



Townsville 5th edition 2012

Active Living for Older Adults D I R E C T O R Y

 Healthy heart

 Strength

 Balance

 Flexibility



Queensland
**Stay On
Your Feet®**
in the community

Physical and social activities for older adults in the Townsville area

Disclaimer

This directory is distributed as an information source only, and is not intended to be a fully comprehensive guide to all the services and activities available to older people in the Townsville area. The provision of information in the directory does not constitute an endorsement by Queensland Health of the products and services listed. You must make your own enquiries and satisfy yourself in respect of the suitability and the conduct of the services and activities listed. The State of Queensland through Queensland Health has made every effort to ensure that the information contained in the directory is correct at the date of publication (April 2012). Queensland Health does not accept liability for the information or advice provided in this publication or incorporated into it by reference or for loss or damages incurred as a result of reliance upon the material contained in this directory. If you have any concerns regarding your fitness level, ability or skill to undertake an activity, it is recommended that you seek appropriate advice including medical advice from your doctor.

For more information regarding Queensland Stay On Your Feet® go to www.health.qld.gov.au/stayonyourfeet. If you would like your organisation or program to be promoted in the next reprint of this resource or would like information on other recreational activities and clubs, please contact the Community Information Centre, on (07) 4771 4230 or 1st Floor Northtown, Flinders Mall, Townsville.

Acknowledgement

The aim of this directory is to increase your awareness of the wide variety of physical and social activities that are available to older people in the Townsville area. This directory has been developed by the Tropical Regional Services Townsville Public Health Unit in conjunction with the Community Information Centre. We thank all those involved for their contribution. We also acknowledge the contributions by the Stepping Out Committee to previous editions of this directory.

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This list is only a sample of what is available in Townsville. For information on other recreational activities and clubs, contact the Community Information Centre.

The CIC produces a directory of over 800 local arts, sports and social clubs which is available in hard copy or online.

Please contact or visit the CIC:

Level 1 Northtown, 280 Flinders St, Townsville CBD

Phone: 4771 4230

Email: cic@townsville.qld.gov.au

www.townsville.qld.gov.au/townsville/infocentre

Find us on Facebook

Active Living for Older Adults D I R E C T O R Y

Before you get started

Active Living for Older Adults Directory is designed to give older adults an awareness of many of the physical activities that are available in the Townsville area. These include both land and water-based activities, which can be adapted to any level of fitness. There are individual and group activities. Undertaking physical activity is a great way to improve and maintain stamina, strength, balance, flexibility and co-ordination, while providing a wonderful opportunity to meet people and enhance your social life.

We recommend that you ring the contact number of the activity that interests you to confirm the day, time, location and cost of the activity and to determine if you need to make a booking.




Ask your doctor

If you feel unsure whether an activity is suitable for you, please consult your doctor prior to commencing the activity, and then speak to the activity leader. If you have not been physically fit for some time, have a history of heart problems, high blood pressure or past serious injury, you may want to phone your doctor or ask at your next appointment.

How to use this directory

Use the icons beside the activity to find out the benefits. There are 4 icons:

-  Healthy heart
-  Strength
-  Balance
-  Flexibility

For example, tai chi has    beside it. This means that tai chi helps to improve strength, balance and flexibility.

Set goals - keep a physical activity diary

Make time for regular physical activity:

- write down your regular weekly commitments
- plan what type of physical activity you will do
- jot down times you plan to do your physical activity

Before increasing your physical activity level

Some people should check with their doctor before they start becoming more physically active.

If you are planning to become much more physically active than you are now, start by asking the following questions. If you are more than 69 years of age, and are not used to being very active, check with your doctor anyway.



Ask the activity leader

If you would like to try a new activity or have not recently been active, you may wish to ask the activity leader about their qualifications and experience and whether they have a First Aid Certificate.

You may also wish to advise them of any health complications you may have so that exercises can be tailored to your level of fitness and need.

