

## MEDIA RELEASE

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### **Council tailors Seniors Week program to suit different interests**

Gladstone Regional Council today launched its 2018 Seniors Week program offering a range of activities and events to celebrate Queensland Seniors Week from August 18 to 26.

Gladstone Region Mayor Matt Burnett said each year Council worked with regional businesses and organisations to create a program for residents aged 55 and over across the region.

“The 2018 program has been developed to suit wide interests with lots of diversity in the events, activities and workshops on offer,” Councillor Burnett said.

“The majority of events are free with Council facilities including our regional libraries, Gladstone Entertainment Convention Centre, Gladstone Regional Art Gallery & Museum and Gladstone Tondoon Botanic Gardens among the venues to host interesting and entertaining activities.

“The week encourages our senior residents to socialise and actively be involved in the community while learning new skills or interests.”

The Seniors Week theme, ‘Celebrating a Queensland for All Ages’, emphasises the importance of creating age-friendly communities.

“Seniors Week encourages residents aged 55 and over to connect with people of all ages and backgrounds and explore services and activities on offer within the community and our region,” Cr Burnett said.

“This year’s program offers activities including mobile phone and digital photography workshops, a make-over, sport and exercise, movies, bingo, bushwalks, art and craft workshops and a ferry cruise.

“In addition, our seniors can learn about organic gardening, bonsai, orchids and plants, gain legal information and enjoy theatre shows.”

A free Mayor’s Seniors Week Morning Tea will also be on offer at the Gladstone Entertainment Convention Centre (GECC) on August 25 from 10am.

Bookings for Seniors Week are essential and can be made from August 6 online or by phoning the GECC on 4972 2822.

Bookings for some events will need to be made directly with the provider and some activities will require participants to take along their own materials/equipment.

The full regional Seniors Week program can be viewed online at [www.gladstone.qld.gov.au/seniors-week](http://www.gladstone.qld.gov.au/seniors-week) with copies available at the Community Advisory Service, 142 Goondoon Street, Gladstone, or at regional libraries.