

# **MEDIA RELEASE**

**NEWS FROM THE UNIVERSITY OF TASMANIA**

DATE: TUESDAY 3 MARCH 2009

ATTENTION: Chiefs of Staff, News Directors

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## **GOLDEN times are back in 2009**

Golden oldies in Launceston will be able to ride bikes and horses, develop their swimming strokes and dance their days away when GOLD kicks off for 2009 on the March 4.

GOLD – Growing Older and Living Dangerously - will be held on the first Wednesday of every month between March and October.

The Manager of Active Launceston, Lucy Marshall, said that GOLD is a free seniors program designed for older adults to enjoy physical activity in a social environment.

“GOLD has been a very successful program in the past and we are keen to involve more seniors in 2009,” she said.

“It’s a great way for older adults to meet new friends, try a new activity and improve their health and wellbeing.”

This year GOLD includes, yoga, dancing, aqua fitness, swimming and stroke development, bike riding, kick boxing, an outdoor circuit and horse riding.

Places are limited to 20 participants at each event.

Potential participants wanting more information or to register should call Launceston City Council on 6323 3613.

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

**WHAT: Bike Riding**

WHERE: Kev's Tricycle Hire  
Heritage Forest, Conway St Invermay  
WHEN: 10.00am Wednesday 4th March

**WHAT: Horse Riding**

WHERE: Michelle's Riding School  
Eccelston Rd, Riverside  
WHEN: 10.00am Wednesday 1st April

**WHAT: Swimming and  
Stroke Development**

WHERE: Roman Baths  
127-133 George Street  
WHEN: 11.00am Wednesday 6th May

**WHAT: Dancing**

WHERE: Heals and Souls Danceworld  
Uniting Church Hall,  
South Launceston  
WHEN: 10.00am Wednesday 3rd June

**WHAT: Yoga**

WHERE: Mud Club, Seaport  
WHEN: 10.00am Wednesday 1st July

**WHAT: Kick Boxing**

WHERE: Health and Fitness World  
Cnr William and St John Streets  
WHEN: 10.00am Wednesday 5th August

**WHAT: Outdoor Circuit**

WHERE: Fit n Kicking  
Royal Park, Park Street  
WHEN: 10.00am Wednesday 2nd September  
And for Seniors' Week...

**WHAT: Aqua Fitness**

WHERE: Launceston Aquatic Centre  
High Street  
WHEN: 10.00am Wednesday 7th October

*For more information contact Lucy Marshall, University of Tasmania,  
ph. 6324 4047*

**Information Released by:**

**The Media Office, University of Tasmania  
Phone: 6324 2318 Mobile: 0438 510616  
Email: [Media.Office@utas.edu.au](mailto:Media.Office@utas.edu.au)**