



GOLD

GROWING OLDER & LIVING DANGEROUSLY

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 0428 311 213

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 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 2015 Schedule

WHAT'S ON...	WHEN	WHO	WHERE
Tennis: Doubles	11:00am Thursday 12th February	Country Club Tasmania	Country Club Avenue, Prospect Vale (meet in foyer)
Orienteering	10:00am Thursday 12th March	Esk Valley Orienteering	Heritage Forest (meet at playground)
Lawn Bowls	11:30am Thursday 16th April	East Launceston Bowls Club	22 Adelaide Street, East Launceston
Aqua Fitness	11:00am Thursday 18th June	Launceston Swim School	25 Shamrock Street West, South Launceston
Taiko Drums	10:00am Thursday 21st May	PCYC	146 Abbott Street, Newstead
Gym Taster/ Aqua Fitness	10:00am Thursday 2nd July	LAFit	18a High Street, Launceston
Archery	11:00am Thursday 20th August	Paringa Archery Tasmania	93 Reatta Road, Trevallyn
Recreational Walk/ Hiking	10:00am Wednesday 16th September	Gorgeous Walks	Basin Cottage (adjacent chairlift). Basin Road, West Launceston
Golf	11:00am Thursday 15th October	Country Club Tasmania	Country Club Avenue, Prospect Vale (meet at golf shop)

*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