

celebrating Queensland Seniors Month

1-31 October
Connect and celebrate



Scent, Memory & Story - An Australian Sandalwood Sensory & Incense making Experience

Explore the connection between scent, memory and personal stories. Discover Australian sandalwood and natural aromas, share memories and create your own personalised sandalwood incense to take home.

When: 10am-12.30pm, Thursday 1, 8 and 15 October

Where: 6/43 Bicentennial Drive, Agnes Water

Cost: Free

RSVP: Register interest with Randall Browne at randall@wildsandalwood.com or phone 0452 542 221

Creative Connections - 5 Days Celebrating Seniors

Enjoy five days of creative workshops including watercolour painting, creative writing, textile craft, botanical craft and paper collage. Each session offers creativity, storytelling, shared skills and social connection in a welcoming environment.

When: 10am-11.30am, Friday 2 October, 10am-12pm, Saturday 3 October, 10am-12pm, Tuesday 6 October, 10am-11.30am, Wednesday 7 October and 10am-11.30am, Friday 9 October

Where: Shop 6/43 Bicentennial Drive, Agnes Water

Cost: Free

RSVP: Book in person at Make & Mend Agnes Water during opening hours, by phone, or via online/social media channels or email make.mendshop@gmail.com



Pain Free Golf For Seniors

Improve your golf skills and enjoy some friendly competition with a two-hour clinic designed specifically for seniors. Sessions will be held across four local venues: Gladstone, Calliope, Boyne/Tannum and Miriam Vale Golf Clubs.

When: 9.30am-11.30am, Sunday 4 October
9.30am-11.30am, Tuesday 6 October
9.30am-11.30am, Wednesday 7 October
9.30am-11.30am, Thursday 8 October

Where: 4 October - Miriam Vale Golf Club
6 October - Gladstone Golf Club
7 October - Calliope Golf Club
8 October - Boyne/Tannum Golf Club

Cost: Free

RSVP: Enrol at each Golf Club or email bwgolf1860@gmail.com or phone 0499 118 492 or Facebook.com/Billwebbgolf

Tech and Tea

Join us for a relaxed, seniors-friendly program designed to make technology feel less scary and more manageable. Find out more about your laptop, smartphone, tablet or iPad settings and apps. Learn how to set up device safety and security settings. Bring your own device and enjoy a cuppa while you learn with others.

When: 9.30am-11.30am, 6, 20 and 27 October

Where: Philip Street Communities and Families Precinct

Cost: Free

RSVP: Places are limited and bookings are essential. Call 4976 6300 or email communities@gladstone.qld.gov.au



Tiny Wonders of Agnes Water **- "Look Closer"**

Discover Australia's native stingless bees and their important role in our environment. Enjoy native honey tasting and morning tea, create a beeswax keepsake, plant a native species and explore the accessible bushland boardwalk and Forest Bathing Area at Traveller's Rest 1770.

When: 9am-11am, Tuesday 6 October and Friday 16 October

Where: 2143 Round Hill Road, Round Hill

Cost: Free

RSVP: Please call 0466 065 790 or email info@travellersrest1770.com.au

Felt Brooches

Create your own unique felt brooch using pre-cut felt pieces and simple sewing and embroidery techniques. No experience is required. Enjoy a relaxed creative activity and morning tea while connecting with others.

When: 9.30am-12pm, Wednesday 7 October

Where: 2 Bloomfield Street, Calliope

Cost: Free

RSVP: 9 October to Sue on 0429 308 000 or calliopebranch@qcwa.org.au

Seniors Yoga Classes

Four welcoming beginner yoga sessions combining gentle movement, breathing techniques and mindful meditation. Suitable for all fitness levels, with a focus on strength, flexibility, balance and confidence in a relaxed and supportive environment.

When: 10.30am-11.30am, Wednesday 7, 14, 21, and 28 October

Cost: Free

RSVP: Book one or all four sessions through www.immyoga.com or via Facebook or email hello@immyoga.com

Coffee Connections

Connect with fellow seniors over morning tea while trying activities including line dancing, chair yoga and indoor bowls. Discover local groups and opportunities to improve wellbeing, make new connections and build friendships in the Boyne and Tannum community.

