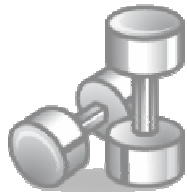

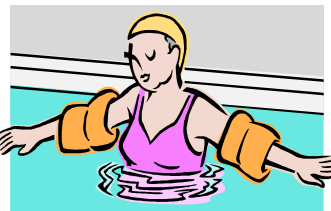





**EXERCISE CLASSES FOR OLDER ADULTS LIVING IN DAREBIN**

<p><b>Fitness Classes</b></p>		<p><b>Gentle Exercise</b></p>	
<p><b>Water Exercise</b></p>		<p><b>Yoga and Tai Chi</b></p>	
<p><b>Walking Groups</b></p>		<p><b>Lawn Bowls</b></p>	

## DAREBIN OLDER PERSONS EXERCISE DIRECTORY

This directory has been developed by the Darebin Foothold on Safety working group to encourage older residents to participate in healthy active living.

The exercise classes are grouped according to type of activity such as walking, dancing, gentle exercise etc. The reference table is attached at the front of the directory as a guide to assist clients, their carers and service providers locate an exercise group which is suitable for the client's individual needs and capabilities.

Strength and balance exercises which are particularly beneficial in preventing falls have been indicated with the symbol



Exercise classes for the frail and aged may be suitable for people who have had a recent hospital admission. It is recommended you contact the organisation prior to attending any of the groups to obtain more information.






An evaluation form is attached at the back of the directory for your feedback and comments. If you would like to add a new group to the directory or update details of listed groups, please complete the form attached at the back of the directory.




The Foothold on Safety (6) project is an initiative of the North Central Metro Primary Care Partnership.







## EXERCISE GROUP REFERENCE TABLE

Exercise Group	Description	Gender	Health Assessment Required	Trained Leader Present	Physio Present	Nurse Present	No trained leader present	Page No.
Adult Exercise	All levels of Fitness. More aerobic exercise	F M		✓				14
Aerobics for the Over 50's	Gentle aerobics class suitable for more active ladies.	F		✓				7
Aqua Basic:	A beginner's level class, ideal for developing fitness and toning.	F F		✓				12
Aquacise	A low impact water exercise class suitable for older adults.	F M		✓				12
Aqua Moves	A combination water workout suitable for all levels.	F M		✓				12
Aqua therapy	Gentle Exercises in water	F M	✓	✓				12
Arthritis	A gentle water based class in the hydrotherapy pool for people with varying arthritic conditions.	F M		✓				12
Belly Dancing:	Incorporates rhythmical movements of arms, legs and torso combined dance. Core strength.							15
Bocce								16
Body Balance	Stretch & strengthen muscles Fitness to music Relaxation techniques	F M		✓				8

Exercise Group	Description	Gender	Health Assessment Required	Trained Leader Present	Physio Present	Nurse Present	No Trained Leader Present	Page No.
Body vive	A low impact, low intensity workout suitable for older adults.	F M		✓				8
Bowls clubs 	Lawn Bowls							15
Cardiopulmonary Exercise Group	For people who have attended pulmonary, diabetes or heart failure rehabilitation.				✓			21
Dance 								18
Gardening Clubs 								17
Gentle Exercises Batman Park ladies	Exercise for over 50's	F						7
Gentle Exercises	Exercise for over 50's	F M		✓				7
Gentle Exercises 	Low impact. Includes weights and balance	F M						7
Gentle Exercises	Exercise for over 50's	F M			✓			7
Gentle Exercises (limited mobility)	Exercise for over 50's	M F			✓			
Gentle Exercises Gentle Exercises in chairs		F M	✓					7
Getting stronger Living Longer 	Self support group						✓	14

