



www.cictownsville.com.au

cic@townsville.qld.gov.au

07 4727 9730

Seniors Active Living + Useful Numbers

Indoor & outdoor activities and useful organisations for seniors

Updated 07/12/2023

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 Assoc	www.northqldpotters.com
Thuringowa Art Society	0419 960 159
Townsville Art Society	4771 3484
Creeky Krickers Arts & Craft Club	4780 4819

BOWLING (Lawn, Carpet & Tenpin) & BOCCE

Alligator Creek Community & Sports 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	0428 186 229
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 Club - Alligator Creek	4780 4819
Townsville Chess Club	0439 760 513

DANCING

Experience Dance - Ballroom, Latin	0409 641 634
Lorraine's Dance Group (Seq. Dancing)	0459 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 Variety Dancing Circle Inc	4779 4643
Trail Blazers Line Dancing	4773 5423
Townsville Rockers Dance Group	0467 798 202
Townsville Scottish Country Dancing	0431 434 579
Townsville Social Dance Club Inc	4779 8294
Trail Blazers Line Dancing	4773 5423

GENTLE EXERCISE

Coryoga and Pilates	0421 338 325
Meredith Starck Yoga	0401 937 574
Tai Chi for Beginners/Over 50s	0412 793 276
Tai Chi for Busy People	0412 576 507
Tai Chi Pathways	0409 475 717
PCYC Townsville Aitkenvale Branch	4781 9100
Strand Fitness	4772 0002
Yoga Health Townsville	0410 085 054
Magnetic Island Yoga	0488 510 702

SENIOR ASSOCIATIONS & GROUPS

Aust Pensioners Superannuants League	3844 5878
National Seniors Aust Head Office	1300 765 050
National Seniors Aust Townsville Central	4774 1342
Probus Club of Townsville	0414 580 535
Probus Club Inc Thuringowa Combined	0403 659 147
QCWA Alligator Creek & Elliot Springs Branch	0423 617 694
Rollingstone & District Social Club	4770 7947
Senior Citizens Assoc Thuringowa	0423 962 248
Senior Citizens Assoc Railway Estate	0407 920 052
Senior Citizens Welfare Assoc TSV	4771 6419
	0459 292 419
Seniors Creating Change	4721 5511
Townsville RSL Friendship Day Club	0407 132 417
Community Gro (Upper Ross Community Centre)	4774 0144
U3A (Uni Third Age) Townsville	4724 3530

RACQUET SPORTS

Townsville Table Tennis	0421 042 687
Townsville Badminton	0423 482 371
Western Suburbs Tennis Club Inc	0423 482 371

AQUA AEROBICS & MASTERS SWIMMING

Kokoda Memorial Pool	4725 5357
Long Tan Aquatics	4728 3398
Tobruk Pool	4772 6550
Townsville Seniors Swim Club (Masters)	4723 3447

BICYCLES

Townsville Bicycle User Group (BUG)	www.townsvillebug.com/contact-us
-------------------------------------	--

BIRDWATCHING

Birdlife Townsville	0429 111 055
---------------------	--------------

BOATING AND FISHING

Balgal Beach Boating & Leisure Club	0412 492 861
Fisherman's Landing Fishing & Social Club	4770 7227
Independent Amateur Angling Club	0418 881 567

GARDENING

Herb society of North Qld	0408 771 470
Native Plants Qld Townsville Branch	4728 7302
Permaculture Townsville	4758 1771
Townsville & District Gardening Club	0404 815 892
Townsville Orchid Society	0474 395 864

PHOTOGRAPHY

Townsville Photography Club	47714398 0418985146
-----------------------------	------------------------

ROWING AND PADDLING

Riverway Rowing Club	0455 102 244
Townsville Dragons Boat Club	0481367 772
Townsville Kayak Club	0408501067

BOW SPORTS

Rowes Bay Archery Club	0447 628 117
Townsville District Bowhunters	0422 926 728
Townsville Target Archers	4788 8591

WALKING, RUNNING & ORIENTEERING CLUB

Heart Foundation Walking	13 11 12
Townsville Bushwalking Club	townsvillebushwalkingclub.com
Townsville Road Runners	0400 550 616

USEFUL NUMBERS

POLICE/FIRE/AMBULANCE

TTY (24 HOURS)	000
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) Ltd	07 3895 8200
North Queensland Retirees Inc.	0417 727 804
Cancer Helpline	13 11 20
Carers Queensland Inc.	1800 242 636
City/Libraries (Townsville CBD)	13 48 10
Commonwealth Respite & Carelink Centre (Nth)	1800 052 222
Community Gro	4774 0144
Community Information Centre	4727 9730
Elder Abuse Prevention Uni Helpline	1300 651 192
Family Relationship Centre - Centacare NQ	1300 672 273
Legacy Lodge - Townsville Legacy Inc.	07 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.	0412 948 141
Uniting Care Community	1300 096 203
University of the Third Age (U3A)	4724 3530
Volunteering NQ	4725 5990
Women's Centre - NQ 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 Housing)	1800 555 254

HOUSING

Homelessness Service Hub - Aust 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

Health Hotline 13 HEALTH (24hr health info & advice provided by a registered nurse) non-urgent	13 43 25
Aged Care Assessment Team (ACAT) - Townsville (Select option 1)	(07) 4433 9500
Hospital & Health Services	1800 200 422
Australian Hearing Townsville	4771 9100
Community Rehab NQ	4722 8700
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 Corp. 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
Nth Regional Aboriginal & Torres Strait Island Corp (aged care)	4779 6406
Ozcare	1800 692 273
Palm Island HACC Project	44454401
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
TOTTS Community Flyer	1300 389 137
Unitingcare Queensland (Transport)	4775 9137
UnitingCare Queensland (Safe Alert Alarms)	47759134

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	1300348 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
www.facebook.com/CICTownsville