

Get Involved

February 2024

Programs developed for you

As noted last month, the new year has brought some new programs and changes to some existing groups. We made these changes because you asked for them, so please continue letting us know what you want from the Involve program!

Some of the new programs are:

- **Op Shop Treasure Hunters Out of Town**, which runs on the 2nd Tuesday of the month. We will visit towns around Canberra to see what treasures we can find. If you have a suggestion of where to go, please let us know.
- In **Hidden Gems** and **Out and About**, we will take you on journeys around Canberra. We have scheduled these on different days and times, so you can find a time to suit you.

Please note that, **for all programs that require transport**, it is **vital to prebook**. We need this information so our Transport team knows where to pick up from and can organise the right size vehicle for the number of people who need transport.

Is there a new skill you have been wanting to try, or existing skills you want to improve? Why not make 2024 the year for new things?

We have lots of different programs that cover a range of different areas:

- Join Inoeg to find your rhythm with drumming or ukulele.
- Tracy will show you how to take a simple piece of paper and turn it into an amazing artwork.
- Every month from March, Vee from Bunnings will teach us a different skill.
- Therese will show you how to use a sewing machine to repair, redesign or repurpose that favourite garment.

Involve member tip

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

Pam's gardening tip

Continuing from last edition's tip on picking cherries, we're now talking about passionfruit! Do not pick your passionfruit from the vine. Wait until they fall for a sweeter flavour.



CRCS updates

What's on at the Belconnen Community Centre

At the **Belconnen Community Theatre:**

- **15 to 24 February:** [Next to Normal](#), presented by Queanbeyan Players. This winner of three Tony awards explores how one suburban household copes with crisis and mental health.

At the **Belconnen Community Gallery:**

- **30 January to 23 February:** "The Tree Within", paintings by Phillip Frankcombe; opening event at **10am on 2 February.**

Contacts

Reception

Phone: **02 6264 0200**

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

Get fit and healthy in 2024

Are you sick of standard gyms but still want to get a workout in? **Join a health program that lasts with community**, with the varied weekly program at our gym.

Whatever your current fitness level or health goals, we have options for you, with yoga, strength classes and cardio, as well as programs designed for seniors.

We would like to introduce two of our instructors:



Damien

A qualified personal trainer and fitness class instructor, Damien has a passion for helping our community and has also completed training in youth work, mental health, and alcohol and other drug support work. He is a qualified boxing coach and has engaged in boxing, martial arts and strength training for over 18 years.

'In 2024, I am excited to continue instructing fitness classes for seniors, designing and implementing more fitness classes for young people, and developing exercise programs for employees of the CRCS family. I also hope to spend time working with other areas of CRCS, learning new skills, engaging in personal and professional development and meeting new people.'

Lesley

After a long career in business & operations management in the community sector, Lesley transitioned to teaching yoga around five years ago. She is trained in Vinyasa flow, chair yoga, accessible yoga, yoga for healthy aging and more!

'Teaching yoga in a community setting is a great way to reach a broader population group who may not otherwise consider yoga as an option, so I am excited to have the opportunity to bring the gift of yoga to a broader population group.'



Lesley is on a mission to break down stereotypes about who yoga is appropriate for and create accessible, inclusive and welcoming yoga classes suitable for all abilities and ages.

'My motto is "Yoga is for everybody!"'

Meet our new Program Manager Community and Recreation

Paul Spooner recently joined our team as Program Manager Community and Recreation.

With an extensive background in community and facility management, Paul moved to Canberra for this role from the NSW South Coast (doing the opposite of what many Canberrans do each summer).

'My role is to ensure a full range of great activities and programs are available the Community & Youth Centre for the community to enjoy.'

In looking at the year ahead, Paul said, 'I would love to hear from any members of the community about their experiences of using the centre and what they would like to see offered in the coming year.'

You can have a chat with Paul by dropping into the centre, sending him an email at paul.spooner@crcs.com.au or calling 0434 771 510.



Increasing social connection and helping local makers

Since launching in late November, we've had so much interest in the goods from local creatives selling in the [Social Bean Café & Emporium](#). It has really changed the atmosphere at the Belconnen Community Centre, and we've loved seeing more people just spending some time with a coffee and a bite from the café while perusing the items for sale.



