

Multicultural Seniors'

SOCIAL GROUP

Food | Games | Information

FREE TO ATTEND

**Every third Thursday of the month starting
16 July 2026 from 10am to 1pm**

Witton Barracks, 9 Lambert Road,
Indooroopilly QLD 4068
(close to Indooroopilly train station)



Call Ketaki 0492 814 739

Date	Activity - <u>Indooroopilly Seniors' Group</u>
16 July 2026	World Wellness Group (WWG) Programs and Services
20 August 2026	Music Therapy - Introduction (WWG)
17 September 2026	Witton Barracks Tour and Activities Information + Hearing Australia Talk
15 October 2026	Seniors Morning Tea + Cultural Sharing
19 November 2026	Falls Prevention Presentation by Allied Health Professional (AgeYZ)
17 December 2026	Scam Awareness Talk by Seniors Enquiry Line + End of Year Celebrations!
21 January 2027	Information on Lung Cancer Screening by TRUE
18 February 2027	Information on Legal Support for Seniors by Caxton Legal Services
18 March 2027	Information Session on Healthy Ageing by LiveUp
15 April 2027	Falls Prevention Presentation by Allied Health Professional (Our Home Rehab)
20 May 2027	Relaxation and Meditation Session by WWG
JUNE 2027	Seniors picnic - date to be confirmed