Exercise Group	Description	Gender	Health Assessment Required	Trained Leader Present	Physio Present	Nurse Present	No Trained Leader Present	Page No.
Golden Oldies	Exercises that involve a higher level of active involvement							14
Golf 								17
Heart Failure Exercise Maintenance Group	Ongoing weekly program for people with a diagnosis of heart failure and who have completed a hospital outpatient based program.				✓			21
Hydrotherapy	Water based exercises	F M	✓					12
Intermediate easy exercise	Gentle Exercise- sitting and standing	F M		✓				11
Life Activities Club Darebin	Exercises that involve a higher level of active involvement							14
Living Longer Living Stronger	A strength training programme based in the gym. Endorsed by Council of the Ageing (COTA)	F M		✓				14
Men's exercise Group 	Exercise to improve strength, fitness and flexibility	M	✓		✓			11
Men's Exercise Group 	12 week program integrated with Northcote gym	M	✓					11
Pilates		F		✓				10
Pilates		F M	✓	✓				10
Pilates	This is a great overall strengthening workout, as well as helping to invigorate and energise the body.	F M		✓				10
Pryme Aqua	PrYme Aqua is a water based class specifically designed for the older adult incorporating exercises to improve cardiovascular fitness with minimal stress on joints.	F M		✓				12

Exercise Group	Description	Gender	Health Assessment	Trained Leader Present	Physio Present	Nurse Present	No Trained Leader Present	Page No.
Pryme Body Pump 	PrYme BodyPump is a 45 minute group workout using weights and barbells to improve strength and stamina.	F M		✓				15
Pryme Chair Aerobics	This is a great light paced workout for your muscles, using a chair to assist your routine.	F M		✓				8
Pulmonary Rehabilitation Maintenance Exercise Group	For people with chronic lung disease and have pulmonary rehabilitation at either the Northern Hospital or Austin Repatriation Medical Centre				✓			21
Strength Training 	Self management 4 week program,		✓		✓			14
Stretch and Flex	Gentle exercises for women over 40	F		✓				7
Tai Chi 	A group for anyone wanting to learn and use Tai Chi	F M		✓				13
Tai Chi-Life Activities 	Self support group							13
Walking groups		F M	✓					19
Women's Gentle Exercise		F						7
Yoga	Gentle Yoga and Relaxation	F		✓				9
Yoga	On going practise	F M		✓				9
Yoga	Beginners relaxation and yoga	F		✓				9



## GENTLE EXERCISE CLASSES

NAME	DAY/COST	TIME	CONTACT
Aerobics for the Over 50's Gentle aerobics class suitable for more active ladies.  2 Classes	Thursday Youth Hall Donald St East Reservoir Cost: \$2.00	10:00am and 11:00am	Physiotherapist Darebin Community Health 84701164
Gentle Exercises Gentle Exercises in chairs Men and Women 2 Classes	Thursday at Darebin Community Health East Reservoir and Northcote sites 125 Blake St East Reservoir 42 Separation St Northcote Cost: \$2.00 at each sites	11:45am – 12:15pm  10.00am – 11.00am	An Exercise assessment with a physiotherapist is required prior to attendance. Ring Intake worker Darebin Community Health to arrange appointment 84701111
Gentle Exercises Batman Park ladies	Wednesday Batman Park Hall, Elm St Northcote Tea/coffee after class	10.00am – 12.00noon	Contact: 84708305
Gentle Exercises Exercise for over 50's 3 classes Monday Limited Mobility	Thursday Monday Fairfield community Room Station St, Fairfield	9.15am – 10.00am 10.15am – 11.00am	Contact: Alphington Community House. Tel: 94997227
Gentle Exercises	Monday and Wednesday Darebin Community Sports Stadium 857 Plenty Rd Reservoir	10.00am – 12.00noon	Contact: 94714935
Gentle Exercises Low impact. Includes weights and balance 	Tuesday Church parish hall James St Northcote	9:30am – 10:15am	Contact: 94573585
Stretch and Flex Gentle Exercises for women >40	Thursday Leinster Grove Community Hall 99 Leinster Grove Thornbury Cost: \$30 term \$5 casual	10:15am – 11:15am	Contact: Thornbury Womens Neighbourhood House Tel: 94800466
Women's Gentle Exercise	Friday at Merrilands Community Centre 35 Sturdee St Reservoir	10:00am – 11:30am	Contact: 94626077

