



Community Connections Newsletter

COME ON IN AND LAUGH, SHARE, LEARN, DO,
GROW, CRY, CONTRIBUTE, HEAL, SING, TALK,
THRIVE, LEAD, PLAN, CREATE, MEET, DISCOVER,
EXERCISE AND PLAY



June & July 2021



Celebrating Neighbourhood House Week in Livingstone.

Mary and Resilience Ricky handed out Community Centre information and a cup cake to share with their neighbour.. Cap Coast residents learnt where there local Centre is located at 80 John Street Yeppoon

Local families and their bubs enjoying a Baby Beatz ILearn session with Jan Boyd in Beaman Park.

Check out who is hiding in the tree joining in the fun it's Resilience Ricky



Community Centre | 80 John Street Yeppoon | Phone 49133840

Monday

Every Monday

Exercises 9 - 10am

Playgroup 9.15 - 11.15am

Mah-jong 1- 4pm

U3A Scrabble 1 - 3.30pm

NA Support Group 7.30 -
9.30pm

3rd Monday

U3A Book Club 10.15 - 12pm

ALP Meeting 6.30 – 8.30pm

4th Monday

U3A Cultural Evening

5.30pm – 8pm May not meet
every month

Fortnightly

Toastmasters 6pm - 8.30pm

Thursday

Every Thursday

Tai Chi 9 – 10.30am

Art 1 – 3.30pm

Parchment Craft 1 – 3.30pm

2nd Thursday

Family History 10 – 12pm

1st, 2nd, 3rd, 5th Thursday

U3A Art Group 9.30am –
12.30pm

4th Thursday

U3A Writing Group 8.30 –
10.30am

May not be meeting

Updated May 2021

Tuesday

Every Tuesday

Computers 9.30 - 11.30am

Cards 1 - 4pm

1st Tuesday

**U3A Social History 10 –
12pm**

2nd Tuesday

U3A Science & Technology

10am - 12pm

Photography 7 - 9pm

4th Tuesday

**U3A Discussion Group 10 –
12 noon**

ICE Support Group 6.30 –
8.30pm

Photography 7 - 9 pm

Fortnightly Tuesday

NDIS Information Session

12 – 3pm

Friday

Every Friday

Age of Excellence –

ManFit 6.30 – 7.15am

WomanFit 7.15am – 8.00am

Craft Group 9am – 12pm

Al-Anon Support Group 12 -
2pm

AA Support 7.30 - 9pm

1st Friday

Exercises 8.45 – 9.45am

U3A Music Appreciation

10 – 12pm

2nd Friday

Exercises 8.45 - 9.45am

U3A Anything Goes 10am -
12pm

3rd Friday

U3A General Meeting 9.30am -
12pm

4th Friday

Exercises 8.45 – 9.45am

U3A Philosophy 10 – 2pm

Last Friday

Australian Breastfeeding 9.30 -
11.30am

Wednesday

Every Wednesday

Age of Excellence –

ManFit 6.30am – 7.15am

WomanFit 7.15am – 8.00am

U3A Mah-jong 9am - 12pm

Yeppoon Yarners 1 – 3 pm

Line Dancing 1- 2.30pm

Tai Chi 5 - 6.30pm

GROW Support 6 - 9.30pm

1st Wednesday

LNP Meeting 7 – 8.30pm

Saturday

Every Saturday

Painting Group 2 - 5pm

1st Saturday

Gondor Writers Centre

1 – 3pm

Fortnightly Saturday

Readers Book Club 10.30
– 12pm

Sunday

Every Sunday

Tai Chi 7am – 9am

Living Waters Lutheran
2.30 - 5.30pm

2nd Sunday

Keppel Coast Arts 8 – 10am
Ukulele Group

3 - 5pm June to August

4 – 6pm September to May



Beef to Beach



An afternoon of
fun in the park!

