

Celebrate SENIORS MONTH

October 2025

1 OCTOBER

9.30 am –
1.00 pm

Ipswich Seniors Expo 2025

The Event Centre, Ipswich Showgrounds, 81 Warwick Rd, Ipswich

Free entry. Lunch available to purchase.

Seniors Expo featuring information stalls, workshops and local entertainment.

Hosted by Cuppa PLUS Inc.

For more information and to register email general.cuppaplus@gmail.com or message via the [Cuppa PLUS Inc](#) Facebook page.

9.30 am –
10.30 am

Gentle Exercise Class

Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes | **\$5.00**

Gentle exercise session designed especially for seniors. This low impact class focuses on improving mobility, strength and balance in a relaxed and supportive environment—perfect for all fitness levels.

Hosted by the Y Queensland Ipswich Thriving Seniors.

For more information phone Ipswich Thriving Seniors on 0459 930 453.

11.00 am –
11.45 am

Pound Fit

Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes | **\$5.00**

An energising full body workout to music! Using light weight drumsticks, you feel the beat and drum in various rhythms and positions, improving coordination, strength and endurance.

Hosted by the Y Queensland Ipswich Thriving Seniors.

For more information phone Ipswich Thriving Seniors on 0459 930 453.

1.00 pm – 2.00 pm	<p>Choir Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Music, friendship and fun come together in perfect harmony with our choir group. This welcoming group brings people of all musical abilities together to enjoy good company and great tunes. No experience required.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
1.30 pm – 2.30 pm	<p>Tech Talk Gailes Community House, 30 Karina St, Gailes Free <i>Support to use your digital devices.</i> Hosted by Gailes Community House. Bookings required. For more information and to book visit Gailes Community House or phone (07) 3879 3004.</p>
2 OCTOBER	
9.30 am – 11.30 am	<p>Craft & Sewing Group Gailes Community House, 30 Karina St, Gailes Free <i>Bring along your craft project or just see what others are doing. There's a wealth of crafting skills and knowledge being shared.</i> Hosted by Gailes Community House. For more information visit Gailes Community House or phone (07) 3879 3004.</p>
9.30 am – 11.00 am	<p>Pickleball 235 Smiths Rd, Redbank Plains \$8.00 <i>Discover the fun of Pickleball - a lively, low impact sport that's easy to learn and great for staying active. Whether you're a seasoned player or a curious beginner, join in for friendly games and plenty of laughs.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
12.30 pm – 2.30 pm	<p>Painting Landscape Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Painting class.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. RSVP required. For more information and to RSVP, email ipswichthrivingseniors@ymcaqueensland.org.au or phone 0459 930 453.</p>
1.00 pm – 2.00 pm	<p>Ukulele Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Ukulele class for beginners. Perfect for anyone looking to pick up a new hobby. Learn to play in a relaxed and supportive environment. Ukuleles supplied.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>

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9.30 am – 12.00 pm	<p>Mahjong Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Sharpen your mind and enjoy great company. Whether you're experienced or new to the game, all are welcome to join in the fun of this timeless tile-based classic.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
9.30 am – 12.00 pm	<p>Craft Group Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Bring your creativity and your own craft project. Knit, crochet, paint or stitch alongside others in a friendly space.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
10.00 am – 12.00 pm	<p>Music Jam Session Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Music jam session. BYO instrument.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
11.00 am – 12.00 pm	<p>Gailes Mahjong Club Gailes Community House, 30 Karina St, Gailes Free <i>Come and play, beginners and experienced welcome.</i> Hosted by Gailes Community House. For more information visit Gailes Community House or phone (07) 3879 3004.</p>
12.00 pm – 1.30 pm	<p>Line Dancing Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Line dancing class.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>

