

Good health, Your right, Our commitment



PLENTY VALLEY  
COMMUNITY  
HEALTH  
INC

# 2007 Guide to Exercise for Older Adults

Directory of services in and around the City of Whittlesea



Class times and costs are subject to change. Please contact the agency listed to confirm details.  
A medical certificate may be required for you to attend some of these classes

# Introduction

This booklet lists the exercise options for older adults in and around the City of Whittlesea.

Research shows that regular physical activity can help improve your balance, strength, co-ordination, and decrease your risk of falling.

## Things you should know:

- According to the Australian Institute of Health and Welfare (AIHW), falls accounted for around one third of hospitalised injury, and around one fifth of fatal injuries in Australia in 2003.
- By far the highest rate of falls injuries occur in the older age group.
- The risk of falling increases with age due to a number of factors including age related muscle loss, vision loss, and the loss of your 'joint position' sense.
- Exercising regularly can improve your health and reduce your risk of falls.
- You should speak to your doctor before starting any new exercise.

*Take the step and  
start exercising now!*



# Leisure & Recreation Centres and Organisations in your area:

## Barry Road Community Activity Centre

36 Barry Road, Thomastown

**Melway Ref:** 8 E 5

**Buss:** 557

**Phone:**

Anne Coall: 9217 2046

**Membership:**

Gentle exercise class every Tuesday  
9.30-10.15 am

Chair based class every Tuesday 10.40-  
11.30 am

How much? \$2 casual

## Broadmeadows Leisure Centre

Cnr Pearcedale Parade & Dimboola  
Road, Broadmeadows, 3047

**Melway Ref:** 6 G8

**Bus:** 484, 500, 560

**Phone:**

Jan Ellis or customer service:  
9309 8500

**Fax:**

9309 5739

**Membership:**

Living Longer Living Stronger (LLLS) membership for over 50's. New assessment fee \$28.10, then \$28.10 per month. Doctor's certificate is required. Membership includes 2 LLLS classes, all other classes available at concession rate of \$5.60 per class. Includes 3 gym sessions weekly: Mon/Wed/Fri 8am-10.30am, Tues/Thurs 1-3pm.

## Craigieburn Leisure Centre

Craigieburn Road West,  
Craigieburn, 3064

**Melway Ref:** 387 A9

**Bus:** 532

**Phone:**

Cameron Owen: 9308 2022

**Fax:**

9308 2076

**E-mail:**

camerono@hume.vic.gov.au

**Website:**

www.hume.vic.gov.au

**Membership:**

Living Longer Living Stronger (LLLS) membership for over 50's: \$28.10 new assessment fee, then \$28.10 per month. Doctors Certificate is required. Includes 2 gym sessions Tues & Fri 11-12.30 & 2 LLLS classes per week.

## Darebin Community Sports Stadium

855 Plenty Road, Reservoir, 3073  
(In the grounds of Reservoir District Secondary College)

**Melway Ref:** 19 C7

**Bus:** 563 (Tram 86)

**Phone:** 9471 4935

**Fax:** 9471 4571

**E-mail:**  
darebin@ymca.org.au

**Website:**  
www.darebin.ymca.org.au

**Membership:**  
\$4 per session paid on a casual basis-Golden Oldies program for over 50's held twice weekly on Mon & Wed 10am-12am. Activities include Badminton, Carpet Bowls, low impact aerobics. Monthly excursions/tours are also held.

## Diamond Creek Community Centre

Main Street, Diamond Creek, 3089

**Melway Ref:** 12 A6

**Bus:** 580

**Phone:** 9438 5299

**Fax:** 9438 1118

**E-mail:**  
diamondcreek@ymca.org.au

**Website:**  
www.diamondcreek.ymca.org.au

**Membership:**  
Pay per class a casual basis.

## Diamond Valley Sports and Fitness Centre

Civic Drive, Greensborough, 3088

**Melway Ref:** 11 A10

**Bus:** 563

**Phone:**  
Eric or Prisca Rosario: 9435 8479  
or Reception: 9435 8544

**E-mail:**  
pericros@alphalink.com.au

**Website:**  
www.diamondvalley.ymca.org.au

**Membership:**  
Concession membership (no pool) full use of gym and access to classes: \$79 joining fee and \$42.40 per month.

