

GOLD COAST EVENT GUIDE



Seniors Month 2021

1 – 31 OCTOBER 2021

Seniors Month is about celebrating the efforts, achievements and contributions seniors make to our city every day.

Online calendar at cityofgoldcoast.com.au/seniorsmonth



CITY OF
GOLDCOAST.

MAYOR'S MESSAGE



Our much-loved seniors will have a lot more to celebrate this year with our traditional Seniors Week now being extended to become Seniors Month.

The theme, *Social Connections*, is important given the challenges of the global health pandemic on our ability to meet, socialise and interact.

During the month-long celebration (1-31 October), there will be a suite of free and low-cost events and activities for people of all ages and abilities.

As Mayor, I'm a proud senior citizen now and encourage others to get out and enjoy our beautiful parks, foreshores, beaches and nature trails.

The month-long calendar has free Walk-With-Me events, helping seniors learn more about how to care for your dog.

Another important event is the free safety sessions for seniors, providing tips for staying safe in your home and the community.

This year, I'm pleased to introduce the coast's first purpose-built Seniors Garden. This exciting new

initiative, jointly funded with the State Government, is a safe and accessible space for seniors to meet, connect with nature and explore the great outdoors. The gardens are located in Broadbeach and include a sensory space, 'Friendly Bench' seat and a giant xylophone.

Throughout the year, we help seniors in many ways including pensioner rate rebates, active ageing activities for people aged 50 years and over, free bus travel for seniors and veterans, our popular Council Cab service as well as free dog registration.

It's all on the City's website:
cityofgoldcoast.com.au/seniors

See you in October.

**TOM TATE
MAYOR**



KEY

N North **C** Central **S** South **BR** Bookings required

Online calendar available at
cityofgoldcoast.com.au/seniorsmonth



Note: Due to current COVID-19 restrictions some events may be cancelled or changed. Check directly with the event provider for details.

Free activities during the whole month of October!

S

9am – 2pm

Palm Beach Share N Care Centre

31 Tenth Avenue, Palm Beach

P 07 5535 6444

E coo@palmbeachshareandcare.com.au

Free



FRIDAY 1 OCTOBER

Tai Chi

N

8.30am – 9.30am
Available every Friday

Active & Healthy

A qualified instructor will guide you through a series of movements to help promote harmony, improve mobility and suppleness, and increase mental alertness. **Free**

Paradise Point Parklands,
The Esplanade, Paradise Point

P 0432 951 228

GetConnex

C

10am – 12pm
Weekly every Tuesday and Friday during Seniors Month

BR

Lynne Richardson
Community Centre

Learn how to surf the internet safely, Facebook, smartphones, laptops. Bring your own device. **Free**

Eastern Building,
2A Gidgee Court, Molendinar

P 07 5597 5622

E contact.lrcc@gmail.com

Balance and memory in motion

C

BR

12pm – 1pm
Available every Friday

Active & Healthy

This unique class improves balance, coordination, brain-body connection, memory and fitness. You can sit, stand and rest as much as you need. **\$4**

Mermaid Beach Community Centre,
2439 Gold Coast Highway,
Mermaid Beach

P 0403 163 201

Growing stronger

C

BR

12pm – 1pm
Available every Friday

Active & Healthy

Looking to maintain independence and enhance your well-being? This class provides structured exercises for seniors with chronic health conditions or mobility concerns. Class offers modifications and are taken at your pace - aids such as chairs and bars can be used if required. **\$5**

Nerang Bicentennial Centre,
833 Southport Nerang Road,
Nerang

P 0418 189 389

SATURDAY 2 OCTOBER

Tai Chi



8am – 9am
Available every Saturday

Active & Healthy

A qualified instructor will guide you through a series of movements in these free classes to help promote harmony, improve mobility and suppleness, and increase mental alertness. **Free**

Northern venue

Ruffles Road Reserve,
Ruffles Road, Willow Vale

P 0468 485 097

Central venue

Silver Bridle Park,
corner Macquarie and Blaxland
Avenue, Molendinar

P 0468 485 097



Walk with me

ACTIVE PETS ARE HEALTHY PETS

These free events are the 'pawfect' opportunity to learn more about your pooch, get active, and meet new people. Pet experts will be available to offer tips and advice for your furry friend.

Be sure to dress up for our Halloween themed event on 31 October. The best dressed dog will be awarded a prize!

