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## GOLD 'n' KIDS activities

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**Bad weather or provider availability may impact our program at short notice. Please check Council's website or scan the QR code for up-to-date information before you attend.**

# GOLD Activities

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>ARTS AND CREATIVE</b>						
<b>Australian bush and parrots:</b> Acrylic on canvas board. Gentle lovely tones of ochre and blue create a harmonious peaceful painting to take home.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>	Wear old clothing and an apron.	\$6	Mon 4 Dec	9am-12.30pm	Bookings essential. To book, email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information, phone 07 3379 6963.
<b>Christmas decor:</b> Decorate your home with fabulous handmade boutique items. We will make a Christmas angel, a giant star, some centrepieces and tree ornaments. Using recycled materials, paper and cardboard, everyone who comes to visit will be amazed.	Burnie Brae Centre, Chermside <i>Meet at activity space.</i>		\$6	Tue 5 Dec	1-4pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.
<b>Intro to guitar and drumming:</b> Learn basic chords, guitar strum patterns and play simple drumbeats and rolls to produce rhythms.	Bracken Ridge Hall, Bracken Ridge <i>The meeting room at the back of the hall.</i>	Bring your own guitar (optional).	Free	Wed 15 Nov	9.30-11.30am	Bookings essential. To book, email Dale Voss (dale.v.music@gmail.com). For more information, phone 0422 323 242.
<b>Leather coin purse:</b> If you have always wanted to use leather but didn't know where to start, this is for you. We will make a personalised coin purse, and no sewing is required. This will be a lasting piece made with sustainable, locally sourced Australian leather.	Burnie Brae Centre, Chermside <i>Meet at activity space.</i>		\$6	Tue 7 Nov	1-4pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.
<b>Lino cut shopping bag:</b> Find out how to carve a beautiful design on a shopping bag. Let's get creative. No experience required.	Burnie Brae Centre, Chermside <i>Meet at activity space.</i>		\$6	Sat 22 Jul	1-4pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.
<b>Mandala art:</b> This is a mindfulness exercise in an artwork. Mandalas are paintings in a geometric design that are created as a form of meditation.	Burnie Brae Centre, Chermside <i>Meet at activity space.</i>		\$6	Tue 24 Oct	1-4pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.

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#Cost per person, per session

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Multimedia scrapbooking:</b> Use computers/tablets to compile photos into a showreel, adding music and voice overdub to capture thoughts and memories of the photos on display.	Bracken Ridge Hall, Bracken Ridge <i>The meeting room at the back of the hall.</i>	Bring a laptop/tablet with digital photos.	Free	Wed 13 Sep	9.30-11am	Bookings essential. To book, email Dale Voss ( <a href="mailto:dale.v.music@gmail.com">dale.v.music@gmail.com</a> ). For more information, phone 0422 323 242.
<b>Organic hand scrub:</b> Make a fabulous hand scrub, paint a presentation container and wrap it all up to take home.	Burnie Brae Centre, Chermside <i>Meet at activity space.</i>		\$6	Sat 30 Sep	9.30am-12.30pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.
<b>Paint and chat:</b> Join us for a fun morning of art. We will paint a dimensional artwork with colours of your choice. You can take home your artwork and recreate it using newly learnt techniques. No experience necessary.	Burnie Brae Centre, Chermside <i>Meet at activity space.</i>		\$6	Sat 7 Oct	1-4pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.
<b>Personalised key rings:</b> Do you have a name or a nickname that's hard to find on a key ring? Come along and make your own, using various materials such as leather, metal and an assortment of letter stamps. We will make several key rings that you can take home.	Burnie Brae Centre, Chermside <i>Meet at activity space.</i>		\$6	Tue 15 Aug	1-4pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.
<b>Polymer clay jewellery:</b> Polymer clay is incredibly versatile as a modelling material. After designing and creating your custom pieces, the next step is to finish them off. We will add the jewellery findings like earring hooks and necklace closures, then refine your finished product.	Burnie Brae Centre, Chermside <i>Meet at activity space.</i>		\$6	Tue 22 and 29 Aug	1-4pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.
<b>Pottery wheel funshop:</b> Throw yourself into the fun and engaging world of pottery. Experienced artists will guide you through the techniques of pottery wheel throwing and hand sculpting. Find muscles you never knew you had in this physical and fun activity.	Upper Brookfield State School, Upper Brookfield <i>Meet at old schoolhouse studio.</i>	Wear old clothes and bring an apron and old towel.	\$6	Sat 9 Sep	10am-12 noon	Bookings essential. To book, visit Bazil Grumble ( <a href="http://www.whatson.bazilgrumble.com.au">www.whatson.bazilgrumble.com.au</a> ). For more information, phone 0411 246 487.
				Sat 9 Sep	1-3pm	

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Print it stamp making:</b> Have you ever wanted to have your own design or logo printed on items? Maybe your family crest? In this workshop, translate your vision into a reusable stamp. Choose the size and shape of your stamp and use it on fabrics, paper, wood - the possibilities are endless.	Burnie Brae Centre, Chermside <i>Meet at activity space.</i>		\$6	Tue 26 Sep	1-4pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.
<b>Red birds:</b> Learn to create a different printed background and a simple bird composition using acrylic on canvas.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>	Wear old clothing and bring an apron.	\$6	Mon 10 Jul	9am-12.30pm	Bookings essential. To book, email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information, phone 07 3379 6963.
<b>Shibori dye:</b> Shibori is the Japanese word for a variety of ways to resist-dye textiles. There are countless ways to create the effect. Learn modern and traditional fold-and-twist methods to achieve a uniform dye pattern in traditional indigo colour.	Burnie Brae Centre, Chermside <i>Meet at activity space.</i>		\$6	Tue 17 Oct	1-4pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.
<b>Singing for fun:</b> Come to enjoy singing popular songs as a group.	Bracken Ridge Hall, Bracken Ridge <i>Meet at meeting room at the back of the hall.</i>		Free	Wed 25 Oct	9.30-11am	Bookings essential. To book, email Dale Voss (dale.v.music@gmail.com). For more information, phone 0422 323 242.
<b>Smartphone eco photography:</b> Bring along a smart phone to this eco photography workshop and see nature through a new lens. Seek inspiration from the trees; look high, look low, and look closely at all the patterns mother nature creates naturally. A creative and fun session that will get you moving and observing.	Brisbane Botanic Gardens Mt Coot-tha <i>Meet in front of the Auditorium by three water lily ponds.</i>	Bring a Smartphone.	Free	Sat 14 Oct and 4 Nov	10am-12 noon	Bookings essential. To book, visit Basil Grumble (www.whatson.basilgrumble.com.au). For more information, phone 0411 246 487.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>FITNESS AND STRENGTH</b>						
<b>Belly dance:</b> Gentle dance focused on fitness, coordination, flexibility, relaxation and fun. Suitable for all levels and is taught for multi-level students. Belly dance provides physical, emotional and psychological benefits.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>	Wear comfortable clothing. Bring a belly dance belt if you have one.	Free	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	2-3pm	Bookings essential. To book, email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information, phone 07 3379 6963.
<b>Bollywood fitness:</b> Move to the infectious beats of Bollywood music. Suitable for all abilities.	Twilight Street Park, Kenmore <i>Meet near basketball court.</i>		Free	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	9.15-10.15am	No bookings required. For more information, phone Yoga Forever on 0433 333 829.
<b>Chair fitness:</b> Fun and effective body conditioning class from the comfort of a chair. It aims for graceful ageing, strong core, toning, balance and coordination. Exercise bands are used. Work at your own pace.	Indooroopilly Activity Hub, Indooroopilly <i>Meet at the main hall.</i>	Bring an exercise band.	Free	Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	1-2pm	Bookings essential. To book, email Amazing Fitness Professional (act@amazing-professional.com). For more information, phone 0488 008 555.
	Toowong Community Meeting Place, Josling St, Toowong <i>Meet at the hall.</i>	Bring an exercise band.		Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	11.30am-12.30pm	No bookings required. For more information, phone Jen's Outdoor Gym on 0410 010 316.
<b>Fitness 4 seniors:</b> A combination of cardio, strength and stretching exercises designed to help you increase or maintain your fitness.	Jindalee Boat Ramp Park, Jindalee <i>Meet by playground.</i>	Bring an exercise mat.	Free	Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	10.30-11.30am	No bookings required. For more information, phone Fitness 4 U on 0412 552 885.
	Dorrington Park, Ashgrove <i>Meet near hockey club.</i>			Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	10.30-11.30am	
<b>Flexibility and core conditioning:</b> Increase flexibility throughout your entire body by focusing on static stretches and abdominal exercises designed to strengthen and lengthen muscles, improve posture, increase overall stability and aid in the prevention of injury.	Bulimba Riverside Park, Bulimba <i>Meet next to outdoor gym near the river.</i>	Bring a yoga mat.	Free	Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	9.30-10.30am	Bookings essential. To book, phone Davide on 0413 214 017.