We will be opening up more stalls in February, and we invite local artisans, artists and makers to [enquire about how we can help you make your wares available to our community](#). If you want to be involved but don't have goods for sale, we are also [seeking volunteers to help with the Emporium](#).

- Café open Monday to Friday, 7:30am to 2:30pm
- Emporium open Monday to Friday, 9am to 5pm.

Find out more at <https://crcs.com.au/facilities/belconnen-community-centre/social-bean/>

Contacts

Reception

Phone: 02 6264 0200

Email: contact@crcs.com.au



Do you deserve more support at home?

We provide a range of high-quality in-home and social support services to help you continue to live independently in your home. We have a particular focus on people with Commonwealth Home Support Program (CHSP) packages and Home Care Packages (HCP), but can also provide services for a fee for others who would benefit from in-home support.

Depending on your package, as assessed by [My Aged Care](#), we can enable your independence through:

- domestic assistance (such as chores or meal preparation)
- personal care
- home maintenance and gardening
- flexible in-home respite
- social support both one-on-one and with groups
- transport to/from appointments.

Our services can help make life more convenient for you. You deserve it!

Find out more at <https://crs.com.au/programs-services/categories/senior-services> or contact our friendly team.

Contacts

Community Care team

Phone: 02 6278 8101

Email: communitycare@crs.com.au

Navigate My Aged Care with CRCS every Wednesday at the Belconnen Community Centre!

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@crs.com.au.

Make your own memories at BCC

Did you know that you can hire facilities at the Belconnen Community Centre? We have venues for various needs!

- Our accessible 145-seat **Belconnen Community Theatre** is perfect for a performance, production, large gathering, seminar or movie screening.
- The **Belconnen Community Gallery** provides an intimate and affordable space for gallery exhibitions.
- Our spacious and well-equipped **sports hall** is designed to accommodate a wide range of sports and activities, including badminton, volleyball, half-court basketball, martial arts, fitness classes and more.
- You can indulge in your artistic passions and explore your creativity like never before in our well-equipped **art room**.
- Our **two meeting rooms** have just been repainted and are available for hire, accommodating up to 40 people.



Contacts

Reception

Phone: 02 6264 0200

Email: contact@crs.com.au

The Belconnen Community Centre is located opposite the Belconnen Bus Interchange and there is plenty of parking nearby.

Find out more at <https://crs.com.au/facilities> or contact our Reception team.

Involve fun over the last month



Drumming group



Christmas Eve dinner



Raffia weaving



Hidden Gems: Bungendore



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

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 February are on pages 8 and 9.

Adventures

- **Hidden Gems (\$10; paid activities and lunches at own expense):** Explore hidden gems around Canberra, such as unique places for lunch, boutique art shops and picnic spots with stunning views. **Bookings required; max 7 people.** Pickups from BCC at 12:30pm and Humpy Hall at 12:40pm.
- **Op Shop Treasure Hunters Canberra (\$8) and Out of town (cost varies on location, up to \$25):** Group trips to various op shops around Canberra or head out to the surrounding regions to hunt for bargain treasure. **Bookings required; max 7 people.** Pickups 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.

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.
- **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 (\$8):** 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.

Contacts

Involve team

Phone: 02 6278 8113

Email: 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):** 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):** Learn skills to navigate the digital world with confidence. This course includes sharing informative content and troubleshooting specific problems. Location: BCC Meeting Room 2.
- **Virtual Reality (\$6):** Use cutting-edge technology, take virtual tours, watch movies around the world, and get creative with 3D sculpture. Location: BCC Meeting Room 1.

Social groups

- **Afternoon Cuppa and Chat (\$6):** A relaxed chat over a warm drink, to connect and make new friends. Location: Meet at BCC reception.
- **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.

- **Movie group (buy 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 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.
- **Walkie Talkies (\$6):** Details on page 9.

February 2024 changes

We will not have a **Bunnings Workshop** in February. These will return in March. We will instead run Art Tasters in that timeslot.

