

Get Involved

March 2024

Learn more about the LGBTQIA+ community

Social norms have changed a lot since many of us were young, which means we don't always know the right words to use. One of our seniors program participants recently mentioned that she didn't know the right terminology to use about LGBTQIA+ issues and wanted to learn more to help a young relative, so we are looking at holding a Q&A



morning tea. This will be an opportunity to ask questions of our panel in a safe and respectful way. Depending on the level of interest, we will look at bringing in LGBTQIA+ education and organisations as well.

Please let us know if you are interested: either email involve@crcs.com.au or tell the facilitator of your next Involve group. We will then schedule the session and give you more information in our next newsletter.

You can also support our local LGBTQIA+ community by attending our **free Mardi Gras Parade streaming party** at the Belconnen Community Centre on 2 March. More details on page 3.

Involve member tip

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



Keeping your bins clean

Maz's tip for keeping your rubbish bin from getting gross is to put a brown paper bag in the bottom. This will soak up any liquid.

From our members

Bea came along to Repair, Repair, Upcycle and was making changes to an apron. While doing the sewing she became overwhelmed with memories of her mother.

"This has been so nice. It has made me remember being with my mum while she was sewing." — Bea



An Involve group poet

Doreen, who attends our BEST Club, shared a beautiful poem she wrote with us.



My New Home

As I sit here in my chair
I watch the world go by.
I see the lake and cars and mountains
And ever changing sky.

I'm on level twenty four in "High Society",
I feel at peace and really think
This is the place for me.

If you're wondering where I am,
Belconnen is the suburbs name.
In a lovely light apartment
You'll find in Grazier Lane.

There's a pretty roof top garden
On level twenty three.

On five a pool, a gym, a spa
All of them free for me.

I love the morning sunrise,
All gold, or shades of red,
And think at night it's fairyland
As I climb into bed.

I can walk to the cafe, club, and shop,
because they're very near.
Security is always high,
So I've really nothing to fear.

At ninety one I don't feel old,
And thought my story
Should be told.

Thank you, Doreen, for sharing such a beautiful piece! We are so pleased to know how much you are enjoying your new home.



Harmony Week 2024

It's Harmony Week from 18 to 24 March, a national celebration that recognises our diversity and brings together Australians from all different backgrounds.

Harmony Week is about inclusiveness, respect and a sense of belonging for everyone.

You can find a huge range of events around Canberra at <https://www.harmony.gov.au/events/harmony-day-events>



You may also see some interesting elements popping up at the Belconnen Community Centre, as we celebrate the cultural diversity of our community. And we are proud to have just intalled brand new building signage, featuring the word 'Welcome' in a wide range of languages spoken in the ACT.

Get double your donation and help us run our vital programs!

Canberra is a great city to live in! We are very lucky here, but that doesn't mean there aren't people in our community who need a helping hand. That's why [we are asking you to donate](#), if you can, to help us reach our goals as part of the 2024 Canberra Day Appeal.

Run by Hands Across Canberra, the appeal is Canberra's largest fundraising drive. It raises much-needed funds to support charities across Canberra and helps us continue to make a positive difference in people's lives.

When you donate to us between now and 7 March, your donation will be matched dollar-for-dollar by Hands Across Canberra for the first \$2,500, then up to another \$1,500 by our Matching partner, Aldermane.

Every dollar makes a difference in the lives of our community members. Please help us by donating before 7 March at <https://giving.handsacrosscanberra.org.au/event/capital-region-community-services>.

We are also holding a fundraising charity badminton day; more details on page 4.

What's on

At the Belconnen Community Theatre

Saturday 2 March: Mardi Gras Parade watch party



Immerse yourself in the vibrant celebration of Mardi Gras 2024 with our [Mardi Gras Parade watch party](#) from 6:30pm on 2 March.

There will be free entertainment and light snacks in the foyer from 6:30pm before the parade starts streaming at 7:30pm, and non-alcoholic drinks available for purchase throughout the evening.

Show off your rainbow best for your chance to be crowned our best-dressed attendee and win a CRCS gift pack.

Open to all ages, this event welcomes LGBTQIA+ people, allies and community members to come together in the spirit of unity and celebration.

Can't make it to Belconnen? Meridian is also running a watch party in Braddon.

Contacts

Reception

Phone: 02 6264 0200

Email: contact@crs.com.au

Other events

- **Saturday 23 March:** Insane Championship Wrestling.



In the Sports Hall

Badminton charity day

Join us on 6 March for badminton for a cause! Two badminton courts will be set up in our Sports hall at the Belconnen Community Centre, where you can drop in to play badminton from 10am to 4pm for a \$5 donation. This will go towards our fundraising for the Canberra Day Appeal.

Whether you're an experienced player or new to the game, this is your chance to have a great time for a great cause. Please BYO racket, or there will be some available on the day.



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 will start offering two open pickleball sessions each week in the Sports Hall **from 12 March: 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 a disability to compete with and against able-bodied people, offering a level playing field that few other sports can.



Try it out! Roll on down to our Sports Hall starting on **7 March between 4:30 and 6:30pm**, with fortnightly sessions after that. No experience is required; there will be instructors there to give you all the information you need.

