

Media Release

28 February 2022

Parks Week is the perfect excuse to enjoy the great outdoors

Fresh air and sunshine will be the tonic of choice from 5-13 March when Gladstone Regional Council helps celebrate Parks Week 2022.

There will be an abundance of free activities on offer across the week with events to be held at Tondoon Botanic Gardens and in parks across the region.

Highlights include garden walks and talks, yoga, bonsai display and demonstrations, family fun morning, the return of Moonlight Movies and much more.

Gladstone Region Councillor Darryl Branthwaite said parks are an essential part of our social fabric and provide many physical and mental well-being benefits.

"I think we often take for granted just how vital parks are in our lives," Councillor Branthwaite said.

"Not only do parks provide environmental benefits, but they also help in connecting communities by providing places where people come together for work, rest and play.

"From being pushed on a swing as a baby, playing hide and seek as a child, kicking a footy with mates or meeting friends and family for a barbecue lunch; people of all ages have experienced the many positives that parks and open spaces offer."

Cr Branthwaite said the Gladstone Region is well served by an extensive network of parks and recreation areas just waiting to be discovered.

"Our region is home to 2829 native plant species, 186 reserves, 60 playgrounds, 29 state forests, 15 exercise parks, 13 conservation parks, seven skate parks and, of course, Tondoon Botanic Gardens.

"We have parks ranging from beach locations to river foreshores, bush reserves and botanical collections, so there's no shortage of options to explore."

Parks Week activities include:

Moonlight Movies - My Spy (Rated PG)

7pm, Saturday, 5 March

Alf Larson Park, Miriam Vale

Free, bookings not required.

Curator Walk

10am-11.30am, Tuesday, 8 March

Tondoon Botanic Gardens Courtyard

Free, bookings required on 49714444, places limited.

MORE



For further information contact Council's Brand and Communications Team on 4970 0700 or media@gladstone.qld.gov.au

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Yoga in the Park with Severine Sanctuary

6am, Thursday, 10 March
Millennium Esplanade, Tannum Sands (stage area)
Free, bookings not required.

First 5 Forever in the Park

9.30am–11am, Thursday, 10 March
Lions Park
Free, bookings not required.

Open Herbarium

10am-11.30am, Thursday, 10 March
Tondoon Botanic Gardens Administration Building
Free, bookings required on 4971 4444, places limited.

Creatures of the Night

5.30pm-7.30pm Friday, 11 March
Tondoon Botanic Gardens Courtyard
Free, bookings required on 49714444, places limited.

Moonlight Movies - The War with Grandpa (Rated PG)

7pm, Friday, 11 March
Bunting Park, Calliope
Free, bookings not required.

Yoga in the Park with Breathe 1770

8am, Saturday, 12 March
Air Sea Rescue Park, Seventeen Seventy
Free, bookings not required.

Parks Week Family Morning

8.30am-12.30pm, Saturday, 12 March
Tondoon Botanic Gardens
Jumping Castle, Laser Skirmish, Rock Wall, Face Painting and more!

Parks Week Bonsai Display and Demonstrations

8.30am-12.30pm, Sunday, 13 March
Tondoon Botanic Gardens, Japanese Tea House
Free. Three raffles with great prizes are also on offer! A General Gardening Pack, Bonsai Pack and Children's Park. Tickets will be available Saturday and Sunday, with the winner to be drawn and notified on Sunday 13 March.

Visit www.gladstone.qld.gov.au/parksweek for more information about Parks Week 2022.

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