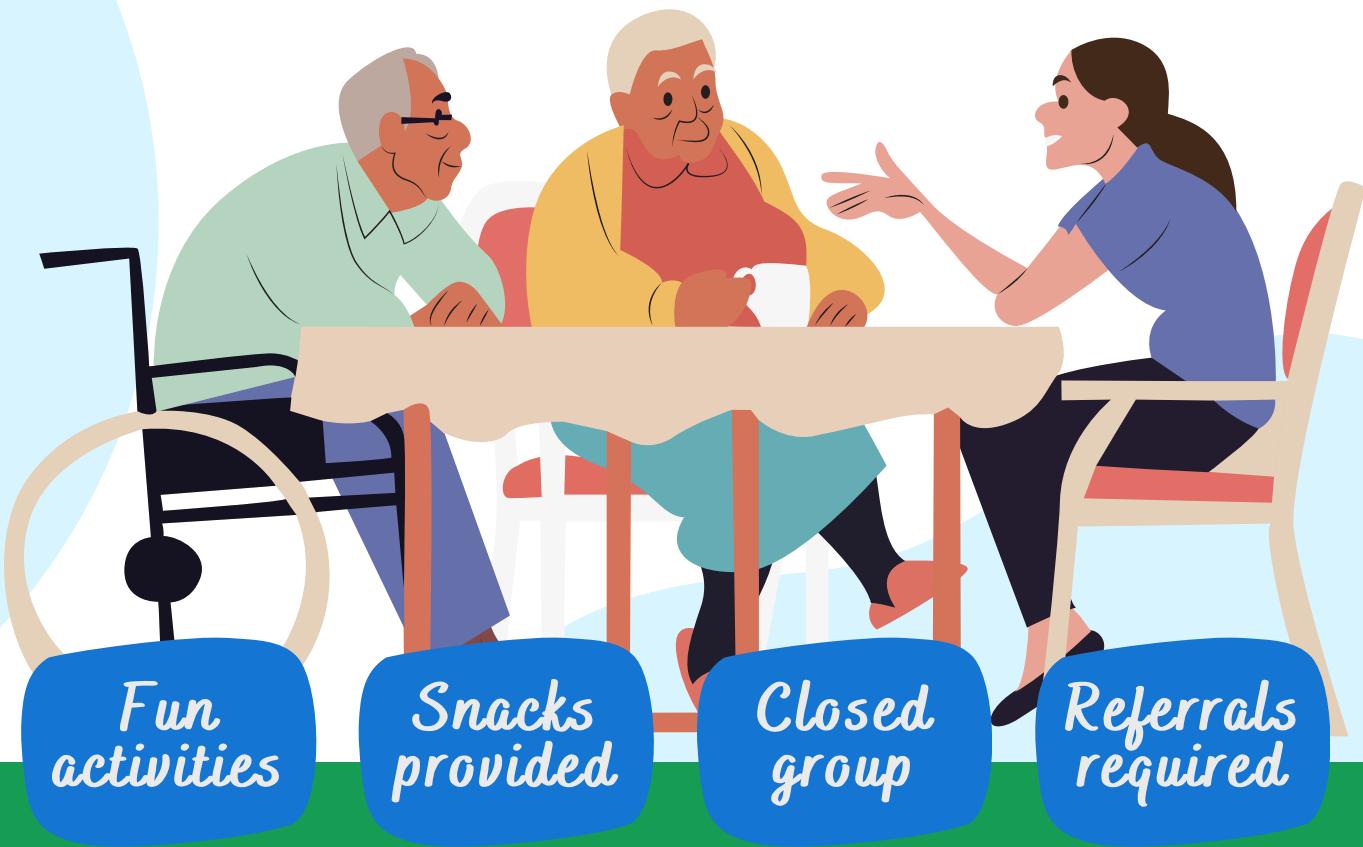


SENIORS' Connect



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



Zillmere Community Centre
(54 Handford Road,
Brisbane Queensland 4034)



Every Thursday for 8 weeks. 10AM to 1PM
23 April - 11 June 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