

ACTIVE AGEING IN WYNDHAM PROGRAM

Term 1: Summer Timetable 2020

JOIN
THE
FUN!

ACTIVITY	DATE	TIME	LOCATION	WHAT TO BRING	WHAT TO WEAR
Seniors BFF Class Balance Flex & Fun	Monday 10 February for 6 weeks Applications close: 7 February	11:30am – 12:15pm	Central Park Community Centre	<ul style="list-style-type: none"> • Water bottle • Small hand towel 	<ul style="list-style-type: none"> • Comfortable clothing • Comfortable shoes (runners or sports shoes) • A Smile
Seniors Exercise Park	Tuesday 18 February for 6 weeks Applications close: 17 February	11:30am – 12:15pm	Central Park Community Centre	<ul style="list-style-type: none"> • Water bottle • Small hand towel 	<ul style="list-style-type: none"> • Comfortable clothing • Comfortable shoes (runners or sports shoes) • A hat • Sunscreen • A Smile
Seniors Yoga	Wednesday 19 February for 6 weeks Applications close: 18 February	12:30pm – 1:15pm	Central Park Community Centre	<ul style="list-style-type: none"> • Water bottle • Small hand towel 	<ul style="list-style-type: none"> • Comfortable clothing • Comfortable shoes (runners or sports shoes) • A Smile

To Join and Book the activities:

Applications available online <https://www.wyndham.vic.gov.au/activeageing>

Hard Copies available at Central Park Community Centre

80 Lonsdale Circuit, HOPPERS CROSSING Phone enquiries: (03) 8742 8000

Other enquiries: Active Ageing Project Officer: (03) 9742 0777

** please ensure you have breakfast or light snack 1 hour prior to exercise ** you can bring fruit or light snack for post activity



wyndhamcity