



Activity	Day	Time	Where	Cost	Contact
<b>ARTS &amp; CRAFTS</b>					
<b>Art</b>	Tuesday	12.30pm - 4.00 pm	Humanities Building, South St, Ipswich	Contact U.3.A for more details	<b>U.3.A Ipswich</b> Ph (07) 3282 7484 <a href="mailto:u3aipswich@optusnet.com">u3aipswich@optusnet.com</a>
	Wednesday	10.00 am - 12.00 pm			
	Friday	9.30 am - 11.30 am			
<b>Needlework &amp; Embroidery</b>	Monday	2.00 pm - 4.00 pm	Contact U.3.A Ipswich for location		
<b>Craft &amp; Quilting</b>	Friday	9.00 am – 11.30am			
<b>“Have a Chat” Arts &amp; Crafts/Embroidery</b>	Thursday	9.30 am - 11.30 am	Camira/Springfield Community Centre Cnr Old Logan Rd & Community Place, Springfield	\$6.50 (includes all supplies)	<b>Leann</b> Ph (07) 3389 2622
<b>Chatty Crafters</b>	Wednesday	12.30pm – 3.30pm		\$2 donation	<b>Vishnja</b> Ph (07) 3118 5471
<b>Sewing</b>	Monday	6.30 pm	Contact Madge for location details	\$2	<b>Madge</b> Ph (07) 3812 4055 <a href="mailto:Sewhappy42@gmail.com">Sewhappy42@gmail.com</a>
<b>Lace Making</b>	Tuesday	1.00 pm		\$5	
<b>It’s Sew Easy</b>	3 <sup>rd</sup> Saturday of month	11.00 am – 4.00 pm	Community Room, Orion Springfield Shopping Town, Springfield Lakes	First 2 sessions Free \$45 yearly membership	<b>Jan</b> Ph (07) 3279 5825 <a href="mailto:Janet.bell5@bigpond.com">Janet.bell5@bigpond.com</a>
<b>Woodcraft/Wood Turning</b>	Tuesday (Beginners)	9.30 am - 11.30 am	Goodna Neighbourhood House 33 Queen St, Goodna	\$2 donation to cover costs	<b>Goodna Neighbourhood House</b> Ph (07) 3818 1648 <a href="mailto:goodnanh@yahoo.com.au">goodnanh@yahoo.com.au</a>
	Wednesday (Advanced)	9.30am – 11.30am			
<b>Craft Group and Morning Chit Chat</b>	Tuesday	9.30am – 11.30am		Free	



AEROBICS					
<b>Monday Energiser</b>	Monday	5.30 pm	Timothy Moloney Oval, Limestone Park, Chermside Rd, Ipswich	Free / Donation	<b>Ipswich Hospital Foundation</b> Ph (07) 3817 2318 <a href="mailto:info@ihfoundation.org.au">info@ihfoundation.org.au</a> <a href="http://www.ihfoundation.org.au">www.ihfoundation.org.au</a>
<b>Aerobics (Step, Fat Burner, Combo &amp; Body Bar)</b>	Various (Programs available at office)	Various	Ipswich PCYC Griffith Rd, Eastern Heights	Adults \$5.00 Pensioner \$4.00	<b>Ipswich PCYC</b> Ph (07) 3281 2547 <a href="mailto:events@ipswichpcyc.org.au">events@ipswichpcyc.org.au</a> <a href="http://www.ipswichpcyc.org.au">www.ipswichpcyc.org.au</a>
CYCLING					
<b>Springfield Lakes M'tain Bike Group</b>	Contact Greg for details		Meet at Spring Lake Oval, Springfield Lakes	Free	<b>Greg</b> Ph 0408 628 104 <a href="mailto:grego@denmacford.com.au">grego@denmacford.com.au</a>
<b>Totally Spoked Social Ride (30-40km)</b>	Thursday	6.00 am – 7.30 am	Totally Spoked 239 Brisbane St, Ipswich	Free	<b>Megan at Totally Spoked</b> Ph (07) 3202 4208 <a href="mailto:info@totallyspoked.com.au">info@totallyspoked.com.au</a> <a href="http://www.totallyspoked.com">www.totallyspoked.com</a>
<b>Totally Spoked Social Ride (40-60km)</b>	Saturday	6.00 am – 8.30 am	Totally Spoked 239 Brisbane St, Ipswich	Free	<b>Gary at Totally Spoked</b> Ph (07) 3202 4208 <a href="mailto:info@totallyspoked.com.au">info@totallyspoked.com.au</a> <a href="http://www.totallyspoked.com.au">www.totallyspoked.com.au</a>