## Eltham Leisure Centre

40 Brougham Street, Eltham, 3095

**Melway Ref:** 21 H7

**Bus:** 513, 582

**Phone:**  
Leanne Sklavenitis: 9439 2266

**Fax:**  
9439 6143

**E-mail:**  
Leanne.sklavenitis@ymca.org.au

**Website:**  
www.eltham.ymca.org.au

### **Membership:**

Pryme Mover membership for over 50's: Strength training in the gym from 11am-1pm Mon & Wed for \$5 (after initial health consultation). Regular social walks away from the centre every few months and a yearly trip for 3-4 days. Gym Membership: Off peak (9.30am-4pm weekdays) no joining fee: \$46.40 per month. Concession Membership: joining fee \$80, \$43.50 per month.

## Fawkner Leisure Centre

79-83 Dukes Road, Fawkner, 3060

**Melway Ref:** 17 J2

**Bus:** 513, 530

**Phone:**  
Katrina Liparota: 9358 6600

**E-mail:**  
kliparota@moreland.vic.gov.au

**Website:**  
www.moreland.vic.gov.au/  
networkleisure/flc.htm

**Membership:**  
Healthy Heart's membership for 50+: older adult's classes (LLLS & Healthy Hearts classes), aqua aerobics, pool, spa and sauna. 12 months \$355, 6 months \$213, 3 months \$142. Medical certificate required.

## Mill Park Leisure Centre

Morang Drive, Mill Park, 3082

**Melway Ref:** 9 J1

**Bus:** 564

**Phone:** 9494 4811

**Fax:** 9436 8517

**E-mail:**  
millpark@ymca.org.au

**Website:**  
www.millparkleisurecentre.ymca.org.au

**Membership:**  
Pryme membership for 50+ includes use of health club, a compulsory Health Evaluation, a Personalised Gym Program, Pryme classes and day time aqua, swim spa and sauna. Limited to between 6am and 3pm weekdays and all day weekends. \$45 for one month or if direct debit \$25 joining fee and \$38 per month.



## Reservoir Leisure Centre

Cuthbert Road, Reservoir, 3073

**Melway Ref:** 18 K5

**Bus:** 561

**Phone:**

Wendy Link-Pierce: 9496 1050

**Fax:**

9462 3614

**E-mail:**

wlinkpie@darebin.vic.gov.au

**Membership:**

Staying active membership 50+, \$60 to join and \$40 direct debit fee per month- from 6am to 4pm each day. Includes all classes, and use of gym and pool.

## Thomastown Recreation and Aquatic Centre

52-76 Main Street, Thomastown, 3074

**Melway Ref:** 8 G7

**Bus:** 554,557

**Phone:** 9465 4822

**Fax:** 9465 0955

**E-mail:**

Thomastown@ymca.org.au

**Membership:**

Pryme off peak club 55+. Valid 10.30am-3.00pm Mon to Fri and any time on weekends. Includes use of gym, access to group fitness classes, health assessment and personalised

program, pool, spa, sauna, steam room and hydro. Cost: \$37 start up fee and \$30 per month direct debit.

## Kinglake & District Neighbourhood House

6 McMahons Road, Kinglake

Various Groups and classes

**Phone:** Gayle: 5786 1301

**Membership:** \$6 yearly fee

## University of the 3rd Age

For active retirees 55+, classes are held during school terms. Classes include Tai Chi, Yoga, aerobics, walking groups, gardening etc. Theatre nights every Sat and outings by train once monthly.

**Phone:**

Theresa Zammit: 9401 1501 or  
Secretary: 9437 6383

**E-mail:**

theresaz@digisurf.com.au
















**Website:**

<http://home.vicnet.net.au/~wu3a>

**Membership:**

\$40 per person per year.

