

# ACTIVE LIVING PROGRAM FOR SENIORS

PREVENTING SOCIAL ISOLATION



Supported by





## WHAT IS THE ACTIVE LIVING PROGRAM FOR SENIORS?

The Active Living Program for Seniors (ALPS) facilitates a number of free interactive workshops, activities and events for seniors across Ipswich, Somerset, Lockyer Valley and Scenic Rim Regions.

It is a great opportunity to meet new friends, try new activities and get active in the local community. There are opportunities to engage with a wide range of organisations who offer services in the community.

The ALPS program provides a great opportunity to meet new friends, try new activities and get active in your local community.

This program is interactive, and we encourage your input and suggestions to assist us with developing program activities so we can create a program that everyone will enjoy!



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**[www.ableaustralia.org.au](http://www.ableaustralia.org.au)**