

# Wise Owls

## Regular Program - 2026

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### **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.*

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### **Community Hub | Tuesdays 1:00pm - 2:45pm** **Carpet Bowls/ Bocce, Knit & Natter & Book Club**

Cost: Gold Coin | Findon Campus Catherine Community Centre

*Our Community Hub is open to both the school community and the wider community - a shared space for fun, connection and creativity. Come in for a drink and connect with others.*

*During this time you have the opportunity to join the Wise Owls in their unique mix of carpet bowls and bocce. All skill levels welcome. Come with friends or join a team on the day.*

*Fancy Knitting & Chat? Bring your knitting or craft project for a relaxed cuppa and conversation. Don't have a project to do? Don't worry - there's plenty of craft, wool and needles to get you started.*

*Browse our every changing outdoor library outside the cafe. Books are refreshed regularly by community members and donations are welcome. Our regular Book Club Meeting occur during this time.*

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### **Tai Chi | Thursdays 10:30am - 11:30am**

Cost: \$2 + coffee | Findon Campus Catherine Community Centre

*A gentle fitness program based on the ancient principles of Tai Chi, supporting strength, balance, and mental wellness. Enjoy 30 minutes of gentle exercise then feel free to join the group for a chai tea (or a coffee) in the café (additional cost), or stay for just a chat. No experience necessary.*

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### **Walking Group | Tuesdays & Fridays 8:30am**

Cost: FREE | Kanbara Street, Flinders Park

*Walking for the Heart Foundation for nearly 20 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*

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**For further informatin & bookings please contact our Findon Campus on 8406 5000 or [info@nazareth.org.au](mailto:info@nazareth.org.au)**



**Nazareth**