



SENIORS WEEK

2024

15 - 23 August

PROGRAM INSIDE



COME 'N TRY

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**

EVENTS

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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- **Great village facilities** that encourage a healthy, active lifestyle
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