

# Get Involved

## April 2024

### Farewell to Inoeg

As many of you are already aware, Inoeg has decided to take up another role and will be leaving CRCS after 2 April.

Like you, although we wish him all the very best, we are devastated to see him go! It just won't be the same around here without his smiling face in the corridors.

If you would like to send Inoeg a farewell message, please feel free to email us at [involve@crcs.com.au](mailto:involve@crcs.com.au).

Although it is sad to lose Inoeg, with change comes opportunity, so let's try new things. We will be working with you to create some new programs over the coming months. And, in the meantime, some of our other facilitators will be stepping outside of their comfort zones and trying something new.

### Program changes

We have re-evaluated our programming, both with Inoeg leaving and based on attendance and interest. Some programs will stop, some we will have to temporarily change, and other we will pause until we can recruit a suitable facilitator. The changes are:

- **Cuppa and a Chat:** We are ceasing this program due to lack of attendance. Instead, Therese will now run Repair, Redesign, Upcycle every Monday. And, of course, you're most welcome to have a cuppa and chat with friends in the foyer whenever we're open!
- **Drumming:** This will be a participant-led program until we get a new facilitator. Therese will attend, but more to share with you than lead the drumming. We have 10 drums available, so please book or bring your own instrument.
- **IT for seniors:** This is on hold for now.
- **Treasure Hunters:** We are expanding what was the Out-of-Town edition of Treasure Hunters to **Out-of-Town Hunting and Exploring**. This will be more than just op shopping, with opportunities to also explore new places around the Canberra region. Full details are in the program description. Our **Treasure Hunters** groups will go ahead as usual.
- **Ukelele:** This is on hold for now.
- **Virtual reality:** We are ceasing this program due to lack of attendance.



## Involve member tip

We know our Involve members have lots of tips and tricks. Here's just one we've learnt about lately:

### Cutting through the mess



To remove soap scum, Lesley suggests mixing one cup of baking soda with one tablespoon of dish soap to create a paste.

Happy scrubbing!

## Sharing community through recipes

Food is one of the most basic elements of life and culture. We bond over meals and share our histories through recipes handed down through the generations or created ourselves.

To help build our community, we are looking at creating a recipe book and we would like to fill it with your recipe ideas and cooking tips! We know that many of you only cook for one or two people, so we thought it would be nice to make a book specifically for those needs.



We're asking our Involve participants to think about how you put together your meals, how you might change a recipe to make it for one or two, and share it with us so we can share it with the wider community!

All we need from you is your recipe (with as much detail as possible), a photo of the cooked meal and the story behind why you chose to share this recipe (for example, whether it's a family favourite, or has been passed down through your family). Please email recipes to Therese at [involve@crs.com.au](mailto:involve@crs.com.au).

## Thanks to our generous community and our ukelele players!

The Canberra Day Appeal has come to an end for another year, and we are so grateful for the incredible support from our community. Thanks to local individuals and companies, we are thrilled to have raised \$5590 for some of our vital annual projects.



The appeal is run by Hands Across Canberra, which chose to host the opening event on 6 March at the Belconnen Community Centre. When we suddenly could not feature an activity from the Ginninderra Early Childhood Centre, some of our incredible Involve ukelele players saved the day with a last-minute performance!

Several event attendees noted how joyous the ukelele playing was. Thank you to those who stepped forward to help raise awareness of what we do at CRCS!

Find out more about the appeal and activities we held at [crs.com.au/news/canberra-day-appeal-wrap-up/](http://crs.com.au/news/canberra-day-appeal-wrap-up/).

# Another Involve group poet!

After sharing a poem from one of our members last month, it seems the Involve group is filled with creativity, and Patsy Allan offered to share a piece.

Patsy told us: "I'm looking forward to this year as this month I will be an octogenarian. I am posting a poem I wrote for my new book of poetry."

