

July 2025

# IPSWICH *Thriving* SENIORS Newsletter



## Welcome!

The Ipswich Thriving Seniors program aims to empower seniors by fostering a sense of connection, support and active engagement. We provide a variety of social groups, events, information and referral to enhance the health and wellbeing of seniors in Ipswich. We are excited to share all the latest news, events and program offerings to help seniors thrive!

## Healthy Ageing

### Exercise for Active Ageing

Regular exercise is one of the best ways to support healthy ageing. Staying active can help lower the risk of falls, enhance mental well-being, improve sleep and lower stress. Did you know that the Department of Health recommends older adults engage in **30 minutes of moderate-intensity activity most days**? This includes activities that get your heart beating a little faster and make your breathing slightly heavier. Try brisk walking, swimming, golf (without a cart), tennis, or water aerobics—find something you enjoy and keep moving!

### SPRINGFIELD LAKES COMMUNITY CENTRE

**Phone:** 0459 930 453

**Email:** [ipswichthrivingseniors@ymcaqueensland.org.au](mailto:ipswichthrivingseniors@ymcaqueensland.org.au)

**Visit:** 53 Springfield Lakes Boulevard, Springfield Lakes, QLD 4300

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## Activity Menu



☆ Book Online via [Humanitix](https://www.humanitix.com/). Booking fee applies.

Effective from: July 2025

Monday	Time	Cost
Gentle Exercise	9:30am - 10:30am	\$5
Seniors Pilates	11:00am - 12:00pm	\$5
Book Club (First Monday of month)	2:00pm - 4:00pm	Free
☆ Movies and Mingle (third Monday of month) Event Cinema Orion Shopping Centre	Start between 10:00am - 10:30am	\$8
Tuesday	Time	Cost
Heart Foundation Walking Group Orion Shopping Centre - Meet at the Royal Bakery	8:00am - 9:00am	Free
Pickleball - Just Gym Redbank	9:30am - 11:30am	\$7
Trivia (First Tuesday of month)	9:30am - 11:00am	Free
Garden Club (Second Tuesday of month)	10:00am - 12:00pm	\$5
Bingo (Third Tuesday of month)	9:30am - 11:30am	\$10/book
Seniors Technology Solutions (By appointment during school term)	11:00am - 12:30pm	Free
Wednesday	Time	Cost
Gentle Exercise	9.30am - 10.30am	\$5
Pound Fit Exercise (Drumsticks supplied)	11:00am - 11:45am	\$5
☆ Community Kitchen (second Wednesday of month)	10:30am - 12:30pm	\$5
Choir	1:00pm - 2:00pm	\$5
Thursday	Time	Cost
Pickleball - Just Gym Redbank	9:30am - 11:30am	\$7
Ukulele	1:00pm - 2:00pm	\$5
Friday	Time	Cost
Mahjong	9.30am - 12:00pm	\$5
Craft Club	9:30am - 12:00pm	\$5
Chess	12:30pm - 2:30pm	\$5

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## New Programs

### Pound Fit

Pound Fit is an energizing full body workout to music! Using light weight drum sticks, you feel the beat and drum in various different rhythms and positions, improving coordination, strength and endurance. Join us every Wednesday at 11am with our amazing new facilitator Bec.

### Ukulele

We are thrilled to welcome Rose our new volunteer to teach ukulele for beginners. The ukulele is a light weight, easy to learn instrument that will help you discover the joy of music in a relaxed environment. Enjoy the uplifting benefits of playing music with others every Thursday at 1:00pm.

### Chess

Our new chess group is the perfect place to challenge yourself, share strategies and meet like minded players in a relaxed setting. Chess is on every Friday 12:30pm - 2:30pm.

## Information Sessions

Don't miss our **FREE** sessions:

### Travel Made Easy

10 July 9:30am - 10:30am

### Navigating My Aged Care

24 July 11:00am - 12:00pm

### New Mater Hospital in Springfield

20 August 11:00am - 12:00pm

RSVP to 0459 930 453

Stay tuned  
for exciting  
new classes  
and  
activities in  
October to  
celebrate  
Seniors  
Month!

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## Bus Trips

Join us for a delightful day of discovery with our bus trip to **City Hall** and the **Museum of Brisbane** on the 27th of August! Explore the Museum of Brisbane's fascinating exhibitions. Enjoy a private guided tour of City Hall. Top off the day with a delicious high tea lunch at the Shingle Inn. Visit Ipswich Thriving Seniors website for more information.



## Senior Expo

**Retirement Living & Senior Lifestyle Expo** at Ipswich Turf Club on 12th August. This is a free event that showcases a selection of quality service providers and businesses that specialize in the Retiree & Senior sector. Learn more from retirement villages and resorts, specialist equipment providers, travel providers, insurance and financial services and much more.

Visit Senior Expos Australia for more information and to reserve your ticket.

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## National Pain Week 21 - 27 July



Chronic pain can significantly impact daily life, making even simple activities challenging. For seniors, managing persistent pain is crucial to maintaining mobility, independence, and overall well-being. Understanding pain management options, from lifestyle changes to professional support, can help improve quality of life. If you or someone you know is struggling with ongoing pain, visit the Chronic Pain Australia website to access resources, support networks, and expert advice tailored to your needs.

Click here to visit Chronic Pain Australia.

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Feeling lonely  
is our cue  
to connect

LONELINESS  
AWARENESS  
WEEK AUS

## Loneliness Awareness Week

Loneliness Awareness Week is a reminder that social connection is essential for well-being, especially as we age. Feeling isolated can impact mental and physical health, but there are ways to foster meaningful relationships and build supportive communities. Whether it's joining a local group, reaching out to a friend, or simply starting a conversation, small steps can make a big difference. Visit Ending Loneliness Together and explore resources that promote connection.

## Helplines

Ambulance, Police, Fire: 000  
Seniors Enquiry Line: 1300 135 500  
Carers Gateway: 1800 422 737  
Lifeline: 13 11 14  
Elder Abuse Helpline: 1300 651 192  
My Aged Care: 1800 200 422

## Seniors Enquiry Line

Need help but not sure where to start? Seniors Enquiry Line is a free, statewide information and referral service for Queensland seniors, families, friends, grandparents and carers. Call 1300 135 500 between 9am to 5pm, Monday to Friday.

## Helpful Services

LiveUp is a **free** national healthy ageing initiative. LiveUp guides participants to complete a simple quiz, after which they receive a summary of information and guidance around activities and supports in their local area, assistive technology product option and simple tips to make their everyday living easier at home and in the community. Click here to visit LiveUp.



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