Active Living for Older Adults D I R E C T O R Y

Pre-exercise checklist

Answer these questions by circling **yes** or **no**:

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?

yes **no**

2. Do you feel pain in your chest when you do physical activity?

yes **no**

3. In the past month, have you had chest pain when you were not doing physical activity?

yes **no**

4. Do you lose your balance because of dizziness or do you ever lose consciousness?

yes **no**

5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?

yes **no**

6. Is your doctor currently prescribing drugs for your blood pressure or heart condition?

yes **no**

7. Do you know of any other reason why you should not do physical activity?

yes **no**

Pre-exercise checklist continued

If you answered **no** to all questions:

- You can start becoming more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.
- Consult your doctor prior to physical activity, if you have any doubts.
- If you are not feeling well because of a temporary illness such as a cold or fever, wait until you feel better.

If your health changes so that you then answer yes to any of the questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

If you answered **yes** to one or more questions:

- Talk with your doctor before you start becoming more physically active.
- Tell your doctor which questions you answered **yes** to.
- You may be able to do any activity you want, as long as you start slowly and build up gradually. You may need to restrict your activities to those which are safe for you.

Talk to your doctor about the kinds of activities you wish to participate in and follow their advice.

(Questions and recommendations adapted from The Canadian Society for Exercise Physiology, Health Canada)

Healthy active ageing is important

Healthy active ageing is about staying healthy and active for as long as possible, so you can continue to enjoy the quality of life you deserve. Two important elements of this include participating in regular physical activity, and being socially active in your community. It's never too late to start becoming physically active.

Being active for at least 30 minutes every day is recommended to improve or maintain your health. This can be made up of 30 minutes of continuous activity, or three 10-minute blocks of moderate physical activity per day.

Thirty minutes of physical activity on most days will help you to:

- improve muscle strength and mobility
- improve flexibility
- slow cardiovascular ageing and reduce your risk of heart disease
- reduce the likelihood of getting diabetes and other chronic health diseases
- control your weight
- be more relaxed and feel well.



Being physically active has important benefits for reducing your risk of falling. Falling is not an inevitable part of ageing. Falls are predictable and preventable.

Your risk of falling can be greatly reduced if you participate in physical activity that specifically improves your strength, balance and endurance. Ideally you should be aiming for 60 minutes, at least three times a week. The types of exercises that can reduce falls include tai chi, yoga, steady steps, aqua aerobics and gardening.

Good nutrition is important

- Eat plenty of vegetables, legumes and fruits with at least two serves of fruit and five serves of vegetables everyday.
- Eat cereals (including breads, rice, pasta and noodles), preferably wholegrain.

The Australian Government's Dietary Guidelines for Australian Adults recommends that for a healthy diet, you enjoy a wide variety of nutritious foods.

- Include lean meat, fish, poultry and/or alternatives such as eggs and nuts.
- Include milk, yoghurts, cheeses and/or alternatives such as almonds, canned sardines and canned pink salmon with bones. These can achieve calcium requirements but unlike dairy products they are not a good source of vitamin B12.
- Drink plenty of water.



Take care to:

- Limit saturated fat and moderate total fat intake
- Choose foods low in salt
- Limit your alcohol intake if you choose to drink
- Consume only moderate amounts of sugars and foods containing added sugars.

Oral health is important

Natural teeth

- Brush teeth at least twice a day with a fluoride toothpaste (after breakfast in the morning and last thing before going to bed).
- Use a toothbrush with a small head and soft bristles.
- Change your toothbrush at least every three months or when bristles are frayed.
- Floss teeth at least once a day with dental floss or interdental brushes (particularly handy for those with large gaps between teeth).

Dentures

- Remove dentures at night when going to bed. This allows your gums to breathe and prevent sores in the mouth.
- Place dentures in a cup filled with plain water or denture tablet at night when you go to bed.
- Brush dentures with a denture brush or normal toothbrush with low concentrate dishwashing liquid or denture toothpaste. Do not use regular toothpaste on dentures.
- Rinse dentures with water after meals.



Regular dental care:

All older adults need to seek regular dental check-ups from a private dentist or public health clinic.

