

ACTIVE LIVING PROGRAM FOR SENIORS

EVENTS CALENDAR | MARCH - MAY 2022

March

9 Wednesday

Able Active

Gatton Seniors Centre 13 North Street **Gatton**

10:30am

10 Thursday

Cake, Cuppa, Connect Pet Therapy

Eureka Tivoli Gardens

10:00am

17 Thursday

Able Active

Laidley Sports Complex 8 Ambrose Street, **Laidley**

11:30am

21 Monday

Let's Get Crafty!

Able Australia Ipswich 56 Cascade Street Raceview

9:00am

23 Wednesday

Able Active

Gatton Seniors Centre 13 North Street **Gatton**

10:30am

24 Thursday

Cake, Cuppa, Connect Pet Therapy

Eureka Tivoli Gardens

10:00am

31 Thursday

Able Active

Laidley Sports Complex 8 Ambrose Street, **Laidley**

11:30am



Able Active is a community health and fitness program. Join Able Australia and Accredited Exercise Physiologist Steve Royle and stay active with free interactive, low impact, fun and informative fitness sessions in Gatton, Laidley & Lowood.



Cuppa, Cake, Connect is a pet therapy social activity. Join Able Australia and Karyn from Therapigs for a fun and interactive session.

April

1 Friday

Able Active

Able Australia **Lowood**, 43 Park Street
1:30pm

4 Monday

Let's Get Crafty!

Able Australia Ipswich 56 Cascade Street Raceview
9:00am

5 Tuesday

Communi-Tea Friends

Somerset Civic Centre 35 Esk-Hampton Road, Esk
9:00am

6 Wednesday

Able Active

Gatton Seniors Centre 13 North Street **Gatton**
10:30am

7 Thursday

Cake, Cuppa, Connect Pet Therapy

Eureka Tivoli Gardens
10:00am

13 Wednesday

Easter Egg Hunt & Morning Tea

Ipswich Sports Club
1a Samford Road Leichhardt
9:00am - 11:00am

14 Thursday

Able Active

Laidley Sports Complex 8 Ambrose Street, **Laidley**
11:30am

20 Wednesday

Able Active

Gatton Seniors Centre 13 North Street **Gatton**
10:30am

21 Thursday

Cake, Cuppa, Connect Pet Therapy

Eureka Tivoli Gardens
10:00am

26 Tuesday

Fraud Awareness Seminar with Queensland Police

For Ipswich Service Clubs
Please email for more information

28 Thursday

Able Active

Laidley Sports Complex 8 Ambrose Street, **Laidley**
11:30am



There are many powerful health benefits of **crafting** that are both enjoyable and beneficial.



There will be much fun to have this **Easter**. Design and make your Easter Bonnet/Hat and bring it along on the day for fun games and prizes.

29 Friday

Able Active

Able Australia **Lowood**, 43 Park Street
1:30pm

May

3 Tuesday

Communi-Tea Friends

Somerset Civic Centre 35 Esk-Hampton Road, Esk
9:00am

4 Wednesday

Able Active

Gatton Seniors Centre 13 North Street **Gatton**
10:30am

5 Thursday

Cake, Cuppa, Connect Pet Therapy

Eureka Tivoli Gardens
10:00am

10 Tuesday

Get Savvy Scenic Rim Expo

Boonah Cultural Centre, 3 High Street
9:00am – 12:00pm

12 Thursday

Able Active

Laidley Sports Complex 8 Ambrose Street, **Laidley**
11:30am

13 Friday

Able Active

Able Australia **Lowood**, 43 Park Street
1:30pm

16 Monday

Let's Get Crafty!

Able Australia Ipswich 56 Cascade Street Raceview
9:00am

17 Tuesday

Fraud Awareness Seminar with Queensland Police

For Ipswich Service Clubs
Please email for more information

18 Wednesday

Able Active

Gatton Seniors Centre 13 North Street **Gatton**
10:30am

19 Thursday

Cake, Cuppa, Connect Pet Therapy

Eureka Tivoli Gardens
10:00am



Communi-Tea Friends enjoy and connect with your community, meet new friends and discuss local needs over tea and cake. There will be a different local service provider as guest speaker each month.



26 Thursday

Able Active

Laidley Sports Complex 8 Ambrose Street, **Laidley**

11:30am

27 Friday

Able Active

Able Australia **Lowood**, 43 Park Street

1:30pm

30 Monday

Let's Get Crafty

Able Australia Ipswich 56 Cascade Street Raceview

9:00am

31 Tuesday

Fraud Awareness Seminar with Queensland Police

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Senior Stories 2022



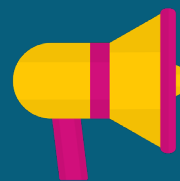
Would you like to share your story? This is your chance to be published in our third edition of Senior Stories.

Sharing Stories is one of the most powerful means we have to influence, teach, and inspire.

Entries must be 1000 words or less Closing Date: Friday 1st of July 2022.

We will be welcoming visual submissions to be included in the design of this year's front cover. Selected stories will be published in our 2022 Seniors Stories book to be distributed to the authors and amongst the community during Seniors Month in October.

Entries to be emailed to seniorstories@ableaustralia.org.au.



We are looking for Community Visitor Volunteers!

Do you have an hour to spare once a fortnight and would enjoy connecting with a resident in an Aged Care Home? If so, why not become a friendship visitor.

What does a community visitor do?

- Share stories
- Read or listen to a book
- Share a hobby, interest or activity
- Listen to music
- Cuppa and chat
- Enjoy a TV show together

Locations: Ipswich, Lowood, Boonah, Gatton, Laidley.

For More information contact Jessy. Details below.



For more information or to register contact:

Able Australia Community Project Manager, Jessy Byrnes on:

Phone: 5600 0733 / 0427 211 816

Email: alps@ableaustralia.org.au

