



**ENJOY A WIDE RANGE OF ACTIVITIES AND EVENTS ACROSS THE  
ROCKHAMPTON REGION DURING SENIORS' MONTH IN OCTOBER**

WHEN & WHERE	EVENT
<p><b>Every Monday 9:15am – 10:15am</b> Gracemere Library, 1 Ranger Street Gracemere</p> <p><b>Every Thursday 9:15am – 10:15am</b> Rockhampton Southside Library, 230 Bolsover Street Rockhampton</p>	<p><b>Fun Fit</b> Join in a range of lively and gentle exercises every Monday and Thursday morning to keep your body and mind active. Enquiries: 4936 8043</p>
<p><b>Tuesday 1<sup>st</sup> October 9:30am</b> Online</p>	<p><b>Online Exercise Class – Chair Cardio</b> Third Age Fitness is running online exercise classes for people who have mobility or accessibility issues and cannot attend face to face events. "We want to show you how easy it can be to exercise and stay fit and healthy from the comfort of home." Please register and find out more information via <a href="https://bit.ly/seniorsfest24">https://bit.ly/seniorsfest24</a> it's FREE! (during seniors' month)</p>
<p><b>Tuesday 1<sup>st</sup> October 1:00pm – 1:45pm</b> Rockhampton Southside Library, 230 Bolsover Street Rockhampton</p>	<p><b>Laughter Yoga</b> Breathe, laugh, and clap your way to a better mood through the relaxed activity of laughter yoga. Enquiries: 4936 8043</p>
<p><b>1<sup>st</sup> – 23<sup>rd</sup> October</b> All Rockhampton Regional Libraries</p>	<p><b>Waru Colouring Competition</b> Colour in Migi from '<i>Waru – journey of the small turtle</i>'; and be in the draw to win a double pass to see Waru at the Pilbeam Theatre. Open to all ages!</p>
<p><b>Every Tuesday 9:30am – 12:00pm</b> North Rockhampton Senior Citizens Club Bauhinia House, Corner Berserker and High Street</p>	<p><b>Come and Try Days Hoy Activities</b> Come and meet old friends or make new friends as the cost of a morning is only from \$1.00 which includes morning tea, hoy card and a lucky door ticket. You can win grocery prizes as well as money prizes. There are also additional raffles. There is plenty of off-street parking and easy access into the hall. For more information, please call the club at Bauhinia House on 4928 2320 and if unattended please leave a message.</p>
<p><b>Every Wednesday 9:30am – 12:00pm</b> Rockhampton Southside Library, 230 Bolsover Street Rockhampton</p>	<p><b>Knitting &amp; Crochet Club</b> Use donated yarn to make warm items for the annual Homeless Connect event. Needles, hooks, and yarn provided. Enquiries: 4936 8043</p>
<p><b>Thursday 3<sup>rd</sup> October 2024</b> Rockhampton Museum of Art 220 Quay St, Rockhampton</p>	<p><b>Collection Tour</b> Held on the first Thursday of every month at 10am, join Rockhampton Museum of Art's curatorial team for an engaging and tailored tour of artworks from the RMOA Collection currently on display. There's something new to look at and discuss each time! FREE   Prior booking required: <a href="https://www.rmoa.com.au/Whats-On/Collection-Tours">https://www.rmoa.com.au/Whats-On/Collection-Tours</a></p>



WHEN & WHERE	EVENT
<b>Friday 4<sup>th</sup> October 9:30am – 10:30am</b> Rockhampton Southside Library, 230 Bolsover Street Rockhampton	<b>On the Verandah</b> Have a chat and make a simple craft on our lovely library verandah. This inclusive activity is for all ages and abilities. Enquiries: 4936 8043
<b>Friday 4<sup>th</sup> October</b> North Rockhampton Senior Citizens Club Bauhinia House, Corner Berserker and High Street	<b>Annual Octoberfest Celebrations</b> Morning tea will be served as well as a 2-course luncheon with Viv and Karen Jenkinson providing great entertainment. Cost is \$10.00 per person and carers are free. Come dressed up and you can win a prize for the best dressed lady and gentleman. There is plenty of off-street parking and easy access into the hall. Bookings are required so please call 4928 2320 to book your spot, and if unattended please leave a message (volunteers are only in attendance 3 days per fortnight).
<b>Monday 7<sup>th</sup> October 11am</b> Pilbeam Theatre, Corner Victoria Parade and Cambridge Streets	<b>Mayors Treat – Morning Melodies – Livvy and Pete – a tribute to Olivia Newton John and Peter Allen</b> Celebrate Qld Seniors Month in style at the Pilbeam Theatre’s October Morning Melodies, at the discounted ticket price of \$5 per person thanks to the Mayor’s Treat. Free morning tea will be served before the show from 10am. Michael Griffiths and Amelia Ryan celebrate the songbooks of Aussie icons. From their humble small-town beginnings to world domination in sequins and jumpsuits, revisit all their sing-along classics. Please contact the Pilbeam Theatre to book – 4927 4111 or <a href="http://www.seeitlive.com.au">www.seeitlive.com.au</a>
<b>Wednesday 9<sup>th</sup> October 10:00am</b> Online	<b>Online Exercise Class – Building Strength</b> Third Age Fitness is running online exercise classes for people who have mobility or accessibility issues and cannot attend face to face events. “We want to show you how easy it can be to exercise and stay fit and healthy from the comfort of home.” Please register and find out more information via <a href="https://bit.ly/seniorsfest24">https://bit.ly/seniorsfest24</a> it’s FREE! (during seniors’ month)
<b>Friday 11<sup>th</sup> October</b> North Rockhampton Senior Citizens Club	<b>Day Trip down to the Gladstone District</b> We will be visiting the Calliope Heritage Markets where we will have morning tea, visit the Aqua Centre based at Awoonga Dam and then have a 2-course luncheon at the Harvey Road Tavern. The cost is \$75.00 per person which includes membership, if you’re not already a member, and all the above. For more information, to book a spot and organise payment please contact the club on 4928 2320. Bookings and payments are required by Tuesday 24 September.
<b>Monday 14<sup>th</sup> October 9:30am – 12:00pm</b> Gracemere Library, 1 Ranger Street Gracemere	<b>Financial Information Sessions: Aged Care Fees &amp; Chargers</b> Free Financial information sessions, presented by a representative from Services Australia. Enquiries: 4936 8043