Keep up to date with any changes to these events or find more sessions at a park near you on our event calendar cityofgoldcoast.com.au/eventsview



MONDAY 4 OCTOBER

Move strong



7am – 8am
Available every Monday

Active & Healthy

Designed and led by an accredited exercise scientist, this holistic program incorporates resistance training, Pilates, cardio and more. A great workout which enhances balance, coordination, cardiovascular health and muscular strength. **\$3**

Abbott Park,
Parkwood Boulevard, Parkwood

P 0414 750 083

Water therapy/exercise



12pm – 12.45pm
Available every Monday

Active & Healthy

Low intensity exercises in outdoor heated pool to support physical wellbeing, promote relaxation, reduce stress and relieve pain. Suitable for people with disability or mobility concerns. **\$5**

Gold Coast Aquatic Centre
Marine Parade,
Southport

P 07 5582 8282

Chess and table tennis



9am – 2pm
Weekly every Monday and
Friday during Seniors Month

Lynne Richardson Community Centre

Exercise your brain with chess and your body with table tennis. Get active! **\$2**

Your Park,
2A Gidgee Court, Molendinar

P 0411 520 833

E contact.lrcc@gmail.com

Yoga



9.30am – 10.30am
Available every Monday

Active & Healthy

Relax and restore in this gentle yoga class that will help you develop body awareness and focus. Mild movements which focus on stretching and breathing. Great for beginners. **\$4**

Ormeau Community Centre,
3 Cuthbert Drive, Ormeau

P 0415 753 930

TUESDAY 5 OCTOBER

Ashmore Men's Shed



7am – 10am

Gold Coast Aquatic Centre

Learn about the Ashmore Men's Shed, a community organisation with a particular focus on men's mental health and well-being. Learn more about the club, meet shed members, and see some of their work. **Free**

Marine Parade, Southport

P 0481 408 881

E publicofficer@ashmoremensshed.org

Tai Chi



8am – 9am

Available every Tuesday

Active & Healthy

A qualified instructor will guide you through a series of movements to help promote harmony, improve mobility and suppleness, and increase mental alertness. **Free**

Gold Coast Regional Botanic Gardens
230 Ashmore Road,
Benowa

P 0432 951 228



Get your groove on



9am – 10am

Available every Tuesday



Active & Healthy

An intergenerational dance class for the young at heart, and children two to five years. A playful, creative and fun dance experience run in conjunction with the 60 and Better Program. All seniors welcome. **Free**

Eleventh Avenue Community Space
Eleventh Avenue, Palm Beach

P 0430 304 083

Aqua fitness



9.45am – 10.30am

Available every Tuesday

Active & Healthy

Impact free aqua fitness class designed to improve balance, agility, posture, flexibility and core strength. Suitable for beginners. **\$5**

Nerang Aquatic Centre
Martin Street, Nerang

P 07 5578 1976

WEDNESDAY 6 OCTOBER

Fitness, games and morning tea



8am – 10.30am



PCYC Gold Coast

Come and enjoy games including trivia, bingo and a scavenger hunt as well as fitness activities and morning tea. **Free**

180 Monaco Street,
Broadbeach Waters

P 07 5538 5201

E linda.baade@pcyc.org.au

Stay active



9.30am – 10.30am

Available every Wednesday



Active & Healthy

Class includes various muscle strengthening and cardiovascular exercises combined with elements of balance and functional strength, and they're fun! **\$4**

Tugun Village Community Centre
414 Coolangatta Road,
Tugun

P 0413 708 903

Seniors safety session



1.15pm – 3.15pm



City of Gold Coast

Learn strategies on how to stay safer at home and in the community. Topics include personal safety, home and vehicle security, how to recognise scams and keeping cyber safe. Presenters from the Queensland Police Service and the Office of Fair Trading. **Free**

Labrador Community Centre
57 Billington Street,
Labrador

P 07 5581 6642

W cityofgoldcoast.com.au/cityconnect



THURSDAY 7 OCTOBER

Ashmore Men's Shed



7am – 10am

Gold Coast Aquatic Centre

Learn about the Ashmore Men's Shed, a community organisation with a particular focus on men's mental health and well-being. Learn more about the club, meet shed members, and see some of their work. **Free**

Marine Parade,
Southport

P 0481 408 881

E publicofficer@ashmoremensshed.org

General yoga



7.30am – 8.30am

Available every Thursday

Active & Healthy

Build strength and flexibility while flowing through traditional yoga poses. Perfect for all skill levels – including beginners. **\$5**

Kirra Hill Community Centre
1 Garrick Street,
Coolangatta

P 0431 054 311

Probus Day Celebration Morning Tea



BR

10am – 12pm

Gold Coast Sports and Leisure Centre

Morning tea and entertainment to celebrate the fun, friendship and fellowship of Gold Coast Probus Clubs. **\$15**

