

Celebrating Seniors throughout our Shire!

OCT QUEENSLAND
2021 SENIORS
MONTH

PROGRAM INSIDE



CARINITY EDUCATION
Rockhampton
Accept. Aspire. Achieve.





WHAAT'S ON OCTOBER 2021

01 FRI 9.00AM | RIDE THE RAIL TRAIL
Jump on your bike & take a ride
Rail Trail, Braithwaite St, Yeppoon
Bookings Seanna 0447 763 102

09 SAT 7.00AM | PARK RUN
Running session
Rail Trail, Braithwaite St, Yeppoon
Bookings 0421 569 460

Come 'n Try **10.30AM | MUSICAL APPRECIATION U3A**
Discover different music genres
Community Centre, John St, Yeppoon
Bookings Peter 4939 1085

11 MON 9.00AM | MENS MENTAL HEALTH TALK
Life skills session and BBQ lunch
Emu Park Men's Shed, Hartley St
Bookings Helen 0404 747 940

02 SAT 7.00AM | GOFAR WALKING GROUP
Beaman Park, James St, Yeppoon
No bookings required

10.00AM | FASHIONS BY 'THAT'S ME' - MARGO MOTT
Fashion parade & morning tea
Oak Tree, 3 Kookaburra Dr, Yeppoon
Bookings Jenny 0427 870 265

Come 'n Try **10.30AM | PICKLEBALL**
Paddleboard sport
Yeppoon Tennis Club, Chrisney St
Bookings John 0427 220 399

Come 'n Try **1.00PM | CCHA MAH-JONG**
Community Centre, John St, Yeppoon
Bookings Wilma 0409 301 164

03 SUN 10.00AM | SUSTAINABILITY EXPO
Ideas on living sustainably
Beaman Park, James St, Yeppoon
Information 4913 5000

12 TUE 10.00AM | ASTRONOMY & SCIENCE U3A
Community Centre, John St, Yeppoon
Bookings Ken 0417 910 925

06 WED 10.00AM | UNIVERSITY OF THE THIRD AGE (U3A) SHOWCASE
Activities and a cuppa
Community Centre, John St, Yeppoon
Bookings Sue 0402 241 133

13 WED 8.00AM | MENS MENTAL HEALTH TALK
Life skills session and BBQ lunch
CARV, 150 Rockhampton Rd, Yeppoon
Bookings Helen 0404 747 940

Come 'n Try **3.30PM | PETANQUE**
Merv Anderson Park, Yeppoon
Bookings Valda 0488 193 503

Come 'n Try **9.00AM | MALLET SPORTS**
24 Bowls St, Yeppoon
Bookings Vivienne 0429 337 173

07 THU 10.30AM | DISCOVER NEW TECHNOLOGIES
Ebooks, audio books, music & more
Yeppoon Library, John St, Yeppoon
Bookings Karen 0448 359 209

Come 'n Try **1.00PM | YEPPOON SENIORS CITIZENS LINE DANCING**
Community Centre, John St, Yeppoon
Bookings Shirley 0418 184 892

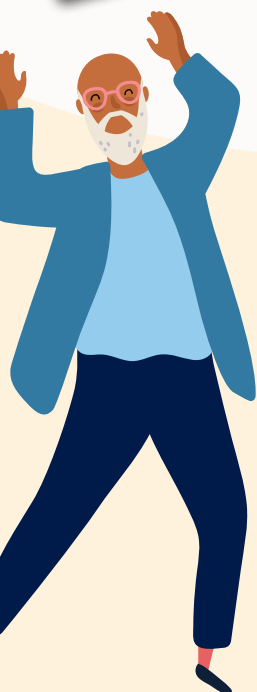
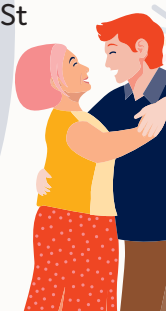
Come 'n Try **1.00PM | CCHA DANCING**
Old time & new vogue dancing
Emu Park Cultural Hall, Hill St
Bookings Dell 0400 593 955

14 THU 9.30AM | DISCOVER NEW TECHNOLOGIES
Ebooks, audio books, music & more
Emu Park Library, Hill St, Emu Park
Bookings Karen 0448 359 209

08 FRI 9.00AM | SENIORS MONTH LAUNCH & OAK TREE EXPO
Yeppoon Town Hall, Normanby St
Bookings Karen 0448 359 209

6.30PM | KEPPEL FLIX MOVIE
'The Mole Agent'
Yeppoon Town Hall, Normanby St
\$10 | Bookings online at www.trybooking.com

FREE unless otherwise stated



Connecting with one another has never been more important.