5 OCTOBER

9.00 am – 2.00 pm	<p>Heritage Family Fun Day Cooneana Heritage Centre, 1041 Redbank Plains Rd, New Chum \$7.50 per adult ticket <i>Enjoy old-fashioned activities and displays. Rides, games, coal mining and 1860's displays.</i> Hosted by Ipswich Historical Society. Bookings essential. For more information and to book visit Heritage Family Fun Day.</p>
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7 OCTOBER

8.00 am – 9.00 am	<p>Heart Foundation Walking Group Meet at the Royal Bakery, Orion Shopping Centre, Springfield Central Free <i>Fun, free and easy way to feel happy and healthy. Meet new friends and boost your health. Enjoy an easy paced walk in and around Orion Shopping Centre with an optional coffee stop at the end.</i> Hosted by the Y Queensland Ipswich Thriving Seniors in partnership with Heart Foundation Walkers. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
9.30 am – 11.00 am	<p>Pickleball 235 Smiths Rd, Redbank Plains \$8.00 <i>Discover the fun of Pickleball - a lively, low impact sport that's easy to learn and great for staying active. Whether you're a seasoned player or a curious beginner, join in for friendly games and plenty of laughs.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
9.30 am -11.00 am	<p>Trivia Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes Free <i>Enjoy a morning of laughs, light-hearted competition and great company. No experience needed – just come along, have fun, and maybe win a fun prize.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
10.00 am – 12.00 pm	<p>Social Cooking Group Gailes Community House, 30 Karina St, Gailes Free <i>Low-cost meals prepared and shared.</i> Hosted by Gailes Community House. For more information visit Gailes Community House or phone (07) 3879 3004.</p>

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9.30 am – 10.30 am	<p>Gentle Exercise Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Gentle exercise session designed especially for seniors. This low impact class focuses on improving mobility, strength and balance in a relaxed and supportive environment. Perfect for all fitness levels.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
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11.00 am – 11.45 am	<p>Pound Fit Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00</p> <p><i>An energising full body workout to music! Using light weight drumsticks, you feel the beat and drum in various rhythms and positions, improving coordination, strength and endurance.</i></p> <p>Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
1.00 pm – 2.00 pm	<p>Choir Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00</p> <p><i>Music, friendship and fun come together in perfect harmony with our Choir group. This welcoming group brings people of all musical abilities together to enjoy good company and great tunes. No experience required.</i></p> <p>Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
1.30 pm – 2.30 pm	<p>Tech Talk Gailes Community House, 30 Karina St, Gailes Free</p> <p><i>Support to use your digital devices.</i></p> <p>Hosted by Gailes Community House. Bookings required. For more information and to book visit Gailes Community House or phone (07) 3879 3004.</p>
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10.00 am – 1.00 pm	<p>Healthy Ageing Event Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes Free</p> <p><i>Interactive workshop designed to inspire healthy ageing and services expo – chat with local services about your health and wellbeing needs. Free lunch.</i></p> <p>Hosted by the Y Queensland Ipswich Thriving Seniors. For more information and to RSVP visit Ipswich Thriving Seniors, phone 0459 930 453 or email ipswichthrivingseniors@ymcaqueensland.org.au.</p>

12.30 pm – 2.30 pm	<p>Painting Abstract Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Painting Abstract class.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. RSVP required. For more information and to RSVP, email ipswichthrivingseniors@ymcaqueensland.org.au or phone 0459 930 453.</p>
1.00 pm – 2.00 pm	<p>Ukulele Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Ukulele class for beginners. Perfect for anyone looking to pick up a new hobby. Learn to play in a relaxed and supportive environment. Ukuleles supplied.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
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12.00 pm – 1.30 pm	Line Dancing Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Line dancing class.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.
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11 OCTOBER

9.00 am – 1.00 pm	The Handmade Expo Market Tulmur Place, Nicholas Street Precinct, Ipswich Free <i>Over 100 stalls featuring handmade jewellery, clothing, homewares and gift items.</i> Hosted by The Handmade Expo. For more information visit The Handmade Expo Facebook page.
9.45 am – 2.00 pm	Community Tree Planting Day Jack Barkley Park, 33 Gledson St, North Ipswich Free <i>Whether you're new to the joy of planting or are a seasoned planting pro, we welcome you to help make Ipswich greener, cooler and full of life.</i> Hosted by Conservation Volunteers Australia and Ipswich City Council. Registrations essential. For more information and to register visit the Portal .