Body Balance Stretch & strengthen muscles Fitness to music Relaxation techniques Novices must notify instructor before beginning classes	Monday Thursday Saturday Reservoir Leisure Centre Cuthbert Rd Reservoir Cost: \$9.30 & \$7.50conc	8:00pm 10:35am and 8:00pm 10:00am	Contact: Reservoir Leisure Centre Tel: 94961050
Body Vive A gentle, low intensity workout suitable for older adults.	Tues Thursday	10.30 11.30 and 6 pm	Reservoir Leisure Centre Tel: 94961050
Pryme Chair Aerobics	This is a great light paced workout for your muscles, using a chair to assist your routine.		Contact: Northcote Aquatic & Recreation Centre Tel: 94867200

## GENERAL REHABILITATION CLASSES

NAME	DAY/COST	TIME	CONTACT
Healthy Lifestyles for Over 60s is designed for people who have experienced a recent illness, hospital admission or new diagnosis like diabetes. The program runs for 2 hours each week for 8 weeks and provides education and a tailored exercise session run by a physiotherapist. Doctor certificate required before commencing program.	BECC 1231 Plenty Rd Bundoora \$5.00 per session. Transport may be available.		Contact: Helen Corbett on 9495 3448 or Lauren Argent on 9495 3275



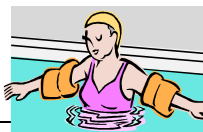
## YOGA

NAME	DAY/COST	TIME	CONTACT
Gentle Yoga and Relaxation	Friday Leinster Grove Community Hall 99 Leinster Grove Thornbury	10:50am – 11:50am	Contact: Thornbury Womens Neighbourhood House Tel: 94800466
Yoga	Wednesday/Tuesday Preston Neighborhood House 218 High St Preston Cost: Term \$60/\$50conc	10:45am – 12 noon 6:30pm – 7:45pm	Contact: 94845806
Beginners Relaxation & Yoga For people who wish to begin or continue their yoga practice. Relaxation and breathing awareness and yoga postures	Monday Leinster Grove Community Hall 99 Leinster Grove Thornbury Cost: \$50 term. \$8 casual	9:15am 10:15am	Contact: Thornbury Womens Neighbourhood House Tel: 94800466
Yoga & Meditation Breathing, relaxation and meditation techniques for beginning and continuing students.	Monday Leinster Grove Community Hall 99 Leinster Grove Thornbury Cost: \$50 term. \$8 casual	10:25am – 11:25am	Contact: Thornbury Womens Neighbourhood House Tel: 94800466
Progressive Yoga Relaxation, joint care and Asana (postures). Breathing and meditation. Suitable for all ages. Work at your own level to stretch and strengthen muscles of your body.	Friday Leinster Grove Community Hall 99 Leinster Grove Thornbury Cost: \$50 term. \$8 casual	9:45am – 10:45am	Contact: Thornbury Womens Neighbourhood House Tel: 94800466
Yoga	Wednesday Alphington Community Centre 2 Kelvin Rd Alphington	7:00am – 8:00am	Contact: Alphington Community Centre. Tel: 94997227