Castle Hill PCYC

Cnr Hugh & Harold Sts, Garbutt

Phone: 4772 3883

Email: dave.goode@pcyc.org.au

Kokoda Memorial Pool

41 Wellington St,
Mundingburra 4812

Phone: 4725 5357

Email: kokoda@

personalbestaquatics.com.au

www.personalbestaquatics.com.au

Long Tan Aquatics

Long Tan Memorial Swimming Pool
Cnr Fulham Rd & Lindeman Ave,
Heatley

Phone: 4725 1573

Email: longtanaquatics@gmail.com

Northern Beaches Leisure Centre

North Shore Estate
7-31 Erskine Place, Burdell

Phone: 4774 7593

www.townsville.qld.gov.au

Tobruk Memorial Pool

The Strand, Townsville
Phone: 4772 6550

**Email: strandswimschool
@hotmail.com**

Contact: Luc Senent



Aqua aerobics

Aqua aerobics is a wonderful and safe way to give your whole body a really good workout.

Contact to enquire about:

- *day and times*
- *cost*
- *disability access*
- *seniors concession card discount*
- *required exercise accessories i.e. shoes, towel, shorts etc*

 Healthy heart  Strength  Balance  Flexibility

Active Living for Older Adults DIRECTORY

Balgal Beach Boating & Leisure Club

Rollingstone Community Hall
Mystic Ave, Balgal Beach

Phone: 4770 7625

Web: www.bbbalc.com

Contact: David White

NQ Flyfishers

Phone: 0428 188 481

Email: wni90972@bigpond.net.au

www.fishingtownsville.net

Contact: Ward Nicholas

Townsville Italo Australian Sporting Association Fishing Club

7 – 11 Fleming St, Aitkenvale

Phone: 4779 8019

Contact: Dave Fuller

Townsville Sailing Club

9 Mariners Dr, Townsville

Phone: 4772 1105

Email: jdblau@ozemail.com.au

Web: www.tsvsailingclub.com

Contact: Bruce Shepherd



Boating and fishing



Boating and fishing is a fun and relaxing way to connect with the outdoors.

Contact to enquire about:

- *day and times*
- *cost*
- *disability access*
- *seniors concession card discount*
- *required exercise accessories i.e. shoes, towel, shorts etc*

Healthy heart Strength Balance Flexibility

Active Living for Older Adults DIRECTORY

Bocce

Townsville Italo Australian
Sporting Club Association
5 – 11 Fleming St, Aitkenvale

Phone: 4779 8019

Email: italianclub@

bigpond.com.au

Contact: Christine Westlake

Carpet Bowls

Saunders Beach
Community Centre Assoc Inc
Saunders Beach &
Boat Ramp Rds, Saunders Beach

Phone: 4778 6236

Email: david.griggs@

internode.on.net

Contact: David Griggs

Indoor Bowls

Senior Citizens Association
Community Hall
Edison St, Wulguru

Phone: 4773 7867

Contact: Lisa Scholl

Lawn Bowls

For your local club contact the
Community Information Centre

Phone: 4771 4230

Email: cic@townsville.qld.gov.au

**www.townsville.qld.gov.au/
townsville/infocentre**

Bowling

Bowling is a sport for all ages and provides an opportunity for participants to join a social group, have fun and get some exercise. Bowling improves strength and mobility

Contact to enquire about:

- *day and times*
- *cost*
- *disability access*
- *seniors concession card discount*
- *required exercise accessories i.e. shoes, towel, shorts etc*

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NFC Indoor Bowls

Townsville PCYC
Wellington St, Aitkenvale

Phone: 4775 6222

Contact: Betty Staub

Petanque

Alliance Francaise de Townsville
Rossiter Park, Aitkenvale

Phone: 0410 454 420

Email: aftownsville@hotmail.com

www.aftownsville.org.au

Contact: Georgina Valdeter

Ten Pin Bowling

Kirwan Tenpin and Squash
101 Bamford Lne, Kirwan

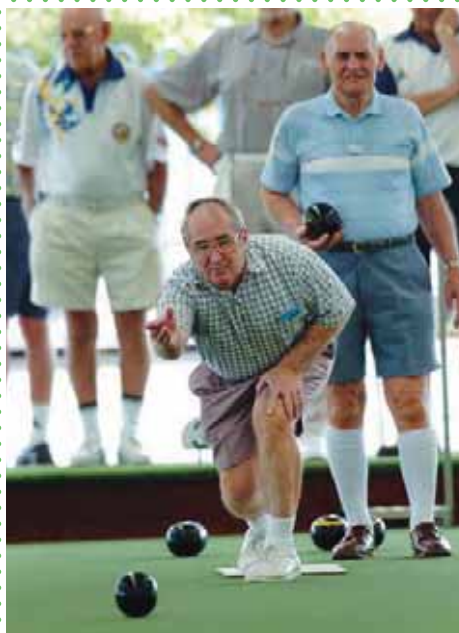
Phone: 4773 2133

Email:

