

Livingstone's Active Seniors Week

FREE Come and Try Sessions

21 - 27 October


Queensland
Seniors Month
2024

MONDAY
21

EXERCISES WITH CAPRICORN COAST HEALTHY AGEING GROUP - YEPPOON COMMUNITY CENTRE - 9.00AM



INFORMATION SESSION - HEALTHY AGEING WITH KATE FROM ACTIVATE HEALTH - YEPPOON TOWN HALL 9.00AM

ACTIV MOBILITY - ACTIVATE HEALTH - YEPPOON TOWN HALL - 10.00AM

ACTIV GROUP EXERCISE - ACTIVATE HEALTH - YEPPOON TOWN HALL - 11.00AM

TAI CHI BEIJING 24 -FOR BEGINNERS - YEPPOON COMMUNITY CENTRE - 5.00PM

TUESDAY
22

DANCE EXERCISE WITH RENEE - ALLEGRA STUDIOS - 9.00AM

COME AND TRY PICKLEBALL - YEPPOON TENNIS CLUB - 9.00AM

DANCE FOR BRAIN HEALTH & PARKINSONS - YEPPOON TOWN HALL - 10.00AM

MENS SOCIAL TENNIS - YEPPOON TENNIS CLUB - 1.00PM

SATURDAY
26

COME AND TRY PICKLEBALL - YEPPOON TENNIS CLUB - 9.00AM

COME AND TRY POP TENNIS - YEPPOON TENNIS CLUB - 1.00PM

WEDNESDAY
23

DANCE FITNESS WITH KIRSTEN - ALLEGRA STUDIOS - 8.15AM

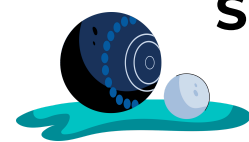
LADIES SOCIAL TENNIS - YEPPOON TENNIS CLUB - 8.30AM



SING 4 HEALTH & HAPPINESS - UNITING CHURCH CAPRICORN COAST - 9.30AM

TAI CHI - BEIJING 24 - YEPPOON COMMUNITY CENTRE - 5.00PM

SUNDAY
27



GRANDPARENTS DAY AT YEPPOON BOWLS CLUB
CHALLENGE GRANDKIDS TO A FRIENDLY GAME OF LAWN BOWLS - KRACKERS BAR & GRILL - 2.00PM

FRIDAY
25

DANCE FITNESS WITH KIRSTEN - ALLEGRA STUDIOS - 8.15AM

EXERCISES WITH CAPRICORN COAST HEALTHY AGEING GROUP - YEPPOON COMMUNITY CENTRE - 8.45AM



TAI CHI - CAPRICORN COAST HEALTHY AGEING GROUP - EMU PARK CULTURAL HALL - 8.45AM

COMMUNITY CONNECTIONS - YEPPOON COMMUNITY CENTRE - 12.00PM

COME AND TRY PICKLEBALL - YEPPOON TENNIS CLUB - 6.00PM

Educational Session – Healthy Ageing with Kate from Activate Health

Date: Monday, 21st October | Time: 9.00am | Location: Yeppoon Town Hall

Curious about how movement can support healthy ageing? Join Kate Richardson, an Accredited Exercise Physiologist and Owner of Activate Health, for an interactive workshop. Explore the benefits of staying active for physical and mental wellbeing, including falls prevention, strength and conditioning, and social connection.

ACTIV Mobility – Activate Health

Date: Monday, 21st October | Time: 10.00am | Location: Yeppoon Town Hall

Join us for a gentle seated exercise class tailored for seniors with limited mobility. Enhance your movement and improve daily functioning in a supportive environment.

ACTIV Group Exercise – Activate Health

Date: Monday, 21st October | Time: 11.00am | Location: Yeppoon Town Hall

This group exercise class addresses common health concerns for senior women and men. Focus on boosting mobility, strength, and overall health in a friendly atmosphere.

Exercises with Capricorn Coast Healthy Ageing Group

Date: Monday, 21st October 9:00 AM – 10:00 AM & Friday, 25th October 8:45 AM – 9:45 AM | Location: Yeppoon Community Centre

Participate in gentle exercises designed to improve mobility and strength. Suitable for all fitness levels, this group welcomes seniors seeking a friendly fitness community.