Yoga-Hatha Yoga Gentle stretches and relaxation. Novices should notify instructor before beginning classes.	Tuesday School term only Reservoir Leisure Centre Cuthbert Rd Reservoir Cost: \$13.00 (all classes are include in health club membership)	11.30am	Reservoir Leisure Centre Tel: 9496 1050
Pilates Increases flexibility and core muscle strength. Increases postural awareness.	Thursday Leinster Grove Community Hall 99 Leinster Grove Thornbury \$80/\$60conc term \$12/\$10conc casual	7:00pm – 8:00pm	Contact: Thornbury Womens Neighbourhood House Tel: 94800466
Pilates - General	Monday Alphington Bowls Club View St Allphington Cost: \$10	12:00noon – 1:00pm	
Pilates Low impact program Improves core strength	Wednesday School terms only Reservoir Leisure Centre Cuthbert Rd Reservoir Cost: \$14.00( all classes are included in health club membership)	8:00 pm	Reservoir Leisure Centre Tel: 9496 1050
Pilates	Anyone of any age, body shape and size can benefit from Pilates. This is a great overall strengthening workout, as well as helping to invigorate and energize the body through breathing and body focus that stimulates circulation and clarity.	8:30pm	Northcote Aquatic and Recreation Centre Tel: 9486 7200

## ACTIVE EXERCISE GROUPS

NAME	DAY/COST	TIME	CONTACT
Intermediate (Easy Exercise) Gentle Exercise sitting and standing	Tuesday Darebin Community Health Youth hall, Donald St East Reservoir Cost: \$2.00	11:45am – 12:45pm	Contact: Intake worker Darebin Community Health 84701111
Exercise – Mens Exercise to improve strength, fitness and flexibility. Supervised by a physiotherapist	Darebin Community Health Monday at East Reservoir Site 125 Blake St East Reservoir Cost: \$2:00 Thursday at Northcote Site 42 Separation St Northcote	1:30pm – 3:00pm  9:30am – 10:30am	Contact: Physiotherapist Tel: 84701164  Contact: Physiotherapist Tel: 94031241
Men's Exercise group 12 week program integrated with Northcote Gym	Monday Darebin Community Health Panch Health Service Site 300 Bell St Preston Cost \$5.00 per session	3:00pm – 4:00pm	Contact Sam Niazi Physiotherapist 94859077



## HYDROTHERAPY GROUPS

### Water Based Exercise

NAME	DAY/COST	TIME	CONTACT
Hydrotherapy for men and Women An 8 week program	Thursday Darebin Community Health Reservoir Leisure Centre Cuthbert Rd, Reservoir Tel: 94961050 Cost: \$4.00	3:00pm – 3:45pm	Contact: Intake Worker Darebin Community Health to arrange an exercise assessment with a physiotherapist
Aquatherapy Gentle exercises in water	Thursday Darebin community health Reservoir Leisure Centre Cuthbert Rd Reservoir Tel 94961050 Cost \$4.00	2:00pm – 2:45pm	Contact: Intake Worker Darebin Community health to arrange an exercise assessment with a physiotherapist Tel: 84701111
Aquacise: A low impact, low intensity water exercise class suitable for older adults, pre and post natal.	Monday Tuesday Reservoir Leisure Centre Cuthbert Rd Reservoir Cost: \$7.80 & \$6.50conc	9:00am 9:15am	Contact: Reservoir Leisure Centre Tel: 94961050
Aqua Basic: A beginner's level class, ideal for developing fitness and toning.	Thursday Reservoir Leisure Centre Cuthbert Rd Reservoir Cost: \$7.80 & \$6.50conc	9:00am	Contact: Reservoir Leisure Centre Tel: 94961050
Aqua Moves: A combination water workout suitable for all levels from entry level to those wanting a harder workout.	Wednesday Reservoir Leisure Centre Cuthbert Rd Reservoir Cost: \$7.80 & \$6.50conc	9:15am	Contact: Reservoir Leisure Centre Tel: 94961050
Arthritis: A gentle water based class in the hydrotherapy pool for people with varying arthritic problems.	Monday Thursday Friday	9:45am 1:00pm 9:30am	Contact: Reservoir Leisure Centre Tel: 94961050
PrYme Aqua	PrYme Aqua class is specifically designed for the older adult using the therapeutic effect of the water. This 45 minute class incorporates exercises to improve cardiovascular fitness with minimal stress on the joints.		Contact: Northcote Aquatic & Leisure Centre 180 Victoria Rd Northcote. Tel: 94867200