bowl@kirwantenpin.com.au

www.kirwantenpin.com.au

Contact: Robbie Buckley



Bowling continued



 Healthy heart  Strength  Balance  Flexibility

Active Living for Older Adults DIRECTORY

Dancetime Studios

16 Ross River Rd, Mundingburra
Phone: 4728 3214

Email: dance@dancetimestudios.com
www.dancetimestudios.com

Sitting Dances

RSL Club
139 Charters Towers Rd,
Hermit Park

Phone: 4759 9529
Email: vlark@tsvrsl.com.au
Contact: Val Clark

Social Old Time Dancing

PCYC Castle Hill
28 Hugh St, West End

Phone: 4788 8469
Email: barrylyn@bigpond.net.au

Sunday Dance Group

Heatley Community Centre
Cnr Fulham Rd &
Lindeman Ave, Heatley

Phone: 4728 8954
Email: djhill.1@bigpond.com
Contact: Denis Hill

Townsville Social Dance Club

New Vogue Sequence Dancing
Heatley Community Centre
Cnr Fulham Rd &
Lindeman Ave, Heatley

Phone: 4779 8294
Contact: Joan McDonagh

Dancing

Ballroom, modern and old time

Dancing is a primal and ancient form of movement that has been enjoyed since the beginning of time. Dancing is a wonderful exercise for releasing tensions, freeing muscles and joints and raising spirits.

Contact to enquire about:

- *day and times*
- *cost*
- *disability access*
- *seniors concession card discount*
- *required exercise accessories i.e. shoes, towel, shorts etc*

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Active Living for Older Adults DIRECTORY

Townsville Twin Cities Rock n Roll Dance Club

Townsville Golf Club
Benson St, Rosslea

Phone: 0408 708 877

Email: linlay64@hotmail.com

Contact: Shaun Butcher

Townsville Variety Dancing Circle

PCYC Townsville
Wellington St, Aitkenvale

Phone: 0413 613 544

Email: ktrimmer@bigpond.net.au

Contact: Kevin Trimmer



Dancing - Ballroom, modern and old time continued



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Active Living for Older Adults DIRECTORY

Scimitar Moon Belly Dance Centre

Various Venues
Phone: 4773 9588

Email: bellydancetownsville@bigpond.com
www.bellydancetownsville.com

Sun City Cloggers

Clogging, country tap, fun and fitness.

Wulguru Community Centre
14 Edison St, Wulguru

Phone: 4773 3799
Email: janbennett@aanet.com.au
Contact: Jan Bennett

Sun City Square & Round Dance Club

Heatley Community Centre
316 Fulham Rd, Heatley

Phone: 4788 8762
Email: rjjensen@bigpond.net.au
Contact: Julie Jensen

The Carina Dancers

Italian Folk dancing.

Annandale Community Centre
Macarthur Dr, Annandale

Phone: 4778 3568
Email: lacarinadancers@gmail.com
Contact: Irene Bruschi

Dancing

Folk, ethnic and country

Dancing is a primal and ancient form of movement that has been enjoyed since the beginning of time. Dancing is a wonderful exercise for releasing tensions, freeing muscles and joints and raising spirits.

