

WHEN	WHAT & WHO	WHERE	DETAILS	COST	BOOKING/MORE INFORMATION	ACCESS
Tuesday 5 October 9.30 – 10.30 am	Nature Journaling Experience & Morning Tea (Mable)	Indigiscapes Centre 17 Runnymede Rd Capalaba	Mable invites you to be part of a nature journaling activity set amongst the beautiful Indigiscape Botanic Gardens. Immerse yourself in nature and capture the observations, questions, memories, ideas and feelings as part of the experience. Enjoy a free morning tea at the Indigiscapes cafe afterwards.	Free	Linda Doolan Linda.doolan@mable.com.au Tel: 0482173151	wheelchair
Tuesday 5 October 9.30 – 11.30 am	Walking Basketball (Red City Roar)	Redlands PCYC (top courts) Cnr Mt Cotton Rd & Degen Rd Capalaba	Walking Basketball is a low impact, social and fun way to improve the levels of physical activity for over 65s, including those recovering from injury. It is suitable for those who might be intimidated by the pace and impact of a traditional basketball game but love the slower more social version of Walking Basketball. There are 3 main sections - a basketball skills section, A Walking Basketball Game and refreshments/socialising to finish. Wear comfortable clothing you can move freely in and non-marking running shoes. Bring a water bottle, a towel and a can-do attitude!	Free	https://membership.sportstg.com/regoform.cgi?formID=98706 Nathan Farley Tel: 0430173823 Email: community@redcityroar.com.au	
Wednesday 6 October 9.30 – 11.30 am	Dementia Awareness – Living with Dementia (Redlands Coast Dementia Community)	Tranquil Waters Retirement Village 31 Thompson St Victoria Point	There will be refreshments and three talks as follows: Dementia Awareness by John Butler MEMBO Noticeboard by Anne-Louise Underwood Living Well with Dementia with John Quinn & Glenys Petrie	Free	Email: admin@rcdcommunity.org	wheelchair
Wednesday 6 October 10.00 – 12.00 n	Sumobots Robotics Workshop (RCC Libraries)	Cleveland Library Bloomfield Street Cleveland	Explore the exciting and interactive world of robotics and compete to become the next ultimate sumobot champion. Learn how to construct, design and code a robot with us in this stand-alone tutorial. No experience required.	Free	Bookings required Tel: 3829 8770	wheelchair
Wednesday 6 October 10.00 – 12.00 n	Local History – Coffee & Conversation (RCC Libraries)	Victoria Point Library 7-15 Bunker Rd Victoria Point	Bring your stories, memories and cup of coffee to our Local History Coffee & Conversation session. We look forward to sharing our past with you. BYO coffee.	Free	Bookings required Tel: 3829 8311 Email:localhistory@redland.qld.go.au	wheelchair
Thursday 7 October 9.30 – 10.30 am	Over 50s Fitness Class	Scouts Hall 26 Bainbridge St Cleveland	Have fun and feel great after a class of cardio, toning, stretching, and a wonderful relaxation to end with. Go at your own pace, with no pressure, in the company of like-minded souls. We always have a lot of fun whilst getting fit, and a cuppa afterwards to get to know one another. So come and see for yourself. \$12/class with an Intro Deal of \$40 for 5 classes. You only pay when you attend.	\$12		
Thursday - Sunday 7,8,9 October 9.30 – 4.30 pm	Iconic Redlands (Old SchoolHouse Gallery)	Old School House 124-126 Shore St N Cleveland	'Iconic Redlands' an all members exhibition at the Old SchoolHouse Gallery. Celebrating 30 years of supporting the arts and local artists of the Redlands Coast. Also featuring works by the Coochiemudlo and Macleay Island Art Groups. Come meet the Artists.	Free	www.oldschoolhousegallery.org.au	wheelchair
Friday – Saturday 8,9 October 7.30 – 8.40 pm	Clints Come Again – Reunion Cabaret (RPAC)	RPAC 2-16 Middle Street Cleveland	Meet The CLINTS: an all-80s, all-cousin, all-Queensland cover band who have survived many things – the 80s perm, one of their members being incarcerated in Boggo Road Jail, too many Bunnings sausage sizzles, and now the Coronavirus. This is a show about ageing disgracefully, and the real-life compromises women make between caring for their families and following their dreams. This rollicking new cabaret work, performed by acclaimed Queensland artists Elise Greig, Laine Loxlea-Danann and Lizzie Moore, will have you dancing in your seats and regretting the fashion crimes of your youth.	\$35	Tel: 3829 8131 www.rpac.com.au	wheelchair induction loop