## TAI CHI



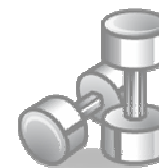
NAME	DAY/COST	TIME	CONTACT
Tai Chi	Life Activities Club Darebin Inc. Merrilands Community Centre Corner Asquith and Sturdee Streets, Reservoir		Contact: 94606157 0408386533
Tai Chi For anyone wanting to learn and use Tai Chi for improving their health. A teacher provided. On going training.	Friday Darebin Community Health East Reservoir Site	12 noon – 1:30pm	Contact: Margaret Mc Cartin Tel: 94621808
Tai Chi	Monday Preston Neighbourhood House 218 High St Preston Cost: Term \$60/\$50conc	12:45pm – 1:45pm	Contact: 94845806
Tai chi	Saturday Alphington Scout Hall Adam St Alphington Cost: \$50/month	9:30am – 10:30am	
Qigong Sitting & standing exercise. Balance	Tuesday Alphington Community Centre 2 Kelvin Rd Alphington	9:00am – 10:00am	Contact: Alphington Community Centre Tel: 94997227
Wushu	Saturday Alphington Scout Hall Adam St Alphington Cost: \$50/month	10:30am – 11:30am	Contact: Alphington Community Centre Tel: 94997227

## FITNESS EXERCISE GROUPS


Exercises that involve a higher level



of active involvement



NAME	DAY/COST	TIME	CONTACT
Getting Stronger Living Longer Strength Training Self Support Group 1 No trained Professional 	Tuesday Thursday Darebin Community Health East Reservoir Site Cost: No cost	9:30am – 11:00am 9:30am – 10:30am	Contact: Lola Collins Tel: 94704002
Getting Stronger Living Longer Strength Training Self Support Group 2 No trained Professional 	Tuesday Friday Darebin Community Health East Reservoir Site Cost: No cost	3:30pm – 4:30pm 1:30pm – 3:00pm	Contact : Colin Hunter Tel: 93548201
Getting Stronger Living Longer Strength Training Self Support Group 3 No trained Professional 	Monday/Saturday Darebin Community Health East Reservoir Site Cost: No cost	3:30pm – 4:30pm 10:30am – 11:30am	Contact : Wendy Miller Tel: 94783927
Golden Oldies (OA)	Darebin Community Sports Stadium Plenty Rd Reservoir		Contact: Matt Walton Tel: 94714935
Life Activities Club Darebin (OA)	Merrilands Community Centre Asquith St Reservoir		Contact: Ken Shacklock Tel: 0408386533
Strength Training 4 week Self Management Program 	Friday Darebin Community Health East Reservoir Site Cost: \$5.00	1:30pm – 3:30pm	Contact : Karen Dundules Physiotherapist Tel: 84701164
Adult Exercise 	Tuesday Alphington Scout Hall Adam St Alphington Cost: \$8.00	9:30am – 3:30pm	Contact: Alphington Community Centre Tel: 94997227
Living Longer Living Stronger A strength training programme based in the gym. Endorsed by Council of the Ageing (COTA)	Monday Wednesday	11:00am 11:00am	Contact: Reservoir Leisure Centre Tel: 94961050

Belly Dancing Incorporates rhythmical movements of arms, legs and torso combined dance. Core strength. 	Monday Northcote Aquatic & Leisure Centre 180 Victoria Rd Northcote. Cost:	7:00pm	Contact Northcote Aquatic & Leisure Centre 180 Victoria Rd Northcote. Tel: 94867200
Pryme Body Pump	PrYme BodyPump this is a 45 minute modified version of Les Mills BodyPump® Class. In this group workout you will be motivated by music to work all major muscle groups using adjustable weights and barbells. Improves strengths and stamina.		Contact Northcote Aquatic & Leisure Centre 180 Victoria Rd Northcote. Tel: 94867200