WHEN & WHERE	EVENT
<p><b>Tuesday 15<sup>th</sup> October 9:30am</b> Online</p>	<p><b>Online Exercise Class – Better Balance</b> Third Age Fitness is running online exercise classes for people who have mobility or accessibility issues and cannot attend face to face events. “We want to show you how easy it can be to exercise and stay fit and healthy from the comfort of home.” Please register and find out more information via <a href="https://bit.ly/seniorsfest24">https://bit.ly/seniorsfest24</a> it’s FREE! (during seniors’ month)</p>
<p><b>Tuesday 15<sup>th</sup> October 9:30am – 12:00pm</b> Rockhampton Southside Library, 230 Bolsover Street Rockhampton</p>	<p><b>Author Talk with Peter Lewis</b> Local author and naturopath Peter Lewis will launch three books – <i>Finding better health: Concise naturopathic healthcare</i> and a children’s picture book <i>Benny’s surprise birthday party</i>. Bookings: 4936 8043</p>
<p><b>Tuesday 15<sup>th</sup> October 4:00pm – 5:00pm</b> Gracemere Library, 1 Ranger Street Gracemere</p>	<p><b>Origami Club</b> Transform a piece of paper into something imaginative each month at this free, inclusive activity. Enquiries: 4936 8043</p>
<p><b>Thursday 17<sup>th</sup> October 10:30am – 12:00pm</b> Rockhampton Southside Library, 230 Bolsover Street Rockhampton</p>	<p><b>Financial Information Sessions: Disability &amp; Carer Payments</b> Free Financial Information sessions, presented by a representative from Services Australia. Enquiries: 4936 8043</p>
<p><b>Friday 18<sup>th</sup> October</b> North Rockhampton Senior Citizens Club Bauhinia House, Corner Berserker and High Street</p>	<p><b>Seniors Luncheon</b> Morning tea and a 2-course luncheon with ‘Sing Australia’ providing entertainment. Cost is \$10.00 per person and carers are free. There is plenty of off-street parking and easy access into the hall. For more information and bookings, please contact the club on 4928 2320 and if unattended please leave a message.</p>
<p><b>Friday 18<sup>th</sup> October 4:00pm – 5:00pm</b> Gracemere Library, 1 Ranger Street Gracemere</p>	<p><b>Origami Club</b> Fold, twist, crinkle and turn a piece of paper into something special at Origami Club each month. Enquiries: 4936 8043</p>
<p><b>Tuesday 22<sup>nd</sup> October 10:00am – 11:30am</b> Rockhampton Northside Library, 154 Berserker Street, Berserker</p>	<p><b>Quizzical Trivia</b> Try your hand at trivia and meet new people at the library. No bookings required – just turn up for a morning of fun. Enquiries: 4936 8043</p>
<p><b>Tuesday 22<sup>nd</sup> October 10:30am – 11:30am</b> Gracemere Library 1 Ranger Street Gracemere</p>	<p><b>Cake Club</b> Enjoy a cuppa – and eat cake at the very welcoming Cake Club at the Library. Enquiries: 4936 8043</p>





WHEN & WHERE	EVENT
<p>Friday 25<sup>th</sup> October 10:00am Online</p>	<p><b>Online Exercise Class – Dance Party</b>            Third Age Fitness is running online exercise classes for people who have mobility or accessibility issues and cannot attend face to face events. “We want to show you how easy it can be to exercise and stay fit and healthy from the comfort of home.”            Please register and find out more information via <a href="https://bit.ly/seniorsfest24">https://bit.ly/seniorsfest24</a> it’s FREE! (during seniors’ month)</p>