13 OCTOBER

9.30 am – 10.30 am	Gentle Exercise Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Gentle exercise session designed especially for seniors. This low impact class focuses on improving mobility, strength and balance in a relaxed and supportive environment. Perfect for all fitness levels.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.
11.00 am – 12.00 pm	Seniors Pilates Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Build core strength, improve flexibility and support healthy ageing with a senior-friendly Pilates class. Guided by experienced instructors, each session is tailored to suit your pace while enhancing posture, stability and overall wellbeing.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.
12.30 pm – 2.30 pm	Wood Burning Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Wood burning class.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. RSVP required. For more information and to RSVP email ipswichthriving seniors@ymcaqueensland.org.au or phone 0459 930 453.

14 OCTOBER

8.00 am – 9.00 am	<p>Heart Foundation Walking Group Meet at the Royal Bakery, Orion Shopping Centre, Springfield Central Free <i>Fun, free and easy way to feel happy and healthy. Meet new friends and boost your health. Enjoy an easy paced walk in and around Orion Shopping Centre with an optional coffee stop at the end.</i> Hosted by the Y Queensland Ipswich Thriving Seniors in partnership with Heart Foundation Walkers. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
9.30 am – 11.00 am	<p>Pickleball 235 Smiths Rd, Redbank Plains \$8.00 <i>Discover the fun of Pickleball - a lively, low impact sport that's easy to learn and great for staying active. Whether you're a seasoned player or a curious beginner, join in for friendly games and plenty of laughs.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
9.30 am – 12.30 pm	<p>STAR Seniors Health and Wellness Expo Brothers Leagues Club Ipswich, 20 Wildey St, Raceview Free <i>Learn how to access aged care services, join in fitness demos, talk to nutrition experts, find out more about local activities, hobbies, and interest groups.</i> Hosted by STAR Community Services. For more information and to RSVP phone (07) 3821 6699 or email marketing@starct.org.au</p>
10.00 am – 12.00 pm	<p>Social Cooking Group Gailes Community House, 30 Karina St, Gailes Free <i>Low-cost meals prepared and shared.</i> Hosted by Gailes Community House. For more information visit Gailes Community House or phone (07) 3879 3004.</p>
10.00 am – 12.00 pm	<p>Garden Club Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Get together and meet like-minded people as you share tips, swap plants and connect with fellow green thumbs while enjoying a cuppa and morning tea.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>

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1.30 pm – 2.30 pm	<p>Tech Talk Gailes Community House, 30 Karina St, Gailes Free</p> <p><i>Support to use your digital devices.</i></p> <p>Hosted by Gailes Community House. Bookings required. For more information and to book visit Gailes Community House or phone (07) 3879 3004.</p>

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12.30 pm – 2.30 pm	<p>Painting Watercolour Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Painting Watercolour class.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. RSVP required. For more information and to RSVP, email ipswichthriving seniors@ymcaqueensland.org.au or phone 0459 930 453.</p>
1.00 pm – 2.00 pm	<p>Ukulele Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Ukulele class for beginners. Perfect for anyone looking to pick up a new hobby. Learn to play in a relaxed and supportive environment. Ukuleles supplied.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>

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9.30 am – 12.00 pm	<p>Mahjong Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Sharpen your mind and enjoy great company. Whether you're experienced or new to the game, all are welcome to join in the fun of this timeless tile-based classic.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
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10.00 am – 12.00 pm	Music Jam Session Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Music jam session. BYO instrument.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.
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12.00 pm – 1.30 pm	Line Dancing Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Line dancing class.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.

