CIRCULAR HEAD COUNCIL

MEDIA RELEASE

Monday 28 September

Active, connected and involved at every age this Seniors Month

Circular Head is celebrating Seniors Month this October with a great range of activities encouraging older residents to stay active, connect with others, learn something new and enjoy being part of community life.

Council has brought together activities from across Circular Head, with local clubs, groups and organisations joining Council to offer everything from gentle aqua, strength and balance sessions and indoor bowls to craft, digital literacy, bingo and social activities.

Mayor Gerard Blizzard said Seniors Month was an opportunity to celebrate the contribution older residents make to Circular Head.

“We want Circular Head to be a great place to live at every stage of life,” Mayor Blizzard said.

“Our older residents contribute enormously to our community – through our families, clubs and organisations, volunteering and the knowledge and experience they share. Seniors Month is a chance to celebrate that contribution, but also to create opportunities to get together, stay active, learn something new and connect with others.”

At the 2021 Census, around one in five Circular Head residents was aged 65 or over, highlighting the importance of thinking about what people need to live and age well in our community.

This is reflected in Vision 2050 and Council’s Population Strategy, which recognise health, wellbeing, social connection and a sense of belonging as important to Circular Head’s future.

Council is hosting three special events during Seniors Month: the Mayor’s Morning Tea on Friday 16 October, the Kennaook/Cape Grim and Woolnorth Station Bus Tour on Wednesday 21 October, and a Mini Mosaic Workshop at Smithton Library on Wednesday 28 October.

Council thanked the many local clubs, groups and organisations contributing activities throughout October.

“Our community organisations do so much to help people stay active and connected – not just during Seniors Month, but throughout the year,” Mayor Blizzard said.

The full Seniors Month calendar, event details and booking information are available on Circular Head Council’s website and Facebook page.

Bookings are required for some activities, including Council’s three special events, and people are encouraged to book early.

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Authorised for general media distribution by Gerard Blizzard, Mayor, Circular Head Council.

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