DANCE					
<b>Break Dancing</b>	Friday	5.30 pm - 7.30 pm	Ipswich PCYC Griffith Rd, Eastern Heights	\$5.00	<b>Ipswich PCYC</b> Ph (07) 3281 2547 <a href="mailto:events@ipswichpcyc.org.au">events@ipswichpcyc.org.au</a> <a href="http://www.ipswichpcyc.org.au">www.ipswichpcyc.org.au</a>
<b>Physical Culture (females only)</b>	Monday	7.15 pm – 8.00 pm	Moggill Uniting Church Moggill Rd, Moggill	\$80 yearly membership + \$5.00 per session	<b>Julie</b> Ph (07) 3202 5026 <a href="mailto:wphysie@bigpond.com">wphysie@bigpond.com</a> <a href="http://www.westsidephysicalculture.com">www.westsidephysicalculture.com</a>
	Tuesday	7.15 pm - 8.00 pm	St Joseph's Primary School Pine Mountain Road, North Ipswich		
<b>Adult Hip Hop (18+ yrs)</b>	Wednesday	6.30 pm – 7.30 pm	Camira/Springfield Community Centre Cnr Old Logan Rd & Community Place, Springfield	\$8.00	<b>Camira/Springfield Community Centre</b> Ph (07) 3818 0921 Office Hours: Mon-Fri 9.00am-1.00pm <a href="mailto:csccommunitycentre@hotmail.com">csccommunitycentre@hotmail.com</a>
<b>Line Dancing</b>	Friday	9.00 am - 10.30 am	Goodna Neighbourhood House 33 Queen St, Goodna	Free	<b>Goodna Neighbourhood House</b> Ph (07) 3818 1648 <a href="mailto:goodnanh@yahoo.com.au">goodnanh@yahoo.com.au</a>
<b>Line Dancing</b>	Thursday	9.00 am (Beginners)	Shiloh Church Auditorium 72 Redbank Plains Road GOONDA	Free	<b>Shiloh Church Goodna</b> Ph (07) 3288 5966 <a href="mailto:mail@shilohchurch.org.au">mail@shilohchurch.org.au</a>
		10.00am (Advanced Beginners)			
		11.45am (Beginners)			
<b>Lakeside Boot Scooters</b>	Sunday	3.00pm – 5.00pm	Camira/Springfield Community Centre Cnr Old Logan Rd & Community Place, Springfield	Contact Ringi	<b>Ringi</b> Ph 0404 227 154
<b>Circle Dancing</b>	Saturday	10.00 am - 12.00 pm	Humanities Building, South St, Ipswich	Contact U.3.A Ipswich for cost	<b>U.3.A Ipswich</b> Ph (07) 3282 7484 <a href="mailto:u3aipswich@optusnet.com">u3aipswich@optusnet.com</a>