## Eighty years young

Celebration is for me, in twenty twenty four

As I walk through time to eighty where I've never been before

A time of wonder, a time of joy to find new ways to live

With plenty of opportunities in life left for me to give

Whether the time be short or long In all of this I must be strong

Most of my body parts sore and aching

And once in a while something breaking

Wobbling here and wobbling there

Just watch me try to climb up stairs

As the body starts to fail you more

And your mind loses lots which is quite a bore

With each day something new to ponder Although your mind does tend to wander

And your body protests which each move you make

Whether it be your knee, your hip, your feet in the steps you take

Lucky to get through the seasons of life

Not silly enough to cause too much strife

Glad to have friends in places far and near

To text phone or FaceTime gives me great cheer



Slowly giving up storytelling onto something new

To face my limitations is what I must do

To live and love and cheer and shout

Isn't that what life is all about

To look in the mirror and see your mother

To love yourself just as you are, O bother!

See wrinkles and flab! Oh, how drab!

Where is that? Who is that? you say to yourself

Remembering things, sometimes you do need help

So I'm going to celebrate the whole year through

For there are plenty of things left for me to do

Meet with friends, write more books

Not to worry about how I look

Keep up with my drumming

Be ready for what is coming

Joy is the word that stands out for me now

So for me this year at eighty will be a WOW



Join the private 'CRCS Involve Group' on Facebook for photos of our recent activities and to connect with others in our community.



## Now taking coach hire bookings from NSW too!

The same excellent coach we use for our day trips is also available to hire for your private function. And we have just received accreditation to take **long-distance tourist and charter bookings from NSW** as well as the ACT (NSW accreditation number 43396).

The accessibility and comfort of the coach, combined with our reliable transport services, make our coach private hire service perfect for tours, excursions, clubs trips, special events and more. All of the spacious passenger seats have seatbelts and armrests and offer USB connectivity. The coach has low-floor kneeling, offering wheelchair accessibility for up to four wheelchairs at a time.

We also offer tour-planning services, taking the stress away from the planning, and providing your group with an unforgettable experience!

Hire pricing is dependent on your requirements, so please contact our friendly team to discuss your needs by calling **02 6264 0200** or filling out the form at [crcs.com.au/facilities/community-coach/](https://crcs.com.au/facilities/community-coach/)

## Let us help you navigate My Aged Care!

As a provider under the Commonwealth Home Support Program (CHSP) and Home Care Package (HCP) program, we understand that starting the process of accessing My Aged Care services can be overwhelming. We also know that many seniors in our community deserve access to the domestic support, personal care and flexible respite services available through these programs.



Let us alleviate the stress of navigating this system by guiding you through the initial steps of accessing My Aged Care or transitioning from CHSP to a HCP if your needs have grown.

Our friendly Aged Care Team will be available on-site at the **Belconnen Community Centre every Wednesday from 9am to 5pm** to help you with any enquiries. Just drop in and ask for them at reception!

You can also give us a call at (02) 6278 8101 or email [communitycare@crcs.com.au](mailto:communitycare@crcs.com.au).

# Seasons for Growth

Do you know a family who has recently experienced loss or grief? We run Seasons for Growth, an evidence-based change, loss and grief education program for children.

This unique and powerful program aims to strengthen the social and emotional wellbeing of children dealing with significant life changes such as the death of a loved one, parental separation or divorce, moving or friendship changes. It uses the imagery of the seasons to illustrate these experiences.



We are currently taking registrations for our term 2 program. Find out more at [crcs.com.au/programs-services/family-support/seasons-for-growth/](https://crcs.com.au/programs-services/family-support/seasons-for-growth/).

## In the Sports Hall



### Community Pickleball

Join us for pickleball, one of Canberra's fastest-growing sports!

Pickleball combines elements of tennis, badminton and ping-pong. The game is played with paddles and a hollow plastic ball on a badminton-sized court with a lower net than what is used in tennis. It's a game that can be played by singles or doubles at a slow or fast pace, making it suitable for a wide range of abilities, skills and age groups.

We offer two open pickleball sessions each week: **Tuesday 2:30–4:30pm** and **Thursday 1:30–3:30pm**.