Contact to enquire about:

- *day and times*
- *cost*
- *disability access*
- *seniors concession card discount*
- *required exercise accessories i.e. shoes, towel, shorts etc*

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Active Living for Older Adults DIRECTORY

Townsville Bush & Folk Dance Group

AWU Hall
331 Sturt St, Townsville
Phone: 4772 2757
Email: sandramargaretjames@hotmail.com
Contact: Maurice James

Townsville Scottish Country Dancing Group

St Andrews Presbyterian Church Hall
Cnr Wills and Stokes St, Townsville
Phone: 4721 2247
Email: rmhosken@bigpond.com



Dancing - Folk, ethnic and country continued



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Active Living for Older Adults DIRECTORY

Men's Shed

Upper Ross PCYC
43 Allambie Lne, Rasmussen

Phone: 4789 2145

Email: upperross@pcyc.org.au

Multicultural Women's Group

*Social outings, workshops,
cooking, sewing, art and
craft activities.*

Townsville Multicultural
Support Group

Phone: 4775 1588

Email: admin@tmsg.org.au

www.tmsg.org.au

Contact: Helga Wiederhecker

Rollingstone & District Seniors Inc

*Activities, entertainment,
information seminars, trips away.*

Rollingstone Community Centre
Community Ct, Rollingstone

Phone: 4770 7957

Email: rhonmull@

taudaust.org.au

Contact: Rhonda Muller

Senior Citizens Welfare Assoc Inc – Townsville

Recreation and social activities.

16 Ryan St, Belgian Gardens

Phone: 4775 3187

Email: neilace@bigpond.com

Contact: Neil Ace

Social groups and clubs for older adults

Being involved with social activities is a good way of meeting new people, trying something new and improving your general wellbeing!

Contact to enquire about:

- *day and times*
- *cost*
- *disability access*
- *seniors concession card discount*
- *required exercise accessories i.e. shoes, towel, shorts etc*

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Active Living for Older Adults DIRECTORY

Townsville Cleveland Bay Probus Club Inc

Monthly excursions and social gatherings.

Function Room St James Village
260 Fulham Rd, Heatley

Phone: 4773 1866

Contact: Veronica Kaehne

University of the Third Age Townsville Inc (U3A)

Large variety of classes and social groups.

1 Casey St, Aitkenvale

Phone: 4779 0550

Email: u3atownsville@westnet.com.au

www.members.westnet.com.au/u3atownsville



Social groups and clubs for older adults

continued

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Active Living for Older Adults DIRECTORY

Dragons Abreast

Survivors and supporters of breast cancer paddle dragon boats for fun, support, fitness and friendship.

Phone: 1300 889 566
Email: townsville@dragonsabreast.com.au
www.dragonsabreast.com.au

NQ Kayakers

Phone: 0409 787 242
Email: nqkayakers@hotmail.com
www.nqkayakers.canoe.org.au
Contact: Jim Fitzgerald

Riverway Rowing Club

Loam Island Community Centre
1100 Riverway Dr, Rasmussen
Phone: 0439 740 694
Email: president@riverwayrowing.com.au
www.riverwayrowing.com.au

Townsville & James Cook University Rowing Club Inc

Riverside Community Centre
55 Riverside Boulevard, Douglas
Email: president@townsvillejcurowing.com.au
www.townsvillejcurowing.com.au
Contact: Chloe Schauble

Townsville Dragon Boat Club Inc

Phone: 4788 8308
Email: tdbc.president@gmail.com

Townsville Outrigger Canoe Club

Cnr Strand & Kennedy Sts,
North Ward
Phone: 0400 269 740
Email: townsville.outriggers@gmail.com
www.townsvilleoutriggers.org.au

Rowing and paddling



Rowing and paddling improves cardiovascular fitness and builds muscular strength.

Contact to enquire about:

- *day and times*
- *cost*
- *disability access*
- *seniors concession card discount*
- *required exercise accessories i.e. shoes, towel, shorts etc*

Healthy heart Strength Balance Flexibility

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Learn to Swim Classes

Castle Hill PCYC
Cnr Hugh & Harold Sts, Garbutt
Phone: 4772 3883
Email: dave.goode@pcyc.org.au

Northern Beaches Leisure Centre

North Shore Estate
7–31 Erskine Place, Burdell
Phone: 4774 7593
**Email: [jimsacquatics@
yahoo.com](mailto:jimsacquatics@yahoo.com)**
www.townsville.qld.gov.au

Rats of Tobruk Masters Swimming Club

Tobruk Pool
70–78 The Strand, Townsville
**Email: [john.barrett@
gbrmpa.gov.au](mailto:john.barrett@gbrmpa.gov.au)**
www.mastersswimmingqld.org.au

Townsville Seniors Swim Club

Kirwan Aquatic Centre
Phone: 4789 2533
Email: ngairelu@gmail.com
Contact: Hazel Wilton

Swimming

Swimming is one of the all-time favourite forms of exercise. Swimming sessions are very good for people with arthritis and those wanting to learn to swim or are returning to swimming. Swimming improves general fitness and wellbeing.