296 Nerang Broadbeach Road,
Carrara

P 0400 989 983

E goldcoastpdc@gmail.com

Rock n Roll dance lessons and social dancing



7pm – 10pm

Coast to Coast Rock n Roll

Enjoy rock'n'roll dancing designed for seniors as well as line dancing. Great for mind and body. **\$10**

Parkwood Community Centre,
175 Napper Road,
Arundel

P 0402 401 081

E ctocrocknroll@dodo.com.au

FRIDAY 8 OCTOBER

Growing stronger



BR

7.30am – 8.30am

Available every Friday

Active & Healthy

Looking to maintain independence and enhance your well-being? This class combines education and exercise to improve balance, flexibility, strength and coordination. Provides structured exercises for seniors with chronic health conditions or mobility concerns. Class offers modifications and are taken at your pace - aids such as chairs and bars can be used if required. **\$5**

Upper Coomera Centre
90 Reserve Road, Upper Coomera

P 0418 189 389

Short story writers workshop



BR

11.30am – 1.30pm

Village Community Services

Author Edwina Shaw will nurture creative writing skills to help you relax and focus. **Free**

87 Village Way, Oxenford

P 0416 055 133

E cdo@studiovillage.com.au

Stay active



BR

7.45am – 8.45am

Available every Friday

Active & Healthy

Class includes various muscle strengthening and cardiovascular exercises combined with elements of balance and functional strength, and they're fun. **\$4**

Marj Shipman Community Hall
119 Hansford Road, Coombabah

P 0403 163 201

Probus birthday celebration



11am – 3pm

Varsity Lakes Probus Club

Picnic in the park with friends to share fun and friendship. BYO chairs, food and drinks – barbecues available for use. Look for the Probus colours – yellow and blue balloons. **Free**

Cascade Gardens,
2730 Gold Coast Highway,
Broadbeach

P 0481 159 109

E valerieann124@gmail.com

MONDAY 11 OCTOBER

Tai Chi

N

9am – 10am

BR

Village Community Services

A class for all levels. Instructor from Bodhi Chan Meditation Centre. Move and rejuvenate. **Free**

87 Village Way, Oxenford

P 0416 055 133

E cdo@studiovillage.com.au

Taking control of your health care journey

C

10am – 11am

BR

Nerang Library

Learn more about how to work with healthcare providers to get the care that is right for you. Presented by members of Gold Coast Hospital and Health Service Staff and members of the Gold Coast Health Consumer Advisory Group. **Free**

Corner of White and Price Street, Nerang

W cityofgoldcoast.com.au/libraryevents

Protect yourself against scams

S

3pm – 4pm

C

City of Gold Coast

BR

Join us for this free online safety webinar at either Elanora or Southport Library as part of Seniors Month. **Free**

Elanora Library

The Pines shopping centre, Guineas Creek Road, Elanora

Southport Library

Corner Garden and Lawson Street, Southport

W cityofgoldcoast.com.au/libraryevents

Deep water running

C

9.30am – 10.15am

Available every Monday

Active & Healthy

Beginner classes perfect for those with injuries or limitations. Work out and enjoy mobility without any worry of strain or injury. **\$5**

Somerset College Pool
Somerset Drive, Mudgeeraba

P 0410 656 197

TUESDAY 12 OCTOBER

Move strong

C

9.15am – 10.15am

Available every Tuesday

BR

Active & Healthy

Designed and led by an accredited exercise scientist, this holistic program incorporates resistance training, Pilates, cardio and more. A great workout which enhances balance, coordination, cardiovascular health and muscular strength. Meet in park area opposite Robert Street. **\$3**

Len Fox Park
Marine Parade, Labrador

P 0414 750 083

Deep water running

C

12pm – 12.45pm

Available every Tuesday

Active & Healthy

Beginner classes perfect for those with injuries or limitations. Work out and enjoy mobility without any worry of strain or injury. **\$5**

Gold Coast Aquatic Centre
Marine Parade, Southport

P 07 5582 8282

Growing stronger

S

10am – 11am

Available every Tuesday

BR

Active & Healthy

Looking to maintain independence and enhance your well-being? This class combines education and exercise to improve balance, flexibility, strength and coordination. Provides structured exercises for seniors with chronic health conditions or mobility concerns. Class offers modifications and are taken at your pace – aids such as chairs and bars can be used if required. **\$4**

Burleigh Waters Community Centre
111 Christine Avenue
Burleigh Waters

P 0435 003 067

Online self-care and well-being workshop

BR

5.30pm – 7.30pm

City of Gold Coast

An online workshop presented by Lifeline to explore the importance of seeing ourselves as worthy of the same care and compassion we show others. **Free.**

P 07 5581 6642

W cityofgoldcoast.com.au/cityconnect

Southern Gold Coast Art and Craft Show

S

10am - 2pm
Every weekday from
11 to 22 October

U3A

Enjoy our free art and craft show from 11 to 22 October during weekdays at the beautiful Kirra Hill Community Centre. **Free**

Kirra Hill Community Centre
1 Garrick Street, Coolangatta
P 07 5534 7333

Free activities during the whole month of October!

