

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
North Queensland Retirees Inc	0417 727 804
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
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)	0412 948 141
UnitingCare Community.....	1300 096 203
University of the Third Age (U3A)	4724 3530
Volunteering North Qld	4725 5990
Womens Centre – Nth Qld Combined Women’s 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 74 68
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
.....	4721 6580
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

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 8300

HOME & COMMUNITY ASSISTANCE

Anglicare – Community/Aged Services... 1300 610 610	
Blue Care Townsville Community Care .. 1300 258 322	
Bolton Clarke at Home Support	1300 221 122
ComLink.....	1300 761 011
Community Visitor Scheme.....	1800 020 103
Everglow Community Care Links.....	4725 1822
Home Care Services – Qld Health.....	4433 9500
LifeTec	1800 996 887
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 692 273
Palm Island HACC Project.....	4445 4401
Pensioners Transport Subsidy Scheme.....	13 48 10
Safety Link	1800 813 617
St John’s Community Care	4725 3777
Carinity Home Care.....	1300 109 109
TOTS Community Flyer	1300 389 137
UnitingCare Queensland (Transport).....	4775 9137
UnitingCare Queensland (Safe Alert Alarms)...	4775 9134

LEGAL SERVICES

Office of the Public Guardian	1300 653 187
Legal Aid Qld – Townsville Office	4758 5300
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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SUPPORTED BY



ACTIVE LIVING FOR OLDER ADULTS

AQUA AEROBICS & MASTERS SWIMMING

Castle Hill PCYC	4772 3883
Kokoda Memorial Pool	4725 5357
Long Tan Aquatics	4728 3398
Tobruk Pool	4772 6550
Townsville Seniors Swim Club.....	4723 3447

ARTS AND CRAFTS

Clayworx.....	4775 2892
Click Clack Knitting Group.....	0418 811 315
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.....	0429 111 055
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BOATING AND FISHING

Balgal Beach Boating & Leisure Club... 0412 492 861	
Castle Hill Amateur Angling Club.....4773 2185	
Fisherman's Landing Fishing & Social Club.... 4770 7227	
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.....	0417 795 647
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	0422 073 144
Mahjong – Alligator Creek	4780 4819
Townsville Chess Club	0439 760 513

DANCING

Experience Dance - Ballroom, Latin.....	0409 641 634
Lorraine's Dance Group (Seq. Dancing).....	0456 666 118
Northern Shimmy Sisters Belly Dancing	0411 892 234
Sun City Cloggers	0429 110 319
Sun City Square & Round Dance Club	4775 2843
Sunday Dance Group.....	0417 197 624
Townsville Bush & Folk Dance Group.....	4772 2757
Townsville Scottish Country Dancing.....	4721 2247
Townsville Social Dance Club Inc	4779 8294
Townsville Twin Cities RocknRoll Club...0408 708 877	
Townsville Variety Dancing Circle Inc	4779 4643
Trail Blazers Line Dancing	4773 5423

GARDENING

Herb Society of North Qld	0458 082 314
North Qld Palms & Cycads	0408 771 470
Townsville & District Garden Club	0404 163 678
.....	4723 9086
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.....	0415 218 170
Soulful Yoga.....	0428 198 204
Tai Chi Classes	0419 678 715
Tai Chi for Beginners/Over 50s.....	0412 793 276
Tai Chi for Busy People	0412 576 507
Tai Chi Pathways	0409 475 717
Townsville PCYC	4781 9100
Townsville Yoga Hub	4772 0002
Yoga Health Townsville.....	0410 085 054
Magnetic Island Yoga.....	0488 510 702

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.....	0408 501 067

SENIOR ASSOCIATIONS & GROUPS

Aust Pensioners Superannuants League	3844 5878
National Seniors Assoc Head Office.....	1300 765 050
National Seniors Aust Townsville Central....	4774 1342
Probus Club of Townsville.....	0414 580 535
Rollingstone & District Seniors Inc.....	4770 7474
Senior Citizens Assoc Thuringowa	0423 962 248
Senior Citizens Assoc – Railway Estate.....	0407 920 052
Senior Citizens Welfare Assoc - Tsv.....	4771 6419
Seniors Creating Change.....	4721 5511
Townsville RSL Friendship Day Club... 0407 132 417	
Community Gro (Upper Ross)	4774 0144
U3A Townsville	4724 3530

SPORTS

Rowes Bay Archery Club	0405 069 593
Townsville Table Tennis	0421 042 687
Townsville Badminton	0477 694 378
Townsville District Bowhunters	0422 926 728
Townsville Target Archers.....	4788 8591

WALKING, RUNNING & ORIENTEERING GROUPS

Heart Foundation Walking	13 11 12
Totally Tropical Orienteering Club	4683 6374
Townsville Bushwalking Group	E: info@townsvillebushwalkingclub.com
Townsville Road Runners	0400 550 616