Contact to enquire about:

- *day and times*
- *cost*
- *disability access*
- *seniors concession card discount*
- *required exercise accessories i.e. shoes, towel, shorts etc*

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Tai Chi Classes

St Mary's Hall
Castling Street, West End

Phone: 0419 678 715

Contact: Maria Chambers

Tai Chi for Beginners / Over 50s

Various venues

Phone: 4774 4064

Email: prwheeler@bigpond.com

Contact: Ann Sheehan

Tai Chi for Busy People

Various venues

Phone: 0412 576 507

Email: info@

taichiforbusypeople.com

www.taichiforbusypeople.com.au

Contact: Denise Soric

Tai Chi Pathways

Annandale Community Centre
Macarthur Dr, Annandale

Phone: 4775 1640

Email: jillian@

taichipathways.com

www.taichipathways.com

Contact: Jillian Peters

Taoist Tai Chi Society of Australia

PCYC Aitkenvale
Wellington St, Mundingburra

Phone: 0434 002 721

Email: townsville@taoist.org

www.taoist.org



Tai Chi

Tai Chi improves strength, balance and general health through gentle, low impact exercises. It also aids relaxation, helps to improve breathing, stimulates circulation and clears and sharpens the mind.

No minimal fitness level is required and Tai Chi is especially good for people with arthritis.

Contact to enquire about:

- *day and times*
- *cost*
- *disability access*
- *seniors concession card discount*
- *required exercise accessories i.e. shoes, towel, shorts etc*

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CorYoga and Pilates

Old Church Hall
Cnr Kent & McDonald Sts,
Gulliver

Phone: 4725 0673

Email: corina@coryoga.com.au

www.coryoga.com.au

Contact: Corina Tesolin

Dragonfly Pilates & Movement

16 Wentworth Ave,
Mundingburra

Phone: 0466 480 036

**Email: dragonflypilates@
aanet.com.au**

www.dragonflypilates.com.au

Contact: Rebecca Forde

Yoga on Magnetic

Phone: 4758 1866

Email: dmcecca@bigpond.net.au

Soulfullyoga

Various venues

Phone: 0428 198 204

**Email: sarahjorgenyoga@
hotmail.com**

www.soulfullyoga.com.au

Contact: Sarah Jorgensen

Yoga

The Womens Centre
50–52 Patrick St, Aitkenvale

Phone: 4775 7555

**Email: nqcws@
thewomenscentre.org.au**

www.thewomenscentre.org.au

YogaHealth Townsville

Shop 3/262 Woolcock Street,
Currajong

Phone: 4775 1154

www.yogahealth.net.au

Contact: Carol Alvis

Yoga and pilates



Yoga positions keep the body fit, breath work stimulates energies, while various mental techniques aim to provide relaxation and a sense of wellbeing. Pilates is a gentle workout suitable for most age groups. It can have several health benefits including: helping to prevent injury, preventing osteoporosis and osteoarthritis, increasing relaxation and providing a totally holistic system of fitness.

Contact to enquire about:

- *day and times*
- *cost*
- *disability access*
- *seniors concession card discount*
- *required exercise accessories i.e. shoes, towel, shorts etc*

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Active Living for Older Adults DIRECTORY

Hash House Harriers

Phone: 4773 5656

Email: lorrainegarbutt1@bigpond.com.au

www.tvh3.net

Contact: Lorraine Garbutt

Heart Foundation Walking

Walking program is free and open to everyone.

Various venues

Phone: 4721 4686

www.heartfoundation.org.au/qld

Walking Group

Upper Ross Community Centre
1143 Riverway Dr, Rasmussen

Phone: 4774 0144

Email: nqcs@urcc.org.au

www.urcc.org.au

Townsville Bushwalking Club

Fortnightly walks, social bushwalking & weekend camping.

