

# celebrating Queensland Seniors Month

1-31 October

Love getting older in Queensland



## Our Priceless Past Exhibition

**When:** Daily from 10am, 17 September–15 November

**Where:** Gladstone Regional Art Gallery and Museum, Corner Goondoon St and Bramston St, Gladstone

**Cost:** Free, bookings not required

Immerse yourself in the lives and beloved memorabilia of Gladstone Region locals. Showcased Special Seniors are over 70 years of age, have lived in the area for over 30 years and have been nominated by the community.

## Tech Try- Group Class for Seniors Month

**When:** 9.30–11.30am, Wednesday 1 October

**Where:** Gladstone City Library  
39 Goondoon Street, Gladstone

**Cost:** Free. Booking essential and close 3pm the day before the class. Phone: (07) 4976 6400, Email: library@gladstone.qld.gov.au or visit your nearest Library to book.

Try out laptops, tablets, iPads and more at this hands-on digital group tech session. Learn the basics of keyboards, touchscreens or bring your own device to get started!

## Games Morning at Mabel & Mack's Bookstore

**When:** 10am, Thursday 2, 9, 16, 23, 30 October

**Where:** Mabel & Mack's, Shop 3\1 Garnet Road, Tannum Sands

**Cost:** Free, Bookings not required

Join us every Thursday morning for free board and card games! Come solo or with friends and pick what you'd like to play. Tea, coffee, and cakes available to buy. All welcome.

## Parkrun Gladstone

**When:** 6.45am for 7am start, Saturday 4, 11, 18, 25 October

**Where:** Lion's Park, Dawson Highway, Gladstone

**Cost:** Free, bookings not required

Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Parkrun is 5km and takes place every Saturday morning.



## Agnes Water Emergency Services Expo

**When:** 9.30am–4.30pm, Saturday 4 October

**Where:** Seventeen Seventy SES Grounds, Captain Cook Drive, Seventeen Seventy

**Cost:** Free, bookings not required

Enjoy a free sausage sizzle and meet your local emergency services! Learn how they support the community during disasters, with live demos and info on disaster prep and how the Local Emergency Coordination Committee (LECC) can help in a crisis.

## Beach, Art, Music (BAM)

**When:** 2–7pm, Saturday 4 October

**Where:** Millennium Esplanade, Tannum Sands

**Cost:** Free, bookings not required

A free community event held on the first Saturday of each month, featuring food stalls, live entertainment, arts and creation stalls.

## Curtis Markets

**When:** 7am–12pm, Sunday 5 October

**Where:** Kmart Carpark, 75 Dawson Highway, Gladstone

**Cost:** Free, bookings not required

Join us for a local Farmers/ Flea market in the Gladstone Central Plaza- Kmart Carpark (undercover parking area) for a great day out.

## Discovery Coast Rotary Markets

**When:** 8am–12pm, Sunday 5, 12, 26 October

**Where:** Seventeen Seventy SES Grounds, Captain Cook Drive, Seventeen Seventy

**Cost:** Free, bookings not required

Relax and explore the Discovery Coast Markets at the SES Grounds between Agnes Water and Seventeen Seventy. Browse arts, crafts, bric-a-brac, and fresh produce under shady trees.

## QCWA Tannum Sands

### Community Walking Group

**When:** 4.30pm, Monday 6, 13, 20, 27 October

**Where:** Meet at Canoe Point - in the first little central covered structure, 1 Canoe Point Road, Tannum Sands

**Cost:** Free, bookings not required

Do you need some extra motivation to get moving? Join the QCWA walking group! Every Monday at 4.30 pm at Canoe Point, walk as fast or slowly as you like. All welcome!



### Seniors Microgreen Workshop

**When:** 9am-12pm Tuesday 7 October

**Where:** Philip Street Communities and Families Precinct, 1 Pengelly St, Gladstone

**Cost:** Free, bookings required. Contact the Communities Team at Philip Street Precinct. Phone: (07) 4976 6300 – Limited spaces.