Dance Exercise Class

Date: Tuesday, 22nd October | Time: 10:00 AM – 1:00 PM | Location: Allegra Studios

Enjoy a lively dance class in a relaxed setting. Perfect for those young at heart, this session encourages movement through fun choreography using a combination of jazz, lyrical, and ballet technique.

Dance for Brain Health and Parkinson's

Date: Tuesday, 22nd October | Time: 10:00 AM – 12:00 PM | Location: Yeppoon Town Hall

Join Erica Rose for a gentle dance session promoting brain health. Open to all levels of mobility, this inclusive program encourages participation from friends and carers. A Q&A with Erica Rose co-founder of Dance for Parkinson's will follow the session.

Come and Try Pickleball

Date: Tuesday, 22nd October 9:00 AM – 11:00 AM; Friday, 25th October 6:00 PM – 8:00 PM | Location: Yeppoon Tennis Club

Come and experience the fun of Pickleball. Pickleball is a paddle sport you can learn in minutes and play for a lifetime.

Dance Fitness with Kirsten

Date: Wednesday, 23rd October 8:15 AM – 9:00 AM & Friday, 25th October 8:15 AM – 9:00 AM | Location: Allegra Studios

Join Kirsten for an energetic dance fitness class tailored for seniors. This upbeat session enhances coordination, balance, and overall fitness while ensuring a great time.

Sing 4 Health & Happiness

Date: Wednesday, 23rd October | Time: 9:30 AM – 11:00 AM | Location: Uniting Church

Engage in a heartwarming singing session that fosters connection and joy. This group is open to everyone, with a special welcome to those with Parkinson's and Dementia.

Social Tennis

Date: Tuesday 22nd October from 1.00 PM & Wednesday, 23rd October | Time: from 8:30 AM | Location: Yeppoon Tennis Club

This is a great opportunity to enjoy exercise, meet new friends, and simply have a good time on the court. Everyone is welcome—no experience necessary!

Tai Chi Beijing 24

Date: Monday, 21st October 10:00 AM – 11:00 AM & Wednesday, 23rd October 5:00 PM – 6:00 PM | Location: Yeppoon Community Centre

Experience the soothing benefits of Tai Chi. Enhance relaxation, balance, and wellbeing through gentle, flowing movements.

Ballet for Seniors

Date: Thursday, 24th October | Time: 9.00 | Location: Allegra Studios

Discover the joy of ballet in a beginner-friendly class designed for seniors. This session emphasises dance techniques while building strength and flexibility.

Tai Chi – Capricorn Coast Healthy Aging Group

Date: Thursday, 24th October | Time: 9:00 AM – 10:00 AM | Location: Yeppoon Community Centre

Participate in a calming Tai Chi session focusing on gentle movements. Perfect for enhancing balance, flexibility, and relaxation.

Dancing – Capricorn Coast Healthy Ageing Group

Date: Thursday, 24th October | Time: 1:00 PM – 4:00 PM | Location: Emu Park Cultural Hall

Join the Capricorn Coast Healthy Ageing Group for an afternoon of dance. This fun event requires no prior experience and is all about movement and enjoyment.

Yeppoon Choral Society “Voices” Choir

Date: Thursday, 24th October | Time: 7:00 PM – 9:00 PM | Location: Yeppoon Community Centre

Explore the joy of singing in a supportive choir setting. Whether you're an experienced vocalist or a beginner, enjoy the social and health benefits of group singing.

Community Connections

Date: Friday, 25th October | Time: 12:00 PM – 1:00 PM | Location: Yeppoon Community Centre

Come together for a community-focused event featuring food and drinks. This is a wonderful opportunity to share a meal and foster meaningful connections.

Come and Try Pop Tennis

Date: Saturday, 26th October | Time: 1:00 PM - 3.00 PM | Location: Yeppoon Tennis Club

Discover the exciting twist of Pop Tennis in this free session at the Yeppoon Tennis Club. Pop Tennis is a great option for beginners, come and try this exciting variation of the game.

Grandparents Day

Date: Sunday, 27th October | Time: 2:00 PM – 4:00 PM | Location: Krackers Bowls Club

Celebrate Grandparents Day with a friendly game of lawn bowls! Spend quality time with your grandkids in a relaxed, family-friendly atmosphere.



To register for a FREE session visit
[https://ticketing.humanitix.com/tours/
livingstone-s-active-seniors-week](https://ticketing.humanitix.com/tours/livingstone-s-active-seniors-week)
or phone Council on **1300 790 919**