18 OCTOBER

9.00 am – 1.00 pm	Ipswich Sustainable Living Festival Tulmur Place, Nicholas Street Precinct, Ipswich Free <i>Discover new ways to embrace an eco-friendly lifestyle with free workshops, expert speakers, local initiatives and more.</i> Hosted by Ipswich City Council. For more information visit ipswich.qld.gov.au
9.30 am – 11.30 am	Ipswich Plant Swap Leichhardt One Mile Community Centre, 1-17 Denman St, Leichhardt Free <i>Exchange garden goodies with like-minded people.</i> Hosted by Ipswich Plant Swap. For more information visit the Ipswich Plant Swap Facebook page.

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10.00 am – 1.00 pm	<p>Movie & Mingle – The Travellers Event Cinema Orion, 1 Main St, Springfield Central \$8.00 per ticket <i>A poignant and heartwarming new drama/comedy starring Bryan Brown. After the movie, head over to the Gold Class lounge for a free coffee courtesy of Orion, to mingle and connect with fellow movie lovers.</i> Hosted by the Y Queensland Ipswich Thriving Seniors in partnership with Event Cinemas. Bookings essential. For more information and to book visit Ipswich Thriving Seniors Movie & Mingle - The Travellers.</p>
11.00 am – 12.00 pm	<p>Seniors Pilates Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Build core strength, improve flexibility and support healthy ageing with a senior-friendly Pilates class. Guided by experienced instructors, each session is tailored to suit your pace while enhancing posture, stability and overall wellbeing.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
12.30 pm – 2.30 pm	<p>Christmas Flower Wreath Making Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Wreath making class. BYO spare Christmas decorations.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. RSVP required. For more information and to RSVP email ipswichthrivingseniors@ymcaqueensland.org.au or phone 0459 930 453.</p>
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8.00 am – 9.00 am	<p>Heart Foundation Walking Group Meet at the Royal Bakery, Orion Shopping Centre, Springfield Central Free <i>Fun, free and easy way to feel happy and healthy. Meet new friends and boost your health. Enjoy an easy paced walk in and around Orion Shopping Centre with an optional coffee stop at the end.</i> Hosted by the Y Queensland Ipswich Thriving Seniors in partnership with Heart Foundation Walkers. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
9.30 am – 11.30 am	<p>Bingo Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$10.00 per book for 10 games <i>A fun-filled session of Bingo – a classic favourite that brings people together for laughs, light-hearted competition and great prizes.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>

9.30 am – 11.00 am	Pickleball 235 Smiths Rd, Redbank Plains \$8.00 <i>Discover the fun of Pickleball - a lively, low impact sport that's easy to learn and great for staying active. Whether you're a seasoned player or a curious beginner, join in for friendly games and plenty of laughs.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.
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12.30 pm – 2.30 pm	<p>Mandala/Dot Painting Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Mandala/Dot Painting class.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. RSVP required. For more information and to RSVP, email ipswichthrivingseniors@ymcaqueensland.org.au or phone 0459 930 453.</p>
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10.00 am – 12.00 pm	<p>Music Jam Session Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Music jam session. BYO instrument.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
11.00 am – 12.00 pm	<p>Gailes Mahjong Club Gailes Community House, 30 Karina St, Gailes Free <i>Come and play, beginners and experienced welcome.</i> Hosted by Gailes Community House. For more information visit Gailes Community House or phone (07) 3879 3004.</p>
12.00 pm – 1.30 pm	<p>Line Dancing Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Line dancing class.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
4.00 pm – 10.00 pm	<p>Goodna Jacaranda Festival Evan Marginson Park, Woogaroo St, Goodna Seniors 2 Day Pass \$7.00 per ticket <i>Community festival featuring entertainment, food, market stalls, rides and more.</i> Hosted by Goodna Community Association Inc. For more information visit Goodnajakarandafestival.com</p>
25 OCTOBER	
8.00 am – 10.00 pm	<p>Goodna Jacaranda Festival Evan Marginson Park, Woogaroo St, Goodna Seniors 2 Day Pass \$7.00 per ticket <i>Community festival featuring entertainment, food, market stalls, rides and more.</i> Hosted by Goodna Community Association Inc. For more information visit Goodnajakarandafestival.com</p>