## LAWN BOWLS



NAME	DAY/COST	TIME	CONTACT
Alphington Bowls Club	Parkview Rd Alphington		Contact: The Club Tel: 94992530
Darebin City Bowls club	John Cain Memorial Park 281 Darebin Rd Thornbury		Contact: Darren Yates Tel: 98401331 d.c.b.c@bigpond.net.au
Fairfield Bowling Club	125 Gillies St Fairfield		Contact: The Club Tel: 94813145
Kingsbury Bowls Club	Dunne St Kingsbury		Contact: L Chapman Tel: 94622803
Preston Bowls Club	390 Murray Rd Preston		Contact: Alan Hamilton Tel: 94781487/94701410
Reservoir Bowling club	75 Leamington St Reservoir		Contact: Joseph Kidd Tel: 94601544 resbowls@bigpond.com.au

Thornbury Bowling Club	27 Ballantyne St Thornbury		Contact: Val Allpress Tel: 94891387
Social Lawn Bowls for Women For all ages and abilities.	Thursday Fitzroy Victoria Bowling and Sports Club 55 Brusnwick St North Fitzroy Cost: \$3.00 per session	10:30am – 12:00 noon	Contact: Thornbury Womens Neighbourhood House Tel: 94800466

## BOCCE



NAME	DAY/COST	TIME	CONTACT
Batman Reserve	St George's Rd Northcote		Bookings not required
Circolo Pensionat of Thornbury Inc			Contact Maria Alessi Tel: 94812658
Merrilands Community Centre	Asquith St Reservoir		Bookings Required Tel: 94626077
Furlan club	1 Matisi St Thornbury		Contact: 94840477



## GARDENING



NAME	DAY/COST	TIME	CONTACT
Northcote Community Garden Group			northcotecommunitygardens@yahoo.com.au
Northcote Garden Club Inc.			Contact: Jean Thomas Tel: 94702835
Preston Garden Club Inc.			Contact: Bill Saunders Tel: 92304649



## GOLF

NAME	DAY/COST	TIME	CONTACT
65's Golf Club Bundoora Park golf course	Plenty Rd Bundoora		Contact: Frank Chandler Tel: 94168534 Golf Course: 94693880
Northcote Golf club	Normanby Avenue Northcote		Contact: Philip Goad Tel: 94812179 <a href="http://www.northcotegolfclub.websyte.com.au">www.northcotegolfclub.websyte.com.au</a> northcotegolfclub@bigpond.com
Northcote Public Golf Course	Normanby Avenue Northcote		Contact: 94846961



## DANCE

NAME	DAY/COST	TIME	CONTACT
Dance Action Ballroom, Latin, New Vogue. Classes and Social dances	Monday Evening Tuesday Afternoon Darebin Uniting Church hall Murray Rd West Preston		Contact: 94694891
Beginners Group	Wednesday evenings		
Dance Energy Classes and Social dances	Friday Evening Merrilands Community Centre Reservoir (Melway 8 H12) Reservoir Civic Centre (Melway 18 G5)		Contact: 98060221 0438735933
Dance Group New Vogue, Old Time Dancing	Thursday Northcote Senior Citizens Club 18A Bent St Northcote	1:00pm – 4:00pm	Contact: 94868103
Dance Group	Wednesday Preston Senior Citizens Club Reservoir Civic Centre 23 Edwardes St Reservoir	1:00pm – 4:00pm	Contact: 94781076
Chinese Folk Dance	Saturday North East Melbourne Chinese Association Preston Girls Secondary College Cooma St Preston	9:00am – 4:00pm	