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Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Functional fitness:</b> Movement is fundamental for enjoying an active, fun and healthy life. This program will focus on improving your balance, stability, coordination and strength for healthy ageing.	Drevesen Park, Manly <i>Meet near sea scouts hall.</i>		Free	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	8-9am	Bookings essential. To book, visit Life. Be in it. Funworks (lifebeinitfunworks.com.au/queensland-events/). For more information, phone 0403 221 676.
	Wakerley Park, Wakerley <i>Meet near basketball court.</i>			Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	8-9am	
<b>Gentle fitness:</b> Low-impact workouts suitable for all fitness levels that focus on strength, balance and coordination. Whether you are new to exercise or not, you will have an enjoyable experience and be able to work at your own pace.	The Community Place, Stafford <i>Meet inside the hall.</i>		Free	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	11.30am-12.30pm	Bookings essential. To book, visit The Community Place (bookwhen.com/thecommunityplace). For more information, phone 07 3857 1152.
<b>Gentle fitness:</b> This is a fun gentle exercise class to improve strength, balance, coordination and flexibility. All fitness benefits in one class, for all levels. If needed, you can participate on a chair too.	Our Place Hall, Corner Robinia and Japonica Streets, Inala <i>Meet at the hall.</i>	Bring an exercise band if you have one.	Free	Every Tuesday 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	9-10am	Bookings not required. For more information, phone Jane from Danger Fit on 0408 655 583.
<b>MoveFit:</b> Maintain or increase your fitness with exercises to improve strength, mobility, flexibility and balance in a fun, welcoming group setting. Specifically targeted to suit active older adults and those just starting their journey to a fit and healthy lifestyle.	Upper Mt Gravatt Progress Hall, Upper Mount Gravatt <i>Meet at main entrance of hall.</i>	Bring hand weights and a mat.	\$6	Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	9.30-10.30am	Bookings essential. To book, visit LK Fitness (https://bookwhen.com/lizkinfitness). For more information, phone 0405 652 109.
	Coorparoo School of Arts Hall, Coorparoo <i>Meet at main entrance of hall.</i>			Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	9.30-10.30am	
	Wynnum Municipal Hall, Wynnum <i>Meet at main entrance of hall.</i>	Free	Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	9.30-10.30am		
	Acacia Ridge Hall, Acacia Ridge <i>Meet at main entrance of hall.</i>		Every Fri 14 Jul to 8 Dec (Excluding 22 and 29 Sep)	10.35-11.35am		

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Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Pilates in the park:</b> Improve your strength and core stability for a healthier lifestyle. Beginners to intermediate.	J.C. Slaughter Falls - Mt Coot-tha Reserve <i>Meet at large picnic shelter at the end of the road.</i>	Bring a Pilates mat.	Free	Every Thu 27 Jul to 23 Nov (Excluding 21 and 28 Sep)	10.30-11.30am	Bookings essential. To book, email Fitness with a Twist (christine@fitnesswithatwist.com.au). For more information, phone Christine on 0406 425 561.
<b>Seniors resistance band strength training:</b> Enjoy this class under cover in a relaxed setting on the outdoor green with a great atmosphere.	Enoggera Bowls Club, Enoggera <i>Meet near Café 63.</i>		Free	Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	8-9am	Bookings essential. To book, email Amazing Fitness Professional (act@amazing-professional.com). For more information, phone 0488 008 555.
<b>Strength and cardio:</b> Get active with likeminded people by maintaining or increasing your independence, improving brain function and boosting your mood with strength training. This low-impact workout is suitable for all fitness levels.	Rocks Riverside Park, Seventeen Mile Rocks <i>Meet at undercover pavilion area to the right of the car park entrance.</i>	Bring an exercise mat.	Free	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	10.45-11.45am	No bookings required. For more information, phone Mona Health Coach on 0433 463 578.
<b>Strength, agility and balance for seniors:</b> Low-impact body conditioning program designed to target strength and improve overall endurance and fitness. Suitable for all fitness levels.	Bowman Park, Bardon <i>Meet near half basketball court.</i>	Bring an exercise mat and dumbbells.	Free	Every Wed 26 Jul to 22 Nov (Excluding 16 Aug, 20 and 27 Sep)	9.30-10.30am	Bookings essential. To book, email Fitness with a Twist (christine@fitnesswithatwist.com.au). For more information, phone Christine on 0406 425 561.
<b>Zumba Gold® fitness:</b> Enjoy a fun, low-impact workout in a welcoming and supportive atmosphere. Shake it at your own pace to zesty Latin tunes, spicy Indian tracks and other wonderful music. Improve your balance, range of motion and coordination.	C.J. Greenfield Community Hall, Richlands <i>Meet outside the hall.</i>		Free	Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	11.30am-12.30pm	Bookings essential. To book, visit Zumba with Jessie ( <a href="https://www.picktime.com/ZumbaJessie">https://www.picktime.com/ZumbaJessie</a> ). For more information, phone 0414 348 111.
<b>Zumba Gold®:</b> Get grooving at your own pace, Zumba Gold is perfect for beginners, people with medical issues or physical limitations and the active older adult. We work on our coordination, balance, cardio and toning and have lots of fun whilst doing the routines. All fitness levels welcome.	Elorac Place Community Centre, 11A Southhampton Road, Ellen Grove <i>Meet at centre hall, use left-hand side gate to enter.</i>		Free	Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	11.30am-12.30pm	Bookings essential. To book, visit Zumba with Jessie ( <a href="https://www.picktime.com/ZumbaJessie">https://www.picktime.com/ZumbaJessie</a> ). For more information, phone 0414 348 111.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Zumba Gold®:</b> Move at your own pace and style with easy-to-follow dance moves to Latin, international beats and rhythms targeted to suit active older adults and those just starting their journey to a fit and healthy lifestyle.	Upper Mt Gravatt Progress Hall, Mount Gravatt <i>Meet at main entrance of hall.</i>	Bring light hand weights (optional).	\$6	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	11.15am-12.15pm	Bookings essential. To book, visit LK Fitness ( <a href="https://bookwhen.com/lizkingfitness">https://bookwhen.com/lizkingfitness</a> ). For more information, phone 0405 652 109.
	Acacia Ridge Hall, Acacia Ridge <i>Meet at main entrance of hall.</i>			Every Fri 14 Jul to 8 Dec (Excluding 22 and 29 Sep)	9.30-10.30am	
<b>Zumba Gold®:</b> Perfect for active older adults who are looking for a fun way to keep moving with easy-to-follow dance moves. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.	Captain Burke Park, Kangaroo Point <i>Meet by the playground.</i>		Free	Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	9.30-10.30am	No bookings required. For more information, phone Zumba Fitness with Mel on 0422 746 999.
	City Botanic Gardens, Brisbane City <i>Meet by the rotunda.</i>			Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	12.30-1.30pm	
	Arthur Davis Park, Sandgate <i>Meet by the playground.</i>			Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	4.30-5.30pm	
	Banyo Memorial, Banyo <i>Meet at the Banyo Beehive.</i>			Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	10.30-11.30am	
<b>Zumba Gold®:</b> Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.	O'Callaghan Park, Zillmere <i>Meet at the youth space court adjacent to PCYC Zillmere car park.</i>	Bring a towel.	Free	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	8.30-9.30am	Bookings essential. To book, email Energetic Music ( <a href="mailto:kellie@energeticmusic.com">kellie@energeticmusic.com</a> ). For more information, phone Kellie on 0418 855 946.

