



Activity	Day	Time	Where	Cost	Contact
<b>GROUP EXERCISES</b>					
<b>Group Exercise Classes</b>	Tuesday	9.30 am – 10.30 am	Integrated Work Health, 6 Gray St, Ipswich	\$8.00	<b>Denise Lemon</b> Ph (07) 3812 1511 <a href="mailto:ep@iwh.com.au">ep@iwh.com.au</a>
	Thursday	3.30 pm – 4.30 pm			
<b>Tai Chi for Arthritis</b>	Monday	2.00 pm – 3.00 pm	Auditorium, Health Plaza, Bell St, Ipswich	\$2.00 Donation	<b>Monica</b> Ph (07) 3281 7765
	Tuesday	1.00 pm – 2.00 pm	Rosewood Community Centre, 19 School St, Rosewood	\$2.00 Donation	<b>Jean</b> Ph (07) 5464 1023
	Wednesday	9.00 am	Marburg Community Hall, Cnr Edmond & Queen Sts, Marburg	\$2.00 Donation	<b>Roslyn</b> Ph (07) 5464 4515
	Tuesday	9.00 am	Suncare Village, Wellington St, Brassall	\$2.00 Donation	<b>Ipswich 60 and Better</b> Ph (07) 3282 8644 <a href="mailto:ips60bp@gil.com.au">ips60bp@gil.com.au</a>
	Wednesday	11.00 am (advanced) 12.00 pm (beginners)	Laidley Community Centre, Mary St, Laidley	\$2.00 Donation	<b>Jean</b> Ph (07) 5464 1023
<b>Age Fit</b>	Most Days of the Week	Contact the centre	UQSPORT, 11 Salisbury Rd, Ipswich	\$8.00	<b>UQ Ipswich Wellness &amp; Activity Centre</b> Ph (07) 3381 1341 <a href="mailto:ipswich@uqsport.uq.edu.au">ipswich@uqsport.uq.edu.au</a>



SPORTS					
<b>Boccia for People with Disabilities</b>	Saturday	2.00 pm – 4.00 pm	St Thomas Anglican Church Hall 15 Lawrence St, North Ipswich	\$22 yearly membership, \$50 per season or \$105/year	<b>Nathan</b> Ph (07) 3253 3333 <a href="mailto:nathand@sportingwheelies.org.au">nathand@sportingwheelies.org.au</a>
<i>The following activities are run by Queensland Special Olympics. Membership to Special Olympics is \$60 for athletes aged 6-17 yrs (Juniors) and \$75 for athletes 17yrs + (Seniors)</i>					
<b>Athletics</b>	Saturday	8.30 am – 10.30 am	Venue TBA please contact Jeff	\$4.00	<b>Jeff Stewart</b> (07) 3300 5527
<b>Basketball</b>	Thursday	6.15 pm – 7.15 pm	YMCA Hall Old Logan Road, Camira	\$5.00	<b>Joy Gavin</b> (07) 3208 0174
<b>Golf</b>	Tuesday	6.30 pm – 7.30 pm	Oxley Golf Range 1020 Oxley Rd, Oxley	\$8.00	<b>Maria Rodriguez</b> (07) 3379 4963
<b>Junior Soccer</b>	Saturday	2.00 pm – 3.00 pm	Lions Soccer Club Pine Rd, Richlands	\$4.00	<b>Terry Vischer (coach)</b> (07) 3372 9726
<b>Senior Soccer</b>	Saturday	3.00 pm – 4.00 pm			
<b>Tennis</b>	Friday	5.30 pm – 6.30 pm	Ambiwerra Tennis Centre Erinvale St, Corinda	\$7.00	<b>Lyn McCulloch</b> (07) 3288 5639
<b>Gymnastics</b>	Thursday	6.30 pm – 8.00 pm	YMCA Hall Old Logan Rd, Camira	Contact Annette	<b>Annette Dundas</b> (07) 3288 3528
<b>Cricket</b>	Tuesday	4.30 pm – 6.00 pm	Western Suburbs Districts Cricket Club Oxley Rd, Graceville	\$6.00	<b>Terry Vischer</b> (07) 3372 9726



WALKING					
<b>Heart Support Walkers</b>	Monday	6.00 am	Netball Courts, Limestone Park, Salisbury Rd, Ipswich	Free	<b>Melinda</b> Ph (07) 3810 6666 <a href="mailto:healthy4life@ipswich.qld.gov.au">healthy4life@ipswich.qld.gov.au</a>
	Wednesday				
	Friday				
OTHER					
<b>My Time</b>	Every 2 <sup>nd</sup> Thursday	1.00 pm – 3.00 pm	SEDU 24 Griffith Rd, Ipswich	Free	<b>Gayle</b> Ph (07) 3432 5331 <a href="mailto:gduff3@eq.edu.au">gduff3@eq.edu.au</a>