

BActive Live stronger, Live longer

You all seem to be enjoying our BActive Program which is great. We have kept our most popular activities and have added a couple of new ones this quarter - Men's Shed and Garden Club - so if you're aged 65 and over, or 50 years and over from an Aboriginal or Torres Strait Island background, call Shannon or Razia to book your spot.

Please remember, if you can't attend a class to ring us ASAP to cancel your transport. Enjoy!



AQUA AEROBICS

\$10 Transport \$12 Class

Mon/Tues/Wed & Fri classes start at 9.30am
and an extra 10.30am class on Tuesdays (limited places)

IRT Peakhurst

Enjoy some gentle exercises in the beautiful heated pool

STEADY STABLE AND ABLE

\$10 Transport \$8 per Class

11.30am to 12.30pm Mondays and Wednesdays
commencing from Wednesday April 29

Oatley Uniting Church Hall

Exercise and have some fun with a cardio-vascular warm up strengthening and balancing exercises, finishing with stretching.



CHAIR YOGA

\$10 Transport \$10 per Class

Tuesdays 11.15am to 12.15pm
Thursdays 1.30pm to 2.30pm

Mortdale Community Centre

Ideal for people who find it difficult to stand up for an entire class. Exercise in your chair & feel the benefits of stretching.

STAY ACTIVE - GENTLE EXERCISE

\$10 Transport \$3 class

Fridays 11.00am to 12.00pm

Riverwood Community Centre

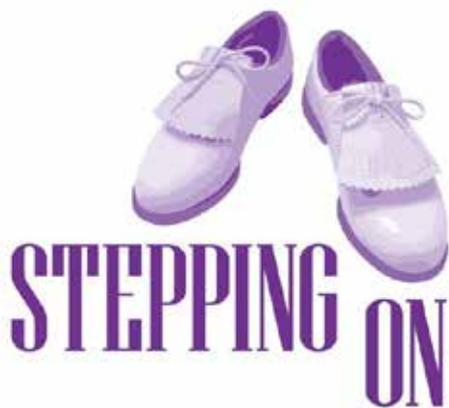
This is an opportunity to focus on balancing exercises for falls prevention, building core strength. Includes dance and meditation to add some fun. Tea and coffee will be provided.



Remember to keep hydrated, eat well and exercise regularly



CALL SHANNON OR RAZIA ON 95853000 FOR MORE INFORMATION



\$10 Transport - Class is FREE

Rockdale (Friday mornings)

Mortdale (Tuesday afternoons) April full - places available for July

Stepping On is a FREE 7 week program that combines gentle strength and balance exercises with educational sessions.

Call the office to find out how to register - once you are confirmed you need to book your transport with us.

BE QUICK as classes fill fast.

ST GEORGE MEN'S SHED - CARSS PARK

\$10 Transport

Mondays, Wednesdays and Fridays from 8.30am to 12.00pm

Activities include all types of woodworking; furniture making and restoration, wood turning - members can bring their own projects or work on other projects.

Or simply join them for a cuppa and a chat.



St Matthews PEAKHURST GARDEN CLUB

The club meets to discuss all matters "Gardening" and to enjoy friendly flower competitions. The club arranges for a guest speaker to come and present on a specific topic.

\$10 Transport \$2.00 for the meeting and morning tea

First Friday of the month from 10.30am to 12.00 pm commencing 3 April



Shopfront Theatre

Shopfront Theatre in Carlton provide workshops in the creative arts. If you have an interest in theatre, improvisation, photography & film, film editing or painting and visual arts call Shannon to register your interest.

\$10 Transport \$10 for a one hour Class



TECH CLUB - Using iPads - with Kogarah Seniors Computer Clubs

\$10.00 Transport + \$5 per class.

Thursdays 12.30 pm to 2.00pm commencing Thursday April 30

Learn your way around an iPad with an experienced teacher. Learn how to take photos, shop online, look up things and e'chat with your family.

GAMES MORNING

Why not join us for a morning of popular board & card games.

Thursdays 10.30am to 12.30pm

Ring the office to put your name down

\$10.00 Transport Games FREE

