



Activity	Day	Time	Where	Cost	Contact
ARTS & CRAFTS					
Art Group	Thursday	1.30 pm – 4.00 pm	Annex, Humanities Building, South St, Ipswich	\$2.00, BYO art supplies & mug	David Ph (07) 3288 5229
DANCING					
Square Dancing	Monday	1.00 pm – 3.00 pm	Annex, Humanities Building, South St, Ipswich	\$3.00	Ipswich 60 and Better Ph (07) 3282 8644 ips60bp@gil.com.au
Beginners Social Dancing	Monday	9.00 am – 12.00 pm	Trinity Uniting Church Hall, Jacaranda St, Booval	\$5.00	Bruce Ph (07) 3281 4288
Advanced Social Dancing	Friday	7.30 am – 12.00 pm		\$2.50	
GROUP EXERCISES					
Harmony Arts Seniors Exercise Sessions	Thursday	8.00 am – 10.00 am	Humanities Building South St, Ipswich	Free	Sandra Ph 0411 015 991
Lifetrail Seniors Group Fitness	Monday	6.00 am – 7.00 am	Life trail Fitness Station near PCYC car park Limestone Park, Ipswich	Free	Coral: Ph (07) 3281 7900 or Ruth: Ph (07) 3294 6608
Aqua Aerobics	Tuesday & Friday	9.00 am – 10.00 am	Goodna Aquatic Centre, 135 Brisbane Terrace, Goodna	\$8.80	Goodna Aquatic Centre Ph (07) 3381 8240
	Tuesday & Thursday	6.15 pm – 7.15 pm			
	Monday	12.30 pm	Peter McMahon's Swim Factory, 1 Martin St, Woodend	\$8.80	Peter McMahon's Swim Factory Ph (07) 3812 2923
	Friday				
Wednesday	12.00 pm				
Lifetrail Fitness Session	Friday	Contact Dorothy	Lifetrail Fitness Station near PCYC car park Limestone Park, Ipswich	Free	Dorothy Ph (07) 3281 0428
PCYC Group Exercise	Monday	Contact Dorothy	PCYC Griffith Rd, Eastern Heights	\$5.00	



LOW IMPACT/GENTLE EXERCISES					
Boccia	Tuesday	9.00 am – 12.00 pm	Annex, Humanities Building, South St, Ipswich	\$1.00	Reg Ph (07) 3281 2240
Table Tennis	Tuesday	2.00 pm – 4.30 pm	Annex, Humanities Building, South St, Ipswich	\$0.50 (bring afternoon tea to share)	Irene Ph (07) 3288 5229 Nev Ph (07) 3288 9169
	Friday	1.00 pm – 4.30 pm			
Putt Putt Golf	3 rd Monday of each month	9.00 am – 10.00 am	59 Huxham St, Raceview	\$4.00	Ipswich 60 and Better Ph (07) 3282 8644 ips60bp@gil.com.au
QKFA Gentle Exercise	Tuesday	9.45 am – 10.45 am	Congregational Church Hall Willey St, Raceview	\$5.00 (\$20 yearly membership)	
	Friday	9.30 am – 10.30 am			
WALKING					
Riverheart Walk	Wednesday & Friday	Contact Dorothy	Riverheart Parklands along Bremer River Opposite Ipswich Central	Free	Dorothy: Ph (07) 3281 0428
OTHER					
Garden Group	2 nd Wednesday of each month 11.00 am		Venue varies	Free (bring lunch to share)	Ipswich 60 and Better Ph (07) 3282 8644 ips60bp@gil.com.au
The Oasis Over 50s Social Group	Wednesday	9.00am – 12.00pm	Camira/Springfield Community Centre Cnr Old Logan Rd & Community Place, Springfield	Contact Eric & May	Eric & May Cowell Ph (07) 3282 0847 (07) 3814 0887