

KENG HEALTHY AGEING HUB

At KENG, seniors enjoy a welcoming space to connect with others, build confidence, gain health knowledge and explore creativity through learning.

WHERE?



Tudor Park Centre -71-78 Clarks Road, Loganholme

All activities are **FREE** and open to people aged **65+** or **50+ for First Nations people**

For more information, contact Maureen:

☎ 0499 216 614 ✉ maureen.yeow@keng.org.au

WHEN? 🕒

Healthy ageing talk & treats

**3rd Tuesday of the
month**

10:00am-11:30am



Seniors Tea & Talk

**1st Tuesday of the
month**

11:00am-12:30pm



Wednesday walkers (Weekly)

8:00am-9:00am



MMM Pilates (Weekly) School term only

Thursdays

1:00pm-2:00pm



Chat n'choose

**2nd & 4th Tuesdays
of the month**

10:30am-12:30pm



Stronger for longer School term only

Tuesdays

1:00pm-2:00pm



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