# Types of Exercise

1	Aquatic Exercise	
2	Aerobics & Gentle Exercise	
3	Strength	
4	Badminton	
5	Bocce	
6	Body Balance	
7	Cycling	
8	Dance	
9	Golf	
10	Lawn Bowls	
11	Pilates	
12	Table Tennis	
13	Tai Chi	
14	Walking	
15	Yoga	



## 1. Aquatic Exercise

### Aqua Beginners

**For beginners - gentle low impact water exercise class to music.**

#### Fawkner Leisure Centre

**When?** Mon 10.30am

**How much?** \$4 concession

### Aqua Aerobics

**A water exercise class to music - for all fitness levels.**

#### Craigieburn Leisure Centre

**When?** Mon & Thurs 8.15pm

**How much?** \$8.45 casual

#### Eltham Leisure Centre

**When?** Mon 9.10am, 8.30pm,  
Tues 9.10am, Thurs 9.10am

**How much?** \$10 casual

#### Thomastown Recreation and Aquatic Centre

**When?** Mon 10.45am & 7.30pm,  
Tues 6.30pm, Fri 10.45am

**How much?** \$5.50 casual

#### Broadmeadows Leisure Centre

**When?** Mon 11.30am, Thurs 9.30am,  
Sun 10.30am

**How much?** Membership concession  
\$5.60, or \$8.45 casual

#### Mill Park Leisure Centre

**When?** Mon 6.10pm, Tues 10.30am  
& 7.30pm, Thurs 7.45pm

**How much?** \$7.60 casual

### Aqua Intermediate

**Intermediate level aqua aerobics class.**

#### Fawkner Leisure Centre

**When?** Mon 9.30am & 7.15pm,  
Tues 7pm, Wed 7pm, Thurs 7pm,  
Fri 9.30 am

**How much?** \$4 concession

### Aqua Therapy

**For older people especially those suffering from arthritis - gentle low impact water exercise class.**

#### Fawkner Leisure Centre

**When?** Tues 9.30am, Thurs 9.15am

**How much?** \$4 concession

### S.W.E.A.T Aqua

**A gentle exercise class to music - especially good for those with disabilities.**

#### Eltham Leisure Centre

**When?** Tues 1.45pm

**How much?** \$5 casual

#### Fawkner Leisure Centre

**When?** Wed 10.30am

**How much?** \$4 concession

#### Broadmeadows Leisure Centre

**When?** Tues 10.30am

**How much?** Membership concession  
\$5.60, or \$8.45 casual

### Pryme Aqua

**A gentle exercise class to music - developed for over 50's.**

#### Craigieburn Leisure Centre (LLS program)

**When?** Thurs 8am

**How much?** \$5.60 casual

#### Eltham Leisure Centre

**When?** Tues & Thurs 3pm

**How much?** \$5 casual

#### Mill Park Leisure Centre

**When?** Thurs 11am

**How much?** \$4

#### Thomastown Recreation and Aquatic Centre

**When?** Thurs 1pm

**How much?** \$5.50 casual

### Aqua Arthritis

**A gentle exercise class to music - especially good for arthritis sufferers.**

#### Reservoir Leisure Centre

**When?** Mon 9.45am, Wed 10.30am,  
Thurs 1pm, Fri 9.30am

**How much?** \$5.80 casual

## 1. Aquatic Exercise (continued)

**Aqua Basic**

**A water exercise class to music - more advanced than aqua arthritis.**

**Reservoir Leisure Centre**

**When?** Wed 9.15am, Thurs 9am

**How much?** \$5.80 concession

**Pryme Hydro**

**A gentle water exercise class to relieve stiffness & pain - for arthritis sufferers and pain management.**

**Thomastown Recreation and Aquatic Centre**

**When?** Tues 10.45am, Wed 11.45am

**How much?** \$5.50 casual

**Rehabilitation Aqua**

**Gentle aquatic exercise class for rehabilitation after injuries.**

**Broadmeadows Leisure Centre**

**When?** Wed 2.45pm

**How much?** Membership Concession \$5.60, or \$8.45 casual

**Gentle Aqua**

**A gentle aqua exercise to music.**

**Broadmeadows Leisure Centre**

**When?** Thurs 8.30am, Fri 8.30am

**How much?** Membership concession \$5.60, or \$8.45 casual

**Hydrotherapy**

**Run by Plenty Valley Community Health Inc. A referral is required from a physiotherapist at Plenty Valley Community Health. For people with rehabilitation needs. Contact intake on 9409 8724.**