Grow your own nutritious microgreens at home! Join our hands-on workshop to learn how to start a sustainable windowsill garden. Includes soil tray, seeds, and info book. Discover how easy, tasty, and healthy microgreens can be.

### Craft Group

**When:** 9am, Tuesday 7 October

**Where:** St Peter's Anglican Church, 50 J Hickey Ave, Gladstone

**Cost:** Gold coin donation. Bookings not required, any questions contact Gladstone Anglican Church. Phone (07) 4972 4754

A welcoming gathering of women who share in craft activities, morning tea with new and old friends.

### Have a Yarn Tuesday-QCWA Tannum Sands

**When:** 9am-12pm, 7, 14, 21, 28 October

**Where:** 1 Steel Street, Tannum Sands

**Cost:** Gold coin donation, bookings not required  
Women of all ages welcome to bring your craft and a friend. Coffee/tea and morning tea provided.

### Zoom Basics- Group Class for Seniors Month

**When:** 9.30am-11.30am, Tuesday 7 October

**Where:** Gladstone City Library  
39 Goondoon Street, Gladstone

**Cost:** Free. Booking essential and close 3pm the day before the class. Phone: (07) 4976 6400, Email: library@gladstone.qld.gov.au or visit your nearest Library to book your spot

Learn how to use Zoom for online video meetings or get-togethers (similar to Skype). Access to your own email address on a phone or tablet will be required to receive a link to practise Zoom-ing with the group!

### Guided Garden Tours, Tondoon Botanic Gardens

**When:** 10am (Tuesday) and 9.30am (Friday)  
Tuesday 7 October, Friday 24 October

**Where:** Gladstone Tondoon Botanic Gardens, 672 Glenlyon Road, Gladstone

**Cost:** Free, bookings not required

Be guided through the beautiful Gladstone Tondoon Botanic Gardens by our knowledgeable volunteers, learning facts about the various plants and animals, and the history and stories behind The Gardens.

### Evenglow

**When:** 9am, Wednesday 8, 22 October

**Where:** The Port Curtis Place, Senior Citizens Centre, Gladstone

**Cost:** \$8, bookings not required

Evenglow are a friendly social club that has something different each fortnight, new members are welcome to come and see what it is about. Entry includes morning tea, game of Hoy, entertainment, and lunch! 8 and 22 October (22 October is AGM also).

### Seniors Month Special Screening of The Travellers

**When:** 10am, Wednesday 8 October

**Where:** Gladstone Cinemas, Gladstone Central Shopping Centre, 61-77 Dawson Road, Gladstone

**Cost:** \$5 per ticket, includes a cup of tea/coffee and a slice of cake

Bookings required, through Gladstone Cinemas Website or Phone: (07) 4972 0015

As part of Seniors Week 2025, Gladstone Cinemas invites local seniors to an exclusive early screening of The Travellers- before its official international release! This special one-off event includes a complimentary tea or coffee and cake, all for just \$5. It's a chance to enjoy a meaningful movie experience, connect with others, and celebrate the contributions of seniors in a welcoming, accessible setting.

### Seniors Yoga

**When:** 10.30am-11.30am, Wednesday 8, Wednesday 29 October

**Where:** IMMY Yoga Studio, Crow Street Creative, 8 Crow Street, Gladstone

**Cost:** Free. Book via website: [www.immyyoga.com](http://www.immyyoga.com) or Email: [hello@immyyoga.com](mailto:hello@immyyoga.com)

In celebration of Seniors Month 2025, IMMY (Imogene's Movement, Massage & Yoga) invites seniors to enjoy a gentle 60-minute yoga classes designed to promote relaxation, movement, and mindfulness. Sessions include a simple yoga sequence, guided meditation, and a soothing face massage, with all equipment provided and all levels welcome.

### Seniors Disaster Preparedness Lunch: Rosedale

**When:** 10.30am, Wednesday 8 October

**Where:** Rosedale Hotel, 2 Wills Road, Rosedale

**Cost:** Free, bookings required. Please book through Council's Conversations Platform

A free lunch specifically for seniors who would like to learn more about disaster preparedness with presenters from council's Disaster Management team, Emergency Services and aged care agencies on supports available.

