



GROWING OLDER &  
LIVING DANGEROUSLY

# Experience the power of GOLD 2012 Growing Older & Living Dangerously

**GOLD is FREE, heaps of fun and will definitely keep you moving!**  
The annual GOLD program is specifically designed for older adults to experience the numerous physical activity opportunities that are available in our community.

**Numbers are limited to 20 participants per session.**

For further information or to register, please call the GOLD Coordinator on 0409 806 934.

## What's on...

**WHAT:** AQUA FITNESS  
**WHEN:** 11.00am Thursday 9th February  
**WHO:** Launceston Swim School  
**WHERE:** 25 Shamrock Street, Launceston

**WHAT:** SAILING  
**WHEN:** 10.30am & 11.30am  
Thursday 8th March  
**WHO:** Sailability  
**WHERE:** Seaport

**WHAT:** TENNIS  
**WHEN:** 10.00am Thursday 12th April  
**WHO:** Trevallyn Tennis Club  
**WHERE:** Gorge Rd, Trevallyn

**WHAT:** MOUNTAIN BIKE RIDING  
**WHEN:** 10.00am Thursday 10th May  
**WHO:** Mountain Bike Tasmania  
**WHERE:** Heritage Forest,  
Conway Street, Invermay

**WHAT:** BALLROOM DANCING  
**WHEN:** 10.00am Thursday 14th June  
**WHO:** Heals and Souls Danceworld  
**WHERE:** Uniting Church Hall,  
South Launceston

**WHAT:** TRAMPOLINING  
**WHEN:** 11.30am Thursday 12th July  
**WHO:** PCYC Newstead  
**WHERE:** 148 Abbott Street, Newstead

**WHAT:** ROLLER SKATING  
**WHEN:** 10.00am Thursday 9th August  
**WHO:** Mowbray Indoor Sport 'n' Skate  
**WHERE:** 1C George Town Road, Newnham

**WHAT:** KICKBOXING  
**WHEN:** 10.00am Thursday 13th September  
**WHO:** Fit 'n' Kicking  
**WHERE:** City Park, Launceston

**WHAT:** LASER SKIRMISH  
**WHEN:** 10.00am Thursday 4th October  
(seniors week)  
**WHO:** Zone 3 Laser Games  
**WHERE:** 9 Swanston Park Drive, Waverley

**WHAT:** ARCHERY  
**WHEN:** 10.00am Thursday 25th October  
**WHO:** Paringa Archery Club  
**WHERE:** Trevallyn Reserve



Move More, Live More with Active Launceston