

Media Release

30 September 2021

Seniors to be celebrated throughout the month of October

Remaining connected with each other has never been more important, especially for seniors, and this has led the team at COTA (Council of the Ageing) Queensland to come up with a fantastic initiative – Queensland Seniors Month.

Queensland Seniors Month will be held for the entirety of October, marking the first time this has happened since COTA Queensland (then known as the Old People’s Welfare Council) initiated the first Queensland Seniors Week in 1960.

Usually held in August, Queensland Seniors Week has expanded into a month-long celebration of seniors and Gladstone Regional Council is joining in on the fun with a long list of events on offer.

Centred around the 2021 theme ‘Social Connections’, Queensland Seniors Month in the Gladstone Region will involve several Council-run and community events.

Gladstone Region Mayor Matt Burnett said seniors will be able to connect through inclusive events and activities.

“Council and the wider community are running many events during Queensland Seniors Month,” Councillor Burnett said.

“Tondoon Botanic Gardens will host weekly gardening activities, starting with a Garden Talk on 6 October with Gardens’ manager Barry Meiring, and Games in the Gardens for Seniors that will run on 13 October, 19 October and 27 October.

“Gladstone City Library is running a Memory Kit activity on 13 October, while nine separate Conversations with Council pop-up stalls will take place in all corners of the region commencing from 8 October.

“October 16 will see the launch of the Our Priceless Past exhibition at Gladstone Regional Art Gallery and Museum. This exhibition will feature the stories of local seniors, prepared and presented by Year 8 students from Toolooa State High School.”

Cr Burnett said one of the biggest Council-led events on the Queensland Seniors Month calendar was the H.O.P.E (Helping Other Possibilities Emerge) Café, set to take place at Imperial Vale Station near Miriam Vale.

“We are inviting seniors to join us for a roast lunch starting from 11am on Tuesday 26 October where local young people will be invited to join the lunch to promote intergenerational discussion, looking at the strengths of our region and what makes us unique,” Cr Burnett said.

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“Transport to and from Imperial Vale Station is available across the region including Gladstone, Mount Larcom, Boyne Island, Calliope, Miriam Vale and Agnes Water, departing at 8.30am and leaving at 2pm.

“Email info@gladstone.qld.gov.au or call 4970 0700 to register your attendance.”

Community events and activities include:

- Senior Walking Group
- Morning Tea at Fresh Fix Gladstone
- Senior Fit Classes
- Gladstone Men’s Shed visit
- National Seniors Meeting
- Gladstone QLD parkrun
- Cox Plate
- Discovery Coast Markets, Rotary Markets at Tondoon Botanic Gardens, Calliope Markets
- Introductory Croquet
- Creative Writing Short – Stories and Memoirs
- Computer Skills
- Phone Photography
- Creating Handmade Cards
- And much more!

Please note that Council is advertising these events on behalf of the provider as part of Queensland Seniors Month. These events are not Council events and should be undertaken at the participant’s own risk.

Visit www.gladstone.qld.gov.au/senior for a comprehensive list of Council and community-related events taking place during Queensland Seniors Month.

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