GENTLE EXERCISES					
Gentle Exercises	Thursday	3.00 pm – 4.30 pm	Contact U.3.A Ipswich for location	Contact U.3.A Ipswich for cost	<b>U.3.A Ipswich</b> Ph (07) 3282 7484 <a href="mailto:u3aipswich@optusnet.com">u3aipswich@optusnet.com</a>
GYMNASTICS					
Gymnastics	Tuesday	6.00 pm – 7.30 pm	Ipswich PCYC Griffith Rd, Eastern Heights	Enquire at Office	<b>Ipswich PCYC</b> Ph (07) 3281 2547 <a href="mailto:events@ipswichpcyc.org.au">events@ipswichpcyc.org.au</a> <a href="http://www.ipswichpcyc.org.au">www.ipswichpcyc.org.au</a>
MARTIAL ARTS/ BOXING					
Ju-Jitsu	Monday & Wednesday	7.30 pm – 9.00 pm	Ipswich PCYC Griffith Rd, Eastern Heights	Adults \$6.00 Pensioner \$4.50	<b>Ipswich PCYC</b> Ph (07) 3281 2547 <a href="mailto:events@ipswichpcyc.org.au">events@ipswichpcyc.org.au</a> <a href="http://www.ipswichpcyc.org.au">www.ipswichpcyc.org.au</a>
Judo	Tuesday & Thursday	7.30 pm - 9.00 pm		Adults \$4.00 Pensioner \$3.00	
Cardio Box Kick	Tuesday & Thursday	9.00 am – 10.00 am		Adults \$6.00 Pensioner \$5.00	
Muay Thai	Monday- Thursday	6.30 pm - 8.00 pm		\$5.00	
Shift Workers Boxing	Monday, Wednesday & Friday	1.00 pm – 2.00 pm		Enquire at Office	
Boxing Academy (13yrs +)	Friday	5.15 pm - 6.30 pm	Camira/Springfield Community Centre Cnr Old Logan Rd & Community Place, Springfield	\$5.00	<b>Camira/Springfield Community Centre</b> Ph (07) 3818 0921 Office Hours: Mon-Fri 9.00am-1.00pm <a href="mailto:csccommunitycentre@hotmail.com">csccommunitycentre@hotmail.com</a>
Rhee Tae Kwon Do	Tuesday & Thursday	6.30pm-7.30pm		Contact Helmut	<b>Helmut Sandner</b> Ph 0402 433 614
Beginners Karate	Tuesday	5.30 pm – 6.20 pm	Gymnasium at Woodcrest College, Springfield	\$130 for 3 months	<b>Michael Looke</b> Ph 0438 186 537 <a href="mailto:Michael.looke@optusnet.com.au">Michael.looke@optusnet.com.au</a>



<b>Tae Kwon Do</b>	Tuesday & Thursday	4.00 pm - 5.00 pm & 5.00 pm - 6.00 pm	Camira State School Hall, Old Logan Rd, Camira	\$5	<b>Anna</b> Ph 0433 300 617 <a href="mailto:camira.sd.tkd@optusnet.com.au">camira.sd.tkd@optusnet.com.au</a>
<b>MUSIC</b>					
<b>Music for Pleasure</b>	Wednesday	10.00 am- 11.30 am	Barry Jones Auditorium, South St, Ipswich	Contact U.3.A for more details	<b>U.3.A Ipswich</b> Ph (07) 3282 7484 <a href="mailto:u3aipswich@optusnet.com">u3aipswich@optusnet.com</a>
<b>CS Community Choir</b>	Tuesday	10.00am – 12.00pm	Camira/Springfield Community Centre Cnr Old Logan Rd & Community Place, Springfield	\$2 donation	<b>Camira/Springfield Community Centre</b> Ph (07) 3818 0921 Office Hours: Mon-Fri 9.00am-1.00pm <a href="mailto:csccommunitycentre@hotmail.com">csccommunitycentre@hotmail.com</a>
<b>RUNNING</b>					
<b>Park2Park Training</b>	Tuesday	5.30 pm	Bill Paterson Oval, Limestone Park, Chermside Rd, Ipswich	Free / Donation	<b>Ipswich Hospital Foundation</b> Ph (07) 3817 2318 <a href="mailto:info@ihfoundation.org.au">info@ihfoundation.org.au</a> <a href="http://www.ihfoundation.org.au">www.ihfoundation.org.au</a>
<b>Gale Force Running</b>	Wednesday	5.30 am		\$5.00	
<b>Cross Training</b>	Friday	6.00 am		Free / Donation	
<b>Big Hit QT Park Run</b>	Saturday	7.00 am	Griffith Rd Car Park, Limestone Park, Chermside Rd, Ipswich	Free / Donation	
<b>Long Distance Run</b>	Sunday	6.00 am	Contact Ashton on (07) 3817 2442 for more information on this activity		<b>Ipswich Hospital Foundation</b> Ph (07) 3817 2318 <a href="mailto:info@ihfoundation.org.au">info@ihfoundation.org.au</a> <a href="http://www.ihfoundation.org.au">www.ihfoundation.org.au</a>
<b>Springfield Lakes Running Group</b>	Wednesday	5.00 am	Meet at Spring Lake Oval, Springfield Lakes	Free	<b>Greg</b> Ph 0408 628 104 <a href="mailto:grego@denmacford.com.au">grego@denmacford.com.au</a>
	Friday				