### Sunset Sips - 'Let the Good Times Roll' Bocce and gardening

**When:** 5pm, Wednesday 8 October

**Where:** QCWA Community Garden, 88 Oaka Lane, Gladstone

**Cost:** Free, bookings not required

Love gardening? Or just having a chat? Come to the Community Garden! Our Sunset Sips is the second and fourth Wednesday of each month (gardening is optional). Gardening 5.00pm-6.00pm. BYO drinks and nibbles 6.00pm on wards. With the bonus of bocce for Seniors Week! Delivered by QCWA Gladstone.



### Agnes Water to Gladstone Tour

**When:** Wednesday 8 October

**Where:** Ampol Service Station Bus Stop, Captain Cook Drive, Agnes Water departing promptly at 8am

**Cost:** \$10. Limited places, bookings essential phone 0417 749 000

Enjoy a lovely day trip from Agnes Water/ Seventeen Seventy to Gladstone for morning tea and advanced screening of The Travellers at Gladstone Cinemas, followed by lunch at Auckland House and a return trip.

### Felt Sewing

**When:** 9.30am- 12pm, Thursday 9 October

**Where:** QCWA Calliope Hall, 2 Bloomfield Street, Calliope

**Cost:** Free, bookings essential. Contact QCWA Calliope Branch on **Phone:** 0429 308 000 or Email: calliopebranch@qcwa.org.au

Enjoy a relaxed morning tea while creating your own charming felt hanging critter in this fun and easy embroidery session. Choose from a variety of pre-cut designs like owls, flowers, fish, pigs, moons, and mushrooms—all ready to sew. Add your personal touch with simple embellishments and bring your felt creation to life! Perfect for beginners and all craft lovers.

### Intergenerational Care Project

**When:** 9.30am–11.15am,  
Weekly commencing Friday 10 October–Friday 5 December

**Where:** Agnes Water Childcare Centre, 71 Springs Road, Agnes Water

**Cost:** Free. Booking essential. Please contact Brooke Dziurma on Phone: 0426200357 to book in to participate in the project. RSVP by 30 September to ensure a blue card can be organised for you, with support from Uniting Care who will guide you through the process.

Join us for a heartwarming gathering where seniors in the community will spend meaningful time with children at the local childcare centre. Through shared activities and guided interactions, this special event will create opportunities for connection, laughter, and learning between generations.

### Gladstone Mindcare Community Connect

**When:** 9.30am–11.30am, Friday 10 October

**Where:** Mindcare, 147 Goondoon Street, Gladstone

**Cost:** Free, bookings not required, any questions contact Mindcare on Phone: 4837 7170

A public event open to the community to support connection with others and the wider community at the Gladstone Mindcare Hub, hosting a range of activities and services.

### Seniors Event at Bill Robertson Toyota

**When:** 8.30am-12pm, Saturday 11 October

**Where:** Bill Robertson Toyota, 80 – 84 Hanson Rd, Gladstone

**Cost:** Free event, \$50 health checks available. Bookings essential. RSVPs encouraged for Seniors wishing to book health checks: <https://calendly.com/heartofaust/seniors-health-check-day>

The Toyota sponsored; Heart of Australia health truck will be visiting Bill Robertson Toyota. Seniors will have the opportunity to have health checks at the van at a cost of \$50 each. There will also be a free BBQ, giveaways, educational talks on electric vehicles vs hybrid vehicles and free anti-theft number plate screw fittings.

### Coffee and Conversations

**When:** 9.30-11am, Saturday 11 October

**Where:** Shingle Inn, Yaralla Sports Club, corner Bell St and O'Connell Street, Gladstone

**Cost:** Free, bookings not required

Feeling lonely in Gladstone? Join Ying and James for Coffee & Conversations at Shingle Inn meet new people, enjoy a free cuppa, and make connections. All welcome!

