



# Celebrating TROPICAL SENIORS

August 2023  
PROGRAM INSIDE



# OPEN HOUSE SESSIONS

## August 2023

**05  
SAT**

### 7.00AM | GOFAR WALKING GROUP

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

**07  
MON**

### 9.00AM | YEPPOON SENIOR CITIZENS

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

**08  
TUE**

### 10.00AM | ASTRONOMY & SCIENCE U3A

Presentation on the universe and space.  
Community Centre, John St, Yeppoon  
**Bookings** Ken 0417 910 925

**08  
TUE**

### 1.00PM | CCHA CARDS

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

**09  
WED**

### 1.00PM | YSC LINE DANCING

Enjoy learning line dancing steps.  
Community Centre, John St, Yeppoon  
**Bookings** Sharyn 4939 3565

**10  
THU**

### 9.00AM | CCHA TAI CHI

Gentle movements that help with stress.  
**Cost \$1pp**  
Community Centre, John St, Yeppoon  
**Bookings** Wilma 0409 301 164

**12  
SAT**

### 7.30AM | PICKLEBALL

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

**18  
FRI**

### 8.45AM | CCHA TAI CHI

Gentle movements that help with stress.  
**Cost \$3pp**  
Emu Park Cultural Hall, Hill Street  
**Bookings** Wilma 0409 301 164

**21  
MON**

### 1.00PM | CCHA MAHJONG

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

**21  
MON**

### 3PM | U3A PLAY 500

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

**23  
WED**

### 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

**25  
MON**

### 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

**30  
WED**

### 10.00AM | STEADY STEPS

Exercise class to enhance balance, coordination and strength.  
**Cost \$3pp**  
Emu Park Cultural Hall, Emu Park  
**Bookings** Jo 0429 633 702

**31  
THU**

### 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



**FREE unless  
otherwise stated**

# EVENTS

10  
THU

## 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  
FRI

## 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**

14  
MON

## 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

16  
WED

## 1.30PM - 3.00PM | 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

17  
THU

## 9.00AM - 12.00PM | 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

17  
THU

## 12.00PM | 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.**



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