## WALKING GROUPS



NAME	DAY/COST	TIME	CONTACT
Darebin Walking Group	Thursday	9:00am	Contact: Rita Tel: 94813886
Life Activities Club Walking Group	Every 4 <sup>th</sup> Monday Merrilands Community Centre 17 Asquith St Reservoir		Contact: Rob Tel: 0419388512
Merrilands Walking Group			Contact: Keith Tel: 94606729
Merri Walking Group	Friday morning Edwardes Lake Park (near BBQ)		Contact: John Tel: 94605051
Preston Neighbourhood House Walking Group	Tuesday & Wednesday Preston Neighbourhood House 218 High St Preston	9:30am	Contact: 94845806 <a href="http://www.prestonhouse.org.au">www.prestonhouse.org.au</a>
Preston Walking Group	Friday Reservoir Leisure Centre Cuthbert Rd or Reservoir Station.	9:30am	Contact: Keith Tel: 94606729
Toolangi Walking Group People with an intellectual disability take a gentle walk	Saturday	10:30am	Contact: Peter Tel: 94801728
Italian Community Walking Group. English and Italian spoken. All Welcome.	Monday	10:00am	Contact: Rosa Tel: 94620547
Darebin international Sports Centre Walking Group. Walk laps of the velodrome at own pace. Track suitable for wheelchairs.	Tuesday	7:00pm – 8:00pm	Contact : Jo Tel: 0400842928 or Helen D: Tel: 0400929368

Northland Shopping Centre Walking Group Walk at Own Pace	Wednesday Northland Shopping Centre Melway 19 12C	Meet 7:45am 8:00am – 9:00am	Contact: Ivy Tel: 94782340
Greek Women's Elderly and Friendly Club Walking Group.	Thursday Darebin Community health East Reservoir Site 125 Blake St East Reservoir Melway 19 C9	8:00am	Contact: Penny Z Tel: 94847623 or Penny H Tel: 94675985
Keon Park Greek Senior Citizens Walking Group.	Thursday Dole Avenue Community hall Reservoir	9:00am	Contact: Dimitra Tel: 94429620 or Antoni Tel: 94620043
Somali Women's Walking Group.	Friday Rear entrance of the Migrant Resource Centre 251 High St Preston.	10:30am	Contact: Shukri Tel: 0402737178
Vardar Walking Group.	Wednesday Front of Migrant Resource Centre 251 High St Preston.	9:00am	Contact: Ruza Tel: 94896216 or Trajce Tel: 0411067372
Happy Wanderers Walking Group.	Thursday Darebin Community health East Reservoir Site 125 Blake St East Reservoir Cost: \$2 per week	9:00am	Contact: Alma Johnston Tel: 94782602
Preston Walking Group.			Contact: Dick Lohmer Tel: 94673330
Walking Darebin Project.			Contact: Helen Matters Tel: 84708305 <a href="mailto:Helen.matters@darebin.vic.gov.au">Helen.matters@darebin.vic.gov.au</a>



## HEART AND LUNG EXERCISE CLASSES

NAME	DAY/COST	TIME	CONTACT
Cardio Pulmonary maintenance exercise for people who have done heart failure rehabilitation, pulmonary rehabilitation or diabetes rehabilitation	Monday Darebin Community Health Northcote Site 42 Separation St Northcote	12:00 noon – 1:00pm	Restoring Health Physiotherapist 0417309765
Heart Failure Exercise Maintenance On going weekly program for people with a diagnosis of Heart Failure who have completed a hospital outpatient based program 2 Groups run for 1 1/2 hours.	Monday Darebin Community Health East Reservoir Site 125 Blake St East Reservoir	9:30am – 1:00pm	Contact: Jane Lohrey Community Nurse Tel: 0438521693
Pulmonary Rehabilitation Maintenance Program An exercise program for people with chronic lung disease. Clients must have attended pulmonary rehabilitation at either the northern Hospital or the Austin Repatriation Medical Centre to be eligible to join this group.	Tuesday Darebin Community Health East Reservoir Site 125 Blake St Reservoir	2:00pm – 3:30pm	Contact: Physiotherapy Tel: 84701164
	Tuesday Darebin community Health Northcote Site 42 Separation St Northcote	1:30pm – 3:00pm	Contact: Paul Bohan Tel: 94031200
	Friday Darebin Community Health Panch Health Service Site 300 Bell St Preston.	1:00pm – 3:00pm	Contact: Sam Niazi Tel: 94859077

## DEPARTMENT OF VETERAN AFFAIRS PROGRAMS

These classes are available only to DVA veterans.

