



For more information phone: 1300 MACKAY (1300 622 529)  
or visit [www.mackay.qld.gov.au](http://www.mackay.qld.gov.au)



## For the over 50s:

### Meet new people and learn healthy activities

Are you over 50 and wanting to learn how to cook healthier meals, improve your fitness or meet new people? If you answered yes to any of these points, you should take part in the Swap It, Don't Stop It program in Mirani.

The Swap It, Don't Stop It program in Mirani is a joint initiative of Mackay Regional Council, Queensland Health and Queensland Keep Fit Association and is a six week program (every Thursday from April 19 to May 24) and includes a range of tips and tricks on tai chi for health and preparing healthy, tasty, low cost food.

Mayor Col Meng said everyone is welcome to join in the fun and you can attend one or all of the sessions.

"For the small donation of a gold coin you could take part in the FOODcents cooking classes or explore the body and mind exercise of tai chi."

**>> To register your interest please contact Leanne Simpson on 0428 181 824 or council's Community Development Officer Eunice Donovan on 4961 9469.**



#### The Swap It, Don't Stop It program

- Week 1 > April 19, 10am to 12.30pm** – Program Launch including: Balance Fitness, Food & Fun, FOODcents cooking session and introduction to Tai Chi for Health
- Week 2 > April 26, 10am to 11am** – Tai Chi for Health
- Week 3 > May 3, 10am to 11am** – Tai Chi for Health
- Week 4 > May 10, 10am to 11am** – Tai Chi for Health
- Week 5 > May 17, 10am to 11am** – Tai Chi for Health
- Week 6 > May 24, 10am to 12.30pm** – Balance Fitness, Food and Fun

To register your interest please contact Leanne Simpson on 0428 181 824 or council's Community Development Officer Eunice Donovan on 4961 9469.



## Our Bluewater Lagoon is worth a dip

It's free, highly popular and generates an estimated \$5 million in economic benefits to the region annually. They're the findings from an economic and social benefits study of the Bluewater Lagoon, which has been conducted as part of our funding agreement with the Australian Government.

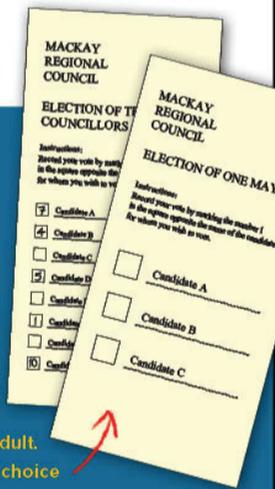
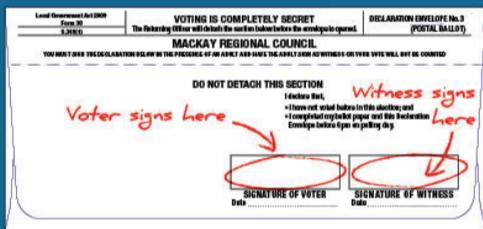
The three tiered aquatic facility attracts almost 400,000 annually, 85 per cent of the visitors are local residents, about 10 per cent are tourists and the remainder come from the Isaac and Whitsunday areas.

With the Mirani Pool closed for general maintenance until the end of August why not try out the Bluewater Lagoon. Everyone's raving about it!

**>> For further details on our aquatic facilities visit [www.mackay.qld.gov.au/aquatic\\_facilities](http://www.mackay.qld.gov.au/aquatic_facilities)**

## Make your vote count.

Ballot packs have been mailed to eligible voters in the Mackay Regional Council area. Voting is compulsory.



- You **MUST** sign the declaration envelope and get it witnessed by an adult.
- Mark a number "1" in the box next to the Mayoral candidate of your choice
- Mark numbers 1-10 in the box next to the 10 councillor candidates of your choice

Post ballot papers prior to Saturday April 28. Details at [www.ecq.qld.gov.au](http://www.ecq.qld.gov.au)

## Don't miss...

### "It's a Jungle Out There"

The Valley District Youth Council is presenting their annual youth variety performance at the Pinnacle Playhouse from April 20 to 28. "It's a Jungle Out There!" tackles the challenging topic of bullying, through song, dance and drama. Tickets are available at council's Mirani Customer Service Centre. Funded by the (RADF) Regional Arts Development Fund.

## Project snapshot – Bold St, Walkerston

To help improve the flood immunity of our roads council will be constructing a new set of culverts and a concrete lined overland drain on Bold Street, Walkerston. The works are expected to start next month weather permitting.



**Cost: \$590,000**

**>> For information on road works in your area please visit council's website [www.mackay.qld.gov.au](http://www.mackay.qld.gov.au).**

## Save the date

### The River Rock to Mountain Top Festival

If you're looking for some good old country fun then don't miss this year's River Rock to Mountain Top Community Festival from April 28 to May 13. The lantern parade is sponsored by the RADF.

## Did you know?

On Wednesday, April 25, ANZAC Day commemorations will be held across the region to acknowledge and remember our veterans. Visit council's website for the full list of services.