**Cost:** Standard \$8; concession \$6.

### Wheelchair rugby league

We are proud to partner with Canberra Region Rugby League for the 2024 season of Wheelchair rugby league.

This is an adaptive, all-inclusive sport—not just for people living with disability. It is a variation of the running game that allows people with disability to compete with and against able-bodied people, offering a level playing field that few other sports can. **No experience is required:** the instructor will give you all the information you need.



Try it out! Roll on down to our Sports Hall **every second Thursday** (4 and 18 April) **between 4:30 and 6:30pm**. No experience or registration is required for these **free sessions!** Please ensure you wear enclosed shoes and bring a water bottle; all other equipment will be provided.

Find out more at [www.raiders.com.au/crrl/about/wheelchair-rugby-league/](https://www.raiders.com.au/crrl/about/wheelchair-rugby-league/)

## There are three types of Involve participants:

- People registered with My Aged Care who have a Commonwealth Home Support Programme (CHSP) Social Group Referral Code to enrol in Involve activities
- Home Care Package (HCP) recipients
- Full-fee participants.

Want to join Involve?

Please contact our Community Care Team on 02 6278 8101 to discuss eligibility and pricing.

## Involve groups and programs

See the calendar on page 10 to find out when each activity is on.

Some groups change each session or each month. Details of our activities for April are on pages 8 and 9.

Please note that we will be closed for the public holidays on **1** and **25 April**.

### Adventures

- **Treasure Hunters (\$10):** Group trips to various op shops around Canberra to hunt for bargain treasure. **Bookings required; max 7 people.** Pickups from BCC at 9:40am and Humpy Hall at 10am.
- **Out-of-Town Hunting and Exploring (\$15–\$25 depending on destination):** Whether you are hunting for your next treasure or would like to explore somewhere new, join us on these short-day trips. Bookings required. Pickup from BCC at 9:30am and Humpy Hall at 9:40am.
- **Out and About (\$15):** Short day trips to explore the wonders of national capital and surrounding regions. **Bookings required; max 7 people; may have additional costs (e.g. entry fees).** Pickups from BCC at 9:30am and Humpy Hall at 9:40am.
- **Crafts Galore (\$8):** From pots, rocks or beads to sun catchers or tie-dye, come along and craft together. Location: BCC Art Room.
- **Paper Crafts (\$8):** Create with paper, scrapbooking, card making or quilling, just to name a few ideas. Location: BCC Art Room
- **Repair, Redesign, Upcycle (\$6):** Love sewing and craft, and want to protect the environment? Learn and share skills to repair, redesign and upcycle fabric and craft items. Created items can be sold at our local markets to raise money for our Christmas gift-giving program. Location: BCC Meeting Room 1.
- **Yarn and Stitching (\$6):** Learn how to crochet, macrame or knit or bring along your own project to work on while chatting over afternoon tea. Location: BCC Meeting Room 2.

### Art & craft

- **Art Tasters (\$8):** Get a taste for a different type of art each month. Location: BCC Art Room.
- **Come Sew with Me (\$8):** Learn all about sewing, whether starting from the beginning or improving your skills. Location: BCC Art Room.

### Contacts

Involve team

Phone: 02 6278 8113

Email: [involve@crs.com.au](mailto:involve@crs.com.au)

## Music

- **Drumming Class (\$8):** Join our drumming group and learn some rhythm together. Location: BCC Meeting Room 2. Online viewing available.
- **Ukulele Class (\$8): Currently on hold.** Enjoy our supportive group and explore your hidden talent. Location: BCC Meeting Room 2. Online viewing available.

## New skills

- **Bunnings Workshop (\$6):** Grow your DIY skills with the help of visiting Bunnings staff. Location: BCC Art Room.
- **IT for Seniors (\$6): Currently on hold.** Learn skills to navigate the digital world with confidence. This course includes sharing informative content and troubleshooting specific problems. Location: BCC Meeting Room 2.