### Turkey Beach Seniors Month Morning Tea

**When:** 10am, Saturday 11 October

**Where:** Turkey Beach Community Hall, Worthington Road, Turkey Beach

**Cost:** Free, bookings not required

Join us for a fun-filled Seniors Day at Turkey Beach! Enjoy live music, games with prizes, delicious food and drinks, and a special take-home gift. We'll also be celebrating our local legends with awards for the Eldest Senior and the Longest Resident. Don't miss this joyful afternoon of laughter, music, and great company!

### Golden Grooves

**When:** 11am–2pm, Saturday 11 October

**Where:** Benaraby Progress Hall

**Cost:** Free. RSVP to Melanie Phone: 0413004580 or Email: benarabyprogress@yahoo.com

Join us for a delightful afternoon of Old Time and New Vogue dancing at the charming Benaraby Progress Hall, complete with a delicious afternoon tea.

### Celebrate Seniors with Port Curtis Orchid & Foliage Society Inc

**When:** 12.30pm–4pm (approx.), Saturday 11 October

**Where:** Philip Street Community & Families Precinct, 1 Pengelly Street, Gladstone

**Cost:** Free, bookings not required

Join us for our October general meeting as we celebrate Seniors Month with a delicious catered afternoon tea, all plant enthusiasts welcome! Whether you're a seasoned horticulturist, a passionate orchid enthusiast or someone new to the world of plants, we warmly invite you to our community.



## Seniors Celebration Breakfast- South End, Curtis Island

**When:** 8am Sunday 12 October

**Where:** South End Community Hall, 22-24 South End Terrace, South End, Curtis Island

**Cost:** Free. Bookings essential. Phone Liz 0428 783 544 or Coralee 0408 793 441 or email [sepacp1985@gmail.com](mailto:sepacp1985@gmail.com) for catering purposes

The South End Progress Association invites seniors to a fully catered breakfast at the local community centre on South End, Curtis Island. This special event aims to celebrate our seniors while fostering community spirit, connection, and welcoming new residents to our small, close-knit township.

## Mindful Mondays

**When:** 9am–11am, Monday 13, 20, 27 October

**Where:** Philip Street Communities and Families Precinct, 1 Pengelly St, Gladstone

**Cost:** Free. Bookings not required, for more information contact the Gladstone Neighbourhood Centre on (07) 4976 6300

Join us for Mindful Monday, a welcoming space to enjoy activities such as arts and crafts, games, musical bingo, and friendly conversation. It's a great way to stay social, support your wellbeing, and keep learning in a relaxed, inclusive environment. New faces always welcome!

## Seniors Sip & Chat

**When:** Drop in between 9.30am and 11.30am Monday 13 –Thursday 16 October

**When:** Mt Larcom Café, 33 Raglan Street, Mt Larcom

**Cost:** Free. Bookings not required

Join us for a relaxed morning of friendly conversation, laughter, and connection at our Seniors' Coffee Catch-Up! Enjoy free coffee and a delicious morning tea, all in the cozy setting of Mt Larcom Café. It's a great chance to catch up with familiar faces and meet new friends in the community. We'd love to see you there!

## Seniors Month LARC Tour

**When:** 8.30am–10am, Tuesday 14 October

**Where:** 1770 LARC! Tours, 535 Captain Cook Drive, Seventeen Seventy.

**Cost:** \$20 per person (over 50% discount) especially and only for our seniors! Bookings essential. Direct Bookings with 1770 LARC! Tours. Payment required at the time of booking. Walk in or Phone: (07) 4974 9422

Join us for a special one-hour morning cruise aboard the amphibious LARC! Departing at 9am, explore the stunning Round Hill Creek and Eurimbula National Park coastline while spotting marine life, wildlife, and birds. Enjoy captivating commentary from the skipper and breathtaking, uninterrupted views of Bustard Bay on this unique adventure.

## Lions Club of Boyne Island Seniors and Community Morning Tea

**When:** 9am–12pm, Tuesday 14 October

**Where:** Boyne Island Library and Community Centre, Cnr Wyndham & Hayes Ave, Boyne Island

**Cost:** Free event, raffle tickets available for purchase. Bookings essential. For catering purposes, please contact Graham on Phone: 0484 072 753

Join the Lions Club of Boyne Island for a special Seniors Morning Tea on Tuesday 14 October, 9am–12pm. Enjoy music, games, morning tea and talks from local health experts. Free entry, raffles available. Celebrate Seniors in October with us!

