



Wise Owls Weekly Program

Gentle Fitness | Mondays 9.15 - 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.

Community Hub: Carpet Bowls, Craft, Cards & Games | Tuesdays 1.00 - 2.45pm

Cost \$2

Enjoy a relaxed afternoon of carpet bowls, crafts, cards and games in a friendly, social setting. Join a carpet bowls team (all skill levels welcome), bring along a craft project such as drawing, knitting or crocheting, or challenge someone to a game of cards or chess.

A great opportunity to connect with old and new friends over a cuppa and and biscuits.

Tai Chi | Thursdays 10.15 - 11.15am

Cost \$2 + coffee

A gentle, active ageing session based on the principles of tai chi, supporting strength, balance and wellbeing. Participants are encouraged to move at their own pace and adapt movements to suit their ability. Enjoy 30 minutes of guided movement, followed by a chat and cuppa. No experience necessary.

Book Exchange

Browse our ever-changing library outside the café - Feel free to take a book or leave one!

Catherine Community Centre, Findon Campus - 176 Crittenden Road, Findon.

Enquiries: 8406 5000 | info@nazareth.org.au