S

9am – 2pm

Palm Beach Share N Care Centre

31 Tenth Avenue, Palm Beach
P 07 5535 6444

E coo@palmbeachshareandcare.com.au

Free



Online safety webinars for seniors

Selected libraries will host online safety webinars for seniors during Seniors Month.

Topics include:

- Protect Yourself Against Scams
- How to Use Public Data and Wi Fi
- Staying Safe on Facebook

Bookings are essential.

To book visit cityofgoldcoast.com.au/libraryevents

Get Online Week



From October 18-24 Get Online Week will see thousands of local events take place hosted by community organisations all over Australia.

Sessions will include:

- Introduction to Be Connected
- Introduction to Online Library Services
- Games for Basic Online Skills

Bookings are essential and sessions will be delivered at selected libraries.

For more information or to book, visit cityofgoldcoast.com.au/libraryevents or speak to our friendly staff for details.

WEDNESDAY 13 OCTOBER

Author series: Heather Morris

C

BR

1.30pm – 2.30pm

Robina Library

With 8 million copies of her books sold worldwide, now is your chance to meet best-selling author Heather Morris! Her latest book *Three Sisters* is sure to be just as popular as *The Tattooist of Auschwitz*. **Free**

196 Robina Town Centre Drive, Robina

W cityofgoldcoast.com.au/libraryevents

Stay active

N

BR

8.30am – 9.30am
Available every Wednesday

Active & Healthy

Class includes various muscle strengthening and cardiovascular exercises combined with elements of balance and functional strength, and they're fun! **\$5**

Helensvale Community Centre
31-37 Discovery Drive, Helensvale

P 0418 189 389

Tai Chi

C

10.30am – 11.30am
Available every Wednesday

Active & Healthy

A qualified instructor will guide you through a series of movements to help promote harmony, improve mobility and suppleness, and increase mental alertness. Meet on the Riverside Green area behind the outdoor stage. **Free**

HOTA Parklands
135 Bundall Road, Surfers Paradise

P 0400 335 645



Celebrating Seniors Month across the Gold Coast

This October is Seniors Month and Gold Coast Libraries have an action-packed month ahead to celebrate.

We have renowned author Judy Nunn visiting us virtually from her home in NSW to a live audience, a classic movie session that will have us 'Singin' in the Rain', a range of online safety webinars and much, much more!

All sessions are free but bookings are essential.

To book visit cityofgoldcoast.com.au/libraryevents

Gold Coast Libraries



THURSDAY 14 OCTOBER

Growing stronger

7am – 8am
Available every Thursday



Active & Healthy

Looking to maintain independence and enhance your well-being? This class provides structured exercises for seniors with chronic health conditions or mobility concerns. Class offers modifications and are taken at your pace - aids such as chairs and bars can be used if required. **\$4**

Labrador Community Centre
57 Billington Street, Labrador

P 0403 163 201

Rock n Roll dance lessons and social dancing

7pm – 10pm

Coast to Coast Rock n Roll

Enjoy rock'n'roll dancing designed for seniors as well as line dancing. Great for mind and body. **\$10**

Parkwood Community Centre,
175 Napper Road, Arundel

P 0402 401 081

E ctocrocknroll@dodo.com.au

How to use public data and Wi Fi

10am – 11am

City of Gold Coast

Join us for this free online safety webinar at either Robina or Runaway Bay Library as part of Seniors Month. **Free**