## Pain Free Golf for Seniors: Gladstone

**When:** 9.30am–11am, Tuesday 14 October

**Where:** Gladstone Golf Club, 1 Hickory Ave, Gladstone

**Cost:** Free. Bookings essential. Contact Gladstone Golf Club on Phone (07) 4978 1200 or Email: [bwgolf1860@gmail.com](mailto:bwgolf1860@gmail.com) or contact via Bill Webb Golf on Facebook

Join Golf Pro Bill Webb for an engaging session on pain-free golf techniques, perfect for players of all skill levels from beginners to seasoned golfers. Everyone is welcome, regardless of gender or ability, and equipment will be provided for those who need it. Come learn how to enjoy golf comfortably and improve your game!

## Over 50's Tai Chi

**When:** 10am, Wednesday 15 October

**When:** Philip Street Communities and Families Precinct, 1 Pengelly St, Gladstone

**Cost:** Free. Bookings essential. Contact the Gladstone Neighbourhood Centre on Phone: (07) 4976 6300 RSVP by 8 of October

Rediscover your strength, flexibility, and peace of mind with our gentle Tai Chi classes, designed especially for those aged 50 and over. Whether you're a beginner or looking to stay active, Tai Chi offers low-impact movement that enhances balance.

## Pain Free Golf for Seniors: Miriam Vale

**When:** 1.30pm–3pm, Wednesday 15 October

**Where:** Miriam Vale Golf Club  
21 Claude Wharton Drive, Miriam Vale

**Cost:** Free. Bookings essential. Contact Miriam Vale Golf Club on (07) 4974 5250 or email [bwgolf1860@gmail.com](mailto:bwgolf1860@gmail.com) or contact via Bill Webb Golf on Facebook

Join Golf Pro Bill Webb for an engaging session on pain-free golf techniques, perfect for players of all skill levels from beginners to seasoned golfers. Everyone is welcome, regardless of gender or ability, and equipment will be provided for those who need it. Come learn how to enjoy golf comfortably and improve your game!

## Concertina Water Collage

**Date:** 9.30am–12pm, Thursday 16 October

**When:** QCWA Calliope Hall, 2 Bloomfield Street, Calliope

**Cost:** Free. Bookings essential contact QCWA Calliope Branch on Phone: 0429 308 000 or Email: [calliopebranch@qcwa.org.au](mailto:calliopebranch@qcwa.org.au)

Create your own brightly painted 60cm watercolour concertina book in this fun and creative workshop all supplies included. Draw, paint, cut, and collage your unique design, with three inspiring samples to choose from. Enjoy a relaxed morning tea with scones and sandwiches included.



## Tech and Tea

**Date:** Thursday 16 October 11am-1pm  
(Introductory session)

Thursday 23 October to 13 November 10am-12pm.

**When:** Philip Street Community & Families Precinct,  
1 Pengelly Street, Gladstone

**Cost:** Limited Spaces, contact Neighbourhood Centre  
on (07) 4976 6300 to book

This friendly and informal program is a great chance  
for seniors to come together, enjoy a cuppa, and  
learn more about using computers, smartphones, and  
navigating the internet.

## Pizza in the Peaks

**When:** 10.45am for 11am start, Thursday 16 October

**When:** Grand Hotel Many Peaks, 27-33 Morgan St, Many  
Peaks, Boyne Valley

**Cost:** Free Pizza. Drinks and regular menu will be  
available for purchase Bookings essential. For catering  
purposes contact Grand Hotel Many Peaks on Phone:  
(07) 4974 1186

The historic Grand Hotel Many Peaks is the perfect  
setting for a relaxed Seniors' Lunch, featuring delicious  
pizzas made inhouse with gentle background music.  
Bringing seniors together in a welcoming, social  
atmosphere to enjoy a meal out, share stories, and  
connect with others in the community. With guest  
speaker Betty Mergard (Spencer), learn about her  
wealth of history and memories of being raised in  
Nagoorin.

