Main Stage

10.30-11.30  Robert Ross musician
12.00-12.05  Wooden hobby-horse race
12.05-12.10  FNQ Rescues R Us puppy race
12.15-12.30  Regis Healthcare Fashions On The Field (Women’s)
12.30-12.35  Mobility scooter race
12.35-12.40  Don’t waste a drop race
12.40-12.55  Infi8 Care Fashions On The Field (Men’s)
13.30-14.30  Robert Ross musician

Hands on workshops - marquee

10.00-11.00  Junk Weavers
11.00-12.00  Tiny Garden Creations
12.00-13.00  Novelty races, Main Stage *see above
13.00-14.00  Lego Master Workshop
14.00-14.30  Tai Chi for Health, Intro for Beginners

Myth Buster Workshop - marquee

10.00-10.30  The Gut - the key to wellness or a pathway to disease?  Mario Calanna, Calanna Pharmacy
10.30-11.00  The escaping garden plants & invading pigs  Leah Nugent, Cairns Regional Council
11.00-11.30  The story of a lady who wrote her Will on a napkin  Liz Hodson, The Public Trustee
11.30-12.00  The FAIR is 10 years old, come & learn its history from the founder  John Erhm
12.00-13.00  Novelty races, Main Stage *see above
13.00-13.30  Be ready for those emergencies!  Sioux Campbell, Cairns Regional Council
13.30-14.00  My chicken is not a machine  Michelle Lavington, The Feed Shop
14.00-14.30  Is Big Brother watching? Safe on-line banking & shopping  Marion Stanevich & Brad Dwyer, CUA
14.30-15.00  The maturing Mind-Body connection  John Shulter, Skillful Living

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CAIRNS POSITIVE AGEING FAIR
Friday 23rd August 10:00am-3:00pm
Cairns Jockey Club, Cannon Park, Woree

SENIORS WEEK 2019
STAYING HEALTHY & ACTIVE

Workshop Synopsis

Hands On Workshops

Junk Weavers
Learn to make bangles using coffee bags collected from businesses within Cairns. Learn how to upcycle single use plastic from your kitchen to stop it ending up in land fill.

Tiny Garden Creations
Using native violets donated by the Council nursery and pots collected at the Buy Back Shop, workshop attendees can come and make their own take home tiny garden.

Lego Master Workshop
Guided by Lego enthusiast Luke Kotai, workshop attendees can test their creativity, critical thinking and problem solving skills by helping make a unique structure of Cairns and North Queensland.

Tai Chi for Health, Intro for Beginners
A gentle exercise to help improve your balance, strength, focus and an overall calmness in your mind and body.

Myth Buster Workshops

The Gut - The key to wellness or a pathway to disease
Let us bust the Myth that there is not a link between the brain and the gut. The gut actually plays a big role in our wellness.

The escaping garden plants & invading pigs
Discussing the issues caused by garden plants and how they can escape into natural ecosystems. Also which emerging weeds to watch out for this growing season and how mulch attracts pigs into peoples properties.

The Fair is 10 years old, come & learn its history from the founder
“In 2009 I told Seniors – now you have your very own fair, to enjoy fellowship, fun & gain face to face information. Next for the fair - are Seniors ‘invisible’ or can they play a ‘visible’ role in today’s community?”

Be ready for those emergencies!
Cairns is a beautiful region but looks can be deceiving - we’re prone to a wide range of natural disasters including emerging hazards such as heatwaves. Discover how to identify local hazard locations and prepare for any disaster regardless of the season.

My chicken is not a machine
With good husbandry and care people can expect good egg layers, but the egg a day forever is a myth.

The maturing Mind-Body connection
As the mind and body matures you’ll encounter psychological and physiological changes in perspective, stability and strength. Learn how movement, breathing, mindfulness and meditation can be used as an excellent anti-ageing tool.

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