SUNDAY
30 MAY 2021
12 - 5PM

BELL PARK, EMU PARK

For more information head to
www.facebook.com/livingstonshirecouncil



Queensland
Government



What's on in Emu Park

OHM Chair Yoga at 8.30am - 9.30am, Steady Steps at 10.00am to 11.00am Wednesdays

Join these 2 different classes to improve breathing, posture, gait, balance, endurance, strength, flexibility, coordination, reaction time and bone strength and it will provide an opportunity to meet and greet others you can work individually, or in pairs, or as the bigger group. Bring water, wear comfortable clothing, shorts or pants and t shirt.

Pay the yearly registration fee \$5.00, then \$3 per class. Emu Park Hall, Hill Street

For more information call Jo on 0429 633 702

Free basic Bike riding skills & confidence building sessions for women in Emu Park on Sunday mornings 9am till 10am, starting from the 13 June at Hartley St Sports Complex. Registration and information www.ladiescycling.info or call 0412 963 292



Keppel FM 2021....

We are seeking new announcers!

So if you have a passion to be a radio presenter drop in and have a chat

Yearly membership is \$25.00



Fun in the Sun!

Join us in Yeppoon for a day filled with fun, sun, food & activities

Thursday 27 May 10am to 4pm

10am Australia's biggest morning tea

11am Rock Painting & Creative arts

12pm Sausage Sizzle

1pm to 4pm—Sand art & Creative arts

At Yeppoon Main Beach

Just simply come along on the day



CAPRICORN COAST WRITERS FESTIVAL

Book you tickets now and come join us in Yeppoon
Friday 11 - Sunday 13 June 2021

- **Gala opening night**
- **Adult and Children's Workshops**
- **Author Panels**
- **Children's Storytime**
- **A Saturday evening soiree**
- **Indie Author Marketplace**

www.capricorncoastwritersfestival.com



The Community Centre are partnering with The PCYC Men's Shed to celebrate International Men's Health Week on

Wednesday 16 June @ Matthew Flinders Drive.

Come along at 10.30am, enjoy a sausage sizzle & listen to the guest speaker.

To book call 49133840.

@ the Community Centre

Well Ways Peer Support Program commencing on Tuesday 18 May until Tuesday 22 June.
Contact Shalee on 0431 836 915 for more details if you are a young carer.

In the Community

Show time in our Region: Yeppoon Show Friday 4 June to 6 June and our public holiday is 11 June and Rockhampton Show 9 June to 11 June

Visual Storytelling workshop with Kristin Hannaford weekend Saturday 12 June and Sunday 13 June <https://www.trybooking.com/events/>

High Valley Bloom at 192 Clayton Road on 19 June is offering a one day event with the emphasis on permaculture, yoga and healing, great music and fun for the kids. Please book on <https://events.humanitix.com/high-valley-bloom>

Keppel Bay Shell Clubs Shell Show at Yeppoon Showgrounds on 10 & 11 July See the Rare and Beautiful Shells, Educational and Scientific Displays. Craft and Shell Stalls and light refreshments available. Entry costs Adult \$2, Children.50c and a Family \$5.00

Country on Keppel 16 to 18 July at Great Keppel Island Hideaway ph 0427 232 591

Rockhampton Home Show and Caravan Camping Expo 16 July to 18 July Rockhampton Showgrounds. For booking details : <https://australianevents.com.au/>

Save the date for 2022— Tropical Bloom Festival 29— 31 July at Corner Lake Mary Road and Serpentine Road, Lake Mary <https://www.everfest.com/e/tropical-bloom-Yeppoon-qld>

Queensland Government's Community Recovery

HOTLINE 1800 173 349

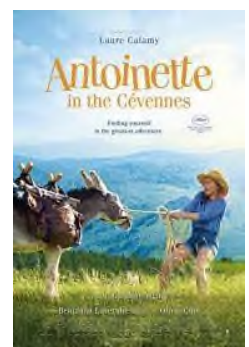
Keppel Flix—Keppel Coast Arts

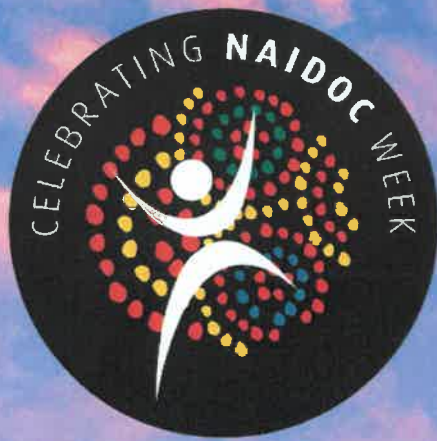
"Minari" Korean American family move to a farm in search of the American Dream - 17 June