## Social groups

- **Belconnen Energetic Seniors on a Tuesday (BEST) Club (\$13\*):** Details on page 9.
- **Lunch with Friends (\$8 without transport, \$15 if transport required; meal at own expense):** A chat and catch up over lunch. Location alternating between the Social Bean Café and some of the wonderful local restaurants and clubs. **Bookings required; max 7 people when not at BCC.** Meet at the location, or let us know if you need transport.

## Contacts

### Involve team

Phone: 02 6278 8113

Email: [involve@crs.com.au](mailto:involve@crs.com.au)

- **Movie group (buy your own ticket):** Enjoy a movie at Hoyts Belconnen. Movie and time details will be sent by email. **Bookings required.**
- **Nighttime Dinners (\$8 without transport, \$15 if transport is required; meal at own expense):** Join us for a meal, with the location changing each month. Transport available if required (**bookings required, max 7 people**): Pickups from BCC at 4:45pm and Humpy Hall at 5pm or meet there at 5:30pm.
- **Walkie Talkies (\$6):** Details on page 9.

*\* Please note that HCP prices for BEST Club vary and are charged at an additional hourly rate.*

**Note:** Some activities require an RSVP so we can purchase items like tickets, catering, equipment, and transport.

If you RSVP but then need to cancel, we cannot guarantee that a refund will be given if we have already purchased the items for your attendance.

**Transport:** If you require transport from your home to the Belconnen Community Centre (BCC) or group meeting point, please contact the **CRCS Transport team on 02 6278 8124**, or alternatively speak to one of our Involve team members and they'll help you arrange it.

# April 2024 activity details

Some programs change topic, theme or activity regularly. In April, they are:

## Arts and crafts

- **Art Tasters:** we'll try our hands at **loom weaving**
- **Bunnings workshop:** let's make **pot people**
- **Crafts Galore:**
  - 8 April: **diamond art coasters**
  - 15 April: **key chains**
  - 22 April: **poppy broach**
  - 29 April: **mini cactus & mini beanies**
- **Paper Crafts:**
  - 8 April: **bees mobile**
  - 15 April: **paper mushrooms**
  - 22 April: **poppies**
  - 29 April: **flowers**



## Social groups

- **Lunch with Friends:** 16 April at **The Old Canberra Inn**
- **Nighttime dinners:** 9 April at **The George Harcourt Inn**. Meet us there at 5:30pm or book a pickup at BCC at 5pm.

## Adventures

- **Treasure Hunters (\$10).** Depart BCC at 9:40am, depart Humpy Hall at 10am; return at 3:30pm:
  - 5 April: **Dickson and DFO**
  - 11 April: **Central Canberra (Civic)**
  - 19 April: **Western Creek/Phillip area.**
- **Out and About (\$15):** on 23 April, join us for a visit to **the National Capital Exhibition, Captain James Cook Memorial**, and learn about Canberra and how it has changed since its beginning. We'll take a short walk to Captain James Cook Memorial and finish with lunch at The Jetty.
- **Out-of-Town Hunting and Exploring (\$20):** on 9 April, we'll explore the towns of **Braidwood/Bungendore**. We'll start with a stop at historic Bungendore, then head to Braidwood. This is an opportunity to explore Braidwood's many old buildings, and we'll have lunch at one of the eateries.

## Contacts

### Involve team

Phone: 02 6278 8113

Email: [involve@crs.com.au](mailto:involve@crs.com.au)



## Walkie Talkies

Our Monday walking group visits various places around Canberra.

- **Cost:** \$6
- **When:** Pickup from Humpy Hall at 10:30am, BCC at 10:40am. Returning around 2pm.

**8 April: Black Mountain Peninsula**  
(BYO lunch and water; we'll supply tea and coffee)

**Walkies:** We'll walk around the stunning peninsula and then have a picnic lunch together.

**Talkies:** The peninsula is at the base of Black Mountain. It is a great place to picnic or water sports, like rowing or canoeing. It covers an area of 22 hectares.