Contacts

Involve team

Phone: 02 6278 8113

Email: involve@crs.com.au

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.

February 2024 activity details

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

Arts and crafts

- **Art Tasters:** We will be continuing with **raffia weaving**. **Bookings required.**
- **Crafts Galore:**
 - 5 February: **crayon art**
 - 12 February: **tea light jars**
 - 19 February: **bird feeder**
 - 26 February: **planters.**
- **Paper Crafts:**
 - 5 February: **decoupage tray**
 - 12 February: **origami**
 - 19 February: **paper flowers and vase**
 - 26 February: **paper umbrellas.**



Social groups

- **Lunch with Friends:**
 - 6 February: **Canberra Café and Burgers on Emu Bank**
 - 20 February: **Belconnen Labour Club.**
- **Nighttime dinners:** 13 February at **Lighthouse Belconnen**, on the lake. Meet us there at 5:30pm or book a pickup at BCC at 5pm.

Adventures

- **Hidden Gems:**
 - 1 February: We'll enjoy lunch at the **Olive View Restaurant (at own expense)** then admire the mighty **Lake George** view from the lookout. Fun fact about Lake George: While there's no 'mystery' surrounding the disappearance of the lake, its mirage-like comings and goings remain a compelling tale. Changes in water levels, while not instantaneous, are dramatic. When full, the lake reaches a size of about 155sq.km, but when the water dries up, the lake-bed is used for grazing.
 - 15 February: We'll explore **Lanyon Homestead**. Experience the restored 1850s homestead, discover the convict-era outbuildings, and explore the stunning gardens that make the Homestead a gem in Canberra's history. Lunch is available at the Homestead after the tour. **(Lunch and tour are at your own expense.)**
 - 29 February: Come join us to explore the **Fyshwick Fresh Food Markets**. It is a fantastic, vibrant market with varied shops. We will then head to Kingston to find some more to explore and have a bite to eat. **(Lunch is at your own expense.)**
- **Op Shop Treasure Hunters Out of Town (\$25):** We will hunt out the hidden treasures that **Yass** has to offer.
- **Out and About (\$15 for transport, \$22 for cruise ticket):** We will enjoy a **cruise on Lake Burley Griffin** followed by a short walk to the **Portrait Gallery** for lunch. Pickup from Humpy Hall at 9:30am or BCC at 9:40am. **Bookings required.**

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.



5 February: Duntroon

Walkies: We'll start at the Royal Military College (RMC) Chapel and walk through the grounds to Duntroon House, ending up at Mici's cafe.

Talkies: Duntroon was owned by the Campell family from 1825. The Australian Government rented the land for two years, establishing the Royal Military College on the property in 1911 before officially purchasing the land in July 1912.

12 February: Parliament House of Australia

Walkies: Walk around the grounds and inside Parliament House, exploring the architecture, artwork, varied indoor spaces and gardens.

Talkies: Parliament House was opened in 1988. It took six years to build, cost \$1.1 billion and had over 10,000 workers involved in its construction, including the opa and uncle of our team member Therese's husband.

19 February: Toad Hall, Haig Park, The RUC

Walkies: Starting at Toad Hall, we'll meander down Sullivan's Creek, through Haig Park and finish up at The RUC in Turner.

Talkies: Toad Hall was built in 1973 and was used for student accommodation. It houses students from around 50 countries.

26 February: Hall

Walkies: We will start at the top of Hall Village Reserve, cross over to walk around Hall Community Cottage and finish up at one of the town's lovely cafés.

Talkies: Hall is a town in the district of Hall, which is part of the ACT. It was proclaimed a town in 1882 and, as of 2021, had a population of 298 people.