Saturday 9 October 1.00 – 3.00 pm	Photography Workshop: Portraits (RCC Libraries)	Victoria Point Library 7-15 Bunker Rd Victoria Point	Learn how to use lighting, staging and poses to beautifully capture the memories of those you love. Confidently capture meaningful portraits at your next special even with the skills from this workshop.	Free	Bookings required Tel: 3829 8770	wheelchair

WHEN	WHAT & WHO	WHERE	DETAILS	COST	BOOKING/MORE INFORMATION	ACCESS
Sunday 10 October 7.00 – 10.30 am	Seniors Month Walk (RDCOTA)	RDOCTA Office 57 Wynyard St Cleveland	Come join the fun and celebrate Seniors Month in the Redlands. This popular annual walk starts and returns to the RDCOTA office walking through some of the most scenic walkways in the area. Walk at your own pace and choose your own distance. Come alone or bring family members or friends. Registration includes breakfast, a T-shirt, a goodies bag and entry into a prize draw.	\$10	RDCOTA office 5 Wynyard St Weekdays: 9.30 am - 2.30 pm Telephone: 3488 0680 Email: seniors@rdcota.org.au	
Monday 11 October 10.00 -12.00 n	Wellbeing support for Veterans & the Community (Redlands RSL)	Redlands RSL 8 Passage St Cleveland	Wellbeing support for veterans and the Community - Focus on Dementia Refreshments included with three speakers: John Butler: Understanding Dementia John Quinn and Glenys Petrie: Living with Dementia Anne-Louise Underwood: MEMBO Noticeboard the perfect visual noticeboard	Free	Book by email: fay.johnb@icloud.com	wheelchair
Monday 11 October 11.00 -1.00 pm	Living with Dementia (Redlands Coast Dementia Community)	Redlands Lions Club 122 Shore St West Cleveland	Dr Margaret MacAndrew (Dementia Researcher, QUT) will present The Getting Home Safely with Dementia project and the outcomes of research designed to meet the needs of people with the lived dementia, ensuring their ability to walk safely without getting lost – and the implications for individuals and carers. Also, how “dementia friendly communities” can make a difference.	Free	Email: admin@rcdcommunity.org	wheelchair
Monday 11 October 11.20	Seniors Month Golf Day (U3A)	Carbrook Golf Course	Lunch (Burger) before, Game and Cart included in cost. Prizes on the day - Wine, Golf balls and Winners Trophy	\$30 - Club members \$55 - others	Contact Rand Story Email: rand.story@outlook.com Phone: 3821 2498	disability
Monday 11 October 2.30 -3.30 pm	Music in the Library (RCC Libraries)	Victoria Point Library 7-15 Bunker Rd Victoria Point	Experience the elegance of a string duo while browsing the library collection, reading your favourite book or simply enjoying catching up with friends. Escape to the library and immerse yourself in the beauty of classical music. Free event! No bookings required.	Free	Tel: 3829 8770	wheelchair
Tuesday 12 October 9.30 – 11.30 am	Walking Basketball (Red City Roar)	Redlands PCYC (Top courts) Cnr Mt Cotton Rd & Degen Rd Capalaba	Walking Basketball is a low impact, social and fun way to improve levels of physical activity for over 65s, including those recovering from injury. It is suitable for those who may be intimidated by the pace and impact of a traditional basketball game but love the slower more social version. There are 3 sections - basketball skills, game and refreshments/socialising to finish. Wear comfortable clothing and non-marking running shoes. Bring a water bottle, a towel and a can-do attitude!	Free	Nathan Farley Tel: 0430173823 Email: community@redcityroar.com.au	
Tuesday 12 October 10.30 – 12.00	Virtual Death Café (End of Life Transitions)	Zoom	A Death Cafe provides a safe and relaxed place to gather with people, often strangers, to have interesting and thought-provoking conversations about anything and everything related to death and dying. This virtual event allows you to connect with others in the comfort of your own home or office	Free	Email: jacqui@endoflifetransitions.com.au Telephone: 0402 496 360	
Wednesday 13 October 10.00 – 11.00 am	Author Talk: Sara El Sayed (RCC Libraries)	Cleveland Library Bloomfield Street Cleveland	Hear talented young author Sarah El Sayed share her funny, quick-witted and lovable work, <i>Muddy People: A Memoir</i> . Sara El Sayed was born in Alexandria, Egypt, in 1995. She won the 2020 Queensland Premier’s Young Writers and Publishers Award.	Free	Bookings required Tel: 3829 8770	wheelchair