8.00 am – 2.00 pm	<p>Ipswich Collectormania Antique, Collectable and Record Fair Ipswich Showgrounds Main Pavilion, 81 Warwick Rd, Ipswich \$8.00 per adult <i>Fair featuring specialised dealers and opportunities for appraisals and sales of your items. Bring your treasures and meet fellow collectors.</i> Hosted by Aussie Fairs. For more information visit the Aussie Fairs - Collectormania Antiques, Collectables & Record Fairs Facebook page.</p>
9.00 am – 3.00 pm	<p>Rosewood Native Plant Sale and Enviro Day Rosewood Showgrounds, 1 Railway St, Rosewood Free entry <i>Interact with local environment groups focusing on native plants. Please bring your own reusable boxes and bags for plant purchases.</i> Hosted by Native Plants Queensland – Ipswich Branch. For more information visit the Native Plants Queensland - Ipswich Branch Facebook page.</p>

26 OCTOBER

10.00 am – 12.00 pm	<p>Grandparents Digital Fun Day Ipswich Central Library, Event Space, Nicholas Street Precinct, Nicholas St, Ipswich Free <i>Celebrating grandparents, Elders, grand-friends and relatives with digital sharing from tech-savvy smarties young and old. Drop in to share the intergenerational digital discovery with robotics, gaming, digital arts, as well as technology old and new</i> Hosted by Ipswich Libraries. For more information visit ipswichlibraries.com.au</p>
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27 OCTOBER

9.30 am – 10.30 am	<p>Gentle Exercise Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Gentle exercise session designed especially for seniors. This low impact class focuses on improving mobility, strength and balance in a relaxed and supportive environment. Perfect for all fitness levels.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
11.00 am – 12.00 pm	<p>Seniors Pilates Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Build core strength, improve flexibility and support healthy ageing with a senior-friendly Pilates class. Guided by experienced instructors, each session is tailored to suit your pace while enhancing posture, stability and overall wellbeing.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>

12.30 pm – 2.30 pm	Altered Book Craft Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Craft class.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. RSVP required. For more information and to RSVP email ipswichthrivingseniors@ymcaqueensland.org.au or phone 0459 930 453.
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28 OCTOBER

8.00 am – 9.00 am	Heart Foundation Walking Group Meet at the Royal Bakery, Orion Shopping Centre, Springfield Central Free <i>Fun, free and easy way to feel happy and healthy. Meet new friends and boost your health. Enjoy an easy paced walk in and around Orion Shopping Centre with an optional coffee stop at the end.</i> Hosted by the Y Queensland Ipswich Thriving Seniors in partnership with Heart Foundation Walkers. For more information phone Ipswich Thriving Seniors on 0459 930 453.
9.30 am – 11.00 am	Pickleball 235 Smiths Rd, Redbank Plains \$8.00 <i>Discover the fun of Pickleball - a lively, low impact sport that's easy to learn and great for staying active. Whether you're a seasoned player or a curious beginner, join in for friendly games and plenty of laughs.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.
10.00 am – 12.00 pm	Social Cooking Group Gailes Community House, 30 Karina St, Gailes Free <i>Low-cost meals prepared and shared.</i> Hosted by Gailes Community House. For more information visit Gailes Community House or phone (07) 3879 3004.
10.30 am – 12.30 pm	Community Kitchen Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>A morning of cooking delicious food, making new friends and sharing a meal together.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.