**Mill Park Leisure Centre**

**When?** 1.30pm Tues, 6-8 week program

**How much?** \$5 per session

**Water Exercise**

**Gentle exercise in the water, good for arthritis sufferers, low impact targeting every joint. Contact Plenty Valley Community Health Intake on 9409 8724.**

**Mill Park Leisure Centre**

**When?** 11am Mon

**How much?** \$5 per session

## 2. Aerobics &amp; Gentle Exercise

**Pryme movers**

**Gentle low impact exercise class designed for over 50's.**

**Craigieburn Leisure Centre (LLS program)**

**When?** Mon 8am, Wed 9am, Fri 8am

**How much?** \$5.60 casual

**Eltham Leisure Centre**

**When?** Mon 1.15pm, Thurs 12.15pm

**How much?** \$5 casual

**Darebin Community Sports Stadium**

**When?** Mon & Wed 10am-12pm (part of Golden Oldies program, activities vary)

**How much?** \$4 casual

**Thomastown Recreation and Aquatic Centre**

**When?** Tues 9.30am

**How much?** \$5.50 casual

**Mill Park Leisure Centre**

**When?** Pryme aerobics Wed 11.20

Pryme low impact Fri 11.20am

**How much?** \$4 casual

**Diamond Creek Community Centre**

**When?** Wed 9.15

**How much?** \$4.80 casual

**Diamond Valley Sports and Fitness Centre**

**When?** Mon/Wed/Fri 11-12.30

**How much?** \$4.80 casual

**Low Impact Aerobics**

**Similar class to Pryme mover's classes - gentle and low impact aerobics.**

**University of the 3rd Age Fitness First**

560 High St, Epping

**Melway Ref:** 182 A12

**Bus:** 564 or 569 on Sun

**When?** Tues & Thurs 11.30-12.15

**How much?** Included in membership for University of the 3rd age

## Tae Aerobics

**Combines taekwondo moves, aerobics and circuit training to music.**

### Whittlesea Activity Centre

Laurel Street, Whittlesea

**Melway Ref:** 246 H9

**When?** Fri 9.30am

**How much?** \$8 casual, or \$35 for 5 sessions

**Phone:** Joyce Stivala on 9715 1300

## Young at Hearts

**A low impact aerobics class, social and gentle.**

### Fawkner Leisure Centre

**When?** Mon 10.30am, Wed 11.30am

**How much?** \$6 casual

## Gentle Exercise

**Low impact gentle exercise class (chair based).**

### Plenty Valley Community Health Inc.

187 Cooper Street, Epping, 3076

**Melway Ref:** 181 J12

**Bus:** 555, 556, 564, 569, 571, 577

**Phone:** Intake on 9409 8724

**Website:** www.pvch.org.au

**When?** Thurs 10am

**How much?** \$3 per class

### Barry Road Exercise Group

Barry Road Community Activity Centre

36 Barry Road, Thomastown

**Melway Ref:** 8 E5

**Bus:** 557

Contact: Anne Coall: 9217 2161 or 9463 0912 or 0418352205

**When?** Tues 9.30

**How much?** \$2 casual

### Reservoir Leisure Centre

(Free tea & coffee after class)

**When?** Tues 10.30am, Thurs 11.45

**How much?** \$5.80 casual

### Macedonian Elderly Men's Exercise/Dance Program

Lalor Library, May Road, Lalor

**When?** Friday from 11.30am

**Phone:** Jagoda on 9496 0200

**How much?** gold coin donation

### Macedonian Elderly Women's Exercise/Dance Program

Thomastown Library, Main Street, Thomastown

**When?** Tuesday from 10.00am

**Phone:** Jagoda on 9496 0200

**How much?** gold coin donation

## Exercise Rehab

**Gentle land based workout designed for the rehab of injuries - appointment must be made with Occupational Therapist to discuss rehab requirements.**