Thursday 14 October 10.00 – 11.00 am	Social Media Explained (RCC Libraries)	Victoria Point Library 7-15 Bunker Rd Victoria Point	What is social media all about? Baffled by the ever-changing tech jargon? Join us for an easy-to-understand information session, explaining the current social media platforms, why they’re useful and whether they suit you. Our friendly library staff will talk you through all you need to know about the uses of social media.	Free	Bookings required Tel: 3829 8770	
Friday 15 October 9.00 – 3.00 pm	Seniors Expo (Coochiemudlo Men’s Shed)	Coochiemudlo Recreation Hall Elizabeth St	Guest Speaker, Keir Tierney from National Broadband Network, will talk on the subject being how to get the most from your connection and staying safe from online scams. RDCOTA and various healthcare organisations will be available to answer questions on aged care. Free food and drinks.	Free	No bookings required	wheelchair
Friday 15 October 9.30 – 11.00 am	Death Café by the Bay (End of Life Transitions)	Upstairs Room Victoria Point Lib 7-15 Bunker Rd Victoria Point	A Death Cafe provides a safe and relaxed place to gather with people, often strangers, to have interesting and thought-provoking conversations about anything and everything related to death and dying. Join End of Life Doula, Jacqui Williams to share your thoughts, experiences and questions. BYO a cuppa from one of the local cafes nearby.	Free	Email: jacqui@endoflifetransitions.com.au Telephone: 0402 496 360	wheelchair
Saturday 16 October 2.00 – 3.00 pm	Afternoon of Favourite Songs (U3A)	Star of the Sea Hall Passage Street Cleveland	U3A Singers present an afternoon of favourite songs. Fee includes Tea/Coffee and biscuits. Tickets available at the door	\$10	Margaret Ward Tel: 0424 366 649	

WHEN	WHAT & WHO	WHERE	DETAILS	COST	BOOKING/MORE INFORMATION	ACCESS
Tuesday 19 October 9.30 – 11.30 am	Walking Basketball (Red City Roar)	Redlands PCYC (Top courts) Cnr Mt Cotton Rd & Degen Rd Capalaba	Walking Basketball is a low impact, social and fun way to improve the levels of physical activity for over 65s, including those recovering from injury. It is suitable for those who might be intimidated by the pace and impact of a traditional basketball game but love the slower more social version of Walking Basketball. There are 3 main sections - a basketball skills section, A Walking Basketball Game and refreshments/socialising to finish. Wear comfortable clothing you can move freely in and non-marking running shoes. Bring a water bottle, a towel and a can-do attitude!	Free	Nathan Farley Tel: 0430173823 Email: community @redcityroar.com.au	
Tuesday 19 October 10.00 am	High Tea (CWA)	CWA Redlands 3 Waterloo St Cleveland	Enjoy High Tea with a guest speaker: Byron Cann, President of the Queensland Wildlife & Rescue Booking essential	\$15	Tel: 0412295686 Email: redlandqcwa@gmail.com	wheelchair
Tuesday 19 October 10.00 – 12.00 n	Stop Motion Animation (RCC Libraries)	Capalaba Library 14 Noeleen St Capalaba	Explore the fun and creative world of stop motion animation. Become a short-film maker in this simple and engaging tech-based activity. No experience required, our library staff are on hand to show you all the tips and tricks you need for your short film.	Free	Bookings required Tel: 3843 8012 http://bit.ly/3sJo3WA	wheelchair
Wednesday 20 October 8.00 – 11.30 am Friday 22 October 8.00 -3.00 pm	Seniors Week Event (Cleveland Aquatic Centre)	Aquatic Centre 222 Russell St Cleveland	This Seniors Week event is focusing on celebrating and recognising the valuable contribution of seniors in the Redlands Community. In this event a range of health/fitness professional, community organisations and artistic groups will work together to deliver a range of activities to promote healthy lifestyle, prevent chronic disease and to connect with other members of the community.	Free	Tel: 32862723	wheelchair
Wednesday 20 October 9.30 - 12.00 n	Everything you wanted to know about Dementia (Redlands Coast Dementia Community)	Donald Simpson Ctr 172 Bloomfield St Cleveland	Dubhg & Eileen Taylor (Dementia Advocates) discuss things many people don't know or understand about dementia. Learn what Research Scientists are beginning to recognize about dementia that can help you or your loved one live positively with the condition. Marie-Louise Bone (Dementia Australia) will explain the concept of Dementia Friendly Communities and how it promotes dignity, respect and inclusiveness for people living with dementia. She will also speak on "Becoming a Dementia Friend".	Free	Email: admin@rcdcommunity.org	wheelchair