"Antoinette in the Cevennes" French Comedy - A teacher embarks on long journey with a donkey in search for love 15 July

Doors open at 6.30pm, Movie starts at 7pm @ Yeppoon Town Hall

Book at : www.keppelcoastarts.org.au





HEAL COUNTRY!

4-11 JULY 2021

YEPPOON

NAIDOC WALK & FLAG RAISING 5TH JULY 2021

10AM - MEET AT OLD RAILWAY STATION, JAMES
STREET (OPPOSITE THE RAILWAY HOTEL)

10.30AM - WALK TO FORESHORE

11.5AM - FLAG RAISING CEREMONY

12NOON - SAUSAGE SIZZLE

EVERYBODY WELCOME.
LETS CELEBRATE NAIDOC WEEK!



Livingstone
SHIRE COUNCIL



Gawula Aboriginal
Land Trust



Queensland
Government
Queensland Health



CQ university
AUSTRALIA



Free Trishaw Rides for Seniors - Bookings essential

At The Community Centre | 80 John Street, Yeppoon in person or by phone 4913 3840

Or cway.org.au to book online

Visit us on Facebook — Cycling without age Yeppoon

Yeppoon Yarners is a great way to meet new people and learn a new skill.

Learn to knit or crochet and socialise over a cuppa

They meet every Wednesday 1pm to 3pm @ The CommunityCentre.

For information call

Barbara 0400 234 161 or Pam 0439 077 370



No Covers: Original Music

Livingstone locals who have overcome adversity in their lives have written and recorded songs for a new album of original music. *No Covers: Original Music by Resilient People* features 12 songs written at a songwriters' workshop held in Yeppoon over eight weeks earlier this year. Music is an emotional release for Sharr Robinson, who recorded two original songs for the album.

"I have been facing a bit of a struggle this last year, so the workshop filled a huge void for me," she explains. "I never expected to end up recording my music for a CD. I can't even begin to describe how amazing it feels when you hear the band playing the music you have written."

The songwriters' workshop was funded by the Community Recovery Challenge, an initiative of Carinity Education Rockhampton to help build resilience in the Livingstone community. "Carinity Education Rockhampton set out on a mission to spread support to the local community through these difficult times in creative and innovative ways," Carinity Education Rockhampton Principal Lyn Harland says.

Copies of the *No Covers* CD are available for purchase for \$20 from Yeppoon Community Centre.



ICare Community Project

Is in need of non perishable food and personal items for our community. Tinned foods (tuna, soups, baked beans, spaghetti) cereals, long life milk , crackers, muesli bars and shampoo, conditioner and deodorant.

The Community Centre is changing the way we share our information. Don't forget to like us and click to follow our page. 'Yeppoon

Community Centre'

www.facebook.com/Yeppoon

CommunityCentre



Finding it hard to feed your family?



We are Open Friday

You can order online via our Face Book Page
or come to our two locations
14 Plover Drive, Yeppoon 9am-1pm &
Cnr Archer & Hunter Sts, Emu Park 9am-1pm



WHAT YOU WILL RECEIVE

You can choose the groceries you like,
with a choice of one grocery item
from each of the 24 shelves.

A choice of meats &
frozen meals plus you choose
Fruit & Vegetables, Breads,
Cheese, Dairy & Eggs.



For more information call in, find us on Face Book or contact us 0468 799 843

No eligibility criteria, just your bring Id

Please bring your bags You are welcome to come every week*

We are a self-sufficient, non-government funded Capricorn Coast community organisation

POWERED BY VOLUNTEERS