



Celebrating TROPICAL SENIORS

August 2023
PROGRAM INSIDE



OPEN HOUSE SESSIONS

August 2023

- 05 SAT** **7.00AM | GOFAR WALKING GROUP**
Join us for a Gentle Walk.
Beaman Park, James St, Yeppoon
No bookings required
- 07 MON** **9.00AM | YEPPOON SENIOR CITIZENS**
A morning full of darts, cards and craft.
Morning tea provided. **Cost \$3pp**
Old TAFE Building, Tabone St, Yeppoon
Bookings Shirley 0418 184 892
- 08 TUE** **10.00AM | ASTRONOMY & SCIENCE U3A**
Presentation on the universe and space.
Community Centre, John St, Yeppoon
Bookings Ken 0417 910 925
- 08 TUE** **1.00PM | CCHA CARDS**
Come along and join in a hand of cards. **Cost \$1pp**
Community Centre, John St, Yeppoon
Bookings Wilma 0409 301 164
- 09 WED** **1.00PM | YSC LINE DANCING**
Enjoy learning line dancing steps.
Community Centre, John St, Yeppoon
Bookings Sharyn 4939 3565
- 10 THU** **9.00AM | CCHA TAI CHI**
Gentle movements that help with stress.
Cost \$1pp
Community Centre, John St, Yeppoon
Bookings Wilma 0409 301 164
- 12 SAT** **7.30AM | PICKLEBALL**
Paddleboard sport on a reduce court as singles or doubles.
Yeppoon Tennis Club, Chrisney St
Bookings John 0427 220 399
- 18 FRI** **8.45AM | CCHA TAI CHI**
Gentle movements that help with stress.
Cost \$3pp
Emu Park Cultural Hall, Hill Street
Bookings Wilma 0409 301 164
- 21 MON** **1.00PM | CCHA MAHJONG**
Come along and join in a game of mahjong. **Cost \$1pp**
Community Centre, John St, Yeppoon
Bookings Wilma 0409 301 164
- 21 MON** **3PM | U3A PLAY 500**
Enjoy a fun trick-taking card game.
Community Centre, John St, Yeppoon
Bookings Jan 0434 396 179
- 23 WED** **8.30AM | CHAIR YOGA**
Modified yoga that helps improve flexibility, concentration & strength.
Cost \$3pp
Emu Park Cultural Hall, Hill Street
Bookings Jo 0429 633 702
- 25 MON** **9.00AM | GENTLE EXERCISE**
Join Capricorn Coast Healthy Ageing for a gentle exercise class.
Cost \$3pp
Community Centre, John St, Yeppoon
Bookings Wilma 0409 301 164
- 30 WED** **10.00AM | STEADY STEPS**
Exercise class to enhance balance, coordination and strength.
Cost \$3pp
Emu Park Cultural Hall, Emu Park
Bookings Jo 0429 633 702
- 31 THU** **1.00PM | CCHA DANCING**
Grab your dancing shoes and dance some old time & new vogue dances.
Cost \$3pp
Emu Park Cultural Hall, Hill St
Bookings Dell 0400 593 955

FREE unless
otherwise stated



EVENTS

10
THU

8.30AM - 4.00PM | BUS TRIP GARDEN TOUR

Enjoy a bus trip to Tanby Garden Centre and Avondale Gardens in Gracemere with morning tea in The Tanby Atrium and lunch at the Gracemere pub. Morning tea and lunch at own cost. Everyone is welcome!

Leaving from Yeppoon Senior Citizen's at 26 Tabone St, Yeppoon

Cost for bus \$25pp

Bookings Shirley 0418 184 892

11
FRI

9.00AM - 1.30PM | OAK TREE ANNUAL SENIORS EXPO

Come along and check out the Expo – with well over 40 stalls offering information on services and products available to you. Retirement, financial, legal, health & wellbeing, providers, products, travel, craft, clubs & many more! Don't forget to pop into the Oak Tree stall for your FREE ticket in the Prize Pool drawn on the day. **Free to attend and anyone is welcome!**

Merv Anderson Park, Appleton Dr, Yeppoon

No bookings required

14
MON

1.30PM | MOVIE SCREENING

Enjoy an exclusive movie screening of 'Blue Hawaii', a 1961 American musical romantic comedy-drama film directed by Norman Taurog and starring Elvis Presley.

Cost \$10pp upon arrival

Yeppoon Cinemas, Bay Plaza

Bookings Tickets available on the day from Yeppoon Cinemas

16
WED

1.30PM - 3.00PM | SINGING AROUND THE PIANO

Join us for a FREE heartwarming and uplifting afternoon gathered around the piano, filling the air with timeless melodies and golden voices. Sing along or simply sit back and enjoy listening to the music.

Oak Tree Retirement Village, Kookaburra Dr, Yeppoon

Bookings Jenny 0427 870 265

17
THU

9.00AM - 12.00PM | MUSIC MORNING

Join Yeppoon Senior Citizens for their morning of music, including morning tea, raffles and lucky door prizes. **Cost \$5pp**

Old TAFE Building, 26 Tabone St, Yeppoon

Bookings Shirley 0418 184 892

17
THU

12.00PM | CHALLENGES OF AGED CARE SERVICES INFO SESSION

Stick around following the music morning to find out how to navigate the Aged Care System and what funding you could be eligible for.

Old TAFE Building, 26 Tabone St, Yeppoon

No bookings required.



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Whether you're ready to make the move now or just beginning your retirement journey and are still in the planning process, come and experience what Oak Tree has to offer at our 4 Central Queensland village locations.

- Boutique retirement villages designed to help you live independently for longer
- Less maintenance leaving you with more time to spend your way
- Great village facilities that encourage a healthy, active lifestyle
- Likeminded neighbours and regular social events keeping you connected in your retirement
- Pet friendly

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OAK TREE
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PARK AVENUE • NORMAN GARDENS
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