## Celebrating TROPICAL SENIORS

OAK TREE

### August 2023 PROGRAM INSIDE



### August 2023

7.00AM | GOFAR WALKING GROUP 05

SAT Join us for a Gentle Walk. Beaman Park, James St, Yeppoon No bookings required

#### 07 9.00AM | YEPPOON SENIOR CITIZENS

MON A morning full of darts, cards and craft. Morning tea provided. Cost \$3pp Old TAFE Building, Tabone St, Yeppoon Bookings Shirley 0418 184 892

#### 10.00AM | ASTRONOMY & SCIENCE U3A 08 TUE Presentation on the universe and space. Community Centre, John St, Yeppoon Bookings Ken 0417 910 925

1.00PM | CCHA CARDS 08 Come along and join in a TUE hand of cards. Cost \$1pp Community Centre, John St, Yeppoon Bookings Wilma 0409 301 164

#### 09 1.00PM | YSC LINE DANCING WED Enjoy learning line dancing steps. Community Centre, John St, Yeppoon Bookings Sharyn 4939 3565

#### 10 9.00AM | CCHA TAI CHI THU Gentle movements that help with stress. Cost \$1pp

Community Centre, John St, Yeppoon Bookings Wilma 0409 301 164

#### 7.30AM | PICKLEBALL

Paddleboard sport on a reduce court as singles or doubles. Yeppoon Tennis Club, Chrisney St Bookings John 0427 220 399

#### 8.45AM | CCHA TAI CHI

Gentle movements that help with stress.

#### Cost \$3pp

12

SAT

18

FRI

Emu Park Cultural Hall, Hill Street Bookings Wilma 0409 301 164

## FREE unless otherwise stated



#### 1.00PM | CCHA MAHJONG

MON Come along and join in a game of mahjong. Cost \$1pp Community Centre, John St, Yeppoon Bookings Wilma 0409 301 164



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WED

#### 3PM | U3A PLAY 500

MON Enjoy a fun trick-taking card game. Community Centre, John St, Yeppoon Bookings Jan 0434 396 179

#### 8.30AM | CHAIR YOGA

Modified yoga that helps improve flexibility, concentration & strength.

#### Cost \$3pp

Emu Park Cultural Hall, Hill Street Bookings Jo 0429 633 702



#### 9.00AM | GENTLE EXERCISE

Join Capricorn Coast Healthy Ageing for a gentle exercise class.

#### Cost \$3pp

Community Centre, John St, Yeppoon Bookings Wilma 0409 301 164



#### 10.00AM | STEADY STEPS

WFD Exercise class to enhance balance, coordination and strength.

#### Cost \$3pp

Emu Park Cultural Hall, Emu Park Bookings Jo 0429 633 702

#### 1.00PM | CCHA DANCING



Grab your dancing shoes and dance some old time & new vogue dances. Cost \$3pp

Emu Park Cultural Hall, Hill St Bookings Dell 0400 593 955



# EVENTS



FRI

#### 8.30AM - 4.00PM | BUS TRIP GARDEN TOUR

Enjoy a bus trip to Tanby Garden Centre and Avondale Gardens in Gracemere with morning tea in The Tanby Atrium and lunch at the Gracemere pub. Morning tea and lunch at own cost. Everyone is welcome! Leaving from Yeppoon Senior Citizen's at 26 Tabone St, Yeppoon **Cost for bus \$25pp Bookings** Shirley 0418 184 892

#### 11 9.00AM - 1.30PM | OAK TREE ANNUAL SENIORS EXPO

Come along and check out the Expo – with well over 40 stalls offering information on services and products available to you. Retirement, financial, legal, health & wellbeing, providers, products, travel, craft, clubs & many more! Don't forget to pop into the Oak Tree stall for your FREE ticket in the Prize Pool drawn on the day. Free to attend and anyone is welcome! Merv Anderson Park, Appleton Dr, Yeppoon

No bookings required



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WED

#### 1.30PM | MOVIE SCREENING

Enjoy an exclusive movie screening of 'Blue Hawaii', a 1961 American musical romantic comedy-drama film directed by Norman Taurog and starring Elvis Presley.

#### Cost \$10pp upon arrival

Yeppoon Cinemas, Bay Plaza Bookings Tickets available on the day from Yeppoon Cinemas

#### **1.30PM - 3.00PM I SINGING AROUND THE PIANO**

Join us for a FREE heartwarming and uplifting afternoon gathered around the piano, filling the air with timeless melodies and golden voices. Sing along or simply sit back and enjoy listening to the music.

Oak Tree Retirement Village, Kookaburra Dr, Yeppoon Bookings Jenny 0427 870 265



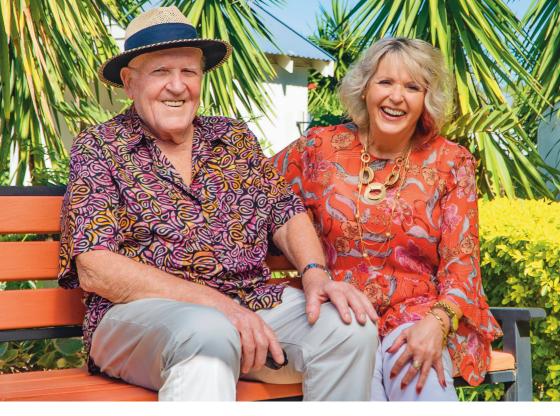
#### 9.00AM - 12.00PM I MUSIC MORNING

Join Yeppoon Senior Citizens for their morning of music, including morning tea, raffles and lucky door prizes. Cost \$5pp Old TAFE Building, 26 Tabone St, Yeppoon Bookings Shirley 0418 184 892



#### 12.00PM I CHALLENGES OF AGED CARE SERVICES INFO SESSION

Stick around following the music morning to find out how to navigate the Aged Care System and what funding you could be eligible for. Old TAFE Building, 26 Tabone St, Yeppoon **No bookings required.** 



### Live life, don't retire from it at Oak Tree

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 4 Central Queensland village locations.

- Boutique retirement villages designed to help you live independently for longer
- Less maintenance leaving you with more time to spend your way
- Great village facilities that encourage a healthy, active lifestyle
- Likeminded neighbours and regular social events keeping you connected in your retirement
- Pet friendly

Call **1300 367 155** today to take the next steps in securing a vibrant future with Oak Tree!

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