

Seniors Active Living + Useful Numbers

Indoor & outdoor activities and useful organisations for seniors

Updated 03.08.2026

ARTS AND CRAFTS

Clayworx	4775 2892
Fibres and Fabrics Association Inc	0418 811 315
Jeral Pottery Art & Craft Centre	4724 1569
North Queensland Potters Assoc	4772 3458
Thuringowa Art Society	0487 422 930
Townsville Art Society	0417 538 991

BOWLING (Lawn, Carpet & Tenpin) & BOCCE

Alligator Creek Community & Sports Club	4780 4819
Cutheringa Bowls Club	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	0401 410 617
South Townsville Bowls Club	4771 4204
Suburban Bowling Club Inc	4779 4983
Thuringowa City Bowls Club	4773 7256

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)	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 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
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
QCWA Alligator Creek & Elliot Springs Branch	0439 400 129
Rollingstone & District Social Club	4770 7855
Thuringowa Senior Citizens Club	0412 362 495
Senior Citizens Assoc Wulguru	0428 923 053
Senior Citizens Welfare Assoc TSV	4771 6419
	0466 863 426
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
Townsville Red Hat Divas	4723 5462

RACQUET SPORTS

Townsville Table Tennis	0421 042 687
Townsville Badminton	townsvillebaddy@hotmail.com
Western Suburbs Tennis Club Inc	0423 482 371

AQUA AEROBICS & MASTERS SWIMMING

Kokoda Memorial Pool	4453 2274
Long Tan Aquatics	4453 2275
Tobruk Pool	4454 1783
Townsville Seniors Swim Club (Masters)	4725 5357

BIRDWATCHING

Birdlife Townsville	0429 111 055
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BOATING AND FISHING

Fisherman's Landing Fishing & Social Club Balal Beach	0434 068 331
Independent Amateur Angling Club	0418 881 567
NQ Flyfishers	0427 968 247
Sunfish NQ (Townsville Branch) Inc	0418 823 230
Townsville Sailing Club	4772 1105

GARDENING

Herb Society of North Qld Inc	0408 771 470
Native Plants Qld Townsville Branch	4728 7302
Permaculture Townsville Inc	0417 025 983
Townsville & District Gardening Club	0477 527 078
Townsville Community Garden Inc	townsvillecommunitygarden@gmail.com
Townsville Orchid Society	0474 395 864

PHOTOGRAPHY

Townsville Photography Club	0418 985 146
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ROWING AND PADDLING

Riverway Rowing Club	0455 102 244
Townsville Dragons Boat Club	0481 367 772
Townsville Dragons Abreast	0494 130 882
Townsville Kayak Club	admin@townsvillekayakclub.com.au

BOW SPORTS

Rowes Bay Archery Club	0447 628 117
Townsville District Bowhunters	townsvilledistrictbowhunters@gmail.com
Townsville Target Archers	tta@nqaa.org.au

WALKING, RUNNING & ORIENTEERING CLUB

Townsville Bushwalking Club	info@townsvillebushwalkingclub.com
Totally Tropical Orienteering Club	0418 154 026
Townsville Road Runners	0427 999 801
Townsville Hike & Explore	0491 353 524
Townsville Shopping Centre Walkers	0428 735 516

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	4759 9777
Poisons information Centre (24 hrs)	13 11 26

INFORMATION, ADVOCACY & SUPPORT

Aged & Disability Advocacy	1800 818 338
National Dementia Helpline	1800 100 500
North Queensland Retirees Inc.	0447 735 763
Cancer Helpline	13 11 20
Carers Queensland Inc.	1300 747 636
City/Libraries (Townsville CBD)	13 48 10
Commonwealth Respite & Carelink Centre (Nth)	1800 052 222
Community Gro (Upper Ross)	4774 0144
Community Gro (Garbutt)	4779 7268
Community Information Centre	4727 9730
Elder Abuse Prevention Unit 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	0439 043 939
Women's Centre - NQ Combined Women's Services Inc.	4775 7555

GOVERNMENT AGENCIES

Aged Care Complaints Scheme (Aust Govt Dept - Social Services)	1800 951 822
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 838 372

HOUSING

Red Cross Homeless Hub	4795 2980
Residential Tenancies Authority	1300 366 311
Townsville Housing Service Centre	4724 8500
Unit Owners Association of Qld Inc.	1300 249 324

HEALTH SERVICES

Health Hotline 13 HEALTH (non-urgent 24hr health info & advice)	13 43 25 84
Call My Age Care	1800 200 422
Hearing Australia Townsville	13 44 32
Dept of Families, Seniors, Disability Services	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 9500

HOME & COMMUNITY ASSISTANCE

Anglicare - Community/Aged Services	1300 610 610
Blue Care Townsville Community Care	4781 1300
Bolton Clarke Home & Community Support	1300 221 122
ComLink	1300 761 011
Community Visitor Program	1300 653 187
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
Ozcare	1800 692 273
Palm Island HACC Project	4770 1664
Safety Link	1800 813 617
St John's Community Care	4725 3777
Carinity Home Care	1300 109 109
Community Flyer (Transport)	1300 153 636
UnitingCare Queensland (Transport)	1300 096 203
UnitingCare Queensland (Safe Alert Alarms)	47759134

LEGAL SERVICES

Office of the Public Guardian Townsville	4760 9688
Legal Aid Qld - Townsville Office	4758 5300
Seniors Legal & Support Service (Townsville)	4721 5511

MULTICULTURAL SERVICES

Diversicare (Townsville)	4723 1470
Townsville Multicultural Support Group	4775 1588

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

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