



# SENIORS WEEK

# 2024

15 - 23 August

PROGRAM INSIDE



# COME 'N TRY

# EVENTS

August 2024

**19 MON** **9AM - 12PM | SENIOR CITIZENS MEETING**  
Senior Citizens Activities Morning.  
**Morning tea cost \$3pp**  
Old TAFE Building, 26 Tabone St, Yeppoon  
**Enquiries** Shirley 0418 184 892 or Joan 4939 3273

**19 MON** **1- 3PM | SCRABBLE WITH U3A**  
The Garage, Community Centre, 80 John St, Yeppoon  
**Enquiries** u3acapcoast@gmail.com

**20 TUE** **9.30AM - 12PM | CWA CRAFT MORNING**  
Morning tea included.  
**Cost \$5pp**  
Emu Park CWA Hall, 11 Hill St  
**Enquiries** Linda 0438 877 485

**20 TUE** **9.30 - 10.30AM | LIBRARY BEYOND THE BUILDING**  
More than four walls, learn all the ways you can enjoy your library services from home or on your mobile device. Tea & coffee provided.  
Yeppoon Library, 84 John St  
**Bookings preferred** 4913 3850

**20 TUE** **10AM - 12PM | CULTURAL CONNECTIONS WITH U3A**  
Showing of the movie "Miss Potter" – an enchanting love story inspired by Beatrix Potters life and love affair with her publisher Norman Warne. Room B, Community Centre, 80 John St, Yeppoon  
**Enquiries** u3acapcoast@gmail.com

**21 WED** **8.30 - 9.30AM | CHAIR YOGA**  
Modified yoga that helps improve flexibility, concentration & strength.  
Emu Park Cultural Hall, 11 Hill St  
**Enquiries** Jo 0429 633 702

**21 WED** **9.45 - 10.45AM | STEADY STEPS**  
Exercise class to enhance balance, coordination and strength.  
Emu Park Cultural Hall, 11 Hill St  
**Enquiries** Jo 0429 633 702

**21 WED** **9.30 - 10.30AM | LIBRARY BEYOND THE BUILDING**  
More than four walls, learn all the ways you can enjoy your library services from home or on your mobile device. Tea & coffee provided.  
Emu Park Library, 7 Hill St  
**Bookings preferred** 4913 3850

**22 THU** **9 - 10AM | CCHA TAI CHI**  
Gentle movements that help with stress.  
Community Centre, 80 John St, Yeppoon  
**Enquiries** Wilma 0409 301 164

**22 THU** **1 - 4PM | CCHA DANCING**  
Grab your dancing shoes and dance some old time & new vogue dances.  
**Cost \$5pp**  
Emu Park Cultural Hall, 11 Hill St  
**Enquiries** Del 0400 593 955

**23 FRI** **8.45 - 9.45AM | CCHA EXERCISES**  
Join Capricorn Coast Healthy Ageing for a gentle exercise class.  
**Cost \$3pp**  
Community Centre, 80 John St, Yeppoon  
**Enquiries** Gail 0407 580 345

**23 FRI** **8.45 - 9.45AM | CCHA TAI CHI**  
Gentle movements that help with stress.  
Emu Park Cultural Hall, 11 Hill St  
**Enquiries** Wilma 0409 301 164

**\*FREE unless otherwise stated**

**07 WED** **8.30AM - 4PM | PRE SENIORS WEEK, DAY TRIP TO GLADSTONE**  
Enjoy a bus trip to Gladstone, a cruise and morning tea on the harbour, and lunch at The Rocky Glen Hotel. Bus provided by Senior Citizens. **Cruise and morning tea cost \$40pp. Lunch at your own expense.**  
**Bookings essential** Shirley 0418 184 892 or Joan 4939 3273

**15 THU** **9AM - 2PM | OFFICIAL SENIORS WEEK LAUNCH, SENIORS MUSIC MORNING**  
Join the Yeppoon Senior Citizens for a morning of music, including morning tea, lucky door prize and raffles. Stay for lunch if you like.  
Morning tea free. **Lunch cost \$5pp**  
Old TAFE Building, 26 Tabone St, Yeppoon  
**Bookings for lunch** Shirley 0418 184 892 or Joan 4939 3273

**16 FRI** **9.45 - 11.45AM | MORNING TEA AND SHOW**  
Enjoy a lovely Devonshire tea, followed by a show by the very talented Footlights performers. **Cost \$30pp**  
Footlights Theatre Restaurant, 123 Rockhampton Rd, Yeppoon  
**Bookings essential** 4939 2399 (by 14 August)

**16 FRI** **1.30 - 3PM | SINGING AROUND THE PIANO**  
Join us for a FREE heartwarming and uplifting afternoon gathered around the piano. Sing along or simply sit back and enjoy the music.  
Oak Tree Retirement Village, 3 Kookaburra Dr, Yeppoon  
**Enquiries** Jenny 0427 870 265

**17 SAT & 18 SUN** **MOVIES**  
Enjoy this special price for all movies shown across the weekend in General Admission (not Gold Class). Make sure to also visit the Starz Café at the cinema for a \$9 cake and coffee deal.  
**Cost \$10pp General Admit (upon presentation of Seniors Card)**  
**Enquiries** Yeppoon Cinemas 4972 0015

**19 MON** **9.30AM | MEET AND GREET WITH MAYOR & COUNCILLORS**  
An opportunity to mingle with our elected council members over a casual morning tea, followed by a Q&A session. Community Centre, 80 John St, Yeppoon  
**No bookings required. Please submit questions to the Community Centre on 4913 3840 by 14 August.**

**21 WED** **10AM - 12PM | GARDEN GATHERING**  
Come along and learn about native plants. Tanby Garden Centre, 178 Kinka Beach Rd, Tanby  
**Bookings** 4939 7200

**22 THU** **9.30 - 11.30AM | MUSIC AND MORNING TEA**  
Enjoy music and morning tea, in a lovely garden setting. **Cost \$15pp**  
Tanby Garden Centre, 178 Kinka Beach Rd, Tanby  
**Bookings essential** 4939 7200 (by 19 Aug)

**23 FRI** **OAK TREE 10TH ANNUAL SENIORS EXPO**  
**9AM - 1.30PM**  
Come along and check out the multitude of stalls, offering information on products & services including retirement, financial, legal, health, wellbeing, travel, craft, clubs and more!  
Merv Anderson Park, Yeppoon  
**Free to attend and anyone is welcome!**



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