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 February 2024

- **6 February: Lunch at Star Buffet** (Additional cost: \$21.80. Depart Raiders Club at 10:30am and arrive back at 1:30pm.)
- **13 February: Rock art craft**
- **20 February: Trivia**
- **27 February: Chair yoga.**



Involve February 2024 calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Feb Drumming: 10am– 12pm Hidden Gems: 12:30–3pm Yarn & Stitching: 1:30–3:30pm	2 Feb Coach tour: Crookwell: 8am–4:30pm Movie club: generally between 10am–1pm; timing advised prior
5 Feb Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Repair, Redesign, Upcycle: 3–4:30pm	6 Feb BEST Club: 10:30am–1:30pm Lunch with Friends 11:30am–2:30pm	7 Feb Ukulele: 10am–12pm Come Sew with Me: 10am–12:30pm IT for Seniors: 1–3pm Art Tasters: 1:30–3:30pm	8 Feb Drumming: 10am– 12pm Virtual Reality: 1–2pm Yarn & Stitching: 1:30–3:30pm Virtual Reality: 2–3pm	9 Feb Coach tour: Cootamundra: 8am–5pm Op Shop Treasure Hunters: 9:30am–3:30pm
12 Feb Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Afternoon Cuppa & Chat: 3–4:30pm	13 Feb Op Shop Treasure Hunters Out of Town: 9:30am–3:30pm BEST Club: 10:30am–1:30pm Nighttime dinners: 5:30–7:30pm	14 Feb Ukulele: 10am–12pm Come Sew with Me: 10am–12:30pm IT for Seniors: 1–3pm Art Tasters: 1:30–3:30pm	15 Feb Drumming: 10am– 12pm Hidden Gems: 12:30–3pm Yarn & Stitching: 1:30–3:30pm	16 Feb Coach tour: Berridale & Jindabyne: 8am–5pm Movie club: generally between 10am–1pm; timing advised prior
19 Feb Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Repair, Redesign, Upcycle: 3–4:30pm	20 Feb BEST Club: 10:30am–1:30pm Lunch with Friends 11:30am–2:30pm	21 Feb Ukulele: 10am–12pm Come Sew with Me: 10am–12:30pm IT for Seniors: 1–3pm Art Tasters: 1:30–3:30pm	22 Feb Drumming: 10am– 12pm Virtual Reality: 1–2pm Yarn & Stitching: 1:30–3:30pm Virtual Reality: 2–3pm	23 Feb Coach tour: Sun, Sand, Sea & Shops 8am–5pm Op Shop Treasure Hunters: 9:30am–3:30pm
26 Feb Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Afternoon Cuppa & Chat: 3–4:30pm	27 Feb Out and About: 9:30am–3:30pm BEST Club: 10:30am–1:30pm	28 Feb Ukulele: 10am–12pm Come Sew with Me: 10am–12:30pm IT for Seniors: 1–3pm Art Tasters: 1:30–3:30pm	29 Feb Drumming: 10am– 12pm Hidden Gems: 12:30–3pm Yarn & Stitching: 1:30–3:30pm	



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.

Upcoming tours & excursions



Thursday 25 January: Batemans Bay River Cruises (\$100pp)

Departs Humpy Hall at 7:30am, BCC at 7:45am; leaves Batemans Bay at 3pm.
We are thrilled to present this exciting three-hour lunch cruise aboard the MV Escapade, along the beautiful Clyde River. On board, you can indulge in The Boatshed's Famous fish and chips and complimentary tea and coffee, or treat yourself to a drink from their licensed bar (at your own expense).
The lunch cruise includes a 20-minute stop at Nelligen.



Friday 2 February: Crookwell (\$45pp)

Departs Humpy Hall at 8am, BCC at 8:15am; leaves Crookwell at 3pm.
Historic Crookwell is a haven of beautiful gardens, tree-lined streets and fascinating heritage. Located atop the Great Dividing Range, we will visit highlights including the Crookwell Wind Farm, Crookwell Visitor Information Centre and Arcadia Crookwell.
At Lindner Quality Socks, you can take a guided tour to see 12 running sock machines from the 1970's. Or you can take a self-guided walk around Crookwell that will take you past heritage-listed buildings and parks.
We will take the scenic trip home via the Crookwell Wind Farm, Goulburn and Lake George to take in the incredible views of this now very full lake.



