

# SENIORS' Connect



An 8-week group for multicultural seniors to create & sustain new connections, learn new skills, and improve their wellbeing



Witton Barracks  
(9 Lambert Road,  
Indooroopilly  
QLD 4068



Every Tuesday for 8 weeks. 10AM to 1PM.  
3 February - 24 March 2026

For more information/to make a referral please email:  
[seniorsconnect@worldwellnessgroup.org.au](mailto:seniorsconnect@worldwellnessgroup.org.au)

# GROUP STRUCTURE

WEEK 1	Getting to know each other & culture sharing Education session on importance of staying socially connected as we age
WEEK 2	Individual, practical goal setting Skills training: Using your phone/iPad/computer to connect with others
WEEK 3	Movement and meditation Skills practice: Using your phone/iPad/computer to connect with others
WEEK 4	Reminiscence intervention for older people Guest presentation on volunteering opportunities Individual work
WEEK 5	Opportunity for external social engagement through peer-led work: Attending activities or events with a multicultural peer support worker
WEEK 6	Opportunity for external social engagement through peer-led work: Attending activities or events with a multicultural peer support worker
WEEK 7	Putting it all together - Using what we have learned
WEEK 8	Wrap up Social “event”

Transport assistance provided to eligible participants  
Cultural/ Language support  
Light snacks