NAME	DAY/COST	TIME	CONTACT
Vietnam and younger Veterans gym sessions help to improve fitness, muscle tone and strength, flexibility and target potential or problem areas. Supervised by physio and therapy assistant. Doctor assessment required.	Monday, Wednesday and Friday at Kokoda Gym Building 81 at Repatriation Campus, West Heidelberg	8.30-9.45	9496 2892 Gold Card Holders eligible for DVA transport
Exercise and Balance Sessions improve balance, fitness, strength and assist with falls prevention. Physio assessment required. Physio and therapy assistant present.	Monday, Wednesday Thursday Friday at Kokoda Gym Building 81 Repatriation Campus, West Heidelberg	<u>Session 1</u> 9.30-10.15 <u>Session 2</u> at 10.15-11.00 <u>Session 1</u> 9.30-10.15 <u>Session 2</u> at 10.15-11.00 <u>Session 1</u> 1.15-2.15 <u>Session 2</u> at 2.15-3.00 <u>Session 1</u> 10.00-11.00	9496 2892 DVA Gold Card Holders eligible for DVA transport
Tuesday and Thursday Exercise Sessions are one hour individually tailored low impact cardiovascular class using equipment such as treadmills, exercise bikes, weight, and leg presses. Physio assessment required. Physio present.	Tuesday and Thursday 20c for morning tea. Kokoda Gym Building 81 Repatriation Campus, West Heidelberg	Gym opens at 8.30, class starts 9.30. Gym closes at 11.00	9496 2892 Gold Card Holders eligible for DVA transport
Hydrotherapy provided by physio. Physio assessment required.	Monday Wednesday Friday Royal Talbot Rehabilitation Centre 1 Kew Boulevard Kew	2.30-3.15 and 3.15-4.00 2.30-3.15 7.30-8.15 and 8.15-9.00 and 1.45-2.30	9496 2892 Limited DVA transport available.

## FEEDBACK FORM

1 Please indicate how informative you found the directory?

Very informative   moderately informative   Not informative

2 Did you find the information in this directory to be accurate?

Mostly accurate   Sometimes accurate   Rarely accurate

3 Is the directory easy to use?

Yes   No

4 Would you recommend the directory to others?

Yes   No

5 From whom did you receive the directory?

GP   Community Health Centre   Council   Other\_\_\_\_\_

6 Do you have any other suggestions?\_\_\_\_\_

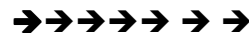
\_\_\_\_\_

Thank you for your comments and feedback. Please forward this form to: Chronic and Complex Care Manger  
Darebin Community Health  
125 Blake St  
East Reservoir 3073

## CHANGE OF DETAILS/ADD A NEW GROUP

If details contained in this directory are no longer accurate or if you are aware of other exercise groups for older residents which are not listed in this directory, please complete this form and forward it to: Chronic and Complex Care Manger  
 Darebin Community Health  
 125 Blake St  
 East Reservoir 3073

### DETAILS AS LISTED IN THIS DIRECTORY



### CHANGED DETAILS OR TO ADD A NEW GROUP

<b>Name of group:</b>
<b>Day:</b>
<b>Venue:</b>
<b>Cost:</b>
<b>Time:</b>
<b>Contact Details:</b>

<b>Name of group:</b>
<b>Day:</b>
<b>Venue:</b>
<b>Cost :</b>
<b>Time :</b>
<b>Contact Details:</b>