**15 April: Arboretum**

**Walkies:** There will be two walking options: for those who can walk on dirt tracks we'll start at the Himalayan cedar forest; alternatively, we'll wander along the paved Gallery of Gardens walk.

**Talkies:** The arboretum has over 44,000 trees from 100 countries and covers 25 hectares. This national institution educates, conserves, has an art gallery and has walking tracks.

**22 April: Anzac Parade to Kiitos Café in Campbell**

**Walkies:** Starting near the Korean Memorial, we'll walk down to the New Zealand Memorial then across to Campbell, finishing at Kiitos Café.

**Talkies:** Anzac Parade was officially opened on 25 April 1965, the 50th anniversary of the ANZAC landing in Gallipoli.

**29 April: Gardens at Old Parliament House**

**Walkies:** We'll explore the gardens on each sides of Old Parliament House.

**Talkies:** The gardens (named the Senate Gardens and House of Representatives Gardens) were started by Secretary of the Joint House Department Robert Broinowski in 1931.



## BEST Club

The Belconnen Energetic Seniors on a Tuesday (BEST) Club is a weekly opportunity to socialise in a friendly and stimulating environment. BEST club provides a program of games, guest speakers, activities, outings and exercise.

Enjoy morning tea while connecting with others, then maybe have lunch (at own expense) in the Club restaurant at 12:30 pm.

- **Cost:** \$13
- **Time:** 10:30am–1:30pm each Tuesday (unless otherwise noted)
- **Location:** Raiders Club Kippax.

**What's on April 2024**

- **2 April: Craft**
- **9 April: Bingo**
- **16 April: Trivia**
- **23 April: Craft: poppies**
- **30 April: Board games.**



# Involve April 2024 calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Apr</b>	<b>2 Apr</b>	<b>3 Apr</b>	<b>4 Apr</b>	<b>5 Apr</b>
Public holiday	<b>BEST Club:</b> 10:30am–1:30pm Nighttime dinners: 5:30–7:30pm	Come Sew with Me: 10am–12:30pm <b>Art Tasters:</b> 1:30–3:30pm	Drumming: 10am–2pm <b>Yarn &amp; Stitching:</b> 1:30–3:30pm	Treasure Hunters: 9:40am–3:30pm
<b>8 Apr</b>	<b>9 Apr</b>	<b>10 Apr</b>	<b>11 Apr</b>	<b>12 Apr</b>
Paper Crafts: 10am–12pm <b>Walkie Talkies</b> 10:30am–2pm Crafts Galore: 12:30–2:30pm <b>Repair, Redesign, Upcycle: 3–4:30pm</b>	Out-of-Town Hunting and Exploring: 9:30am–3:30pm <b>BEST Club:</b> 10:30am–1:30pm Nighttime dinners: 5:30–7:30pm	Come Sew with Me: 10am–12:30pm <b>Bunnings Workshop:</b> 1:30–3:30pm	Drumming: 10am–2pm <b>Treasure Hunters:</b> 12:30–3:30pm Yarn & Stitching: 1:30–3:30pm	Coach tour: Autumn colours tour 8am to 5pm <b>Movie club:</b> generally between 10am–1pm; timing advised prior
<b>15 Apr</b>	<b>16 Apr</b>	<b>17 Apr</b>	<b>18 Apr</b>	<b>19 Apr</b>
Paper Crafts: 10am–12pm <b>Walkie Talkies</b> 10:30am–2pm Crafts Galore: 12:30–2:30pm <b>Repair, Redesign, Upcycle: 3–4:30pm</b>	<b>BEST Club:</b> 10:30am–1:30pm Lunch with Friends 11:30am–2:30pm	Come Sew with Me: 10am–12:30pm <b>Art Tasters:</b> 1:30–3:30pm	Drumming: 10am–2pm <b>Yarn &amp; Stitching:</b> 1:30–3:30pm	Coach tour: Junee Roundhouse Railway Museum 7:30am to 5pm <b>Treasure Hunters:</b> 9:40am–3:30pm
<b>22 Apr</b>	<b>23 Apr</b>	<b>24 Apr</b>	<b>25 Apr</b>	<b>26 Apr</b>
Paper Crafts: 10am–12pm <b>Walkie Talkies</b> 10:30am–2pm Crafts Galore: 12:30–2:30pm <b>Repair, Redesign, Upcycle: 3–4:30pm</b>	Out and About: 9:30am–3:30pm <b>BEST Club:</b> 10:30am–1:30pm	Come Sew with Me: 10am–12:30pm <b>Art Tasters:</b> 1:30–3:30pm	Public holiday	Coach tour: Jugiong gam to 5pm <b>Movie club:</b> generally between 10am–1pm; timing advised prior
<b>29 Apr</b>	<b>30 Apr</b>			
Paper Crafts: 10am–12pm <b>Walkie Talkies</b> 10:30am–2pm Crafts Galore: 12:30–2:30pm <b>Repair, Redesign, Upcycle: 3–4:30pm</b>	<b>BEST Club:</b> 10:30am–1:30pm			