Mary McKillop Parish Meeting Room

43 Ross River Rd, Mundingburra

Phone: 4788 8664

Email: tsvbush@hotmail.com

www.townsvillebushwalkingclub.com

Contact: Nick Wood

Townsville Road Runners Club

Phone: 0400 775 918

Email: secretary@townsvilleroadrunners.com.au

www.townsvilleroadrunners.com.au

www.townsvilleroadrunners.com.au

Contact: Wendy Foulkes

Walking and running



This simple exercise reduces blood pressure, reduces the risk of and assists in the management of chronic diseases, and can reduce levels of stress.

Walking is often most enjoyable when done with other people.

Contact to enquire about:

- *day and times*
- *cost*
- *disability access*
- *seniors concession card discount*
- *required exercise accessories i.e. shoes, towel, shorts etc*

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Active Living for Older Adults DIRECTORY

CrossFit North Queensland

Unit 2/16 Reardon St, Currajong

Phone: 0423 110 175

Email: crossfitnq@gmail.com

www.crossfitnq.com.au

Contact: Fiona Muxlow

Exercise Classes

University of the Third Age
Townsville Inc (U3A)

1 Casey St, Aitkenvale

Phone: 4779 0550

Email: [u3atownsville@](mailto:u3atownsville@westnet.com.au)

[westnet.com.au](http://www.members.westnet.com.au)

www.members.westnet.com.au

[/u3atownsville](http://www.members.westnet.com.au)

Heartmoves

Heart Foundation

Various venues

Phone: 4775 3926

Email: [livingbalance@](mailto:livingbalance@bigpond.com)

bigpond.com

www.heartfoundation.org.au/

[heartmoves](http://www.heartfoundation.org.au/)

Contact: Lissa Evans

Rhonda's Fitness for Ladies

*Seniors exercise classes and
separate ladies only gym.*

Upstairs at Muscle and
Fitness Kirwan

12 Carlton St, Kirwan

Phone: 4773 3336

Email: [townsvillegyms@](mailto:townsvillegyms@hotmail.com)

[hotmail.com](mailto:townsvillegyms@hotmail.com)

Gentle exercise, strength and fitness



Exercise classes are available to suit virtually every fitness level. While some are aimed at fit and active middle aged, others are geared to the frail and more senior members of our community.

Contact to enquire about:

- *day and times*
- *cost*
- *disability access*
- *seniors concession card discount*
- *required exercise accessories i.e. shoes, towel, shorts etc*

Healthy heart Strength Balance Flexibility

Active Living for Older Adults DIRECTORY

SHAB – Stronger Healthy Active Bodies

Upper Ross PCYC
43 Allambie Lne, Rasmussen
Phone: 4789 2145
Email: upperross@pcyc.org.au

SHAB – Stronger Healthy Active Bodies

Townsville PCYC
Wellington St, Aitkenvale
Phone: 4781 9100

Steady Moves

Muscle and Fitness Kirwan
12 Carlton St, Kirwan

Phone: 4773 5244
Email: townsvillegyms@bigpond.com
www.townsvillegyms.com.au
Contact: Jim Barnes



Gentle exercise, strength and fitness

continued



 Healthy heart  Strength  Balance  Flexibility

Active Living for Older Adults DIRECTORY

Conservation Volunteers Australia

Suite 1/ 65 Palmer St, South
Townsville

Phone: 4721 4077

Email: wwillcox@cva.org.au

www.conservationvolunteers.com.au

Hospital Volunteers Program

The Townsville Hospital
100 Angus Smith Dr, Douglas

Phone: 4796 1337

www.thfoundation.org.au

Learning Links

Connecting the community with opportunities to learn.

Various locations within
Townsville City Libraries

Phone: 4771 4230

Email: [cic@](mailto:cic@townsville.qld.gov.au)

townsville.qld.gov.au

www.townsville.qld.gov.au

The Pyjama Foundation

A volunteer reading program for children in foster care.

