

# October 2020



Mentally Healthy  
City Townsville™



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
Pack a picnic and enjoy sunset at Kissing Point. Walk down the boardwalk and explore the art along the way.	Visit Pallarenda for a refreshing swim.	Enjoy a walk along the beautiful Ross River.	Dine out for a meal and #Supportlocaltownsville	Watch the sunrise from the Ross River Dam.	Visit Bicentennial Park.	Enjoy a visit to one of Townsville's Library's.
11	12	13	14	15	16	17
Try an outdoors workout using the available outdoor equipment.	Watch the sun rise at Mount Stuart – a beautiful way to start the day.	Take in a movie at Reading Cinema.	Enjoy a refreshing swim at the Tobruk pool.	Enjoy a game of beach volleyball with the locals at the Strand.	Unwind at the Strand Night Markets. Enjoy an evening on Townsville's waterfront with local arts and crafts.	Take a day trip to Magnetic island.
18	19	20	21	22	23	24
Stroll through the Cotters Markets today.	Townsville's Palmetum has the largest public collection of palms in the world. While there, enjoy high tea at Tumbetin Lodge.	Plan a day trip to one of the Seven Natural Wonders of the World – the Great Barrier Reef.	Dive in and relax with a trip to Crystal Creek for the day.	Interested in the arts? Visit Perc Tucker Regional Gallery to view works by North Queensland artists.	Explore Townsville's oldest botanical garden "Queens Park".	Enjoy a scenic drive to the Hervey Range Tea Rooms.
25	26	27	28	29	30	31
Consider a day trip and explore nearby towns such as Ingham or Ayr.	Enjoy a morning visit to the Townsville RSL for "Brew with the Crew" at 10.30am.	Visit Reef HQ Great Barrier Reef Aquarium.	Enjoy a visit to the Riverway and swim in the lagoons, cook a barbecue lunch and finish off with a stroll along the shady promenade.	Billabong Sanctuary is a great day out to see Australian flora and fauna.	Support the local community and visit the Townsville Showgrounds night market.	Visit Museum of Tropical Queensland and learn something new today.