SPORT					
<b>Social Touch Football</b>	Monday, Tuesday & Wednesday	6.30 pm – 7.10 pm 7.15 pm - 7.55 pm & 8.00 pm – 8.40 pm	Jim Finimore Oval Old Toowoomba Road, One Mile	Approx \$7.00 per person per week	Rick Borg Ph 0412 062 348 <a href="mailto:admin@ipswichtouch.com">admin@ipswichtouch.com</a>
<b>Badminton</b>	Wednesday	7.00 pm – 10.00 pm	Camira/Springfield Community Centre Cnr Old Logan Rd & Community Place, Springfield	\$8.00 First night is free	<b>Camira/Springfield Community Centre</b> Ph (07) 3818 0921 Office Hours: Mon-Fri 9.00am-1.00pm <a href="mailto:csccommunitycentre@hotmail.com">csccommunitycentre@hotmail.com</a>
<b>Fred Daniel Tennis Coaching</b>	Tuesday & Thursday	3.30 pm	Tennis Court near Spring Lake, Springfield Lakes	\$8.00	<b>Fred Daniel</b> Ph 0412 725 654 <a href="mailto:fred@freddanieltennis.net">fred@freddanieltennis.net</a>
	Wednesday		Boundary Road, Moores Pocket		
<b>Squash</b>	Monday - Saturday	Various	Ipswich PCYC Griffith Rd, Eastern Heights	Enquire at Office	<b>Ipswich PCYC</b> Ph (07) 3281 2547 <a href="mailto:events@ipswichpcyc.org.au">events@ipswichpcyc.org.au</a> <a href="http://www.ipswichpcyc.org.au">www.ipswichpcyc.org.au</a>
<b>Barefoot/Beginner Bowls (Novice - Champion)</b>	Friday	3.30pm (names taken at 3.00pm)	RAAF Amberley Bowls Club Southern Amberley Road (do not have to enter RAAF base)	Adult: \$5.00 Under 16yrs FREE	<b>Owen Smith</b> Ph (07) 5461 4538 Mob 0425 376 550
WATER SPORTS					
<b>Canoe Polo</b>	Every 2 <sup>nd</sup> Sunday	Contact Mick for more details	Spring Lake, Springfield Lakes	\$7.00 (includes all equipment)	<b>Mick</b> Ph 0402 643 465 <a href="mailto:mickkowl@optusnet.com.au">mickkowl@optusnet.com.au</a> <a href="http://www.centenary.canoe.org.au">www.centenary.canoe.org.au</a>
<b>Canoeing</b>	Every 2 <sup>nd</sup> Sunday	Contact provider	Various locations	\$90 yearly membership plus \$5.00 per game	<b>Ipswich District Canoe Polo Club</b> <a href="mailto:ipswichdistrict@canoe.org.au">ipswichdistrict@canoe.org.au</a> <a href="http://www.ipswichdistrict.canoe.org.au">www.ipswichdistrict.canoe.org.au</a>
<b>Canoe Polo</b>	Thursday	7.30 pm – 9.00 pm	Ipswich Boys Grammar School pool Darling St, Ipswich		