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 #Cost per person, per session



Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Zumba Gold®:</b> Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Learn easy-to-follow choreography that focuses on balance, range of motion and coordination.	Preston Road Park, Carindale <i>Meet near dog park and children's playground.</i>		Free	Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	9-10am	No bookings required. For more information, phone Be Happy Party on 0428 419 157.
	Lota Camping Reserve, Lota <i>Meet near playground, corner of Esplanade and Alexander Street, Lota.</i>			Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	8-9am	
	Carindale Recreation Reserve, Carindale <i>Meet near playground at the corner of Cadogan and Bedivere Streets.</i>			Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	10-11am	
	Greenways Esplanade Park, Parkinson <i>Meet near children's playground.</i>			Every Fri 14 Jul to 8 Dec (Excluding 22 and 29 Sep)	8.30-9.30am	
	Calamvale District Park, Calamvale <i>Meet near the amenity block.</i>			Every Fri 14 Jul to 8 Dec (Excluding 22 and 29 Sep)	10-11am	
<b>Zumba®:</b> Learn easy to follow choreography that focuses on balance, range of motion and coordination.	The Community Place, Stafford <i>Meet inside the hall.</i>		Free	Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	9-10am	Bookings essential. To book, visit The Community Place (bookwhen.com/thecommunityplace). For more information, phone 07 3857 1152.
<b>Zumba Gold®:</b> Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Learn easy-to-follow choreography that focuses on balance, range of motion and coordination.	Wynnum Municipal Hall, Wynnum <i>Meet outside the hall.</i>		Free	Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	8-9am	Bookings essential. To book, visit Be Happy Party ( <a href="https://www.eventbrite.com.au/e/free-zumba-gold-at-wynnum-municipal-hall-tickets-136269763531">https://www.eventbrite.com.au/e/free-zumba-gold-at-wynnum-municipal-hall-tickets-136269763531</a> ). For more information, phone 0428 419 157.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>FOOD AND NUTRITION</b>						
<b>Comfort food for one (or two):</b> More often than not, comfort cooking and winter warmers are cooked in big batches for big family meals. But what if you live by yourself or with just one other?	Brighton Wellness Hub, Brighton <i>Meet at reception.</i>	Bring enclosed shoes.	\$6	Thu 13 Jul	11.30am-1.30pm	Bookings essential. To book, visit Penny Benjamin Nutritionist ( <a href="https://pennybenjamin.com.au/product-category/cooking-classes/">https://pennybenjamin.com.au/product-category/cooking-classes/</a> ). For more information, phone Penny on 0401 638 667.
				Thu 13 Jul	2-4pm	
<b>MIND AND BODY</b>						
<b>Balance better and stay moving with Tai Chi and Qigong:</b> Good balance requires mental and physical fitness. This proven falls-prevention program is adapted for all ability levels and will help you feel relaxed, refreshed and calm.	Old Friary, Kenmore Hills <i>Meet at the back of the building.</i>		\$6	Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	7.45-8.45am	No bookings required. For more information, phone Julian on 0439 073 860.
	The Lake Parklands, Forest Lake <i>Meet at the observation deck near the car park, off Forest Lake Boulevard.</i>		Free	Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	7-8am	
	Akuna Street Park, Kenmore <i>Meet near the playground and foot bridge to Sutling Street.</i>		\$6	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	9-10am	
	Walton Bridge Reserve, The Gap <i>Enter opposite Jevons Street on police station side of the park. Look for active and healthy sign on city side of bridge.</i>			Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	9.30-10.30am	No bookings required. For more information, phone Jan on 0414 569 492.
	Moora Park, Shorncliffe <i>Meet at the shelter, end of car park at Lower Moora Park.</i>			Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	9.30-10.30am	

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#Cost per person, per session

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Balance better and stay moving with Tai Chi and Qigong:</b> Good balance requires mental and physical fitness. This proven falls-prevention program is adapted for all levels of ability and will help you feel relaxed, refreshed and calm.	Fletcher Parade Park (nos.161-231), Bardon <i>Meet at Bardon Lions Park, Fletcher Parade opposite Alexandra Street.</i>		\$6	Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	8.30-9.30am	No bookings required. For more information, phone Jan on 0414 569 492.
	Keong Park, Stafford <i>Meet near Meals on Wheels, off Teevan Street.</i>			Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	9.30-10.30am	
	Newstead Park, Newstead <i>Meet near play area at the corner of Newstead Terrace.</i>		Free	Every Fri 14 Jul to 8 Dec (Excluding 22 and 29 Sep)	8.30-9.30am	
	St David's Neighbourhood Centre, Coopers Plains <i>Meet at entry on Rookwood Avenue.</i>			Every Fri 14 Jul to 8 Dec (Excluding 22 and 29 Sep)	10-11am	No bookings required. For more information, phone Anita on 0488 737 606.
<b>Chair yoga and meditation:</b> Stretch and strengthen and learn breathing techniques that are combined with relaxation and meditation. Perfect for people with difficulty getting up and down from the ground.	St Lucia Community Hall, St Lucia <i>Meet by the hall.</i>	Bring a belt or strap.	Free	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 13, 20 and 27 Sep)	8.15-9.15am	No bookings required. For more information, phone Tatiana on 0439 643 586.
<b>Chair yoga dance:</b> Feel better, reduce pain, increase mobility and get happy! Yoga chair dance uses the chair as a prop. We combine traditional yoga postures with dance and music. Classes aim to strengthen and stretch the body and lift your spirits.	Wynnum Municipal Hall, Wynnum <i>Meet inside the halls main room.</i>	Bring a mat.	Free	Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	9-10am	No bookings required. For more information, phone Vicki on 0421 421 921.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Chair yoga:</b> Enjoy chair support as you stretch and strengthen your body while seated and standing. Learn how to be mindful of breathing techniques that bring upon relaxation.	Bracken Ridge Hall, Bracken Ridge <i>Meet at the hall.</i>		Free	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	1-2pm	No bookings required. For more information, phone Adrianna from Yogado on 0478 198 194.
				Every Sat 15 Jul to 2 Dec (Excluding 16, 23 and 30 Sep)	9.30-10.30am	
<b>Chair yoga:</b> Lessen the impact of illness and pain through chair yoga. This type of exercise will help you feel calm and relaxed, which can lead to improved wellbeing and happiness.	The Community Place, Kalinga <i>Meet inside the hall.</i>		Free	Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	1.30-2.30pm	Bookings essential. To book, visit The Community Place (bookwhen.com/thecommunityplace). For more information, phone 07 3857 1152.
<b>Chair yoga:</b> Outdoor chair assisted yoga is perfect for those who wish to enjoy the benefits of yoga but don't want to practise on the ground. We strengthen what we stretch and focus on deep breathing.	Wittonga Park, The Gap <i>Meet under the trees toward the left side of the Belclare Street entrance.</i>	Bring a strong, stable chair with a flat seat (not camping chair).	Free	Every Fri 14 Jul to 8 Dec (Excluding 22 and 29 Sep)	9-10am	No bookings required. For more information, phone Wild Peace Unlimited on 0438 708 474.
<b>Expressive dance and art (inspired by Dance 5Rhythms):</b> Learn to express your body through gentle movement and stretching followed by art therapy.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>	Wear comfortable clothes to move in. No art experience necessary.	Free	Tue 11 and 25 Jul, 8 and 22 Aug, 5 Sep, 10 and 24 Oct, 7 and 21 Nov, 5 Dec	11.30am-12.30pm	Bookings essential. To book, email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information, phone 07 3379 6963.
<b>Falls prevention and strength:</b> Increase strength and overall stability throughout your body as we lengthen muscles to improve posture and balance.	Bulimba Riverside Park, Bulimba <i>Meet at the outdoor gym near the river.</i>	Bring a yoga mat.	Free	Every Fri 14 Jul to 8 Dec (Excluding 22 and 29 Sep)	9.30-10.30am	Bookings essential. To book, phone Davide on 0413 214 017.
<b>Gentle fitness and Tai-chair:</b> Focus on aerobic fitness, strengthening with light weights, flexibility, coordination and balance followed by relaxation with gentle exercises. The session is performed either seated on a chair or standing with use of a chair for stability and support. No floor work.	Mt Gravatt PCYC, Upper Mount Gravatt <i>Meet at reception.</i>		Free	Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	11.30am-12.30pm	Bookings essential. To book, email Mt Gravatt PCYC (ichiphysio@gmail.com) or phone 0421 314 392.
				Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	1-2pm	

