



ENJOY A WIDE RANGE OF FREE OR LOW COST ACTIVITIES AND EVENTS ACROSS THE ROCKHAMPTON REGION DURING SENIORS MONTH.

WHEN & WHERE	EVENT	COST & BOOKING DETAILS
<p>THURSDAY 14 OCTOBER 10.00am to noon Oak Tree Retirement Village Park Avenue 155-157 Glenmore Road, Park Avenue</p>	<p>RETIREMENT LIVING - HOSTED BY OAK TREE RETIREMENT VILLAGE PARK AVENUE Morning tea, speakers, villa displays, and gift bags.</p>	<p>FREE RSVP to 1300 637 155 by 8 October</p>
<p>FRIDAY 15 OCTOBER 9.30am to 1.00pm Bauhinia House Cnr Berserker and High Streets, North Rockhampton</p>	<p>NORTH ROCKHAMPTON SENIOR CITIZENS CLUB INC - SENIORS OCTOBERFEST CELEBRATIONS Morning tea, entertainment by Capricorn Dance Exchange and a two course lunch. Prizes for the best dressed patrons. Lucky door prizes and raffles.</p>	<p>\$8 PER PERSON RSVP to Annette on 49 282 320 by 8 October</p>
<p>FRIDAY 15 OCTOBER 10.00am to 3.00pm Glenmore Homestead 28 Belmont Road, Parkhurst</p>	<p>CARERS RETREAT - CARERS QUEENSLAND An event for carers including beginner's tai chi, a guest speaker, artist and other activities. Morning tea and lunch will be provided.</p>	<p>FREE RSVP to 4994 1645</p>
<p>MONDAY 18 OCTOBER 10.30am to 11.30am CentacareCQ - Cafe Exterior Seating Area 16 Bolsover Street, Rockhampton</p>	<p>MEET AND GREET MORNING TEA FOR SENIORS WHO ARE PARENTING Meet other seniors who are in caregiver roles for children and teens.</p>	<p>To register go to www.centacarecq.com</p>
<p>FRIDAY 22 OCTOBER 10.30am to 2.30pm Oak Tree Retirement Village Norman Gardens 40 Foulkes Street, Norman Gardens</p>	<p>OAK TREE NORMAN GARDENS MARKET DAY Bring your friends and family for a day of fun including live entertainment, stalls, arts and crafts, sausage sizzle, barefoot bowls and village tours.</p>	<p>FREE For more information call Kyha on 0400 824 936</p>
<p>SATURDAY 23 OCTOBER 2.00pm to 3.15pm Baptist Lighthouse Church 480 Norman Road, Norman Gardens</p>	<p>BAPTIST LIGHTHOUSE CHURCH - "THESE ARE A FEW OF OUR FAVOURITE HYMNS" A selection of the most popular voted hymns presented by organist Ivan Richardson. Includes afternoon tea. Voting for hymns closes 5pm 7/10/21.</p>	<p>FREE RSVP to Ivan on 0417 559 990</p>
<p>SUNDAY 24 OCTOBER 10.00am to 11.15am Baptist Lighthouse Church 480 Norman Road, Norman Gardens</p>	<p>BAPTIST LIGHTHOUSE CHURCH - SPECIAL SENIORS WEEK CHURCH SERVICE Special Seniors Service featuring "Artie" the Roland Grand Orchestral Organ.</p>	<p>FREE RSVP to Ivan on 0417 559 990</p>
<p>28 OCTOBER, 1 NOVEMBER, 8 NOVEMBER 9.30am to 11.30am CentacareCQ 16 Bolsover Street, Rockhampton</p>	<p>ENGAGING ADOLESCENTS The Family Relationships Centre will be running a three week education course for seniors who are parenting adolescents.</p>	<p>To register go to www.centacarecq.com</p>