When: 9.30am-12pm, Friday 9 October

Where: Boyne Tannum Community Hall, 25 Ocean Street, Tannum Sands

Cost: Free

RSVP: 9 October to confirm numbers for catering. Contact jennifer.melmeth@boynetannum.rslqld.net.au

Celebrating Our Seniors

Join us for a community breakfast celebrating and recognising local seniors. Enjoy good food, friendly company and an opportunity to connect with others in a welcoming community setting.

When: 8am, Sunday 11 October

Where: South End Community Centre

Cost: Free

RSVP: 8 October to Liz 04287835 or via Facebook - South End Progress Association

Fitter For Life

Three Fitter for Life sessions designed for seniors. Each session provides an opportunity to build strength, confidence and wellbeing in a supportive environment.

When: 8.15am-9.15am, Monday 12 October

9am-10am, Wednesday 14 October

8.15am-9.15am, Thursday 15 October

Where: Gladstone Gymnastics, 53 Yarroon Street, Gladstone

Cost: Free

RSVP: Contact gm@gladstonegymnastics.org.au

Senior Citizens Community Morning Tea

Enjoy a special Seniors Month morning tea featuring music, morning tea, Hoy with prizes and a special fashion parade presented with Coastline Fashion. A free community event celebrating seniors, friendship and connection.

When: 9am-12pm, Tuesday 13 October

Where: Boyne Tannum Community Centre

Cost: Free

RSVP: Contact Graham Lindner on 0484 072 753 or graham.lindner@outlook.com by Friday 9 October 2026.



Glass on Glass Picture

This creative art activity will provide seniors with the opportunity to enjoy a relaxed, hands-on experience using coloured glass to bring a picture to life. Participants will be provided with a picture frame and a pre-drawn design, which they can decorate using a selection of coloured glass pieces to create their own unique artwork. The activity is designed to encourage creativity, social connection and enjoyment in a welcoming environment, while also providing participants with a finished piece of art to take home and enjoy.

When: 9am-3pm, Thursday 15 October

Where: 27 Beltana Drive, Boyne Island

Cost: Free

RSVP: Booking via artbits4680@gmail.com

Pizza in the Peaks

Bringing seniors together to connect, reconnect, share stories and celebrate ageing in our community. The vision is to create an event where seniors feel welcome, valued and proud to be part of the Boyne Valley community.

When: 10.30am-1pm, Thursday 15 October

Where: Grand Hotel Many Peaks

Cost: \$5 per person

RSVP: Book by calling the Grand Hotel Many Peaks on 4974 1186 or email info@grandhotelmanypeaks.com

Young at Art

Enjoy a welcoming morning of social activities, craft, painting and relaxation. Meet new people, enjoy morning tea and spend time connecting with fellow seniors. An optional wander through the QCWA Community Garden will round out the morning.

When: 8.45am-12pm, Thursday 15 October

Where: QCWA Hall, 88 Oaka Lane, Gladstone

Cost: Free

RSVP: RSVP via email to gladstonebranch@qcwa.org.au

The Next Chapter

Explore retirement as a new beginning through guided reflection, conversation and creative vision boarding. Discover what brings meaning, purpose and enjoyment to your next chapter. All materials and refreshments are provided during this engaging three-hour wellbeing session.

When: 9am-12pm, Friday 16 October

Where: Philip Street Communities and Families Precinct

Cost: Free

RSVP: Via social media private message, SMS to 0403 594 130 or email lisalioness73@hotmail.com

Come Dancing With Us

A ballroom dance will be held to encourage people to come and enjoy company, music and exercise through dancing. Bus transport from Gladstone to Benaraby is available with snacks provided. This is an opportunity to engage with different people and perhaps learn a new skill.

When: 11am-1pm, Saturday 17 October

Where: Benaraby Progress Association Hall

Cost: Free

RSVP: benarabyprogress@yahoo.com or kandm.leinster@tpg.com.au

Turkey Beach Seniors Month Celebration

The event will include a singer for musical entertainment. Activities will include carpet bowls, darts, cards and group games. Food will include food platters and a sausage sizzle.

