



Nazareth



# Wise Owls Weekly Program

## **Gentle Fitness | Mondays 9.15am - 10.15am**

Cost \$5

Designed for active ageing, Gentle Fitness is led by an experienced personal trainer who supports you to stay active, build strength and improve your overall wellbeing. Contact ANFE on 8234 5550 for more information.

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## **Carpet Bowls / Bocce | Tuesdays 1.00pm - 2.45pm**

Gold Coin donation

A relaxed and social mix of carpet bowls and bocce. All skill levels are welcome. Come with friends, or join a team on the day.

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## **Tai Chi | Thursdays 10.30 - 11.30am**

Cost \$2 + coffee

A gentle, active ageing session based on the principles of tai chi, supporting strength, balance and mental wellbeing. Enjoy 30 minutes of guided movement, then stay for a chat or join the group for a chai or coffee in the café (additional cost). No experience necessary.

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## **Knit & Natter | Thursdays 1pm - 2.30pm**

Gold Coin donation

Bring your knitting or craft project along for a relaxed cuppa and friendly conversation. Don't have a project? No worries - there's plenty of wool, needles and craft supplies to help you get started.

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## **Book Exchange**

Browse our ever-changing library outside the café, refreshed regularly by the community. Feel free to take a book or leave one. Donations are always welcome.

All held at the Catherine Community Centre, Findon Campus - 176 Crittenden Road, Findon.

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