Friday 9 February: Cootamundra (\$45pp)

Departs Humpy Hall at 8am, BCC at 8:15am; leaves Cootamundra at 3pm.
If you enjoy all things cricket, this is definitely the tour for you! If not, don't worry, there is still plenty else to see and do in Cootamundra.
Like many towns in the beautiful Riverina region of Southern NSW, Cootamundra flourished during the gold rush of the 1860s. Today, it remains an important agricultural hub, with attractions showcasing its history and notable residents. Famous cricketer Sir Donald Bradman was born there, and locals won't let you forget it!

There are so many highlights for you to see in Cootamundra, like:

- Bradman's Birthplace Museum (\$5 entry fee)
- Pioneer Park
- Captains Walk (where you can find 42 bronze sculptures of Australian test cricket captains)
- Cootamundra Railway Station
- Cootamundra Visitor Information and Heritage Centre
- Milestones Sculptures
- and so much more.

Contacts

Transport team

Phone: **02 6278 8124**

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

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



Friday 16 February: Berridale and Jindabyne (\$45pp)

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

Jindabyne is the gateway township for the Kosciusko National Park and the NSW ski resorts, with beautiful views over Lake Jindabyne. In winter, it is a base for skiers; for the rest of the year, it's a great place to go bushwalking, mountain biking and participating in water sports.

We will also take in the sights of Berridale, Thredbo River and Lake Crackenback. If there is time, we will chill on the shores of Lake Jindabyne.



Friday 23 February: Sun, Sand, Sea and Shops (\$45pp)

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

Take off your shoes and feel the sand and the sea under your feet with our 'Sun, Sand, Sea and Shop' trip to Surf Beach and Mogo.

We will start with a couple of hours to relax at the beach at Batemans Bay. As the day heats up, we will head to Mogo, where you can explore the unique craft shops and galleries of Mogo Village, where you are guaranteed to find something delicious for lunch.

The tour will also include a stopover in Braidwood each way.



Wednesday 6 March: Fairground Follies (\$85pp including tour ticket)

Departs Humpy Hall at 7:30am, BCC at 7:45am; leaves Bowral at 2:30pm.

The new and exciting Fairground Follies in Bowral, embraces fun with interactive cultural music, folk art, mechanical music, 100-year-old carousels and much more of the world's greatest museum exhibits from 1840 to 1950.

Enjoy morning tea before a two-hour guided tour (included in your ticket) through the incredible Fairground Follies, then take time to explore Bowral.



Sunday 17 March: landra Castle (\$85pp including tour ticket)

Departs Humpy Hall at 8am, BCC at 8:15am; leaves landra at 1pm.

landra Castle is a large heritage-listed homestead just outside Greenethorpe, in the Weddin Shire, NSW, that was added to the NSW State Heritage Register in 2005. Built between 1880 and 1910, the property is a former Methodist Boys home and now sits on working farmland.

You don't want to miss this fantastic opportunity to explore the beautiful homestead and surrounding buildings and gardens.

The tour will include a scheduled lunch stop in Young on the way home.

Note: Ticket sales must close: Wednesday 13 March.

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/excursions

Keep an eye out: we have some exciting trips planned!



Contacts

Transport team

Phone: **02 6278 8124**

Email: **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.

Note: Due to facilitator availability, the Open gym session will now run on Tuesdays from 11am to 12pm, starting on 6 February.

Classes:

- **Back in Balance¹:** Exercises designed to help with fall prevention & support free and easy daily movement.
- **Building Fitness²:** Increase your aerobic fitness, no matter where you are starting from.
- **Building Strength²:** Learn how to safely execute movements to get the most out of your workout.
- **Chair yoga²:** A gentle form of yoga that can be done sitting on a chair or standing using a chair for support.
- **Mature Fitness¹:** Activities to improve strength, balance, & coordination. No machines are used in this class. Designed for seniors.
- **Mature Multi-Fitness¹:** Low-impact cardio & strength activities for seniors, including cross training, interval training & cross fit.
- **Mature Strength¹:** Basic weight exercises combined with machine exercises to improve fitness & strength. Designed for seniors.
- **Open Gym¹:** Do an assessment with a PT to create a program just for you, or freely use the gym.
- **Swiss Ball¹:** Exercises using large inflated exercise balls to improve balance, stamina & fitness.
- **Yoga²:** 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
	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