When: 2pm-8pm, Saturday 17 October

Where: Turkey Beach Community Hall

Cost: Free

RSVP: Bookings not required.
Email TBPAPres@outlook.com

Celebrating Our Seniors - Miriam Vale Community Luncheon

Enjoy a relaxed community luncheon for seniors from Miriam Vale and surrounding areas. The day includes a catered lunch, bingo, games, Rat Pack music and optional barefoot bowls. Come along to reconnect with old friends, make new ones and celebrate community.

When: 10am-4pm, Friday 23 October

Where: Miriam Vale Bowls Club

Cost: Free

RSVP: Phone 0406 666 409 or (07) 4974 5128, email mvbowl2019@outlook.com or contact the Miriam Vale Bowls Club Facebook Page



Guided Tour of Calliope Historical Village

A fully guided tour allowing seniors to step back in time and revisit childhood memories. Arrive at 9.30am and commence the morning with Devonshire tea/coffee before taking part in the tour. Most buildings are modified to accommodate wheeler walkers and wheelchairs.

When: 9.30am, Thursday 22 October

Where: Calliope Historical Village

Cost: Free

RSVP: Email calliopevillage@bigpond.com

Mad Hatter's Meet and Eat

Step into a whimsical tea-party-inspired Seniors Month celebration at Agnes Water. Enjoy tea, pastries, cakes and refreshments while meeting local not-for-profit organisations and discovering opportunities for social connection, volunteering, activities and community participation.

When: 10am-2pm, Tuesday 27 October

Where: Discovery Coast Sport and Recreation Centre

Cost: Free

RSVP: volunteers@dctc.com.au or jane.arens@gmail.com

Ceramic and Glassware Paint and Sip

Create and paint your own unique upcycled ceramic platter. Explore creativity and sustainability while transforming an item destined for landfill into something beautiful and useful. Enjoy a guided two-hour workshop, art materials and morning tea. No artistic experience required. Drink on arrival, with hot and cold platters provided.

When: 11am-1pm, Wednesday 28 October

Where: Ward's Brewery, 131 Auckland Street, Gladstone

Cost: Free

RSVP: Call or message Chanise on 0413 941 344 or book online via the Brushes and Brews Gladstone link. Email brushesandbrewsgladstone@gmail.com

A Portrait of Us - Celebrating Gladstone Seniors

A relaxed and welcoming Seniors Month gathering celebrating people, stories and connections. Participants will be invited to have a professional portrait taken with a person or object that is meaningful to them and encouraged to share a short story about its significance.

When: 1pm-3pm, Wednesday 28 October

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

Cost: Free

RSVP: Not required

Mindful Mondays

Looking for a great way to start your week? Come along to Mindful Mondays, a welcoming social group where you can meet new people, try exciting activities and learn new skills in a relaxed, fun environment.

When: 9am-11am, Every Monday

Where: Maxine Brushe Community Meeting Place, Philip Street Communities and Families Precinct, 1 Pengelly Street, West Gladstone

Cost: Free

RSVP: Places are limited and bookings are essential. Call 4976 6300 or email communities@gladstone.qld.gov.au

Tai Chi

Join us for Tai Chi, a gentle form of movement to assist with improving your balance, mobility and posture. Sessions are held in Gladstone.

When: Contact the Gladstone Neighbourhood Centre for session dates and times.

Where: Gladstone

Cost: Free

RSVP: Places are limited and bookings are essential. Call 4976 6300 or email communities@gladstone.qld.gov.au

Chair Yoga - Gladstone and Calliope

Join us for Chair Yoga, a gentle form of yoga to assist with improving your balance, mobility and posture. Sessions are held in Gladstone.

When: Contact the Gladstone Neighbourhood Centre for session dates and times.

Where: Gladstone and Calliope

Cost: Free

RSVP: Places are limited and bookings are essential. Call 4976 6300 or email communities@gladstone.qld.gov.au



www.gladstone.qld.gov.au/senior