## Digital Devices & Intro to Tech Help- Group Class for Seniors Month

**When:** 9.30am-11.30am, Friday 17 October

**Where:** Calliope Library, 3 Don Cameron Drive, Calliope

**Cost:** Free. Booking essential and close 3pm the day  
before the class. Phone (07) 4975 8105 or  
email library@gladstone.qld.gov.au or visit your  
nearest Library to book your spot

Learn how to find reliable info online using free  
resources from our website, the State Library of QLD,  
and the National Library of Australia. Discover eLibrary  
tools, databases, and more.

## Community Safety Café

**When:** 9am-11am, Saturday 18 October

**Where:** Bunnings Gladstone, Dawson Highway,  
Gladstone

**Cost:** Free. Bookings not required

This morning will provide our community with a safe  
space to talk about safety in our region, learn about  
current safety campaigns, access important resources  
and connect with local Police Officers, Councillors and  
Neighbourhood Centre.

## QCWA Miriam Vale Cent Sale

**When:** Doors open 11.30am. Cent sale starts at 1pm.  
Saturday 18 October

**Where:** Miriam Vale Community Hall, 37 Blomfield St,  
Miriam Vale

**Cost:** Free Entry- cash only for tickets and raffles.  
Bookings essential: contact Secretary Dee Cronin on  
Phone: 0419 323 246

Get ready for an afternoon of fun, prizes, and good  
company at our Cent Sale! Enjoy a delicious afternoon  
tea while trying your luck at winning some fantastic  
goodies. Gather your friends and book a table today by  
contacting our secretary.

## Community Forum | Miriam Vale and surrounding areas

**When:** 5pm-7pm, Saturday 18 October

**Where:** Miriam Vale Community Centre, 41 Blomfield  
Street, Miriam Vale

**Cost:** Free. Bookings essential. Let us know you'll be  
attending by registering here: <https://conversations.gladstone.qld.gov.au/community-forums>

Connect with Council at this Community Forum to  
discuss local issues, share ideas, and learn about  
upcoming projects. Meet your Councillors face-to-  
face and have your say on what matters in your  
neighbourhood.

## Pain Free Golf for Seniors: Calliope

**When:** 9.30am-11am, Tuesday 21 October

**Where:** Calliope Golf Club, Stowe Rd, River Ranch,  
Calliope

**Cost:** Free. Bookings essential. Contact Calliope Golf  
Club on

(07) 4975 7454, Email: bwgolf1860@gmail.com or  
contact via Bill Webb Golf on Facebook

Join Golf Pro Bill Webb for an engaging session on  
pain-free golf techniques, perfect for players of all skill  
levels from beginners to seasoned golfers. Everyone is  
welcome, regardless of gender or ability, and equipment  
will be provided for those who need it. Come learn how  
to enjoy golf comfortably and improve your game!

## Intro to Canva- Group Class for Seniors Month

**When:** 9.30am-11.30am, Tuesday 21 October

**When:** Miriam Vale Library, 41 Blomfield Street, Miriam  
Vale

**Cost:** Free. Booking essential and close 3pm the day  
before the class. Phone: (07) 4974 6241, Email: library@  
gladstone.qld.gov.au or visit your nearest Library to  
book your spot

Learn the basics of the free version of Canva. Create  
an account and get started designing a poster, flyer,  
greetings card or similar. (Note: you will need an email  
address, and know your password, to create your free  
Canva account/login).



## **CQUniversity STEM Central & Hydrogen Central Guided Tour**

**When:** 10am-12pm, Tuesday 21 October

**Where:** CQUniversity Gladstone Marina Campus, 43 Bryan Jordan Drive, Gladstone

**Cost:** Free, morning tea included. Bookings essential. Please RSVP by October 14 to [stemcentral@cqu.edu.au](mailto:stemcentral@cqu.edu.au) and advise of any dietary requirements.

