall, Emu Park
No bookings required

15 SAT **10.00AM | WORLD SINGING DAY**
Sing Together. Unite the World.
Yeppoon Foreshore Amphitheatre
Bookings Jan 0434 396 179

15 SAT **2.00PM | ART EXPERIENCE**
Enjoy an experience at Emu Park Art Gallery tour and watch an artist work in real time
Emu Park Art Gallery, Hill St, Emu Park
Gold Coin Donation
Bookings Susan 0438 395 437

18 TUE **10.00AM | CONNECT WITH BOB & BETTY**
Learn how to get an email at the Emu Park Library. Bring your phone/tablet/laptop.
Emu Park Library, Hill St, Emu Park
Bookings Karen 4913 3840

19 WED **9.30AM | EAT WELL FOR LESS**
Come and join us to learn about shopping smarter. Morning tea provided after.
Food Relief Capricorn Coast Shed
William St, Yeppoon
Bookings Karen 4913 3840

20 THU **9.00AM | MUSIC MORNING**
Join Yeppoon Senior Citizens for their morning of music. **\$5.00**
Old TAFE Building, Tabone St, Yeppoon
Bookings Shirley 0418 184 892

20 THU **3.00PM | VIVE LA FRANCE**
Alliance Francaise CQ and Keppel Coast Arts are hosting Vive La France! Afternoon of games, songs, quiz and movie 'The Young Love'.
Bookings www.afcq.org.au or Francois 0409 056 668

25 TUE **10.00AM | CONNECT WITH BOB & BETTY**
Learn how to get an email at the Yeppoon Library. Bring your phone/tablet/laptop.
Yeppoon Library, John St, Yeppoon
Bookings Karen 4913 3840

27 THU **9.00AM | BUS TRIP**
Yeppoon Seniors Citizens bus trip to Rockhampton Zoo. Morning tea and lunch included. Leaving from Old TAFE Building, 26 Tabone St, Yeppoon **\$35.00**
Bookings Shirley 0418 184 892

31 MON **9.30AM | KEPPEL KIDS PLAYGROUP**
Bring your grandchild and share in the fun of playgroup.
Community Centre, John St, Yeppoon
No bookings required

Ask Bob & Betty...

Need advice? Want to connect with others? Then just ask Bob and Betty...They have an answer for everything!

All you need is email on your smart phone, tablet or desktop computer.

bobandbetty@livingstone.qld.gov.au
4913 3840





Live life, don't retire from it

Whether you're ready to make the move now or just beginning your retirement journey and are still in the planning process, come and experience what Oak Tree has to offer at our four Central Queensland village locations.

- Boutique retirement villages designed to help you maintain your independence and enrich your retirement
- Lower maintenance lifestyle offering so you can relax and spend your time on what matters most to you
- Great village facilities for you to use at your leisure that promote an active, healthy lifestyle
- Regular activities and events so you can enjoy a vibrant social life and keep your calendar as full as you'd like

**PARK AVENUE • NORMAN GARDENS
YEPPON • CAPRICORN COAST**



OAK TREE
RETIREMENT VILLAGES