



Launch of the My Life, My Choices: Conversations for Ageing Well Workbook

Supporting you to build strong
relationships through meaningful
conversations

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Council on the Ageing
Queensland

Date: Monday 19 October 2026

Time: 11:30 am – 2:00 pm

Venue: Millwell Road Community Centre, Maroochydore

11:30 am	Arrival, Music & Networking Guest arrival and registration Live music by John Tea, coffee and networking	Hosts: Senior Relationship Services Team
11:45 am	Welcome & Acknowledgement of Country Welcome from Relationships Australia Queensland Acknowledgement of Country Introduction to the event and its purpose	Presenters: TBC, Ben O'Rourke and Val Holden
12:00 pm	Celebrating Seniors Month: Connect & Celebrate Guest presentation celebrating Seniors Month and the importance of connection, participation and inclusion as we age.	Karen Wilson Executive Officer Queensland Seniors Social Isolation Peak Services Program Council on the Ageing Queensland
12:15 pm	Guest presentation: Celebrating the work of the LGBTI Community Ageing Network and its role in strengthening connection, wellbeing and inclusion for LGBTI+ seniors across the Sunshine Coast.	Jennifer Sargent
12.25 pm	Exploring My Life, My Choices Introduction to the My Life, My Choices: Conversations for Ageing Well workbook and facilitator guides.	Ben O'Rourke Sanna Catherine

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12:35 pm Lunch, Live Music & Networking

Enjoy lunch, connect with other guests and enjoy live music by John.

1.15 pm	Small Group Workshops Join one of four facilitated groups to explore the workbook through conversation and practical activities.	Join one of the four groups to explore the workbook
1.55 pm	Thank You & Closing Remarks Information about upcoming workshops and resources Participant feedback	

Positive Ageing Story Wall

Guests are invited to draw, write or share their experiences, reflections and ideas about ageing well.

You might like to:

- Share a story of connection, belonging or resilience
- Highlight what helps you stay active, connected and engaged
- Share ideas about how communities and services can better support people as they age
- Leave a message or piece of advice for future generations



Every experience of ageing is different. We invite you to share what ageing well means to you.