

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



Zillmere Community Centre,
54 Handford Road, Zillmere
Queensland 4034



Thursdays, 10am to
1pm from 22 October to
10 December

For more information/to make a referral please contact:

[seniorsconnect@worldwellnessgroup.org.au/](mailto:seniorsconnect@worldwellnessgroup.org.au)

Call Ketaki 0492 814 739

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 provided
Light snacks*