Phone: 0409 059 714

Email: [townsville@](mailto:townsville@thepyjamafoundation.com)
thepyjamafoundation.com

www.thepyjamafoundation.com

Volunteer Court Support

Magistrates Court
31 Walker St, Townsville

Phone: 4721 1327

Email: [abraevents@](mailto:abraevents@virginbroadband.com.au)
virginbroadband.com.au

Volunteering North Queensland Inc

A volunteer referral, community support and resource centre.

Unit 6/56 Charles St, Aitkenvale

Phone: 4725 5990

Email: [vnq@](mailto:vnq@volunteeringnthqld.org.au)

volunteeringnthqld.org.au

www.volunteeringnthqld.org.au

Volunteering

Volunteering is a great way to meet new people, build self confidence and self esteem, be actively involved in the community, gain new experiences and have fun.



 Healthy heart  Strength  Balance  Flexibility

Active Living for Older Adults DIRECTORY

Magnetic Island Country Club

Hurst St, Picnic Bay

Phone: 4778 5188

Email: info@

magneticislandgolf.com.au

www.magneticislandgolf.com.au

Contact: Chris O'Brien

Mystic Sands Golf Resort

135 Ocean Pde, Balgal Beach

Phone: 4770 7355

Email: info@

mysticsandsgolfresort.com.au

Rowes Bay Golf Club

Emmerson St off

Cape Pallarenda Rd, Pallarenda

Phone: 4774 1188

Email: info@

rowesbaygolfclub.com.au

www.rowesbaygolfclub.com.au

Contact: Jason Boon

Townsville Golf Club Inc

Benson St, Rosslea

Phone: 4779 0133

Email: info@

townsvillegolfclub.com.au

www.townsvillegolfclub.com.au

Contact: Matthew Marquardt

Willows Golf Resort

Nineteenth Ave, Kirwan

Phone: 4773 4352

Email: info@

willowsgolfresort.com.au

Contact: Peter Martin



Golf

Golf provides an opportunity for participants to join a mixed social club. The walking involved in a game of golf will increase cardiovascular fitness and assist in weight management.

It is a good idea to have a lesson with a professional if you are new to the game.

Contact to enquire about:

- *day and times*
- *cost*
- *disability access*
- *seniors concession card discount*
- *required exercise accessories i.e. shoes, towel, shorts etc*

 Healthy heart  Strength  Balance  Flexibility

Active Living for Older Adults DIRECTORY

Rowes Bay Archery Club of Townsville

58 Ingham Rd, West End

Phone: 4772 4368

Email: darcy@houseofarchery.org

Contact: d'Arcy Clayton

Table Tennis

Senior Citizens Welfare Assoc Inc – Townsville

16 Ryan St, Belgian Gardens

Phone: 4775 3187

Email: neilace@bigpond.com

Contact: Neil Ace

Tennis

For your local club contact the Community Information Centre

Phone: 4771 4230

Email: cic@townsville.qld.gov.au

Totally Tropical Orienteering Club Inc

39 Keesing St, Annandale

Phone: 0418 154 026

Email: TTOC@bigpond.com

Web: www.oq.asn.au

Contact: Linda Davis

Townsville Target Archers

Riverside Park

Cnr Welsh & Trix Sts, Rosslea

Phone: 4788 8591

Email: mulligan.clan@optusnet.com

Contact: Peter Mulligan

Other sporting clubs

Contact to enquire about:

- *day and times*
- *cost*
- *disability access*
- *seniors concession card discount*
- *required exercise accessories i.e. shoes, towel, shorts etc*

 Healthy heart  Strength  Balance  Flexibility

Active Living for Older Adults DIRECTORY

Townsville Badminton Association

RSL Stadium
Murray Sporting Complex,
Murray Lyons Cres, Annandale

Phone: 0417 756 157

Email: townsvillebaddy@hotmail.com

www.townsvillebadminton.com.au

Contact: Michelle Bailey

Townsville Table Tennis Association Inc

60 Charters Towers Rd,
Hermit Park

Phone: 4771 5911

Email: bdm@ttta.org.au

Web: www.tabletennisqld.org

Contact: Gary Walmsley



Other
sporting
clubs
continued

♥ Healthy heart 🦵 Strength ⚖️ Balance 🦷 Flexibility

Active Living for Older Adults DIRECTORY