### Thomastown Recreation and Aquatic Centre

**When?** Tues 11.30am, Thurs 10.30am

**How much?** \$9 casual

## Chair Fitness

**Gentle exercise class - chair based.**

### Broadmeadows Leisure Centre

**When?** Fri 1.30pm

**How much?** \$5.60 (Part of Living Longer Living Stronger membership)

## New Beginnings

**Gentle low impact exercise to music.**

### Broadmeadows Leisure Centre

**When?** Mon 10.35am

**How much?** \$5.60 (Part of Living Longer Living Stronger membership)

## Well Women's Workout

**For beginners, low impact toning and stretching program.**

### Broadmeadows Leisure Centre

**When?** Fri 11.30am

**How much?** \$5.60 Membership Concession

## Back to Basics

**Gentle low impact exercise to music.**

### Broadmeadows Leisure Centre

**When?** Fri 10.35am

**How much?** \$5.60 Membership Concession

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### 3. Strength



**Pryme Body Pump**  
Low impact strength class using weights designed specifically for over 50's.

**Eltham Leisure Centre**  
When? 1.15 Wed  
How much? \$5 casual

**Mill Park Leisure Centre**  
When? Tues 11.20am  
How much? \$4 per class

**Living Longer Living Stronger**  
A strength training program based in the gym. Follow an individual program under an instructor's guidance.

**Reservoir Leisure Centre**  
When? Mon & Wed 11am  
How much? Initial consultation & program \$40 (4 weeks), \$40 for reassessment.

**Fawkner Leisure Centre**  
When? Mon 11am, Tues 11am, Thurs 9.30, Fri 9.30am  
How much? \$4.20 per session

**Pryme Movers Gym**  
Supervised strengthening sessions in the gym.

**Thomastown Recreation and Aquatic Centre**  
When? Mon 11.30am  
How much? \$5.50 casual

**Power Up**  
Self Help Strength training.

**Kinglake & District Neighbourhood House**  
When & How much?  
Phone: Gayle 5786 1301



### 4. Badminton

**Darebin Community Sports Stadium**  
Part of the golden oldies program, activities vary.  
When? Mon & Wed 11am  
How much? \$4 casual

**Kinglake & District Neighbourhood House**  
When & How much? TBA



### 5. Bocce

**Lalor Bocce Club**  
479 High Street Epping  
Melway Ref: 8 K2  
Bus: 555  
Phone: Emanuel (Lili) Cushieri 9408 9603  
How much? \$25 per couple first year, \$20 after that. Singles \$20 for first year \$15 every year after that.

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## 6. Body Balance



**A mix of Tai Chi, Yoga and Pilates. Usually a relaxation component is included.**

### Reservoir Leisure Centre

**When?** Mon 8pm, Thurs 10.35 am & 8pm, Sat 10am

**How much?** \$7 concession or \$8.80 casual

### Fawkner Leisure Centre

**When?** Wed 10.30am & 8.15pm, Fri 10.30am, Sat 4pm

**How much?** \$6 concession

### Diamond Creek Community Centre

**When?** Mon 7.30pm, Tues 10.30am, Wed 10.30am, Fri 5.45pm

**How much?** Concession \$7.50 or \$9.50 casual

### Diamond Valley Sports and Fitness Centre

**When?** Mon 8.30pm, Tues 9.30am, Thurs 8.30pm, Sun 5pm

**How much?** Concession \$7.50, casual \$9.50

### Fernwood women's health club

Cnr High St and Childs Rd  
Epping, 3076

**Melway Ref:** 8 K2

**Bus:** 555

**Phone:** Reception

9408 0047

**Fax:** 9408 0039

**E-mail:**

epping@fernwoodfitness.com.au

**Website:**

www.fernwoodfitness.com.au

**When?** Wed 7.30pm, Thurs 9.30am, Sun 10.30am

**How much?** Call to check



## 7. Cycling

### Eltham Leisure Centre

Bike Program, social and instructional rides available.