YOGA/ PILATES/TAI CHI					
Pilates	Tuesday	6.45 pm – 7.45 pm	Ipswich PCYC Griffith Rd, Eastern Heights	Enquire at Office	<b>Ipswich PCYC</b> Ph (07) 3281 2547 <a href="mailto:events@ipswichpcyc.org.au">events@ipswichpcyc.org.au</a> <a href="http://www.ipswichpcyc.org.au">www.ipswichpcyc.org.au</a>
	Thursday	6.30 pm – 7.30 pm		Enquire at Office	
Yoga	Wednesday	6.45 pm – 8.00 pm		Enquire at Office	
Yoga	Thursday	8am – 10am	Humanities Building, South St, Ipswich	Contact U.3.A for more details	<b>U.3.A Ipswich</b> Ph (07) 3282 7484 <a href="mailto:u3aipswich@optusnet.com">u3aipswich@optusnet.com</a>
Yoga	Wednesday	6.00 am	Riverheart Parklands, along Bremer River, opposite Ipswich Central	Free / Donation	<b>Ipswich Hospital Foundation</b> Ph (07) 3817 2318 <a href="mailto:info@ihfoundation.org.au">info@ihfoundation.org.au</a> <a href="http://www.ihfoundation.org.au">www.ihfoundation.org.au</a>
Tai Chi for Health	Tuesday	1.00pm – 2.00pm	Goodna Neighbourhood House 33 Queen St, Goodna	Free	<b>Goodna Neighbourhood House</b> Ph (07) 3818 1648 <a href="mailto:goodnanh@yahoo.com.au">goodnanh@yahoo.com.au</a>
OTHER					
Mah-jong	Friday	1.00 pm- 4.00 pm	Humanities Building, South St, Ipswich	Contact U.3.A Ipswich for cost	<b>U.3.A Ipswich</b> Ph (07) 3282 7484 <a href="mailto:u3aipswich@optusnet.com">u3aipswich@optusnet.com</a>
Women's Adventure Sports	Monday	9.30 am – 11.00 am	Camira/Springfield Community Centre Cnr Old Logan Rd & Community Place, Springfield	\$5.00 Childminding \$3.00 (discounts for 2-4 children)	<b>Camira/Springfield Community Centre</b> Ph (07) 3818 0921 Office Hours: Mon-Fri 9.00am-1.00pm <a href="mailto:csccommunitycentre@hotmail.com">csccommunitycentre@hotmail.com</a>
Camira Slimmers (Support Group)	Wednesday	6.30 pm – 8.30 pm		\$10.00 joining fee + \$3.00/wk	<b>Shirley</b> Ph (07) 3372 5851
Weight Watchers	Saturday	7.30am – 9.30 am		Contact Lisa	<b>Lisa Beck</b> Ph 13 19 97
Cards/Board games	Wednesday	12.00 pm – 4.30 pm	Goodna Neighbourhood	Free	<b>Goodna Neighbourhood House</b>

# Ipswich Healthy 4 Life

Activities for Everyone



			House 33 Queen St, Goodna		Ph (07) 3818 1648 <a href="mailto:goodnanh@yahoo.com.au">goodnanh@yahoo.com.au</a>
<b>Brookwater Gourmet Markets</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Sunday of month	7.00 am – 12.00 pm	Brookwater Golf Club Tournament Drive, Brookwater	Free Parking	<b>Brookwater Golf Club</b> Ph (07) 3814 5500 <a href="http://www.brookwater.com.au">www.brookwater.com.au</a>
<b>Healthy Lifestyles Presentations (females only)</b>	Last Wednesday of month	9.00 am – 10.00 am	The Gym Ladies Only 50 Fawkner Crs, Barellan Point	\$2	<b>Wendy</b> Ph (07) 3294 7758 <a href="mailto:thegym@optusnet.com.au">thegym@optusnet.com.au</a>
<b>Ipswich Farmers Markets</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Saturday of month	6.00 am - 11.00 am	Leichhardt Community Centre Corner of Denman St & Old Toowoomba Rd, Leichhardt	Free	<b>Leichhardt Community Centre</b> Ph (07) 3812 1270 <a href="mailto:ipswichfarmersmarket@bigpond.com">ipswichfarmersmarket@bigpond.com</a>
<b>Picnic in the Park</b>	2 <sup>nd</sup> Saturday of month	9.00 am	Queens Park, Goleby Ave, Ipswich	\$10 yearly membership	<b>Ipswich Multicultural Projects</b> Ph 0414 703 842 <a href="mailto:info@impnet.com.au">info@impnet.com.au</a>
<b>Card Games</b>	Wednesday	1:30pm-4pm	Croquet Club, Queens Park, 10 Milford St, Ipswich	Contact U.3.A for more details	<b>U.3.A Ipswich</b> Ph (07) 3282 7484 <a href="mailto:u3aipswich@optusnet.com">u3aipswich@optusnet.com</a>
<b>SNAP (Screening Nutrition Activity Program)</b>	Tuesday & Friday	9.30am – 11.30 am	Camira/Springfield Community Centre Cnr Old Logan Rd & Community Place, Springfield	Free	<b>Lois</b> Ph 0414 318 623