

SENIORS USEFUL NUMBERS

EMERGENCY NUMBERS

POLICE/FIRE/AMBULANCE	000
TTY (24 hour)	106
Police Link (non-urgent property crime)	131 444
Police stations, police beats and shop front services are available in most suburbs.	
Townsville District Office	4726 8666
Poisons Information Centre (24 hrs).....	13 11 26

INFORMATION, ADVOCACY & SUPPORT

Aged & Disability Advocacy.....	1800 818 338
Alzheimer Australia (Qld) Limited	1800 100 500
Association of Independent Retirees.....	0424 615083
Cancer Helpline	13 11 20
Carers Queensland Inc.....	1800 242 636
CityLibraries (Townsville CBD).....	4727 9666
Commonwealth Respite & Carelink Centre (Northern)	1800 052 222
Community Gro	4774 0144
Community Information Centre.....	4727 9730
Elder Abuse Prevention Unit Helpline	1300 651 192
Family Relationship Centre – Centacare Nth Qld	1300 672 273
Jim Gibson Low Vision Clinic 0422842926/ 4728 6922	
Legacy Lodge – Townsville Legacy Inc.....	4772 7533
Lifeline – Telephone Counselling	13 11 14
Men’s Shed (Upper Ross PCYC)	4789 2145
NQ Domestic Violence Resource Service ...	4721 2888
North Townsville Community Hub	4751 6511
Parkinson’s Support Group	1800 644 189
RSL State HQ –Pensions & Advocacy Service	13 47 75
Seniors Creating Change	4721 5511
Seniors Enquiry Line.....	1300 135 500
Townsville Men’s Shed.....	4772 4422
Townsville Region Committee on the Ageing Inc (TRCOTA).....	0421 765 279
UnitingCare Community.....	13 11 14
University of the Third Age (U3A).....	4724 3530
Volunteering North Qld	4725 5990
Womens Centre – Nth Qld Combined Womens Services Inc	4775 7555

GOVERNMENT AGENCIES

Aged Care Complaints Scheme (Aust Govt Dept Social Services)	1800 200 422
Companion Card.....	13 74 68
Seniors Card.....	13 77 88
Seniors Services Centrelink.....	13 23 00
Townsville City Council.....	13 48 10
Veterans Affairs (Aust Govt Dept of)	1800 555 254

HOUSING

Homelessness Service Hub – Australian Red Cross	1800 733 276
Residential Tenancies Authority	1300 366 311
Townsville Housing Service Centre (Qld Dept of Housing & Public Works).....	1800 806 197
Unit Owners Association of Qld Inc	(07) 3220 0959

HEALTH SERVICES

Health Hotline 13 HEALTH (24hr health info & advice provided by a registered nurse) ... non-urgent	13 43 25
Aged Care Assessment Team (ACAT) – Townsville Hospital & Health Services	1800 200 422
Australian Hearing Townsville	4771 9100
Community Rehab NQ.....	4722 8700
Disability & Community Services – Qld Dept of Communities, Disability Services & Seniors..	13 74 68
Oral Health Services	1300 300 850
Older Persons Mental Health Service – Mental Health Services Group	4433 9568
Townsville University Hospital	4433 1111
Townsville Aboriginal & Torres Strait Islander Corporation for Health Services (TAIHS).....	4759 4000
Townsville Community Health Services.....	4433 9500

HOME & COMMUNITY ASSISTANCE

Anglicare – Community & Aged Services	3028 4669
Blue Care Townsville Community Care ..	1300 258 322
Bolton Clarke at Home Support	1300 221 122
ComLink.....	1300 785 054
Community Visitor Scheme	1800 020 103
Everglow Community Care Links.....	4725 1822
Home Care Services – Qld Health.....	4433 9500
LifeTec	4759 5600
Magnetic Island Community Care.....	4758 1506
Meals on Wheels – St Andrews.....	4728 1204
Northern Regional Aboriginal & Torres Strait Island Corp (aged care).....	4779 6406
Ozcare	1800 952 042
Palm Island HACC Project.....	4752 5182
Pensioners Transport Subsidy Scheme	13 48 10
Safety Link	1800 813 617
St John’s Community Care	4725 3777
Senior Citizens Welfare Assoc Townsville...	4771 6419
TOTTS Community Flyer	1300 389 137
UnitingCare Queensland (Transport).....	4775 9100
UnitingCare Queensland (Safe Alert Alarms).....	4775 9134

LEGAL SERVICES

Office of the Public Guardian.....	1300 653 187
Legal Aid Qld – Townsville Office	4613 7300
Seniors Legal & Support Service.....	4721 5511

MULTICULTURAL SERVICES

Diversicare	1300 348 377
Learning Links English Classes.....	1300 003 900
Townsville Intercultural Centre	4772 4800
Townsville Multicultural Support Group	4775 1588

Contact the Community Information Centre on 4727 9730 for other services and activities not included here.

www.cictownsville.com.au

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ACTIVE LIVING FOR OLDER ADULTS

