

SENIORS UPDATE

OCTOBER 2023



Your guide to Seniors Technology Courses and Healthy Ageing!

iPad Course for Deaf Seniors

Are you a Deaf senior over 50 years old looking to gain basic iPad skills? Look no further! Join us for the exciting course, being held at Deaf Connect's Moorooka Office.



The sessions will be held every Tuesday on the 10th, 17th, 24th, 31st of October, as well as the 7th of November 2023 and will run from 10:00am to 12:00pm.

To view this
information in
Auslan scan this
QR code with
your smartphone.

RSVP to secure your spot.

Send your details to:

studentservices@deafconnect.org.au.





Ageing Well | 6 Tips For Healthy Ageing

Ageing is a natural part of life, and it's something we all experience. Healthy ageing is not out of reach for you, by taking care of your body and mind, you can enjoy a vibrant and fulfilling life well into your golden years. Deaf Connect's Ageing Well team have compiled six helpful tips for healthy ageing.

To view this information in Auslan scan this QR code with your smartphone.



Continue to be active



Keeping your
mind active



Managing stress



Emotional wellbeing



A balanced diet



Sleeping well



We'd like to invite you, to share your unique stories and experiences in the Deaf Connect Seniors Update newsletter. Your stories have the power to inspire, connect, and uplift our community of seniors. Whether it's a heartwarming anecdote, a memorable journey, a tasty recipe, or a valuable piece of advice, your contributions are invaluable. We eagerly await your submissions at seniorsupdate@deafconnect.org.au. Let's come together share our exciting stories and experiences and create a newsletter that truly reflects the richness of our community.