

CALOUNDRA moving moments



Creating meaningful connections and
supporting social and educational activities

[w. lutheranservices.org.au](http://w.lutheranservices.org.au)



**Lutheran
Services**

There for you





Moving Moments is a social, friendship and activity-based group just for you.

Lutheran Services is a leading provider of aged care, retirement living, home care and community services in Queensland. Encouraging creativity and building community is a big part of our work.

Moving Moments is a program that regularly brings together seniors in our community to enjoy a range of exciting social, intergenerational and recreational activities.

Moving Moments also provides topical educational activities and assists seniors to access support services they may need to remain active and well.

How it works

Moving Moments is open to older adults aged 65 years and over, and Aboriginal and Torres Strait Islander people aged 50 years and over living in the Caloundra region.

Registration is free. Some activities require a small cost.

**To register phone
0477 429 729**

**For more information phone 1800 960 433
or email hello@lutheranservices.org.au**

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