29 OCTOBER

9.30 am – 10.30 am	Gentle Exercise Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Gentle exercise session designed especially for seniors. This low impact class focuses on improving mobility, strength and balance in a relaxed and supportive environment. Perfect for all fitness levels.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.
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11.00 am – 11.45 am	<p>Pound Fit Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00</p> <p><i>An energising full body workout to music! Using light weight drumsticks, you feel the beat and drum in various rhythms and positions, improving coordination, strength and endurance.</i></p> <p>Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
1.00 pm – 2.00 pm	<p>Choir Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00</p> <p><i>Music, friendship and fun come together in perfect harmony with our choir group. This welcoming group brings people of all musical abilities together to enjoy good company and great tunes. No experience required.</i></p> <p>Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
1.30 pm – 2.30 pm	<p>Tech Talk Gailes Community House, 30 Karina St, Gailes Free</p> <p><i>Support to use your digital devices.</i></p> <p>Hosted by Gailes Community House. Bookings required. For more information and to book visit Gailes Community House or phone (07) 3879 3004.</p>
30 OCTOBER	
9.30 am – 12.00 pm	<p>Seniors Community Celebration Whitehill Church of Christ, 219 Whitehill Rd, Raceview Free</p> <p><i>Morning tea, entertainment, specialist guest speakers and expo stalls showcasing local activities services and groups.</i></p> <p>Hosted by Churches of Christ. RSVP required. For more information or to RSVP phone (07) 3363 1881 or email events@cofcqld.com.au.</p>
9.30 am – 11.30 am	<p>Craft & Sewing Group Gailes Community House, 30 Karina St, Gailes Free</p> <p><i>Bring along your craft project or just see what others are doing. There's a wealth of crafting skills and knowledge being shared.</i></p> <p>Hosted by Gailes Community House. For more information visit Gailes Community House or phone (07) 3879 3004.</p>
9.30 am – 11.00 am	<p>Pickleball 235 Smiths Rd, Redbank Plains \$8.00</p> <p><i>Discover the fun of Pickleball - a lively, low impact sport that's easy to learn and great for staying active. Whether you're a seasoned player or a curious beginner, join in for friendly games and plenty of laughs.</i></p> <p>Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>

12.30 pm – 2.00 pm	<p>Silk Flower Corsage/Buttonhole Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Silk Flower Corsage/Buttonhole class.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. RSVP required. For more information and to RSVP, email ipswichthrivingseniors@ymcaqueensland.org.au or phone 0459 930 453.</p>
1.00 pm – 2.00 pm	<p>Ukulele Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Ukulele class for beginners. Perfect for anyone looking to pick up a new hobby. Learn to play in a relaxed and supportive environment. Ukuleles supplied.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
31 OCTOBER	
9.00 am – 10.00 am	<p>Nia Class Springfield Lakes Community Centre, 53 Springfield Lakes Blvd, Springfield Lakes \$5.00 <i>Unique mix of Tai Chi, Tae Kwon Do, Dance and Yoga.</i> Hosted by the Y Queensland Ipswich Thriving Seniors. For more information phone Ipswich Thriving Seniors on 0459 930 453.</p>
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ALL MONTH LONG

Discover Ipswich activities

Various dates, times and locations.

For more information visit Discoveripswich.com.au

Ipswich 60 and Better Program Inc activities

Activities including tai chi, table tennis, bridge, mah-jong, art and craft, and walking.

For more information phone (07) 3282 8644 / 0493 097 012 (office hours) or visit 60andbetteripswich.com.au

SeniorNet Association Inc

Dedicated to helping seniors use computers and the internet.

For more information phone John (07) 3281 8548 or email training@seniornet.com.au or check the [SeniorNet Ipswich Qld](#) Facebook page

Active Low Impact

Free physical activities for seniors, including tai chi and qigong, yoga, aqua fitness, strength and conditioning, and more. These activities are designed to accommodate individuals of all abilities.

For more information visit ipswich.qld.gov.au

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