11 \*Wear sun protection, comfortable clothing and footwear as appropriate for the activity you are participating in. Bring drinking water.  
#Cost per person, per session

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Gentle mobility yoga:</b> Come along and join a mindful movement practice designed to improve mobility and build strength while easing tension in the body and mind.	A.R.C. Hill Park, Virginia <i>Meet by the memorial.</i>	Bring a yoga mat.	Free	Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	9.30-10.30am	Bookings essential. To book, visit Eventbrite ( <a href="http://www.eventbrite.com.au/e/gentle-mobility-yoga-tickets-204866650667">www.eventbrite.com.au/e/gentle-mobility-yoga-tickets-204866650667</a> ). For more information, phone Laura on 0468 433 697.
<b>Gentle yoga:</b> Gentle yoga flow suitable for seniors. Bring a yoga mat and an optional eye pillow or eye mask for deeper relaxation.	Boyd Park, Nundah <i>Meet under the trees next to the Nundah-Northgate RSL Hall (green building) on the library and playground side.</i>	Bring a yoga mat and an optional eye pillow or eye mask for deeper relaxation.	Free	Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	9.30-10.30am	No bookings required. For more information, phone Glenis on 0421 319 549.
<b>Gentle yoga:</b> Moving, breathing, stretching and relaxation for likeminded people within the community to take care of your health physically, mentally and emotionally. Suitable for beginners to advanced yoga participants.	Cannon Hill Community Centre, Cannon Hill <i>Meet at reception.</i>	Bring a yoga mat, insect repellent, water bottle, hand sanitiser and pen.	Free	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	9.30-10.30am	No bookings required. For more information, email Yoga and Wellness For All ( <a href="mailto:info@yogaandwellnessforall.com.au">info@yogaandwellnessforall.com.au</a> ) or call Ellen on 0402 901 358.
<b>Lite yoga:</b> Become more flexible, fit and relaxed. This session is specifically designed for beginners and finishes with meditation.	The Community Place, Stafford <i>Meet inside the hall.</i>	Yoga mat.	Free	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	1-2pm	Bookings essential. To book, visit The Community Place ( <a href="http://bookwhen.com/thecommunityplace">bookwhen.com/thecommunityplace</a> ). For more information, phone 07 3857 1152.
<b>Low-impact fitness and Pilates:</b> Starts with an easy standing warm up followed by strength exercises and mat Pilates. Warm down stretching to end.	Essex Road Park, Indooroopilly <i>Meet under the big tree, middle of park.</i>	Yoga mat, small dumbbells and a resistance band.	Free	Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	9.30-10.30am	No bookings required. For more information, phone Jen's Outdoor Gym on 0410 010 316.
<b>Mahjong:</b> Enjoy the game of Mahjong in a relaxing atmosphere and make new friends.	Cathay Community Association Inc., Coopers Plains <i>Meet at reception.</i>		Free	Every Tue 1 Aug to 22 Aug	10am-1pm	No bookings required. For more information, phone Cathay Community Association Inc. on 07 3275 3688.

12 \*Wear sun protection, comfortable clothing and footwear as appropriate for the activity you are participating in. Bring drinking water.  
#Cost per person, per session

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Meditation and sound healing:</b> Learn techniques to self sooth, de-stress and reset the body.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>	Bring comfortable clothing and a yoga mat.	Free	Tue 11 and 25 Jul, 8 and 22 Aug, 5 Sep, 10 and 24 Oct, 7 and 21 Nov, 5 Dec	10-11am	Bookings essential. To book, email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information, phone 07 3379 6963.
<b>Move to learn:</b> Discover simple movements to help embrace new activities in your life with more fun and ease.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>		Free	Tue 17 Oct	10am-12 noon	Bookings essential. To book, email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information, phone 07 3379 6963.
<b>Move, stretch and breathe:</b> Gentle blend of movement, yoga and breathing techniques to increase your cardio, flexibility, strength and balance. Suitable for all levels.	Perrin Park, Toowong <i>Meet near the basketball court.</i>	Bring a yoga mat and sport shoes.	Free	Every Thu 13 Jul to 7 Dec (Excluding 14, 21 and 28 Sep)	7.30-8.30am	No bookings required. For more information, phone Tatiana on 0439 643 586.
<b>Pilates:</b> Strengthen and stretch simultaneously through abdominal-based exercises.	Nudgee Beach Reserve, Nudgee Beach <i>Meet on the basketball court.</i>		Free	Every Thu 13 Jul to 14 Sep	7-8am	No bookings required. For more information, phone Precision Pilates on 0439 996 049.
				Every Thu 5 Oct to 7 Dec	6.30-7.30am	
	Moora Park, Shorncliffe <i>Meet in bottom car park on the lawn by the gazebo.</i>		\$6	Every Mon 17 Jul to 11 Sep	7-8am	
				Every Mon 9 Oct to 4 Dec	6.30-7.30am	
	Kalinga Park, Kalinga <i>Meet in the car park.</i>		Free	Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	9.30-10.30am	
<b>See it, feel it, know it, create it:</b> Discover simple bilateral body movements and strokes to help you get in the flow and bring new perspective, joy and ease to your life.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>		Free	Tue 24 Oct	10am-12 noon	Bookings essential. To book, email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information, phone 07 3379 6963.
<b>Standing Pilates for core and balance:</b> Includes standing and seated exercises utilising Pilates principles, focusing on slow, controlled movements to strengthen core muscles and improve balance, confidence and coordination.	Burnie Brae Centre, Chermside <i>Meet at the activity space.</i>		Free	Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	1-2pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.

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#Cost per person, per session

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Stretch and mobility:</b> Increase your flexibility, mobility, balance and range of movement. This class will include stretching and activation exercises designed to lengthen and strengthen your body and posture in a relaxed group setting. Specifically targeted to suit active older adults and those just starting their journey to a fit and healthy lifestyle.	Wynnum Municipal Hall, Wynnum <i>Meet at main entrance of hall.</i>	Mat essential. Stretchy band and yoga block optional.	\$6	Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	10.35-11.35am	Bookings essential. To book, visit LK Fitness ( <a href="https://bookwhen.com/lizkinfitness">https://bookwhen.com/lizkinfitness</a> ). For more information, phone 0405 652 109.
<b>Swiss ball Pilates:</b> A low intensity, easy workout that includes a mixture of strength, balance and Pilates exercises using a swiss/fit ball.	Indooroopilly Uniting Church, 72 Station Road, Indooroopilly <i>Meet in large meeting room on level 1.</i>	Swiss/fit ball, yoga mat, small dumbbells, and a resistance band.	Free	Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	9.30-10.30am	Bookings essential. To book, phone Jen's Outdoor Gym on 0410 010 316.
<b>Tai Chi and Qigong:</b> Enjoy Qigong and Tai Chi in the park. A gentle exercise to improve circulation, breathing and joint mobility.	Guyatt Park, St Lucia <i>Meet by the pavilion.</i>		Free	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	9-10am	No bookings required. For more information, phone Julia on 0412 362 338.
	Downfall Creek Bushland Centre, Chermside West <i>Meet on Senses Trail platform No. 8.</i>			Every Fri 14 Jul to 8 Dec (Excluding 22 and 29 Sep)	9-10am	
<b>Tai Chi for health:</b> Tai Chi for health is slow and gentle, focusing on deep breathing, maintaining good posture and circular movements. Everyone welcome.	Hawthorne Park, Hawthorne <i>Meet near children's play area.</i>		Free	Every Fri 14 Jul to 8 Dec (Excluding 22 and 29 Sep)	9.30-10.30am	No bookings required. For more information, phone CM2 Fitness on 0427 626 709.
	John Walker Place, Yeronga <i>Meet near the Somerville House Sports and Aquatic Centre, corner of Cansdale Street.</i>			Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	8.30-9.30am	
	Seville Park, Holland Park <i>Meet at playground on Elgar Street.</i>			Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	7.45-8.45am	

