

## MEDIA RELEASE

23 July 2019

### **A full calendar of events for Gladstone Region 2019 Seniors Week**

Gladstone Regional Council has launched a bigger and better 2019 Seniors Week program.

Offering a range of activities and events to celebrate Queensland Seniors Week from 17 to 25 August, Gladstone Region Mayor Matt Burnett said Council had worked with regional businesses and organisations to create an engaging program for residents aged 55 and over across the region.

“Our 2019 Seniors Week program has been developed to suit a wide range of interests, with close to 90 events offered at 41 venues across the region,” Councillor Burnett said.

“Our senior residents can try their hand at darts, learn to play the ukulele, take yoga and meditation classes, learn self-defence, whip up a quick and healthy meal, or perfect the ancient art of Bonsai.”

Cr Burnett said the annual week was a way to celebrate the experiences that seniors bring to our region while providing an opportunity for people to share and learn new experiences.

“The week also aims at reducing social isolation by bringing together members of our community in a fun and social setting,” he said.

Cr Burnett said the majority of events hosted at Council facilities, such as at regional libraries, Gladstone Entertainment Convention Centre, Gladstone Regional Art Gallery & Museum and Gladstone Tondoon Botanic Gardens would be free.

This included the Seniors Week Mayor’s Morning Tea, to be held from 9.30am Friday, 23 August at the Gladstone Entertainment Convention Centre. Please contact the Gladstone Entertainment Convention Centre on 4972 2822 for further information regarding ticket reservation.

Bookings for some events need to be made directly with the provider and some activities will require participants to take along their own materials/equipment.

For more information on Seniors Week 2019, contact Council on 4970 0700, or view the full Gladstone Region Seniors Week program at [www.gladstone.qld.gov.au/events/event/162/seniors-week-2019-17-aug-25-aug-](http://www.gladstone.qld.gov.au/events/event/162/seniors-week-2019-17-aug-25-aug-)