

# “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.

Term 1

COMPLETED

## "LET'S WALK"

A morning walking group for seniors.

Term 2

COMPLETED



Due to COVID KCAC has made some changes to dates & times for this program. KCAC has a COVID Safe plan and is a COVID Safe environment.

Please call us to book your spot on 9150 7823.

## "LET'S STRETCH"

A flexibility & mobility group for seniors will run from Thursday 8 October 2020 till Thursday 10 December 2020. 12pm - 1pm



## "LET'S BREATH"

An active seniors Yoga group in the park will run from Wednesday 7th October 2020 till Wednesday 9th December 2020. 11.30am - 12.30am

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](http://www.kcac.org.au)

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