Wednesday 20 October 9.30 - 2.00 pm	Come & Try Day (U3A)	Wellington Point Recreation Hall 347 Birkdale Rd Wellington Point	Have you always wanted to try Mah-jong, Scrapbooking, Ukulele, Tai Chi, Dancing and more? Our Rambler Walkers will take a short walk culminating at the Come and Try venue, where you will also be able to chat with Cycling group members, who will arrive by pedal power. Payment facilities to join or renew membership will be available. Members and Non-Members WELCOME. Final programme available on U3A website: www.u3aredlands.com.au	Free	Email: admin@u3aredlands.com.au Phone: 3821 3888 9am - 1pm	
Thursday 21 October 19 October 9.30 – 12.00 n	Tech Smart Seniors Expo (Star Community)	Alexandra Hills Hotel 332 Finucane Rd Alexandra Hills	The first of its kind event for Redlands seniors to get the how? Why? and what? Of technology - all in one spot. Live demonstrations of Assistive Home Technology products for seniors. Get expert advice on hearable technology and medical alarms. Chat with friendly experts over light morning tea. Grab giveaways. Bring along a friend and have a social day out.	Free	Neha Shukla on Email: startech@starct.org.au Tel: 3821 6699	wheelchair
Friday 22 October 9.30 am	Over 50s Darts (Redlands Over 50s Social Dart Club)	Redlands Multi Sports Club Randall Road Birkdale	Come and join in the fun, fee includes Morning tea and a lucky door prize. You don't have to be a darts player to participate, all non-players will be partnered with a dart player. Darts will be available to borrow if needed.	\$2	Pat Sorensen Tel 0409 723 250 or just turn up on the day	wheelchair
Saturday 23 October 10.00 – 11.30 am	Redland Reads Book Club (RCC Libraries)	Capalaba Library 14 Noeleen St Capalaba	<i>Read the book, join the conversation.</i> The Redland Reads Book Club is a friendly space for everyone in Redlands to come together to discuss our book of the month. October's Book: <i>The Turnout</i>, by Megan Abbott	Free	Bookings required Tel: 3843 8012 http://bit.ly/3sJo3WA	
Saturday 23 October 1.00 – 3.00 pm	Redland Writers Workshop (RCC Libraries)	Capalaba Library 14 Noeleen St Capalaba Victoria Point	Redland Writes is a FREE series of monthly workshops for the aspiring writer. Develop your skills and learn tips and tricks, in a variety of genres from industry professionals every month at Capalaba library. This Month: Planning, Plotting and Everything In Between. No matter your chosen genre, and whether you're a plotter or a pantsler, having some idea of where your story is going is vital to the process of writing – and completing – a novel. So, bring along your ideas, your passion and your love of stories, and let's start planning	Free	Bookings required Tel: 3843 8012 http://bit.ly/3sJo3WA	

WHEN	WHAT & WHO	WHERE	DETAILS	COST	BOOKING/MORE INFORMATION	ACCESS
Sunday 24 & 31 October 2.00 – 4.00 pm	A Twist on Christmas – Radio Play (U3A Theatre Group)	Victoria Point State High School 93-131 Benfer Rd	Act 1 presents the classic Christmas tale of one man's journey from greed to kindness. Act 11 presents a Christmas variety show with U3A Redlands Theatre group performers, guest artists and the Starlight dancers.	\$10 adults \$5 children	Email: admin@u3aredlands.com.au Phone: 3821 3888	
Monday 25 October 12.30 – 2.00 pm	Redland Reads Book Club (RCC Libraries)	Victoria Point Lib 7-15 Bunker Rd Victoria Point	<i>Read the book, join the conversation.</i> The Redland Reads Book Club is a friendly space for everyone in Redlands to come together to discuss our book of the month. October's Book: <i>The Turnout</i>, by Megan Abbott	Free	Bookings required Tel: 3843 8062 http://bit.ly/3sJo3WA	wheelchair
Monday 25 October Wednesday 27 October 12.00 – 2.00 pm	Radio Play (Mates Theatre Genesis)	Birkdale School of Arts Hall 101 Birkdale Road Birkdale	Miss Bilby and the Moss-covered Cleric (An Australian radio play by Linda Aronson) When Clementine Bilby, an Australian opera singer and Miss Marple clone, stumbles across the corpse of the vicar, she's amazed to discover only moments later that the vicar himself is alive and well. Who is the murderer? The boulder Harold Bagshot? Stubbs the mysterious undergardener? The lovely Miss Ivy Hoskins? Hilariously, all sound effects are produced on stage in the most ingenious and funny ways, with sound effects being the star of the show.	\$10	Book online: www.matestg.org.au/2021-productions	wheelchair
