



October & November 2021

The Yeppoon Community Centre welcomes everyone, from brand new to twilight years and everyone in between, to those doing it tough or sailing through, a young person in need of support, someone experiencing a change in their life, people wanting to work towards goals, or those who want to be a part of a striving community group.

What we do: we are an access point for supportive information and assistance; we connect through our visiting's services and community groups, room bookings and administration, Icare and the Dignity First Washroom, ILearn and Livingstone Loop community workshops.

Who visits : many service providers, both government and non government, along with a wide variety of community groups and organisations, operate from the centre to provide a range of human services to the community

Who the staff are: Team leader Sue Hamilton, Support workers Mary Boyle and Karen Burkhardt and 10 wonderful volunteers

Livingstone Shire Council would like to invite you to celebrate 'Seniors Month'

The full program is available from:

Community Centre

Yeppoon and Emu Park libraries

Livingstone Shire Council Customer Service

Your local Seniors groups or online

www.livingstone.qld.gov.au

Or ring us and we can email to you.

Don't miss out on the fun!



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
(even months)

Fortnightly

Toastmasters 6pm - 8.30pm

Tuesday

Every Tuesday

Computers 9.30 - 11.30am

Cards 1 - 4pm

2nd Tuesday

U3A Science & Technology
10am - 12pm

Photography 7 - 9pm

4th Tuesday

U3A Discussion Group 10am
– 12pm

Photography 7 - 9 pm

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 6.30 - 8.30pm

1st Wednesday

LNP Meeting 7 – 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

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
10.15am – 12.15pm

2nd Friday

Exercises 8.45 - 9.45am

U3A Anything Goes 10.15am –
12.15pm

3rd Friday

U3A General Meeting 9.30am -
12pm

4th Friday

Exercises 8.45 – 9.45am

Saturday

Fortnightly Saturday

Readers Book Club 10.30
– 12pm

Sunday

Every Sunday

Tai Chi 7am – 9am

Living Waters Lutheran
2.30 - 5.30pm

2nd Sunday

Ukulele Group

3 - 5pm June to August

4 – 6pm September to May

3rd Sunday

ALP Meeting 10am – 12pm
(odd months)



ILearn
community sessions



Free
community
workshops

Kicking off in September!

Holistic Creative Arts Therapy

Every Wednesday from 29
September - 20 October
Garage @ The
Community Centre
1.00pm - 3.00pm

Finance - Make your money work for you!

Thursday 21 October
Emu Park Library
9.30am - 10.30am

Stress Management

Every Thursday from
30 September to 21 October
Emu Park Community Hall
7.00pm - 8.00pm

Holistic Creative Arts Therapy

Every Thursday from
4 - 25 November
Emu Park Community Hall
9.30am - 11.30am

To register go to
[livingstoneshire.
eventbrite.com.au](https://www.livingstoneshire.eventbrite.com.au)
or scan the below
QR code





Keppel Flix Keppel Coast Arts

14 October 'The Mole Agent' A funny and intriguing Spanish film based in a nursing home



25 November 'High Ground' Set against the stunning landscapes of 1930s Arnhem Land, HIGH GROUND chronicles young Aboriginal man Gutjuk, who in a bid to save the last of his family.

Doors open at 6.30pm, Film starting at 7pm @ Yeppoon Town Hall.

Bookings: trybooking.com



DATE CLAIMER Tuesday 8 March 2022

You're invited to join us for the ICare Fundraiser Lunch held at the Yeppoon Town Hall on International Women's Day, with all proceeds going to the ICare Community Project.



Keep an eye out for further details!



If you are struggling with your mental health, practical help may be just around the corner.... Grow is a caring and supportive, community based organisation that has developed a unique program for improving and maintain mental and emotional wellbeing

www.grow.org.au or Facebook

Wednesday nights 6.30pm to 8.30pm at the Community Centre

Telephone Or Text

0408 577 403 or 0413 449 008 or 1800 558 268



We would like to thank the Anglican Church Parishioners for their kind donations of food for our ICare Community Project.