## Coach tours

Our excursions and day trips are the perfect way to discover new places and explore fun and exciting activities. They are open to everyone.

### Coming soon: new pickup locations

Starting in May, we will be providing additional pickup locations. Depending on the direction of travel, we will be collecting participants in Murrumbateman, Yass, Queanbeyan and Goulburn, to name just a few, in addition to the Belconnen Community Centre and Humpy Hall.

### Upcoming tours & excursions



#### **Saturday 6 April: Brigadoon at Bundanoon (\$65pp including entry fee)**

*Departs Humpy Hall at 6am, BCC at 6:15am (please note: these times have changed); leaves Bundanoon at 4pm.*

On one day each April, Bundanoon transforms with Brigadoon, Australia's answer to Scotland's traditional highland gatherings, attracting over 12,000 visitors annually. It is a family-friendly day full of fun and festivities to witness, or you can partake in distinctly Scottish performances, including some traditional and not-so-traditional games.

The event starts with a street parade at 9am, so be prepared for an early start! The day wraps up with a Massed Pipes and Drums finale accompanied by the haunting melody of the Lone Piper.

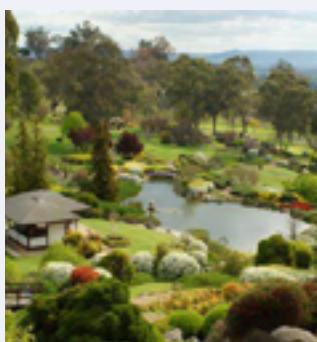
**Note:** Ticket sales must close on Tuesday 2 April. A minimum of 20 registrations are required for the tour to go ahead.

#### **Friday 12 April: Explorer series: Autumn colours tour (\$65pp including entry fee)**

*Departs Humpy Hall at 8am, BCC at 8:15am; leaves Cowra at 3pm.*

There is something truly spectacular about autumn, when nature turns on an incredible display of colour and beauty. An extraordinary place to appreciate this phenomenon is the Cowra Japanese Gardens and Cultural Centre.

Classified by the National Trust as 'a place of significant cultural, architectural and historic significance', the Cowra Japanese Garden covers five hectares, making it the largest Japanese garden in the southern hemisphere.



## Contacts

### Transport team

Phone: **02 6278 8124**

Email: **coach@crs.com.au**

**So many tours we needed two pages!  
Keep reading overleaf.**



**Friday 19 April: Explorer series: Junee Roundhouse Railway Museum (\$45pp)**

*Departs Humpy Hall at 7:30am, BCC at 7:45am; leaves Junee at 3pm.*

Junee in southern NSW is home to one of the few working railway roundhouses in the Southern Hemisphere. Half of the roundhouse is now a museum, while the other portion is still used for its original purpose of servicing and reconditioning locomotives and rolling stock.

We will also drop by the Junee Visitor Information Centre and, of course, no visit is complete without a stop at the Junee Licorice and Chocolate Factory!