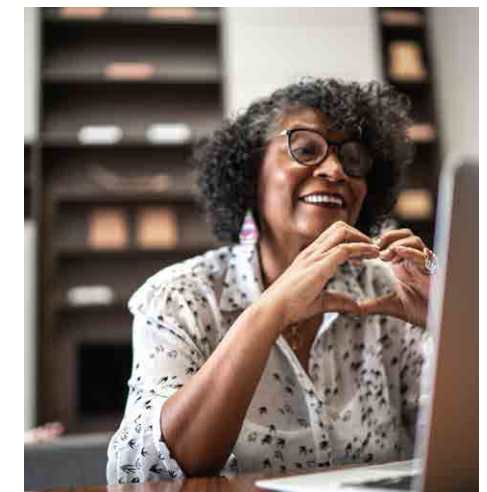
Robina Library

196 Robina Town Centre Drive,
Robina

Runaway Bay Library

Lae Drive, Runaway Bay

W cityofgoldcoast.com.au/libraryevents



FRIDAY 15 OCTOBER

Learn more about your Apple device

C

BR

9.30am – 10.30am

Gold Coast Seniors On The Net

Join our open forum for Apple devices. Tutors available. **Free**

3/47 Nerang Street, Southport

P 0478 278 202

Scams: How to arm yourself and your devices from cyber criminals

C

BR

11.30am – 12.30pm

Gold Coast Seniors On The Net

Join us to learn more about cyber safety. **Free**

3/47 Nerang Street, Southport

P 0478 278 202

Mindfulness and meditation

N

BR

1pm – 2pm

Village Community Services

A class for all levels. Instructor from Bodhi Chan Meditation Centre. Relax and cultivate mindfulness. **Free**

87 Village Way, Oxenford

P 0416 055 133

E cdo@studiovillage.com.au

Learn more about your Android device

C

BR

1.30pm – 2.30pm

Gold Coast Seniors On The Net

Join our open forum for Android and other devices that use Windows operating system. Tutors available. **Free**

3/47 Nerang Street, Southport

P 0478 278 202

Technology trivia

C

BR

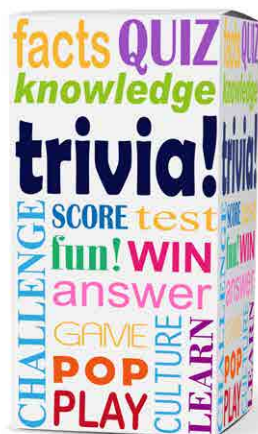
3.30pm – 4.30pm

Gold Coast Seniors On The Net

Join us for technology trivia! Prizes to be won. **Free**

3/47 Nerang Street, Southport

P 0478 278 202



SATURDAY 16 OCTOBER

Gold Coast open house

BR

Saturday 16 and
Sunday 17 October

10am – 3pm

Various Gold Coast spaces, places, and buildings will take visitors behind the scenes. Open House is an international movement which makes extraordinary architecture accessible to the public. Join us! **Free**

E info@goldcoastopenhouse.com.au

SUNDAY 17 OCTOBER

Guide Dogs Queensland doggy day out at Dogs on the Green

C

BR

9am – 1pm

Guide Dogs Queensland

Bring your dog along for a fun day out! Socialise with other dogs and support Guide Dogs Queensland at the community market for dog lovers, Dogs on the Green. **Free**

Benowa State School,
314-358 Benowa Road, Benowa

P 0429 624 271

E K.Higgins@guidedogsqld.com.au

MONDAY 18 OCTOBER

Taking control of your health care journey

C

BR

10am - 11am

Southport Library

Information to assist you with understanding your shared-care health journey. Learn more about how to work with healthcare providers to get the care that is right for you. **Free**

Corner of Garden and Lawson Street, Southport

W cityofgoldcoast.com.au/
libraryevents

Ageing well: past, present and future

C

BR

1pm – 2pm

Nerang Library

Since ancient times, people have thought about ageing, and ways to age well. Now, at a time when people are living longer, the question of how to age well, with meaning, is more pertinent than ever. This talk, presented by Dr Nancy Pachana, will discuss the latest science on ageing well and maintaining physical, mental, and social wellbeing. **Free**

Corner of White and Price Street, Nerang

W cityofgoldcoast.com.au/
libraryevents

TUESDAY 19 OCTOBER

Aqua fitness



8.30am – 9.30am
Available every Tuesday

Active & Healthy

Impact free aqua fitness class designed to improve balance, agility, posture, flexibility and core strength. Suitable for beginners. **\$3.90**

Tallebudgera Leisure Centre
1525 Gold Coast Highway,
Palm Beach

P 07 5669 2100

Growing stronger



8.30am – 9.30am
Available every Tuesday



Active & Healthy

Looking to maintain independence and enhance your wellbeing? This class combines education and exercise to improve balance, flexibility, strength and coordination. There will be structured exercises for seniors with chronic health conditions or mobility concerns. The class can be modified and is taken at your pace - aids such as chairs and bars can be used if required. **\$3**