14 \*Wear sun protection, comfortable clothing and footwear as appropriate for the activity you are participating in. Bring drinking water.  
#Cost per person, per session

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Tai Chi Qigong:</b> Enjoy Tai Chi stretching and breathing movements in the park to calm and energise the mind and body. Suitable for all abilities.	Burnie Brae Park, Chermside <i>Meet beside off-leash dog area.</i>		Free	Every Fri 14 Jul to 8 Dec (Excluding 22 and 29 Sep)	7.30-8.30am	No bookings required. For more information, phone BRIZCHI on 0402 714 494.
<b>Tai Chi Qigong in the park:</b> With both your body and your mind, this class will help you feel relaxed, refreshed and calm. Tai Chi is becoming recognised as the world's most beneficial health system. Rejuvenate your body and learn to create a tranquil mind. Join any week and all welcome!	Kookaburra Park - West, Karana Downs <i>Meet near first car park on left. Follow path past swings to shelter at end of the playground.</i>		Free	Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	9.30-10.30am	No bookings required. For more information, phone Roz on 0403 152 281.
	Anstead Bushland Reserve, Anstead <i>Meet near the shelter shed.</i>		\$6	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	9-10am	
	Keating Park, Indooroopilly <i>Meet at picnic shelter.</i>			Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	9.30-10.30am	No bookings required. For more information, phone Julian on 0439 073 860.
	Rocks Riverside Park, Seventeen Mile Rocks <i>Meet on the riverbank just beyond main car park, near Shed No. 5.</i>			Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	9-10am	
	Robinson Park, Fairfield <i>Meet near playground, off Sydney Street.</i>		Free	Every Sun 16 Jul to 3 Dec (Excluding 17 and 24 Sep, 1 Oct)	8-9am	
	Huxtable Park, Chermside West <i>Meet near footbridge below scout hall on Redbourne Terrace.</i>		\$6	Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	8.30-9.30am	No bookings required. For more information, phone Rod on 0400 335 645.
	Woolcock Park, Red Hill <i>Meet opposite playground, near footbridge. Enter via Hawthorn Terrace entrance.</i>			Every Sun 16 Jul to 3 Dec (Excluding 17 and 24 Sep, 1 Oct)	8-9am	

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#Cost per person, per session



Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Tai Chi Qigong in the park:</b> With both your body and your mind, this class will help you feel relaxed, refreshed and calm. Tai Chi is becoming recognised as the world's most beneficial health system. Rejuvenate your body and learn to create a tranquil mind. Join any week and all welcome!	Teralba Park, Everton Park <i>Enter via Osborne Road entrance.</i>		\$6	Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	8.30-9.30am	No bookings required. For more information, phone Paul on 0415 335 063.
	Wynnum Wading Pool Park, Wynnum <i>Meet near car park, off Florence Street.</i>		Free	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	8.30-9.30am	
	Aspley Rest Park, Carseldine <i>Meet near car park via Graham Road, walk 200m along bike path.</i>			Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	8.30-9.30am	
	Wilson Park, Norman Park <i>Meet near playground.</i>			Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	8-9am	No bookings required. For more information, phone Mary on 0400 347 700.
	C.B. Mott Park, Holland Park <i>Meet near playground.</i>			Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	7-8am	No bookings required. For more information, phone Inka on 0420 454 425.
<b>Tai Chi Qigong:</b> Enjoy Tai Chi stretching and breathing exercises to relax and energise the mind and body. Suitable for all abilities.	Brisbane City Hall, Brisbane City <i>Basement of City Hall. Enter via Adelaide Street and come down in the lift for sign in.</i>		\$8	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	8.30-9.30am	Bookings essential. To book, email BRIZCHI (jenj51@hotmail.com). For more information, phone 0402 714 494.
<b>Taiso:</b> Taiso is a Japanese word for exercise or calisthenics. Improve your balance and movement at this fun class that is suitable for all levels of fitness.	The Community Place, Stafford <i>Meet inside the hall.</i>		Free	Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	11.45am-12.45pm	No bookings required. For more information, phone The Community Place on 07 3857 1152.
	The Community Place, Kalinga <i>Meet inside the hall.</i>			Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	1-2pm	
<b>Yoga and meditation:</b> Classes are designed to promote general wellbeing, overall health with calming techniques to help ease any stress or tension in the mind and body.	Elorac Place Community Centre, 11A Southampton Road, Ellen Grove <i>Meet at centre hall, use left-hand side gate to enter.</i>	Bring a yoga mat/ towel.	Free	Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	10.30-11.30am	No bookings required. For more information, email Lily May Yoga (lillymayyoga@gmail.com).

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Yoga for seniors:</b> Bring function, flexibility and balance through a modified supportive practice. Classes can be modified to suit anyone.	Forest Lake Community Hall, 60 College Avenue, Forest Lake <i>Meet inside the hall.</i>	Bring a yoga mat.	Free	Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	9-10am	No bookings required. For more information, phone Nichola on 0406 574 454.
<b>Yoga Gold:</b> Focus on a range of movements, strength and balance for active and healthy ageing. Standing poses and mat work included.	Calamvale District Park, Calamvale <i>Meet near the dog off-leash area to the left of Formby Street parking area.</i>	Bring a yoga mat and blocks if desired.	Free	Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	9.30-10.30am	No bookings required. For more information, phone Foxinsox Yoga on 0431 594 388.
	Drevesen Park, Manly <i>Meet under shade trees between sea scouts and rotunda.</i>			Every Fri 14 Jul to 8 Dec (Excluding 22 and 29 Sep)	9.30-10.30am	
	Sunnybank Community Centre, Sunnybank <i>Meet at reception.</i>			Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	2-3pm	Bookings essential. To book, email Foxinsox Yoga (foxinsox17@yahoo.com.au). For more information, phone Cassie on 0431 594 388.
<b>Yoga:</b> Enjoy yoga in the park. Stretching and breathing exercises to relax the mind and body. Suitable for all abilities.	Biami Yumba Park, Fig Tree Pocket <i>Meet by the playground.</i>	Bring a yoga mat.	Free	Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	9.30-10.30am	No bookings required. For more information, email Yoga Forever (yogaforeverbrisbane@gmail.com).
	Boyd Terrace Park, Brookfield <i>Meet by the playground.</i>			Every Fri 14 Jul to 8 Dec (Excluding 22 and 29 Sep)	9.15-10.15am	
<b>Yoga:</b> Enjoy yoga in the park. Get some fresh air under the blue sky and the shade of the trees. Stretching and breathing exercises to relax the mind and body.	Bundara Park, Keperra <i>Meet under the tree in the centre of the park.</i>	Bring a yoga mat.	Free	Every Wed 12 Jul to 13 Sep (Excluding 16 Aug)	8-9am	No bookings required. For more information, phone Domenica on 0430 275 744.
<b>Yoga:</b> Gain flexibility and core strength, balance and relaxation through a supported yoga session.	Mt Gravatt PCYC, Upper Mount Gravatt <i>Meet at reception.</i>	Bring a yoga mat and yoga block is recommended. Also, a kneeling pad is helpful.	Free	Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	8.30-9.30am	Bookings essential. To book, email Mt Gravatt PCYC (mtgravatt@pcyc.org.au) or phone 07 3420 4655.

