

Wise Owls

Regular Program - 2023

Gentle Fitness | Mondays 9:15am - 10:15am

Cost: \$5.00 | Findon Campus Catherine Community Centre

Especially designed for active aging, Wise Owls Gentle Fitness is offered by an experienced personal trainer who will support you to get moving, keep active, and improve your health and fitness. Referral required from My Aged Care. Contact ANFE on 8234 5550 for more information.

Carpet Bowls / Bocce | Tuesdays 1:00pm - 3:00pm

Cost: \$2.00 | Findon Campus Catherine Community Centre

The Wise Owls have come up with their own game of Indoor Bowls, mixing carpet bowls with bocce and a whole lot of laughter. This social and fun game is open to all skill levels! Bring some friends to form a team or simply just join in. Tea and coffee available.

Tai Chai | Thursdays 10:30am - 11:30am

Cost: \$2.00 | Findon Campus Catherine Community Centre

A gentle fitness program based on the ancient principles of Tai Chi. Supporting strength, balance, and mental wellness, start with 30 minutes of gentle exercise followed by a chai tea (or a coffee) in the café. No experience necessary.

Knit & Natter | Thursdays 1:00pm - 3:00pm

Cost: Gold Coin Donation | Findon Campus Café

Bring your own knitting projects and your friends, and share your patterns, tips, and ideas with others over a cuppa and a natter in our Café Community Hub with coffees starting from \$3.50. Other craft will also be available if you don't have your own projects to do.

Walking Group | Tuesdays & Fridays 8:30am

Cost: FREE | Kanbara Street, Flinders Park

Walking for the Heart Foundation for over 15 years, join the Wise Owls for an enjoyable walk along the River Torrens, Linear Park. Walk at your own pace in a small group. New members welcome! For further details, contact Shirley Harley on 8347 0655

Book Club | Regular Meetings

Cost: FREE | Findon Campus Café

Wise Owls meet regularly to share their love of reading. Read your own book at your own pace and meet with the group for an informal hour of book exchanges, a cuppa, and a chat. For further details and to find out when the next meeting is, contact Niola Curtis on 8346 5796.

For further informatin & bookings please contact Katrina
on 8406 5038 or katrina.braham@nazareth.org.au



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