Banksia Hall
27 Crescent Avenue, Hope Island

P 0418 189 389

Classic movie session: Singin' in the Rain



10.30am – 12pm

Helensvale Library

Celebrate Seniors Month with a free movie! Bring your friends and enjoy the toe-tapping classic 'Singin' in the Rain'. Helensvale Auditorium is state-of-the-art and you will enjoy an incredible cinema experience. **Free**

Corner of Lindfield Road and
Sir John Overall Drive, Helensvale

W [cityofgoldcoast.com.au/
libraryevents](http://cityofgoldcoast.com.au/libraryevents)

Gentle yoga



6.45pm – 7.45pm
Available every Tuesday

Active & Healthy

Relax and restore in this gentle yoga class that will help you develop body awareness and focus. Mild movements which focus on stretching and breathing. Great for beginners. **\$5**

Parkwood Arundel Community
Centre
175 Napper Road, Arundel

WEDNESDAY 20 OCTOBER

Let's get connected!



9.30am – 12.30pm



Australian Chinese Women's Federation

A range of activities to enjoy and connect with others - seniors culture fashion show, learn digital skills, performances, morning tea and lucky door prizes. **\$15**

C3 Church, 20 Bonogin Road,
Mudgeeraba

P 0467 203 517

E ping.acwf@gmail.com

Croquet connects to the community



10am – 2pm



Southport Croquet Club

Come and try croquet! Free coaching by qualified coaches, as well as fun games and music. Catering provided. **Free**

1 Queen Street, Southport

P 07 5531 4720

E southport@croquetqld.org

Understanding wills and estates



10am – 11am



Runaway Bay Library

Information about wills and estates, including drafting wills and power of attorneys. Have your questions answered by an accredited professional from Attwood Marshall Lawyers.

Free

Lae Drive, Runaway Bay

W [cityofgoldcoast.com.au/
libraryevents](http://cityofgoldcoast.com.au/libraryevents)



THURSDAY 21 OCTOBER

Seniors heritage day

C

10am – 1pm

BR

Gold Coast Hinterland
Heritage Museum

Join us for a delicious Devonshire tea and learn more about the history and heritage of the Hinterland area. **\$5**

238 Mudgeeraba Road, Mudgeeraba

P 0407 694 653

E anne@panitz.com.au

Move Strong on the mat

C

9am – 10am

Available every Thursday

BR

Active & Healthy

Designed and led by an accredited exercise scientist, this is a program with a Pilates feel. Incorporates resistance training, cardio and more. A unique and rewarding fitness experience. **\$3.**

Gold Coast Regional Botanic
Gardens

230 Ashmore Road, Ashmore

P 0414 750 083

Rock n Roll dance lessons and social dancing

C

7pm – 10pm

Coast to Coast Rock n Roll

Enjoy rock'n'roll dancing designed for seniors as well as line dancing. Great for mind and body. **\$10**

Parkwood Community Centre,
175 Napper Road, Arundel

P 0402 401 081

E ctocrocknroll@dodo.com.au



FRIDAY 22 OCTOBER

Gentle Yoga

S

6am – 7am

Available every Friday

Active & Healthy

Relax and restore in this gentle yoga class that will help you develop body awareness and focus. Mild movements which focus on stretching and breathing. Great for beginners. **\$4**

Queen Elizabeth Park

The Esplanade, Coolangatta

P 0404 895 985

Centrelink and Alzheimer's Queensland talk

N

BR

11am – 1pm

Village Community Services

An opportunity to receive first-hand information from Centrelink and skills to identify Alzheimer's. **Free**

87 Village Way, Oxenford

P 0416 055 133

E cdo@studiovillage.com.au

Active balance and memory in motion

C

10.30am – 11.30am

Available every Friday

BR

Active & Healthy

Learn to improve your balance, coordination, brain-body connection, memory and fitness. This unique class incorporates gentle movement through play, left and right movement patterns and memory skills to help you live well. You can sit, stand and rest as much as you need. **\$4**

Mermaid Beach Community Centre
2439 Gold Coast Highway,
Mermaid Beach

P 0403 163 201



SATURDAY 23 OCTOBER

Document secure disposal day



9am – 12pm

Gold Coast District Neighbourhood Watch

Bring your unwanted paper-based documents and X-rays to securely dispose them for a gold coin donation. Proceeds go towards supporting the Gold Coast District Neighbourhood Watch group. **\$2**

Collyer Quays, Robina
(adjacent to Event Cinemas,
Robina Town Centre)
P 0408 841 306

Free activities during the whole month of October!