Come along to CQUniversity Gladstone Marina Campus to explore STEM (Science, Technology, Engineering & Maths) through Hydrogen Central and STEM Central. The CQUniversity team will provide you with a guided tour of the two facilities where you can participate in STEM activities and learn about all things Hydrogen. Morning tea will be provided after the tours.

## **Community Connections Meet and Eat**

**When:** 3pm-6pm, Tuesday 21 October

**Where:** Endeavour Park, 632 Captain Cook Dve, Seventeen Seventy

**Cost:** Free. Bookings essential. For catering purposes please RSVP via email - [volunteers@dtcc.com.au](mailto:volunteers@dtcc.com.au)

Enjoy a relaxed meal in the park bringing local seniors together for an afternoon of good food, great company, and community spirit. It's a chance to connect, share stories, and celebrate the valuable contributions of seniors in our region.

## **Cooking Class for Seniors**

**When:** 1pm-4pm, Wednesday 22 October

**Where:** Philip Street Communities and Families Precinct, 1 Pengelly St, Gladstone (Nutchee Building)

**Cost:** Free. Bookings essential. Phone: (07) 4903 1980 or Email: [admin@happierhealthier.net.au](mailto:admin@happierhealthier.net.au)

We're a local Gladstone dietitian team excited to offer a fun, budget-friendly cooking class for seniors! Learn how to make tasty, nutritious meals with simple ingredients perfect for cooking just for yourself. Join us to enjoy good food, save money, and stay healthy with easy recipes designed especially for seniors.

## **Sunset Sips- 'The Great Cornhole Caper'**

**When:** 5pm, Wednesday 22 October

**Where:** QCWA Community Garden, 88 Oaka Lane, Gladstone

**Cost:** Free. Bookings not required

Love gardening? Or just having a chat? Come to the Community Garden! Our Sunset Sips is the 2nd & 4th Wed of each month (gardening is optional). Gardening 5pm - 6pm. BYO drinks and nibbles 6pm on. With the bonus of cornhole for Seniors Week! Delivered by QCWA Gladstone.

## **Seniors Pickleball Come and Try**

**When:** 8.30am-11am, Thursday 23 October

**Where:** Gladstone Tennis & Squash Centre, Glenlyon St, Gladstone

**Cost:** Free. Bookings not required. Any questions please contact [gladstonetennisandsquash@gmail.com](mailto:gladstonetennisandsquash@gmail.com)

A free come and try Pickleball event for seniors. This will be delivered by club staff to assist participants, explain rules, and ensure all participants are exposed to a new sport that is fantastic for health and wellbeing. There will be an introductory session followed by social games and finish with morning tea.

## **Finding Useful Information Online (Digital Literacy) Group Class for Seniors Month**

**When:** 9.30am-11.30am, Friday 24 October

**Where:** Agnes Water Library, 71 Springs Rd, Agnes Water

**Cost:** Free. Booking essential and close 3pm the day before the class. Phone: (07) 4902 1501, Email: [library@gladstone.qld.gov.au](mailto:library@gladstone.qld.gov.au) or visit your nearest Library to book your spot

Learn how to find reliable info online using free resources from our website, the State Library of QLD, and the National Library of Australia. Discover eLibrary tools, databases, and more.

## **Gladstone Highland Gathering**

**When:** 10.30am-3pm, Saturday 25 October

**Where:** Gladstone Thistle Pipe Band Hall 25 Dawson Rd, Gladstone

**Cost:** Free. Bookings not required

Inaugural Highland gathering of CQ Pipes and Drum Bands, Ceilidh Dancing and Irish dancers. Facepainting. Coffee van, food and soft drinks available for purchase.

## **Boyne Valley Country Markets**

**When:** 9am-12pm, Sunday 26 October

**Where:** Grand Hotel Many Peaks, 27-33 Morgan St, Many Peaks

**Cost:** Free. Bookings not required

Enjoy a scenic drive through the Boyne Valley. Check out the friendly mini- markets, do some weekend shopping, grab a coffee and a meal off the menu. Last Sunday of each month.

For a full list of what's on scan the QR code.



[www.gladstone.qld.gov.au/senior](http://www.gladstone.qld.gov.au/senior)

