

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

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ATTENTION: Chiefs of Staff, News Directors



Launceston seniors win GOLD in 2008

Golden oldies in Launceston will wobble their bellies and stretch body parts they may not have stretched for years when GOLD 2008 is offered again from Seniors Week, beginning from tomorrow 1 October.

GOLD – Growing Old and Living Dangerously – has been offered in previous annual Seniors Weeks and its huge popularity encouraged Active Launceston and Launceston City Council to run it again – with an added monthly activity throughout the year.

Co-ordinator of the Active Launceston Project Lucy Marshall said that GOLD is a free Seniors Week community program designed for older adults to enjoy physical activity in a social environment.

“Older adults often become socially isolated, so providing programs like GOLD gives our senior citizens the perfect opportunity for increased social interaction and improved health and wellbeing,” Ms Marshall said.

The 2008 GOLD program includes yoga, belly dancing, aqua rhythms and RPM (exercise bike class). Tai chi, horse riding and rock climbing will be offered in 2008 as monthly GOLD activities, with more to be announced for 2009.

GOLD’s Seniors Week activities will run daily from 1-3 October and on 6 October.

Places are limited to 20 participants at each event. People wanting more information or to register should call Launceston City Council on (03) 6323 3613.

Media are invited to attend any of the following GOLD sessions:

Activity: Belly Dancing & Yoga
Where: Tram Sheds, Inveresk (as part of Positive Ageing expo)
When: 11am to 11am (Belly Dancing)
3pm to 3.30 pm (Yoga)
Wed 1 Oct 2008

Activity: RPM (exercise bike class)
Where: Health and Fitness World, Cnr William and St John St.
When: 10 am to 11 am Thur, 2 October 2008.

Activity: Tai Chi in the Park
Where: Next to Rotunda, City Park.
When: 10 am to 11 am Fri 3 October 2008.

What: Rock Climbing
Where: To be confirmed
When: Wednesday 5 November 2008.

What: Horse Riding
Where: To be confirmed
When: Wednesday 3 December 2008.

More dates and activities will be released closer to 2009.

For more information: Lucy Marshall, University of Tasmania, ph. (03) 6324 4047 or 0409 937 421.

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