Tuesday 26 October 11.45 – 12.00 n	Concert & a Cuppa (Ormiston State School)	Ormiston State School	Join us for an informal concert as we celebrate the wonderful seniors in our community. We look forward to show casing for your listening pleasure the work of our 3 bands and 3 choirs have been doing in 2021. With, of course, a cuppa and biscuits to follow. RSVP to so we can get enough Biccies! If you forget - Come along anyway and enjoy the concert!	Free	Kate Email: khsha0@eq.edu.au	wheelchair
Wednesday 27 October 8.30 – 10.30 am	Tour of Redlands Research Station (U3A)	Redlands Research Facility 26-40 Delancy St Cleveland	Take a tour of the Research Facility by manager Shane Holborn and a visit U3A Gardens where vegetables and fruit trees grow. Morning Tea is included on the lawns of the heritage garden. Flat shoes and a hat are essential. This is an outdoor activity - Approx. walk distance 200 metres over paths and grass.	Free	Bookings essential Email: admin@u3aredlands.com.au	wheelchair
Wednesday 27 October 10.00 - 12.00 n	Dementia Friendly Technology (Redlands Coast Dementia Community)	Redland Sporting Club Anson Rd Wellington Point	Dr Jacki Liddle (Dementia Researcher, UQ) will present on how technology can support people living with dementia, and their carers, in positive ways. Dementia Friendly Technology has so much to offer people living with dementia and their carers: access to information, advice and entertainment as well as reassurance for a carer who does not live with, or near, a loved one. And, more!	Free	Email: admin@rcdcommunity.org	wheelchair Hearing loop
Thursday 28 October 10.00 - 11.00 am	Green Screen Holiday (RCC Libraries)	Victoria Point Lib 7-15 Bunker Rd Victoria Point	Travel the world without leaving the library! Explore the world of green screen magic and enjoy learning how to take 'international' holiday snaps. No passports or experience needed.	Free	Bookings required Tel: 3843 8062 http://bit.ly/3sJo3WA	Wheelchair
Thursday 28 October 12 – 2.00 pm & 6.00 – 8.00 pm Friday: 29 Oct 12 -2.00 pm	Radio Play (Mates Theatre Genesis)	Birkdale School of Arts Hall 101 Birkdale Road Birkdale	Miss Bilby and the Moss-covered Cleric (An Australian radio play by Linda Aronson) When Clementine Bilby, an Australian opera singer and Miss Marple clone, stumbles across the corpse of the vicar, she's amazed to discover only moments later that the vicar himself is alive and well. Who is the murderer? The boulder Harold Bagshot? Stubbs the mysterious undergardener? The lovely Miss Ivy Hoskins? Hilariously, all sound effects are produced on stage in the most ingenious and funny ways, with sound effects being the star of the show.	\$10	Book online: www.matestg.org.au/2021-productions	wheelchair
Friday 29 October 9.00 – 4.00 pm Saturday 30 October 9.00 – 12.00 n	Showcasing Seniors (Bayside Community Services)	BICSI Office South Sea Tce Macleay Island	Bay Islands Community Service presents Showcasing Seniors on Russell Island. Categories include: - Islanders Exposed: Photography, adult colouring, poetry and calligraphy. - Island Yarns: knitting, tattling, crocheting, embroidery, weaving, Spinning, and patchwork. - Crafty Islanders: Beading, card making, flower arranging, scrap booking - Cooked Islanders: Cup cake and cookie face decorating.	free	www.bicsi.org.au	wheelchair
Friday 29 October 10.00 – 11.30 am	Redland Reads Book Club (RCC Libraries)	Cleveland Library Bloomfield Street Cleveland	<i>Read the book, join the conversation.</i> The Redland Reads Book Club is a friendly space for everyone in Redlands to come together to discuss our book of the month. October's Book: <i>The Turnout</i>, by Megan Abbott	Free	Bookings required Tel: 3843 8062 http://bit.ly/3sJo3WA	
Saturday 30 Oct 5.30 – 8.00 pm Sunday 31 Oct 2.30 – 4.30 pm	Radio Play (Mates Theatre Genesis)	Birkdale School of Arts Hall 101 Birkdale Road Birkdale	Miss Bilby and the Moss-covered Cleric (An Australian radio play by Linda Aronson) (See details above)	\$10	Book online: www.matestg.org.au/2021-productions	wheelchair