



# Active GOLD 2016



**GOLD: GROWING OLDER AND LIVING DANGEROUSLY!**



Experience  
the power  
of GOLD

Active GOLD is specifically designed for older adults to experience the numerous physical activity opportunities that are available in our community.

For more information  
or to register please call the  
**GOLD Coordinator on 0412 296 694**



**Move More, Live More!**



Active Launceston relies on grants, sponsorships and donations to operate. The Active Launceston Appeal gives you the opportunity to say thank you and contribute to programs and events into the future. To make a donation please visit the UTAS Foundation website [www.utas.edu.au/foundation/donate](http://www.utas.edu.au/foundation/donate) and follow the links to the Active Launceston Appeal.



**Active GOLD is a great way for older adults to meet new friends in a fun and social environment with the overall aim to improve their health and wellbeing.**

-  Numbers are limited to 20 participants per session.
-  Due to its popularity, preference will be given to participants who have not been involved in Active GOLD previously.

### Active GOLD 2016 Schedule

WHAT'S ON...	WHEN	WHO	WHERE
Laser Tag	11:00am Thursday 18th February	Laser Force	23 Racecourse Crescent, Launceston
Croquet	11:00am Thursday 10th March	St Leonards Croquet Centre	St Leonards Sports Centre
Taiko Drums	10:00am Thursday 14th April	PCYC	146 Abbott Street, Newstead
Gym Introduction/ Aqua Fitness	11:00am Thursday 12th May	LAFit	18a High Street, Launceston

\*The schedule was correct at time of printing; please check with the coordinator for any changes.

The Active Launceston Information Hub is your one stop shop for information on everything that is active in Launceston. Visit us to find out more about our great programs and events as well as other community initiatives at 41 Frankland Street Launceston.

**Move More, Live More with Active Launceston**