**Friday 26 April: Explorer series: Jugiong (\$45pp)**

*Departs Humpy Hall at 9am, BCC at 9:15am; leaves Jugiong at 3pm.*

On the banks of the Murrumbidgee River, just off the Hume Highway, the picturesque village of Jugiong features charming local tourism businesses along the main street and is an ideal introduction to the Hilltops Region.

Highlights include the Sgt. Edmund Parry Memorial and authentic and original retail therapy at 4 Doors Up, which houses the Curators Collective, Yard Studio and Woodstock Resources.

Of course, no visit to Jugiong would be complete without a stop at the iconic Sir George for lunch or maybe more retail therapy at the Potting Shed, located on the hotel's historic grounds.

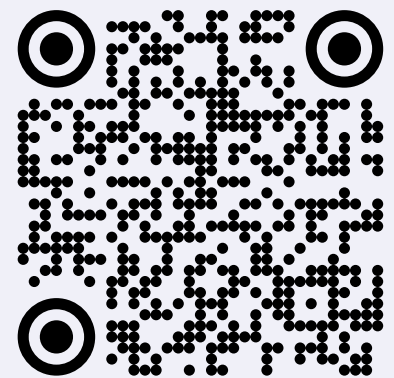


**Notes:**

- Our Explorer series tours are designed so you can make the day your own. We provide the transport, you decide what you want to do in each location!
- All other costs on the day are at your own expense, including lunch.
- Minimum booking numbers apply to all tours and excursions.

Find out more and purchase tickets through the QR code or head to: [crcs.com.au/programs-services/tours/](https://crcs.com.au/programs-services/tours/)

Do you have ideas for future coach tours? Please let us know by emailing [coach@crcs.com.au](mailto:coach@crcs.com.au).



**Contacts**

**Transport team**

Phone: **02 6278 8124**

Email: [coach@crcs.com.au](mailto:coach@crcs.com.au)

# Gym and fitness programs

Looking for a relaxed and social environment to enjoy fitness and strength programs? Look no further than our gym at the Belconnen Community Centre.

## Classes:

- **Back in Balance (1):** Exercises designed to help with fall prevention & support free and easy daily movement.
- **Building Fitness (2):** Increase your aerobic fitness, no matter where you are starting from.
- **Building Strength (2):** Learn how to safely execute movements to get the most out of your workout.
- **Chair yoga (2):** A gentle form of yoga that can be done sitting on a chair or standing using a chair for support.
- **Mature Fitness (1):** Activities to improve strength, balance, & coordination. No machines are used in this class. Designed for seniors.
- **Mature Multi-Fitness (1):** Low-impact cardio & strength activities for seniors, including cross training, interval training & cross fit.
- **Mature Strength (1):** Basic weight exercises combined with machine exercises to improve fitness & strength. Designed for seniors.
- **Open Gym (1):** Do an assessment with a PT to create a program just for you, or freely use the gym.
- **Swiss Ball (1):** Exercises using large inflated exercise balls to improve balance, stamina & fitness.
- **Yoga (2):** A physical, mental and spiritual practice combining postures, breathing exercises & meditation to enhance wellbeing & consciousness.

## Costs:

- (1) \$12 per class  
\$10 for concessions  
\$5 for Involve members
- (2) \$12 per class  
\$10 for concessions  
\$6 for Involve members,

Monday	Tuesday	Wednesday	Thursday	Friday
	Swiss ball 9:30-10:30am	Building Strength 9:30-10:30am		Mature Strength 9:45-10:45am
	Open gym 11am-12pm	Building Fitness 11:30am-12:30pm		Mature Fitness 11am-12pm
	<b>From 16 April</b> Yoga 12:30-1:30pm	Mature Multi-Fitness 12:45-1:45pm		
Chair yoga 3-4pm		Back in Balance 1:45-2:45pm		

## Contacts

**Belconnen Community Centre**

Phone: 02 6264 0200

Email: [contact@crs.com.au](mailto:contact@crs.com.au)