9am – 2pm

Palm Beach Share N Care Centre

31 Tenth Avenue, Palm Beach
P 07 5535 6444
E coo@palmbeachshareandcare.com.au
Free



SUNDAY 24 OCTOBER

Walk with me – active pets



8am – 9.30am

City of Gold Coast

A 'pawfect' opportunity to get active and learn more about your pooch from pet experts. **Free**

James Overell Park,
Brighton Parade, Southport

P 07 5667 5990
E loveyourpet@goldcoast.qld.gov.au

Gold Coast District Orchid Society



12.30pm – 3.30pm

Southport Community Centre

Orchids on display for judging and sales at our general meeting. **Free**

6 Lawson Street, Southport

P 0487 648 307
E gcorchidsociety@outlook.com



MONDAY 25 OCTOBER

Taking control of your health care journey



10am – 11am

Robina Library

Information to assist you with understanding your shared-care health journey. Learn more about how to work with healthcare providers to get the care that is right for you.

Presented by members of Gold Coast Hospital and Health Service Staff and members of the Gold Coast Health Consumer Advisory Group. **Free**

196 Robina Town Centre Drive,
Robina

W cityofgoldcoast.com.au/libraryevents

An afternoon at the movies



1pm – 3pm

Coolangatta Senior Citizens Centre

Enjoy the film 'Top End Wedding' with us. Snacks and refreshments provided. **Free**

2 Gerrard Street, Coolangatta

P 07 5536 4050
E coordinator@coolangattaseniors.com.au

Senior citizens centre open week



11am – 3pm

Everyday from 25 to 29 October

Coolangatta Senior Citizens Centre

Learn more about our centre. Enjoy various activities during the open week, including information tables, craft displays and local café tastings. Light refreshments available. **Free**

2 Gerrard Street, Coolangatta

P 07 55364 050
E coordinator@coolangattaseniors.com.au

Seniors safety session



1pm – 3pm

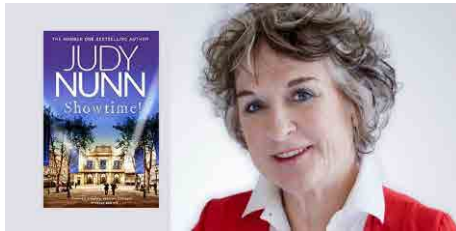
City of Gold Coast

Learn strategies on how to stay safer at home and in the community. Topics include personal safety, home and vehicle security, how to recognise scams and keeping cyber safe. Presenters from the Queensland Police Service and the Office of Fair Trading. **Free**

Robina Community Centre
1 San Antonio Court, Robina

P 07 5581 6642
W cityofgoldcoast.com.au/cityconnect

MONDAY 25 OCTOBER



Author series: Judy Nunn



2pm – 3pm

Robina Library

Popular author and actress Judy Nunn had planned to be here in person, but instead will be Zooming in from her NSW home. You will be part of a LIVE audience to hear Judy talk about her latest book, *Showtime*. This bestselling novel will take you from the cotton mills of England to the magnificent theatres of Melbourne, on a journey through the golden age of Australian showbusiness. **Free**

196 Robina Town Centre Drive, Robina

W cityofgoldcoast.com.au/libraryevents

TUESDAY 26 OCTOBER

Staying safe on Facebook



10am – 11am

City of Gold Coast

Join us for this online safety webinar at either Elanora or Helensvale Library as part of Seniors Month. **Free**

Elanora Library

The Pines shopping centre, Guineas Creek Road, Elanora

Helensvale Library

Corner of Lindfield Road and Sir John Overall Drive Helensvale

W cityofgoldcoast.com.au/libraryevents

Pallet art workshop



11am – 2pm

Village Community Services

Pallet workshop for all levels. Limited places available. **\$10**

87 Village Way, Oxenford

P 0416 055 133

E cdo@studiovillage.com.au

WEDNESDAY 27 OCTOBER

Seniors Month Expo



9.30am – 2pm

Palm Beach Share N Care Centre

A seniors expo with a variety of information available. **Free**

31 Tenth Avenue, Palm Beach

P 07 5535 6444

E coo@palmbeachshareandcare.com.au

Walk for justice for Gold Coast seniors



9.30am – 11am

Broadwater Parklands

Join the Gold Coast Community Legal Centre to walk for justice for our senior citizens and enjoy our local surroundings.

Walk will be 1.3 kilometres long, starting at Fisherman's Lawn (near North Street and Broadwater Tourist Park). Finish will be at the Great Lawn (near Nerang Street and the Porch Stage).