17 \*Wear sun protection, comfortable clothing and footwear as appropriate for the activity you are participating in. Bring drinking water.  
#Cost per person, per session

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>SPORTS</b>						
<b>Beginning lawn bowls:</b> This is an introduction to the sport of lawn bowls, a sport for all ages which helps to build leg and core strength, stability and coordination in a friendly social environment.	Graceville Bowls Club, Graceville <i>Meet at the clubhouse off, Wylie Street.</i>	Wear flat soled shoes or bare feet.	Free	Every Sun 1 Oct to 5 Nov	3-4.30pm	Bookings essential. To book, phone or text David on 0407 894 727 or email dschonfe@bigpond.net.au
<b>Come and try lawn bowls:</b> A bowling session with tuition provided by accredited coaches and encouraging all participants to have a go. This is an organised bowling session with the focus on how to play the great game of bowls.	St Lucia Bowls Club, St Lucia <i>Meet at clubhouse, off Carr Street.</i>	Wear flat soled shoes and collared long sleeve shirt.	Free	Every Sun 8 Oct to 12 Nov	12.30-2pm	Bookings essential. To book, email membership@stluciabowls.org For more information, phone Vaughan on 0419 475 763.
<b>Gold tennis:</b> This is a social and fun coaching lesson with qualified tennis coaches, for all abilities. Come along and re-ignite your passion for tennis.	Morningside Tennis Centre, Morningside <i>Meet at the clubhouse.</i>	Bring a tennis racquet - if possible.	Free	Every Tue 11 Jul to 5 Dec (Excluding 19 and 26 Sep)	10-11am	Bookings essential. Bookings open two days prior to session. To book, phone Morningside Tennis Centre on 07 3899 8110. 10 players maximum per session.
	Shaw Park Tennis Centre, Woolloowin <i>Meet at the clubhouse.</i>	Bring a tennis racquet - if possible.		Every Wed 12 Jul to 6 Dec (Excluding 16 Aug, 20 and 27 Sep)	10-11am	Bookings essential. Bookings open two days prior to session. To book, phone Shaw Park Tennis Centre on 07 3266 1660. 10 players maximum per session.
	Roy Emerson Tennis Centre, Milton <i>Meet at the clubhouse.</i>	Bring a tennis racquet - if possible.		Every Fri 14 Jul to 8 Dec (Excluding 22 and 29 Sep)	10-11am	Bookings essential. Bookings open two days prior to session. To book, phone Emerson Tennis Centre on 07 3367 8585. 10 players maximum per session.
<b>Introduction to lawn bowls:</b> Relaxed informative sessions to introduce you to the game of lawn bowls. Learn how to hold and roll the bowls and get the winning shot beside the Jack.	Gaythorne Bowls Club, 18 Prospect Road, Gaythorne <i>Meet in front of the clubhouse.</i>	Wear flat soled enclosed footwear.	Free	Wed 6 and 13 Sep	9-11am	Bookings essential. To book, phone Gaythorne Bowls Club on 07 3855 2725.
				Tue 3 and 10 Oct	6-8pm	

18 \*Wear sun protection, comfortable clothing and footwear as appropriate for the activity you are participating in. Bring drinking water.  
#Cost per person, per session

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Pickleball:</b> Pickleball is the addictive game with the funny name. It's a paddle sport you can learn in minutes and play for a lifetime. Combining elements of tennis, badminton and table tennis, it is a sport that's fun for all ages and skill levels. It's easy to play and low impact.	Morningside Tennis Centre, Morningside <i>Meet at clubhouse.</i>	Bring a tennis racquet - if possible.	Free	Every Thu 13 Jul to 14 Sep	9-10am	Bookings essential. Bookings open two days prior to session. To book, phone Morningside Tennis Centre on 07 3899 8110.
<b>WALKING/RUNNING</b>						
<b>Military Barracks walking tour:</b> Walking tour of Military Barracks, suitable for all abilities. Learn about Brisbane's early military history.	Victoria Barracks, Brisbane <i>Meet at guard house, left-hand side as you enter Victoria Barracks from Petrie Terrace.</i>		Free	Wed 26 Jul, 23 Aug, 27 Sep, 25 Oct, 22 Nov, 6 Dec	9.30am-12.30pm	Bookings essential. To book, visit Army Museum South Brisbane ( <a href="http://www.armymuseumsouthqueensland.com.au">www.armymuseumsouthqueensland.com.au</a> ). For more information, phone 0429 954 663.
<b>WATER ACTIVITIES</b>						
<b>Aqua aerobics:</b> A moderate-impact whole body workout. Participants are free to work at their own pace.	Jindalee Pool, Jindalee <i>Meet at reception.</i>	Bring swimwear and towel (no cap/goggles needed).	Pool entry fee	Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	11.30am-12.30pm	No bookings required. For more information, phone Melanie on 0415 651 290.
<b>Aqua aerobics:</b> Experience an excellent, low-impact cross-training workout in the water. Feel the benefits of exercise without the pain.	Ithaca Pool, Paddington <i>Meet at shallow end of lanes 1 and 2.</i>	Bring swimwear and towel (no cap/ goggles needed).	Pool entry fee	Every Mon 9 Oct to 4 Dec	9.30-10.30am	No bookings required. For more information, phone Ithaca Pool on 07 3369 2624.
				Every Wed 4 Oct to 6 Dec	9.30-10.30am	
<b>Aqua aerobics:</b> Using minimum impact movements, participants will develop strength, mobility and movement in a fun environment. Sessions are completed in an indoor pool all-year round. Participants will have the opportunity to use aqua weights, including noodles and dumbbells to aid with the workout and help with balance and confidence when needed.	Runcorn Pool, Runcorn <i>Meet at indoor pool group fitness area.</i>	Bring swimwear and towel (no cap/goggles needed).	Pool entry fee	Every Mon 10 Jul to 4 Dec (Excluding 18 and 25 Sep, 2 Oct)	1-2pm	No bookings required. For more information, phone Runcorn Pool on 07 3054 4382.
				Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	1-2pm	

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Aqua yoga:</b> This is a low-impact form of exercise that supports the body while still providing function and movement due to water resistance. It reduces weight bearing and gives more support.	Dunlop Park Memorial Swimming Pool, Corinda <i>Meet beside the pool.</i>	Wear sun safe swimwear and bring a towel.	Pool entry fee	Every Thu 13 Jul to 7 Dec (Excluding 21 and 28 Sep)	11am-12 noon	No bookings required. For more information, phone Nichola on 0406 574 454.
<b>Deep water running:</b> This is an aquatic workout that uses all major muscle groups. Suitable for all fitness levels - everyone just works at their own pace. Participants wear a buoyancy belt so there's no need to worry about being in deep water. Basic swimming skills are required.	Jindalee Pool, Jindalee <i>Meet at reception.</i>	Bring swimwear and towel. Buoyancy belts are compulsory. Hire from the instructor for \$5 or purchase your own. Email Melanie on bfit4life@optusnet.com.au	Pool entry fee	Every Fri 14 Jul to 8 Dec (Excluding 22 and 29 Sep)	9.30-10.30am	Bookings essential. To book, email bfit4life@optusnet.com.au. For more information, phone Melanie on 0415 651 290.
<b>Fish Wise™:</b> Learn the basics or brush up on past fishing skills from the award-winning team at 2 Bent Rods. Learn to tie a fishing knot, cast a rod and hopefully land a fish. All equipment and bait are supplied.	Colmslie Reserve, Morningside <i>Meet at gazebo near fishing platform.</i>	Bring a pair of sunglasses.	\$6	Thu 3 Aug	8-11am	Bookings essential. To book, visit 2 Bent Rods (2bentrods.com.au/events). For more information, phone 0403 713 820.
	Nudgee Beach Reserve, Nudgee Beach <i>Meet at ramp leading to the beach.</i>			Fri 17 Nov	10am-1pm	
<b>Kayak explore:</b> Enjoy a relaxing paddle while exploring Brisbane's waterways. Gather some friends or come on your own to meet new likeminded people. All equipment and instructions are provided, perfect for beginners or those with experience.  NOTE: Paddling is a low-impact activity, but due to the nature of paddle sports a reasonable level of fitness and health is required to participate.	Shorncliffe Public Boat Ramp, Shorncliffe <i>Meet by boat ramp, Sinbad Street.</i>	Wear enclosed footwear/ water shoes (not crocs or any footwear than can fall off) and clothing suitable to paddle in and get wet. Towel and a change of clothes.	\$6	Mon 7 Aug	12 noon-3pm	Bookings essential. To book, visit Paddle Qld ( <a href="https://qld.paddle.org.au/recreation/">https://qld.paddle.org.au/recreation/</a> ). For more information, phone 0414 960 728.
	Heath Park, East Brisbane <i>Meet by boat ramp.</i>			Thu 24 Aug	1-4pm	
	Shorncliffe Public Boat Ramp, Shorncliffe <i>Meet by boat ramp, Sinbad Street.</i>			Wed 29 Nov	9am-12 noon	
	Simpsons Playground, Graceville <i>Meet by the water.</i>			Mon 4 Sep	12 noon-3pm	