**When?** Tues 9.15am instructional, Tues 10am social ride.

**How much?** \$6 for both sessions

## 8. Dance



### Old Time/Ballroom Dancing

#### LaTown Sequence Dance group

Epping memorial hall, High Street, Epping, 3076

**Melway Ref:** 182 B9

**Bus:** 577

**Phone:** 9465 1916

**E-mail:** latown@iprimus.com.au

**Website:** www.latown.cjb.net

**When?** Times vary. 3rd Wed every month 12.30-4pm, every Tues night 8-10pm, once month Sat night 8-11pm, Sun afternoon once a month 2-5pm

**How much?** \$3 weekdays, \$5 on weekends

### Line Dancing

#### Whittlesea Cruisers

Masonic Hall, Beech Street Whittlesea

**Melway Ref:** 246 G7

**Bus:** 562

**Phone:** Pauline Morrow 9716 2606

**When?** Mon 1-3pm, Fri 7-10pm

**How much?** \$5 per session

### Bootscoot'n basics country line dancing

**Phone:** Caro

9444 8282

0408 187 020

**E-mail:**

bootscootnbasics@optusnet.com.au

**Website:**

bootscootnbasics.websyte.com.au

**How much?** \$9 per session

### St Peters Anglican Church Hall

Alma Rd, Bundoora

**Tues:** Upper beginners: 10-11

Easy Intermediate: 11-12pm

Intermediate: 12-1pm

**Thurs:** Beginners 7-8pm

Easy Intermediate &

Intermediate: 8-10pm

### Bundoora Hall

Noorang Avenue, Bundoora

**Tues:** Beginners: 7-8pm

Easy Intermediate &

Intermediate: 8-10pm

### Wattletree Rd roundabout

Eltham North

**Wed:** Beginners: 10-11am

Easy intermediate &

Intermediate: 11-1pm

8. Dance (continued)

### Uniting Church Hall

Main Hurstbridge rd, end of shops  
Diamond Creek

Thurs: Easy Intermediate: 1-2pm  
Intermediate: 2-3pm

### Macleod Uniting Church Hall

Strathallan Rd, Macleod

Fri: Beginners: 10-11am  
Easy Intermediate: 11-12pm  
Intermediate: 12-1pm

### Community Dance

**Includes Rock n Roll, Nu Vogue,  
Ballroom and Latin dancing.**

### St Lukes Hall

David Street, Lalor

**Melway Ref:** 8 K5

**Bus:** 566

**Phone:** Hands on Health 9464 3822

or: Alby 5792 2586

or: Mary Cummins 0414 615 108

**When?** Tues 6.30-10.30, 6.30-8.30  
dance class, 8.30-10.30 social dance.

**How much?** \$10 per session, tea coffee  
and light supper provided.

### Dancing 40+

**A dance/gentle exercise class  
designed for those over 40. Long  
warm up/cool down and low  
impact aerobics to start. Then jazz  
ballet and belly dancing. All low  
impact.**

### Thomastown Scout Hall

Waratah St, Thomastown, 3074

**Melway Ref:** 9 B7

**Bus:** 559, 556

**Phone:** Marlene D'Andrea: 9408 8407

**When?** Wed 1pm

**How much?** \$7 paid on a casual basis



## 9. Golf

### Growling Frog Golf Course

Donnybrook rd

Yan Yean, 3755

**Melway Ref:** Central key 9 K2

**Phone:** 9716 3477

**E-mail:**

info@growlingfroggolfcourse.com.au

**Website:**

www.growlingfroggolfcourse.com.au

**How much?**

Adults:

18 hole: weekdays \$30, weekends \$38.

9 hole: weekday \$20, weekend \$25.

Pensioners:

18 hole: weekday \$15, weekend \$20,

9 hole: \$10 weekday.

