

September 2025

IPSWICH *Thriving* SENIORS Newsletter

Welcome!

The Ipswich Thriving Seniors program offered by YMCA Queensland aims to empower seniors to feel more connected, supported and actively engaged. We provide a variety of social groups, bus trips and information/referral to enhance the health and wellbeing of seniors in Ipswich. We are excited to share all the latest news, program offerings and local events to help seniors thrive!



Important Dates

1- 5 Sept	Women's Health Week
7 Sept	Father's Day
10 Sept	World Suicide Prevention Day
11 Sept	R U OK? Day
15 - 21 Sept	Dementia Action Week
21 Sept	World Alzheimer's Day
Prostate Cancer Awareness Month	

For or all your Ipswich Thriving Seniors Program updates visit our website, follow us on Facebook or join our mailing list.

SPRINGFIELD LAKES COMMUNITY CENTRE

Phone: 0459 930 453

Email: 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: September 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
Community Kitchen (Fourth Tuesday of month)	10:30am - 12:30pm	\$5
Wednesday	Time	Cost
Gentle Exercise	9.30am - 10.30am	\$5
Pound Fit Exercise (Drumsticks supplied)	11:00am - 11:45am	\$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
Line Dancing	TBA	

SPRINGFIELD LAKES COMMUNITY CENTRE

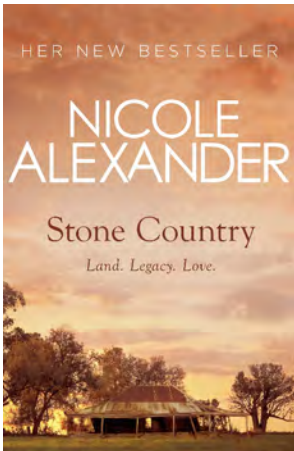
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Monthly Updates

School Holiday Closure!

All classes will be cancelled for the first week of the school holidays Mon 22nd Sept - Fri 26th Sept. Off site activities such as Pickleball and the Orion Walking Group will still be running at this time.

Book Club - 1st Sept 2:00pm

This month we are reading *Stone Country* by Nicole Alexander. Join our Book Club to discover new stories, meet fellow book lovers and enjoy lively discussion.

Movies and Mingle - 15th Sept 10:00am

This month we are watching 'The Roses' at Event Cinemas Springfield. Tickets via Humanitix. See our 'Important Links' section to book.

Information Session - 18 Sept 11am

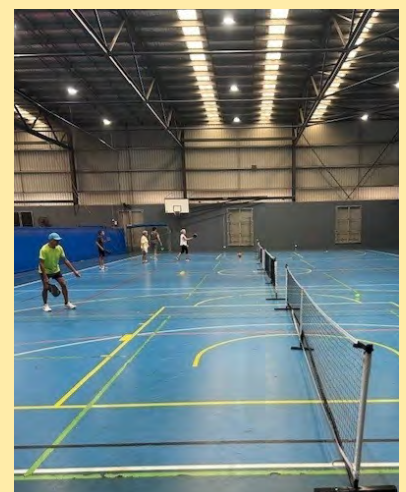
Advance Care Planning Australia are here to help us understand how to make your future health care preferences known if you are ever unable to speak for yourself. FREE LUNCH. RSVP 0459 930 453

Featured Program of the Month

Pickleball

Looking for a fun, low impact way to stay social and active? Why not try our pickleball sessions! With its easy to learn rules, gentle pace and smaller court size, pickleball is ideal for maintaining mobility, improving balance, and boosting heart health. Plus, it's a fantastic way to meet new friends.

Come along every Tuesday and Thursday morning at 9:30am at the Just Gym, Redbank.



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City Hall Bus Trip

We had a fantastic day out on 27th August to City Hall. We enjoyed a tour of the iconic City Hall building plus a ride up the lift to the top of the clock tower for a wonderful view of Brisbane! We then explored the Museum of Brisbane and finished the day off with a delicious high tea lunch at the Shingle Inn. Thank you to everyone who came along and made this a special day!

