

“LET’S GET ACTIVE” SENIORS PROGRAM

An active program specially designed for people over 65, who want to get more active, build strength, improve their flexibility and overall health provided by the **Kingsgrove Community Aid Centre Inc.** Each activity runs for 10 weeks during school terms.
Bring a friend along, make new connections and improve your health & wellbeing together.

This program is funded by the Active Neighborhoods for Older Australians (ANOVA) & Sports Australia Grant.



"LET'S DANCE"

A dance program especially designed for seniors, will run from Thursday 6 February 2020 till Thursday 9 April 2020.
11.00am - 12.30pm

"LET'S STRETCH"

A flexibility & mobility group for seniors will run from Monday 27 April 2020 till Monday 29 June 2020.
8.30am - 9.30am



"LET'S WALK"

A morning walking group for seniors will run from Tuesday 21 July 2020 till Tuesday 22 September 2020.
9.30am - 10.30am



"LET'S BREATH"

An active seniors Yoga group in the park will run from Monday 12 October 2020 till Monday 14 December 2020.
8.30am - 9.30am

Cost is \$2 per participant which will include morning tea. For more information please contact Ms Nelson on 9150 7823.



KINGSGROVE COMMUNITY
AID CENTRE INC.

www.kcac.org.au

Kingsgrove Community Aid Centre Inc, 30 Morgan St Kingsgrove 2208, 9150 7823