### Whittlesea Golf Course

50's and over Golf

Humevale rd, Humevale, 3757

**Melway Ref:** Central key 9 L1

**Phone:** Charles Castle: 9438 2785

Secretary: 9716 2066

**Fax:** 9716 1416

**When?** Mon 8.30am, except public  
hols.

**How much?** \$7 for 18 holes,  
\$5 for 9 holes, \$2 extra for  
competition.



## 10. Lawn Bowls

### Whittlesea Bowls Club

Church St,

Whittlesea, 3757

**Melway Ref:** 246 G8

**Bus:** 562

**Phone:** 9716 1966

**E-mail:**

whittleseabowlsclub@bigpond.com

Membership: \$88 per year

### Lalor Bowling Club

cnr Sydney Crescent and Gordon St,  
Lalor, 3075

**Melway Ref:** 9 A4

**Bus:** 559

**Phone:** Bobby Bird 9465 3397

**E-mail:**

ibcbowls@commander360.com

## 11. Pilates

**An exercise focussing on flexibility & strength- especially abdominal strength.**

### **Craigieburn Leisure Centre**

**When?** Tues 8.15pm, Thurs 10.30am

**How much?** \$8.45 casual

Eltham Leisure Centre (beginner's class)

**When?** Mon 6pm, Sat 9am

**How much?** \$11 casual

Reservoir Leisure Centre

**When?** Wed 8pm

**How much?** \$12 concession or \$14 casual

### **Thomastown Recreation and Aquatic Centre**

**When?** Wed 10.30am

**How much?** \$9 casual

Mill Park Leisure Centre

**When?** Mon 11.20am, Thurs 5.15pm, Fri 5.15pm

**How much?** \$10.60 casual

### **Lengthen and Strengthen Pilates**

Whittlesea Cricket Club, Laurel St, Whittlesea, 3757

**Melway Ref:** 246 F9

**Bus:** 562

**Phone:** Rickie Nuske: 0409 953 950



**When?** Tues and Thurs 12pm, call to check availability

**How much?** \$11 per session, run during school terms, \$5 off if pay up front for whole term.



## 12. Table Tennis

**All ages, competition and practice sessions.**

### **Whittlesea District Table Tennis Association**

Chandler pavilion at Whittlesea Showgrounds, Whittlesea, 3757

**Melway Ref:** 246 H8

**Bus:** 562

**Phone:** Max Helme: 5787 1088

Les Palmer: 9438 5607

**E-mail:** maxhem@primus.com.au

**When?** Wed 8pm

**How much?** \$40 for 12 weeks

## 13. Tai Chi



**A gentle ancient form of exercise incorporating flexibility, balance and meditation.**

### **Eltham Leisure Centre**

**When?** Wed 2.30

**How much?** \$5 casual

University of the 3rd Age  
Bundoora Retirement Village

100 Janefield Drive Bundoora, 3083

**Melway Ref:** 10 C7

**Bus:** 562, 563, 564, 566, 570

**When?** Tues 2pm

**How much?** Included in University of the 3rd Age membership.

### **Kaliedoscope Neighborhood House**

Kaliedoscope Neighborhood House  
Church St, Whittlesea 3757

**Melway Ref:** 246 G7

**Bus:** 562

**Phone:** Beverly Munro: 9716 3361

**E-mail:** knhw@bigpond.net.au

**When?** Tues 7.30-9pm

**How much?** \$10 per class

### **Melbourne City Mission Retirement Centre (Judge Book Village)**

43 Diamond St, Eltham, 3095

**Melway Ref:** 21 J4

**Bus:** 581, 582

**Phone:** 9431 0100

**When?** Fri 12.45 & 1.45 pm

**How much?** \$5 per class

## 14. Walking



### **Diamond Creek Community Centre**

**When?** Mon 9.15

**How much?** \$4.20 per session

### **University of the 3rd Age**

Walk and Talk: Mill Park Lakes

**When?** Mon 9.15-10.30am

**How much?** Included in University of the 3rd Age membership.

### **Bushwalking:**

City of Whittlesea Council Car park, Ferns Boulevard, South Morang, 3752