15 FRI **9.00AM | WELLNESS AT THE COAST**
Guest speakers, activities & morning tea
Yeppoon Town Hall, Normanby St
Information 4913 5000

23 SAT **10.00AM | THE CLASSICS RIDE**
Motorbikes, classic cars, buy your pub lunch
Old Railway, James St, Yeppoon to
Emu Park
Bookings Karen 0448 359 209

16 SAT **8.00AM | BUG BIKE RIDE**
Push bike riding group
Yeppoon Information Centre, Scenic Hwy
Bookings Cindi 0473 241 737

25 MON **9.15AM | GRANDPARENTS PLAYGROUP**
Keppel Kids Playgroup, Community Centre,
John St, Yeppoon
Bookings Karen 0448 359 209

Come 'n Try
11.30AM | REAL-LIFE BOOK CLUB
Reading group
Community Centre, John St, Yeppoon
Bookings Ester 0467 283 889

1.00PM | SINGING AROUND THE PIANO
Oak Tree, 3 Kookaburra Dr, Yeppoon
Bookings Karen 0448 359 209

17 SUN **9.00AM | GET READY DAY**
Disaster preparedness
Bell Park, Emu Park
Information 4913 5000

26 TUE **7.00PM | KEPPEL CAMERA CLUB**
Learn to use your camera
Community Centre, John St, Yeppoon
Bookings Laura 0422 519 851

Come 'n Try
18 MON **1.00PM | SCRABBLE U3A**
Community Centre, John St, Yeppoon
Bookings Sylvia 0477 167 998

Come 'n Try
27 WED **10.00AM | STEADY STEPS**
Exercise class
Emu Park Cultural Hall, Hill St, Emu Park
Bookings Jo 0429 633 702

19 TUE **9.00AM | SAILABILITY**
Sailing for people with a disability
Coolwaters side of Causeway Lake
Bookings Helen 0429 698 195

Come 'n Try
1.00PM | YEPPOON YARNERS
Learn to knit, crochet & have a yarn
Community Centre, John St, Yeppoon
Bookings Barbara 0400 234 161

Come 'n Try
1.00PM | CCHA CARD GAMES
Community Centre, John St, Yeppoon
Bookings Wilma 0409 301 164

Come 'n Try
28 THU **9.00AM | MUSEUM BUS TRIP**
Mt Chalmers & Emu Park Museums
Morning Tea and Lunch Included
Depart Old TAFE Building, Tabone St, Yeppoon
\$40 Bookings Shirley 0418 184 892

Come 'n Try
20 WED **8.30AM | OHM CHAIR YOGA**
Emu Park Cultural Hall, Hill St
Bookings Jo 0429 633 702

Come 'n Try
9.00AM | MAH-JONG U3A
Community Centre, John St, Yeppoon
Bookings Meryl 0481 108 682

Come 'n Try
29 FRI **8.45AM | CCHA GENTLE EXERCISE**
Community Centre, John St, Yeppoon
Bookings Wilma 0409 301 164

21 THU **9.00AM | GOLDEN OLDIES YEPPOON SENIOR CITIZENS**
Live music, stalls and a cuppa
Old TAFE Building, Tabone St, Yeppoon
\$5 Bookings Shirley 0418 184 892

31 SUN **LOCAL CHURCHES CELEBRATING GRANDPARENTS DAY**

Come 'n Try
22 FRI **10.30AM | ANYTHING GOES U3A**
Could be discussing anything!
Community Centre, John St, Yeppoon
Bookings Margaret 0418 182 718

1.00PM | COUNTRY MUSIC
Live country music & afternoon tea
Cawarral Hall, Cawarral Rd
\$5 Bookings Dell 0400 593 955

Create your own event checklist using the checkboxes!





Carinity Aged Care Living with Purpose

At our Carinity Shalom seniors community in North Rockhampton “living with purpose” goes beyond just physical care or support.

Our integrated community offers vibrant retirement living with access to our local Home Care services.

Should you need more support you will have the comfort of knowing residential aged care is next door.

At Carinity we provide opportunities to connect and achieve a true sense of belonging.

Call **1300 109 109** Visit **carinity.org.au**
Carinity Shalom, 121 Maloney Street,
North Rockhampton QLD 4701

An outreach of  Queensland Baptists



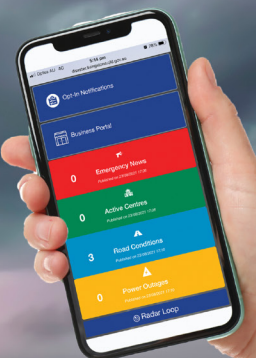
AC031-0821



DISASTER DASHBOARD

PREPARE & STAY INFORMED
disaster.livingstone.qld.gov.au

WEATHER WARNINGS | ROAD CONDITIONS | EMERGENCY INFORMATION



OPT-IN for
notifications
NOW!



disaster
management