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Stand-up paddle boarding:</b> Learn the basics of stand-up paddle boarding. This lesson includes safety and awareness, paddle techniques and activity tips.	Bayside Park, Manly <i>Meet in the park beside the amenities block.</i>	Bring swimwear and a towel.	\$6	Sun 15 Oct	8-9am	Bookings essential. To book, visit Sunshine Coast Surf Schools ( <a href="https://scsurfschools.com.au/book-now/details/218732/active-healthy-brisbane-program-sup/">https://scsurfschools.com.au/book-now/details/218732/active-healthy-brisbane-program-sup/</a> ). For more information, phone 0412 563 191.
				Sun 15 Oct	9-10am	
				Sat 11 Nov	7-8am	
				Sat 11 Nov	8-9am	
<b>Stand-up paddle boarding:</b> Come and have some fun with stand-up paddle boarding. All equipment is provided and no experience necessary.	Arthur Davis Park, Sandgate <i>Meet at Sandgate Beach between Seventh and Eighth Avenues.</i>	Wear clothes you can get in the water with, towel and change of clothing.	\$6	Sat 14 Oct and 11 Nov	8-9am	Bookings essential. To book, visit Surf Connect Watersports Centre ( <a href="https://www.surfconnect.com/products/brisbane-city-council-activities-bcc-2">https://www.surfconnect.com/products/brisbane-city-council-activities-bcc-2</a> ). For more information, phone 07 3137 0500.
<b>Windsurfing:</b> Come and try windsurfing. All equipment is provided and no experience necessary.	Arthur Davis Park, Sandgate <i>Meet at Sandgate Beach between Seventh and Eighth Avenues.</i>	Wear clothes you can get in the water with, towel and change of clothing.	\$6	Sat 14 Oct and 11 Nov	10-11am	Bookings essential. To book, visit Surf Connect Watersports Centre ( <a href="https://www.surfconnect.com/products/brisbane-city-council-activities-bcc-2">https://www.surfconnect.com/products/brisbane-city-council-activities-bcc-2</a> ). For more information, phone 07 3137 0500.

## GOLD 'n' KIDS ACTIVITIES

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>ARTS AND CREATIVE</b>						
<b>Along came a spider:</b> Come along dressed in a Halloween costume and prepare to get spooky. Hear creepy stories, play some awesome games and make your very own dangly spider to take home.	Orleigh Park, West End <i>Meet at green frog slide playground on Hill End Terrace.</i>		\$6	Sat 28 Oct	10am-12 noon	Bookings essential. To book, visit Bazil Grumble ( <a href="http://www.whatson.bazilgrumble.com.au">www.whatson.bazilgrumble.com.au</a> ). For more information, phone 0411 246 487.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Flying origami:</b> Learn new and innovative folding techniques to make your planes soar through the park higher and faster than ever before. Get active and healthy chasing your plane around the park in a competition to see which planes can fly the greatest distances.	Gregory Park, Milton <i>Meet at playground.</i>		Free	Sat 8 Jul	10am-12 noon	Bookings essential. To book, visit Bazil Grumble ( <a href="http://www.whatson.bazilgrumble.com.au">www.whatson.bazilgrumble.com.au</a> ). For more information, phone 0411 246 487.
<b>Hungry caterpillars:</b> Enjoy a story, then get active with sack races and a wiggly caterpillar race. This innovative, energetic workshop promises heaps of fun while promoting a healthy message.	C.B. Mott Park, Holland Park <i>Meet near car park on Abbotsleigh Street.</i>		Free	Wed 27 Sep	1.30-3.30pm	Bookings essential. To book, visit Bazil Grumble ( <a href="http://www.whatson.bazilgrumble.com.au">www.whatson.bazilgrumble.com.au</a> ). For more information, phone 0411 246 487.
<b>Intro to stop motion animation:</b> Use tablets or smart phones to produce your own short animation. Participants learn core concepts for creating animation using stop motion.	Bracken Ridge Hall, Bracken Ridge <i>Meet at meeting room at the back of the hall.</i>	Participants to provide own tablet/smart phone. When booking in please confirm other requirements with facilitator.	Free	Wed 5 July	9.30-11am	Bookings essential. To book, email Dale Voss ( <a href="mailto:dale.v.music@gmail.com">dale.v.music@gmail.com</a> ). For more information, phone 0422 323 242.
<b>Kids passport adventure:</b> Come and join this fun adventure walk. Every family who comes along will receive a Passport with a list of key features to find including scenery and animals. Your family will work together as a team to find all the special locations, then get them stamped in your passport. Siblings under 3 years of age are welcome to attend for free.	The Lake Parklands, Forest Lake <i>Meet at the deck over the lake on Forest Lake Boulevard.</i>		\$6	Sat 1 July	10am-12 noon	Bookings essential. To book, visit Bazil Grumble ( <a href="http://www.whatson.bazilgrumble.com.au">www.whatson.bazilgrumble.com.au</a> ). For more information, phone 0411 246 487.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>Kids passport adventure:</b> Come and join in the fun of this adventure walk. Every family who comes along will receive a Passport with a list of key features to find including scenery and animals. Your family will work together as a team to find all the special locations, then get them stamped in your passport. Siblings under 3 years of age are welcome to attend for free.	Graceville Riverside Parklands, Graceville <i>Meet at Simpsons playground.</i>		\$6	Sun 2 Jul	10am-12 noon	Bookings essential. To book, visit Bazil Grumble ( <a href="http://www.whatson.bazilgrumble.com.au">www.whatson.bazilgrumble.com.au</a> ). For more information, phone 0411 246 487.
				Sat 23 Sep	10am-12 noon	
<b>Kite making and flying:</b> Make your very own kite to take home. You'll be amazed at how simple they are to design and put together. Once you've finished making the kite, enjoy the park and fly your unique creation.	Kalinga Park, Kalinga <i>Meet at the picnic table near the playground.</i>		\$6	Sat 8 Jul	1.30-3.30pm	Bookings essential. To book, visit Bazil Grumble ( <a href="http://www.whatson.bazilgrumble.com.au">www.whatson.bazilgrumble.com.au</a> ). For more information, phone 0411 246 487.
<b>Street art fun:</b> Come along and create a vibrant painting that will look like a professional. You will get great results using stencils with guided techniques to make a fabulous artwork.	Burnie Brae Centre, Chermside <i>Meet at activity centre.</i>		\$6	Sat 16 Sep	9.30am-12.30pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.
<b>The tiny seed:</b> Based on the themes of perseverance and hope from the Eric Carle book, <i>The Tiny Seed</i> , get active and healthy with stories and interactive games while learning some valuable lessons about the environment. This session will remind you to nurture the plants, animals and people in our lives.	New Farm Park, New Farm <i>Meet at the rotunda.</i>		Free	Tue 19 Sep	1.30-3.30pm	Bookings essential. To book, visit Bazil Grumble ( <a href="http://www.whatson.bazilgrumble.com.au">www.whatson.bazilgrumble.com.au</a> ). For more information, phone 0411 246 487.
<b>FITNESS AND STRENGTH</b>						
<b>Mini games:</b> Our mini games is fun and semi-competitive. Kids will enjoy activities like gum boot tossing, frisbee target shooting, sack and field race, boffa hockey and many more. The focus is on having a great time as opposed to winning or losing, but this won't dampen the team spirit.	Drevesen Park, Manly <i>Meet near the sea scouts hall.</i>		Free	Fri 7 Jul	1-3pm	Bookings essential. To book visit Life. Be in it ( <a href="http://lifebeinitfunworks.com.au/queensland-events/">lifebeinitfunworks.com.au/queensland-events/</a> ). For more information, phone 0403 221 676.