Photo: Jan Kelly (supplied)



Consultation for a new Queensland Women's Strategy

The Queensland Government is calling for all Queenslanders across the state to contribute to the shaping of a new Queensland Women's Strategy, aimed at promoting and protecting women's rights, interests and wellbeing, and ensuring women's full social and economic participation in society. The Queensland Government is committed to gender equality across all

Queensland communities. The [Queensland Women's Strategy 2016-21](#) outlines a vision that the Queensland community respects women, embraces gender equality and promotes and protects the rights, interests and wellbeing of women and girls. We are proud of the action taken under the strategy, and public consultation on a new strategy is now underway to build on the progress and achievements made. Your participation will help build the vision for a gender equal future for Queensland and to developing strategic opportunities for collaboration among government agencies, industry and the community to achieve greater gender equality. Community feedback will be incorporated into a new Strategy, to be developed by the end of 2021.

How you can participate

Visit www.qld.gov.au/qwsconsultation to find out more about having your say. You can:

- Respond to the discussion paper & Complete the online survey

The closing date for completion of the online survey and to provide a written submission is 5pm Friday 8 October 2021. Follow us on Facebook at @qldwomen to hear the latest information about the consultation and the new strategy. If you have any questions about the consultation or the strategy, please contact us by email at women@qld.gov.au

wellness matters

Women's Health Information & Referral Service CQ Inc.
225 Bolsover Street, Rockhampton Q 4700
Phone 4922 6585

Breathe. Let go.
And remind yourself
that this very moment
is the only one
you know you have
for sure.

✕

OPRAH WINFREY

The mobile breast screening bus is coming to Yeppoon. Aged 50 to 74?



Book a free breast screen today, it could save your life

Call 13 20 50 or visit

breastscreen.qld.gov.au

@ the Community Centre Yeppoon

Family Researchers group have changed their name to : Yeppoon Genealogy Group. They hold meetings on the 2nd Thursday of the month in Room C 10am –12noon. For more details contact Rosemary 4939 8179

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. 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 then \$3 per class. Emu Park Hall, Hill Street

For more information call Jo on 0429 633 702

Christmas Closure for 2021 Don't forget to notify the centre of your end of year closure dates by early December. The **NEXT** Edition of the Community Connections Newsletter will be out late January 2022.

The Community Centre closes at 12noon 24 Dec 2021 and reopens 9am 4 Jan 2022



Live FREE Support Service



Supporting your everyday independence, Live free support services is an Independent NDIS support provider that facilitates short term accommodation, in home care, community access and support for everyday living. Now available in Yeppoon contact David by email : davidrach@livefreesupportservices.com

Recognise **STROKE** Think **F.A.S.T.**



F Has their **FACE** drooped?
A Can they lift both **ARMS**?
S Is their **SPEECH** slurred and do they understand you?
T Call 000, **TIME** is critical

If you see any of these symptoms
Act FAST
call 000

 **No to Violence**
Working together to end men's family violence

 Call Men's Referral Service
1300 766 491

Go to yeppoonlions.com.au for more info or visit our facebook page



Yeppoon Lions

Tropical Pinefest

ICONIC DESTINATIONS

1-10 OCTOBER 2021

1ST OCT

Pinefest Launch
Cocktail Party
sponsored by
Smyth Financial

2ND OCT

Drive in Movies sponsored by
Ray White Yeppoon

Film 1: The Queens Corgi @ 6.30pm

Film 2: Rams @ 8.30pm

8TH OCT

The Progressive
Dinner sponsored
by Livingstone
Shire Council

9TH OCT

- Beachfront Markets 10:30am-8pm
- Grand Street Parade sponsored by The Real Group 3-4pm
- Fireworks Extravaganza sponsored by The Keppel Bay Sailing Club 7pm
- Beachfront Entertainment sponsored by The Capricornian 10:30am-8pm

10TH OCT

The KCA Artisan markets in
Beaman Park 9am - 2pm

The Creative Generation Excellence in
Visual Arts Regional Exhibition 2021 open
weekends of October & public holiday
(10am-2pm) at the Fig Tree Galleries

PROUDLY SPONSORED BY



HERON TODD WHITE • ROBERT HARRIS RIVETT LAWYERS • MONEY MATTERS • HODGE DRILLING • NEW ZEALAND NATURAL • JCD PLUMBING • KEPPEL BAKERY • IAN WEIGH TOYOTA • T GARRETT & SONS
NEWCASTLE • SAIL INN • NEXTRA YEPPON • JASON ROSS EARTHMOVING • POSY YEPPON • DOMAIN.COM.AU • COASTAL CHIROPRACTIC • BLING BLING • BECCA SMITH MUA