AQUA AEROBICS & MASTERS SWIMMING

Castle Hill PCYC	4772 3883
Kokoda Memorial Pool	4725 5357
Long Tan Aquatics	4725 1573
Tobruk Pool	4772 6550
Townsville Seniors Swim Club.....	0404 468 234

ARTS AND CRAFTS

Clayworx	4775 2892
Click Clack Knitting Group.....	0418811315
Fibres and Fabrics Assoc Inc.....	4779 9830
Jeral Pottery Art & Craft Centre	4724 1569
North Queensland Potters Association	4772 3458
Thuringowa Art Society.....	0405 356 880
Townsville Art Society	4771 3484

BIRDWATCHING

Birdlife Townsville.....	0429111055
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BOATING AND FISHING

Balgal Beach Boating & Leisure Club.....	4770 7625
Castle Hill Amateur Angling Club.....	4773 2185
Fisherman's Landing Fishing & Social Club..	47707227
Independent Amateur Angling Club	0404 811 253
Leisure Accessible	4770 7276
NQ Flyfishers.....	0418 763 741
Sunfish NQ (Townsville Branch) Inc.....	0404 068 396
Townsville Sailing Club.....	4772 1105

BOWLING (Lawn, Carpet & Tenpin) & BOCCE

Alligator Creek Bowls & Recreation Club....	4780 4819
Cutheringa Bowls Club Inc	4771 3742
Jubilee Bowls Club	4779 1207
Ten Pin & Fun Townsville Centre.....	4773 2133
Magnetic Island Bowls Club Inc	4778 5290
Saunders Beach Community Centre.....	0439 498 406
South Townsville Bowls Club	4771 4204
Suburban Bowling Club Inc	4779 4983
Thuringowa City Bowls Club	4773 1223

CHESS, CARDS & GAMES

Cleveland Bay Bridge Club Inc	4779 3717
Mahjong – Alligator Creek	4780 4819
Townsville Chess Club	0439 760 513

DANCING

Clogging at Carlyle Gardens.....	4778 6807
Northern Shimmy Sisters	0411 892 234
Social Old Time Dancing.....	4788 8469
Sun City Cloggers	0429 110 319
Sun City Square & Round Dance Club	4775 2843
Sunday Dance Group.....	4728 8954
Townsville Bush & Folk Dance Group.....	4772 2757
Townsville Scottish Country Dancing.....	4773 3482
Townsville Social Dance Club Inc	4779 8294
Townsville Twin Cities RocknRoll Club...0408	708 877
Townsville Variety Dancing Circle Inc.....	4779 0886
Trail Blazers Line Dancing	4773 5423

GARDENING

Herb Society of North Qld	0433 235 866
North Qld Palms & Cycads	0408 771 470
Townsville & District Garden Club	0404 163 678
Townsville Hibiscus & Exotic Plants Club....	4778 6818
Townsville Orchid Society	0474 305 864

GENTLE EXERCISE

Ann's Yoga Space.....	0439 343 274
Coryoga and Pilates.....	0421 338 325
Dragonfly Pilates & Movement.....	0466 480 036
Meredith Stark Yoga	0401 937 574
Pilates Studio Townsville	4721 3809
Soulful Yoga.....	0428 198 204
Tai Chi Classes	0419 678 715
Tai Chi for Beginners/Over 50s.....	4774 4064
Tai Chi for Busy People	0412 576 507
Tai Chi Pathways	4775 1640
Taoist Tai Chi Society	0434 002 721
Townsville PCYC	4781 9100
Townsville Yoga Hub	47720002
Yoga Health Townsville.....	0410 085 054
Magnetic Island Yoga.....	04885107

PHOTOGRAPHY

Townsville Photography Club	4771 4398
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ROWING AND PADDLING

Riverway Rowing Club.....	0455 102 244
Townsville Dragons Abreast.....	1300 889 566
Townsville Dragon Boat Club.....	0481 367 772
Townsville Kayak Club.....	0402 394 268

SENIOR ASSOCIATIONS & GROUPS

Aust Pensioners Superannuants League	3844 5878
National Seniors Assoc.....	1300 765 050
Probus Club of Townsville.....	0414580535
Probus Club Inc (Thuringowa Combined)0403	659 147
Rollingstone & District Seniors Inc.....	4770 7356
Senior Citizens Welfare Assoc Thuringowa.	4773 4848
Senior Citizens Assoc – Railway Estate	4772 7436
Senior Citizens Assoc - Wulguru.....	4775 6369
Senior Citizens Welfare Assoc - Tsv.....	4771 6419
Seniors Creating Change.....	4721 5511
Community Gro (Upper Ross Community Centre)....
.....	4774 0144
U3A Townsville	4724 3530

SPORTS

Rowes Bay Archery Club.....	0405 069 593
Townsville Table Tennis	0414 135 091
Townsville Badminton	0417 756 157
Townsville District Bowhunters	0422 275 889
Townsville Target Archers.....	4788 8591

WALKING, RUNNING & ORIENTEERING GROUPS

Heart Foundation Walking.....	13 11 12
Totally Tropical Orienteering Club	4683 6374
Townsville Bushwalking Group	0411 016 864
Townsville Road Runners.....	0437 401 878