Financial protection information for seniors will be available. **Free**

Marine Parade, Southport

P 0413 375 106

E marilyn@gcclc.org.au

THURSDAY 28 OCTOBER

Gold Coast Seniors Health and Lifestyle Expo



9am – 1pm

Southport Community Centre

Free information and education for seniors. Includes free eyesight and hearing checks, Justice of the Peace available, seniors travel information, legal advice, vision and mobility aids, financial planners and more! **Free**

6 Lawson Street, Southport

P 0409 277 430

Rock n Roll dance lessons and social dancing



7pm – 10pm

Coast to Coast Rock n Roll

Enjoy rock'n'roll dancing designed for seniors as well as line dancing. Great for mind and body. **\$10**

Parkwood Community Centre, 175 Napper Road, Arundel

P 0402 401 081

E ctocrocknroll@dodo.com.au

FRIDAY 29 OCTOBER

Active & connected Gold Coast seniors



9.30am – 2.30pm

The Migrant Centre

Join us to build new friendships, try out a Slow Flow gentle exercise class, and take home some of your crafty handiworks. Light refreshments will be provided.

Free

370 Marine Parade, Labrador

P 07 5591 7261

E admin@migrantcentre.org

Senior citizens centre open week



11am – 3pm

Coolangatta Senior Citizens Centre

Learn more about our centre. Enjoy various activities during the open week, including information tables, craft displays and local café tastings. Light refreshments available. **Free**

2 Gerrard Street, Coolangatta

P 07 55364 050

E coordinator@coolangattaseniors.com.au

SATURDAY 30 OCTOBER

International dance night



6.30pm – 10pm

Coolangatta Senior Citizens Centre

Dance night with live new vogue sequence dance music by the Tony Gilbert Sound. Wear your best international costume. Complimentary drink and snack on arrival, BYO event. **\$15**

2 Gerrard Street, Coolangatta

P 0417 389 650

E coordinator@coolangattaseniors.com.au



SUNDAY 31 OCTOBER

Walk with me – active pets



8am – 9.30am

City of Gold Coast

Halloween fancy dress theme. A 'pawfect' opportunity to get active and learn more about your dog from pet experts. A best dressed prize will be given to a beloved pooch on the day. **Free**

Albert Park, Monaco Street,
Broadbeach Waters

P 07 5667 5990

E loveyourpet@goldcoast.qld.gov.au



Gran Slam Live at HOTA



2pm – 3.30pm

Everybody Now

A wild bunch of free-wheeling wordsmiths of wisdom between 65 and 99 years young, are hitting the stage for an afternoon of slam poetry with a difference.

Hosted by award-winning comedian Jenny Wynter, Gran Slam Live stars a razor-sharp collective of poets, who will battle it out to take home a cash and publishing prize.

Presented by HOTA, Home of the Arts, as part of FIRESIDE and Bleach* Festival. **\$25**

135 Bundall Road,
Surfers Paradise

P 07 5588 4000

We offer a wide variety of activities and events for seniors on the Gold Coast

For more information visit cityofgoldcoast.com.au/seniors

Active & Healthy

Physical activity is one of the most important things you CAN do to improve your overall quality of life. Not only does regular exercise help improve balance, maintain mobility and strength but it also plays a significant role in the prevention, treatment and management of many chronic health conditions.

Our Active & Healthy classes are all run by supportive, friendly and qualified instructors and each class is designed to improve your:

- body's function, strength and range of movement
- balance and coordination
- bone and muscle development
- social connection and interaction
- mental well-being and happiness

Let age be no barrier! Its time to reconnect with others, join in one of our many Active & Healthy classes and embrace living a happy, healthy lifestyle right here on the Gold Coast.

To find a class near you:

- pick up an Active & Healthy Lifestyle Guide
- call us on **07 5581 7723** to have a Guide sent in the mail
- check out our Active & Healthy online calendar at cityofgoldcoast.com.au/ICAN
- scan the QR Code.



Gold Coast Libraries

Gold Coast Libraries offer a diverse and exciting range of free programs and events for all interests and ages. There's something for everyone.

View our complete range of events and book online at

cityofgoldcoast.com.au/libraryevents

Community Centres

Everyone finds something they love at their local community centre! Whether it's a fitness class, a social group or a performance you attend, you'll usually walk away with more than you expected.

There are over 40 Community Centres from Kirra to Ormeau, so there will be something close to you.

Find out what's on at your local community centre on our website cityofgoldcoast.com.au/communitycentres or give us a call on 07 5667 5986 to find out more.



FOR MORE INFORMATION

P 1300 GOLDCOAST (1300 465 326)
W cityofgoldcoast.com.au/seniorsmonth