



**At the Y
Queensland**

*We create healthy,
connected and
thriving communities*

Contact Us



Visit:

53 Springfield Lakes Blvd,
Springfield Lakes, 4300

Open Monday to Friday
8:00am - 4:00pm



Email:

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Phone:

0459 930 453



Facebook:

Ipswich Thriving Seniors



Website:

Ipswich Thriving Seniors



Funded by



Ipswich
Thriving
Seniors

Program Offerings

Fitness Programs



Stay active and energised with a range of activities designed for all fitness levels that support mobility, strength and overall well-being.

Social Groups



Make new friends, discover new passions and spark your creativity through a range of fun weekly activities.

Information & Referral Services



Grow your knowledge with health and well-being information sessions, plus referrals to trusted local services and support networks.

Events & Outings



Join like-minded friends, experience new places and create lasting memories with unforgettable bus trips and events.

Why Join Us?

Become an Ipswich Thriving Seniors member and connect with a vibrant community of like-minded people who value connection, well-being and fun.

As a member you'll enjoy:

- Low-cost social activities
- Bus trips and outings
- Information sessions
- Advice & referrals
- Community newsletters
- Volunteering opportunities
- Special events



Scan to view our activities and enrol now!

About Us

Ipswich Thriving Seniors is a community program proudly delivered by the Y Queensland. We support older adults aged 60+ and First Nations peoples aged 50+ to thrive in their local communities.

Our goal is to create age-friendly environments where seniors feel valued, celebrated and connected to their communities.

