

SENIORS' *Connect*



*Fun
activities*

*Snacks
provided*

*Closed
group*

*Referrals
required*

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

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