



frailTEA Social Connection Events

Our **frailTEA** Social Connection Events are informal social events where people living with signs and symptoms of frailty, or their carers can:

- feel welcomed and accepted, remain socially active and make new friends
- engage in social gatherings, games such as bingo and trivia, or light exercise
- be involved in discussions which explore frailty prevention, falls prevention, nutrition, physical and emotional health and wellbeing
- receive support and information exchange.

Our **frailTEA** Social Connection Events are held once a month and alternate between Logan and Beaudesert locations:

Logan (time is 10:30am-11:30am)

Amputees and Families Support Group Qld Inc
Ben Mathews Playground
47-55 Ellen Street, Logan Central Qld 4114
Parking is available down the side and on the street.

Beaudesert (time is 10:00am-11:30am)

Beaucare Community Centre
44 Tina Street, Beaudesert Qld 4285
Parking is available.

SCHEDULE OF EVENTS

Date	Location
Tuesday 28 February	Logan
Wednesday 22 March	Beaudesert
Tuesday 18 April	Logan
Wednesday 17 May	Beaudesert
Tuesday 27 June	Logan
Wednesday 26 July	Beaudesert
Tuesday 29 August	Logan
Wednesday 27 September	Beaudesert
Tuesday 31 October	Logan
Wednesday 22 November	Beaudesert
Tuesday 26 December	Logan

* Dates, times and locations may vary.

RSVP

Call 1800 FOOTPRINTS (1800 366877)
or 07 3252 3488 or email
fccs@footprintscommunity.org.au

Access frailTEA Social Connection Events:

T: 1800 FOOTPRINTS or (1800 366 877)

E: FCCS@footprintscommunity.org.au

W: Visit our website or scan the QR code.



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www.footprintscommunity.org.au