**Melway Ref:** 183 A10

**Bus:** 561

**When?** Once a month

**How much?** Included in University of the 3rd Age membership.

### **Kaliedoscope Neighbourhood House**

Kaleidoscope Neighborhood House Church St, Whittlesea 3757

**Melway Ref:** 246 G7

**Bus:** 562

**Phone:** 9716 3361

**E-mail:** knhw@bigpond.net.au

**When?** Fri 9.15am

**How much?** Free, cup of tea upon return to house

### **Kinglake & District Neighbourhood House**

**When & How much?**

**Phone:** Gayle 5786 1301

### **Walk and Talk**

Norris Bank Reserve, McCleans Rd Bundoora 3083

**Melway Ref:** 9 F11

**Bus:** 560

**Phone:** Sue Bradford 9717 3790 or 0407 321 203

**When?** Wed 9.30-11am

**How much?** Free

### **Italian Senior Citizens walking group**

Epping memorial hall, High St Epping

**Melway Ref:** 182 B10

**Bus:** 577

**Phone:** Daniela Calanchini at the City of Whittlesea 9217 2441

**E-mail:** Daniela.Calanchini@whittlesea.vic.gov.au

**When?** Wed and Fri 8am-9am

**How much?** Free

### **Whittlesea Walkers**

Meeting outside Plenty Valley Community Health

40-42 Walnut Street, Whittlesea, 3757

**Phone:** Pat Barber 9716 1319

**When?** Tues 9.00am

**How much?** Free

## 15. Yoga



**An ancient form of exercise focussing on flexibility, strength and relaxation/meditation.**

### **Eltham Leisure Centre**

**When?** Wed 12.15pm, Thurs 6pm, Fri 12pm, Sun 6pm

**How much?** \$10 casual

### **Kinglake & District Neighbourhood House**

**When & How much?**

**Phone:** Gayle 5786 1301

### **Lalor Living and Learning Centre**

47A French Street, Lalor 3075

**Melway Ref:** 8 K6

**Bus:** 566

**Phone:** Ivana Czar 9465 6409

**When?** Mon 9.30-10.30am

**How much?** \$50 for 8 weeks

### **Mill Park Leisure Centre**

**When?** Wed 7pm

**How much?** \$9.90 casual

### **Mill Park Community House**

68 Mill Park Drive, Mill Park, 3082

**Melway Ref:** 9 K7

**Bus:** 563

**Phone:** 9404 4565

**When?** Mon 9.40-11am, Wed 9.40-11am & 11-12.15pm, Thurs 6.15-7.15pm

**How much?** \$60 per term, 10 week term

### **Thomastown Recreation and Aquatic Centre**

**When?** Tues 7.30pm, Thurs 7.30pm, Fri 10.30am

**How much?** \$7.40 casual

### **Thomastown Library**

52 Main Street, Thomastown, 3074

**Phone:** 9464 1864

**When?** Mon 11.30 am – 12.30 pm

**How much?** Free

Vietnamese Women's Group  
Yoga classes

**How much?** free all women welcome

**Contact:** Daniela Calanchini at the City of Whittlesea

**Phone:** 9217 2441

**E-mail:** Daniela.Calanchini@whittlesea.vic.gov.au

### **Reservoir Leisure Centre**

**When?** Tues 11.30am

**How much?** \$9 concession or \$12

### **University of the 3rd Age**

Riverside Community Centre Doreen Rogen Way, South Morang, 3752

**Melway Ref:** 183 G12

**Bus:** 571, 563

**When?** Wed 1-2.15pm

**How much?** Included in University of the 3rd Age membership.

## Yogalates

**A mix of Yoga and Pilates.**

### **Kaliedoscope Neighbourhood House**

Kaleidoscope Neighborhood House Church St Whittlesea 3757

**Melway Ref:** 246 G7

**Bus:** 562

**Phone:** Beverly Munro: 9716 3361

**E-mail:** knhw@bigpond.net.au

**When?** Mon 8pm

**How much?** \$15 per class

# Further Reading:

## Choose Health: Be Active

This is a physical activity guide that gives guidelines and advice for older people undertaking new physical activity.

You can get a copy by calling the City of Whittlesea Council on 9217 2253

or

Minh Huynh

Plenty Valley Community Health

8401 1359