23 \*Wear sun protection, comfortable clothing and footwear as appropriate for the activity you are participating in. Bring drinking water.  
 #Cost per person, per session



Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>MIND AND BODY</b>						
<b>Martial arts:</b> We run a fun-filled easy session where you get to do basic techniques of martial arts together; starting with punching, defending, kicking moves; moving into break-and-escape techniques and finishing with sharing of life stories within the family to keep the history alive. This is a great bonding session for grandparents and children.	Svoboda Park, Kuraby <i>Meet near the playground and barbeques.</i>		Free	Mon 3 Jul	1.45-2.15pm	Bookings essential. To book, email davidkingtkd@gmail.com or text KMA Brisbane on 0410 645 552.
	Frew Park, Milton <i>Meet near the playground and barbeques.</i>			Tue 26 Sep	1.45-2.15pm	
<b>SPORTS</b>						
<b>Lawn bowls for the young and young-at-heart:</b> Come and learn to play lawn bowls, one of the few sports where grandparents and young people can play together.	Graceville Bowls Club, Graceville <i>Meet at the clubhouse.</i>	Wear flat-soled shoes or bare feet.	Free	Sun 29 Oct	3-4.30pm	Bookings essential. To book, phone or text David on 0407 894 727 or email dschonfe@bigpond.net.au
<b>WALKING/RUNNING</b>						
<b>Orienteering:</b> This will be a MapRun event. This means that there will be no control flags hung out. Download the latest version of MapRun app on your smartphone before you arrive, and your phone will register the checkpoints. Instructions will be given on the day.	Kalinga Park, Kalinga <i>Look for orienteering signs at the entrance to the park off Park Avenue, Clayfield.</i>		\$5 or \$12 for a family	Thu 21 Sep	10.30-11.30am	Bookings not required. Registration is optional visit <a href="https://eventor.orienteering.asn.au/Events">https://eventor.orienteering.asn.au/Events</a> . For more information, call James from Orienteering Queensland on 0423 046 001.
	Rocks Riverside Park, Seventeen Mile Rocks <i>Meet at the end of Counihan Road. Look for orienteering signs.</i>			Thu 6 Jul	10.30-11.30am	
	Porter's Paddock Park, Minnippi Parklands, Tingalpa <i>Follow Stanton Road to car park. Look for orienteering signs.</i>			Thu 28 Sep	10.30-11.30am	

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<b>WATER ACTIVITIES</b>						
<p><b>Fish Wise™:</b> Learn the basics or brush up on past fishing skills from the award-winning team at 2 Bent Rods. Learn to tie a fishing knot, cast a rod and hopefully land a fish. All equipment and bait are supplied.</p>	Kookaburra Park - West, Karana Downs <i>Meet at gazebo near the boat ramp.</i>	Bring a pair of sunglasses.	\$6	Sat 24 Jun	2-5pm	Bookings essential. To book, visit 2 Bent Rods ( <a href="http://www.2bentrods.com.au/events">www.2bentrods.com.au/events</a> ). For more information, phone 0403 713 820.
	Colmslie Reserve, Morningside <i>Meet at gazebo near fishing platform.</i>			Sun 2 Jul	8.30-11.30am	
	Nudgee Beach Reserve, Nudgee Beach <i>Meet at ramp leading to the beach.</i>			Sun 17 Dec	1.30-4.30pm	
	Jindalee Boat Ramp Park, Jindalee <i>Meet at gazebo near the car park.</i>			Sun 9 Jul	11am-2pm	
	Wynnum Jetty, Wynnum <i>Meet near entrance to the jetty.</i>			Fri 22 Dec	2-5pm	
	Moora Park, Shorncliffe <i>Meet at Lower Moora Park, near gardens in front of toilets.</i>			Sat 16 Sep	12.30-3.30pm	
	Bald Hills Boat Ramp, Bald Hills <i>Meet at gazebo near the waterfront.</i>			Sat 23 Sep	1.30-4.30pm	
				Sat 30 Sep	8-11am	
	Mon 11 Dec	8.30-11.30am				
<p><b>Kayak explore:</b> Enjoy some family time through paddling with your grandkids while exploring Brisbane's waterways. All equipment and instructions are provided, perfect for beginners or those with experience.</p> <p>NOTE: Paddling is a low-impact activity, but due to the nature of paddle sports a reasonable level of fitness and health is required to participate.</p>	Nudgee Beach Reserve, Nudgee Beach <i>Meet next to the turning circle off O'Quinn Street near Nudgee Beach car park.</i>	Wear enclosed shoes or water shoes (not cros or any footwear that can fall off), and clothes to paddle in and get wet. Bring a towel and a change of clothes.	\$6	Sun 29 Oct	9am-12 noon	Bookings essential. To book, visit Paddle Qld ( <a href="https://qld.paddle.org.au/recreation/">https://qld.paddle.org.au/recreation/</a> ). For more information, phone 0414 960 728.

25 \*Wear sun protection, comfortable clothing and footwear as appropriate for the activity you are participating in. Bring drinking water.  
#Cost per person, per session

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<p><b>Kayaking:</b> When was the last time you escaped your daily routine to enjoy quality time with friends or family? Have fun paddling as a team in two seat kayaks as you embark on one of the best ways to observe Brisbane's hidden beauty. The guided kayaking adventures are a great way to learn more about the local flora and wildlife of Brisbane's waterways as well as have an experienced guide to help with kayaking skills. All associated kayaking and safety equipment are supplied.</p>	<p>Queen Victoria Boat Ramp, Lota <i>Meet at boat ramp.</i></p>	<p>Bring a towel and a change of clothes. Must wear enclosed shoes that can get wet.</p>	<p>Free</p>	Mon 18 Sep	9-10.30am	<p>Bookings essential. To book, visit Vertec Adventure (<a href="https://vertecadventure.com.au/contact-us/">https://vertecadventure.com.au/contact-us/</a>). For more information, phone Nadine on 0492 982 454.</p>
				Mon 18 Sep	11am-12.30pm	
				Thu 14 Dec	8-9.30am	
				Thu 14 Dec	10-11.30am	
<p><b>Stand-up paddle boarding:</b> Come and have some fun with stand-up paddle boarding. All equipment is provided, no experience necessary.</p>	<p>Arthur Davis Park, Sandgate <i>Meet at Sandgate Beach, between Seventh and Eighth Avenues.</i></p>	<p>Wear clothes you can get in the water with, sunscreen, a towel and a change of clothes.</p>	<p>\$6</p>	Sat 9 Dec	7-8am	<p>Bookings essential. To book, visit Surf Connect Watersports Centre (<a href="https://www.surfconnect.com/products/brisbane-city-council-activities-bcc-2">https://www.surfconnect.com/products/brisbane-city-council-activities-bcc-2</a>). For more information, phone 07 3137 0500.</p>
<p><b>Stand-up paddle boarding:</b> Learn the basics of stand-up paddle boarding. This lesson includes safety and awareness, paddle techniques and activity tips!</p>	<p>Bayside Park, Manly <i>Meet in the park beside the amenities block.</i></p>	<p>Bring a towel, swimwear, sunscreen and water.</p>	<p>\$6</p>	Sat 30 Sep	9-10am	<p>Bookings essential. To book, visit Sunshine Coast Surf Schools (<a href="https://scsurfschools.com.au/book-now/details/218732/active-healthy-brisbane-program-sup/">https://scsurfschools.com.au/book-now/details/218732/active-healthy-brisbane-program-sup/</a>). For more information, phone 0412 563 191.</p>
				Sat 30 Sep	10-11am	