Healthy Ageing

Boost Your Brain Health as You Age!

Cognitive health—your ability to think clearly, learn new things, and remember—is a key part of overall brain wellbeing. While it's normal for our brains to change with age, the great news is that we can take charge by making simple, healthy lifestyle choices and keeping your mind active. Learning new skills

builds cognitive reserve, which can help protect against conditions like dementia. Why not give your brain a boost this week by trying something new? Whether it's painting, dancing, or picking up a musical instrument, engaging in creative and challenging activities can make a real difference to your brain health and happiness.

Senior's Month

We look forward to celebrating Seniors Month this October. We have a fantastic line up of **new programs** to keep you moving, creating and connecting. Line dancing, craft sessions, Music Jam sessions and much more!

Plus for the whole month October, bring a new friend to the centre and you both enjoy the activity for **FREE!**

Don't miss our **Healthy Ageing Workshop** on Thursday 9th October. More details to come.

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Community & Events

Steam & Smoke BBQ

Sunday 7 Sept at QLD Museum Rail Workshops, North Ipswich

This father's day head to the Rail Workshops for a mouth watering BBQ, live music, steam train visit, vintage vehicle displays and much more! Book tickets:

www.museum.qld.gov.au/rail-workshops

Ipswich Libraries Tech Topics

Join Ipswich Libraries for a free session on digital banking safety and crypto currency awareness.

Ipswich Central Library

18 Sept 10:30am - 12:30pm

Must be 50 years and above.
Registrations are essential.

See important links section to register for this event.



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Women's Health Week 1 - 5 Sept



This September, let's celebrate the strength, wisdom, and wellbeing of women across Australia during Jean Hailes Women's Health Week. This year's theme is "Say Yes To You." It's a time to focus on what matters most—your health. With free events, trusted health information, and practical tips tailored for women of all ages, this week is all about empowering you to take charge of your physical and emotional wellbeing. Whether it's booking that long-overdue check-up, joining a local walking group, or simply having a conversation about health with a friend—every action counts.

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Volunteer Info Session

Thursday 11th September 10:30am - 11:30am
Tea, Coffee and Morning Tea provided

Are you interested in volunteering for Ipswich Thriving Seniors but not quite sure what this involves?

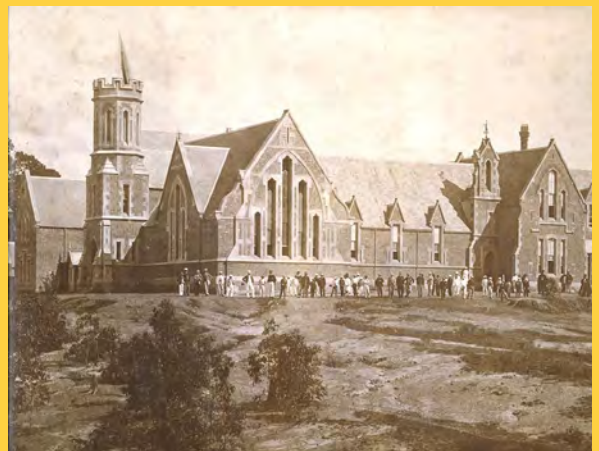
Join us for a **Volunteer Information Session** to learn about the volunteer roles available, the process involved to become a volunteer and how you can make a positive difference in supporting seniors to thrive!

RSVP 0459 930 453

Galvanized - A Festival of Heritage

5-14 September

Galvanized showcases the best heritage experiences Ipswich city has to offer. Enjoy visiting iconic venues, historic sites, participate in open days, tours and demonstrations that bring history to life. Click on the Galvanized link below to find out more.



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

Aged and Disability Advocacy:

1800 700 600

Police Link: 131 444

Crime Stoppers: 1800 333 000

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