This is a free session and no registration is required, but there will be a QR code on display that all participants will need to complete.

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/

Other events in Canberra

Chief Minister's Concert

Join the Council of the Aging ACT (COTA ACT) and the esteemed Royal Military College Duntroon Band for two concerts of classic and contemporary tunes for seniors to enjoy.

When: Wednesday 6 March 2024, with concerts at 10:30am and 1pm

Where: Albert Hall

Cost: Free, with gold coin donation encouraged upon entry to fundraise for COTA ACT's ongoing commitment to providing free events to ACT seniors and the wider community.

Session information and bookings: <https://cotaact.org.au/event/autumn-chief-ministers-concert-2024/>

Attend the concert with us!

We have reserved nine spots for the **10:30am** concert, with pick-up from **Humpy Hall** at **9:30am** and from **BCC** at **9:45am (transport cost: \$10)**. Afterwards, we will have lunch (at your own expense), and expect to leave the event at **1pm**.

Please RSVP to secure your spot by emailing involve@crs.com.au.



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@crs.com.au.



No waitlist psychology services available

Our [Wellbeings service](#) is a multidisciplinary, allied health practice that believes in accessible, holistic health care for people of all ages and backgrounds.

The team provides high-quality, evidence-based psychology and counselling services in a welcoming environment, with tailored psychological assessment, education and therapeutic interventions to address a range of life challenges and mental health concerns.

Our psychologist currently has no waitlist, so you can get in quickly!

Wellbeings is located around the corner from BCC at 26 Chandler St, Belconnen.



Contacts

Wellbeings

Phone: 02 6264 0200

Email: wellbeings@crs.com.au

Involve fun over the last month



Drumming



Walkie Talkies at the Arboretum



BEST Club at Burns Club's Star Buffet



Crafts Galore



Drumming



Best Club rock art



Walkie Talkies at New Parliament House



Hidden Gems in Collector



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 11 to find out when each activity is on.

Some groups change each session or each month. Details of our activities for March are on pages 9 and 10.

Program changes

We apologise for any confusion caused by adding the Treasure Hunters (Out of town) and Hidden Gems programs. We wanted to create more opportunities for participants to engage in our popular Treasure Hunters groups, but acknowledge that how we implemented it did not align with our other programs.

We have chosen to remove Hidden Gems from our program and will instead run Treasure Hunters in Canberra alternating on Thursdays and Fridays, and an out-of-town version every four weeks.

Adventures

- **Treasure Hunters:**
 - **Canberra (\$10)**
 - **Out of town (\$15 to \$25 depending on destination)**

Group trips to various op shops around Canberra or out in the surrounding regions to hunt for bargain treasure. **Bookings required; max 7 people.** Pickups from BCC at 9:40am and Humpy Hall at 10am.
- **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.

Contacts

Involve team

Phone: 02 6278 8113

Email: involve@crs.com.au

- **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.

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.
- **Belconnen Energetic Seniors on a Tuesday (BEST) Club (\$13*):** Details on page 10.
- **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 10.

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

Contacts

Involve team

Phone: 02 6278 8113

Email: involve@crs.com.au

March 2024 activity details

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

Arts and crafts



- **Art Tasters:** We'll create a variety of items using **air dry clay**.



- **Crafts Galore:**

- 4 March: **air dry clay**
- 18 March: **wall hangers**
- 25 March: **Easter craft.**

- **Paper Crafts:**

- 4 March: **collage**
- 18 March: **picture coasters**
- 25 March: **Easter craft.**



Social groups

- **Lunch with Friends:**

- 5 March: **Tradies Dickson**
- 19 March: **Star Buffet at the Burns Club**

- **Nighttime dinners:** 12 March at **Gungahlin Lakes**. Meet us there at 5:30pm or book a pickup at BCC at 5pm.

Adventures

- **Treasure Hunters (Out of Town) (\$25):** On 12 March, we'll head out to **Cooma** to see what treasures we can discover.
- **Out and About (\$15):** on 26 March, join us on a fun day walking through the **Sunflower maze at Majura Valley Farm**. Maybe pick a sunflower to take home! Followed by lunch (at own expense).



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.

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.

4 March: Tidbinbilla (BYO lunch and water; we'll supply tea and coffee)

Walkies: We'll enjoy some of the many walking areas that Tidbinbilla has to offer.

Talkies: With environments ranging from grasslands to wetlands, and options for walking or biking, Tidbinbilla has something for everyone. Stop at the Visitors Centre to discover where to go, then enjoy a picnic surrounded by nature.

18 March: Yerrabi Pond to Raiders Club

Walkies: We'll start at Yerrabi Pond District Park and walk along the pond edge and through the park to the Raiders Club for lunch.

Talkies: Yerrabi pond is a man-made pond and was opened in 1999. The park features a 4.2km loop with a flat paved walk.

25 March: 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.



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 March 2024

- **5 March:** We will head to the **National Museum of Australia**, departing the Raiders Club at 10 and returning around 2pm.
- **12 March:** **Bingo**
- **19 March:** **Brite Notes choir**
- **26 March:** **Belconnen Seniors Singers.**

Involve March 2024 calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mar Movie club: generally between 10am–1pm; timing advised prior
4 Mar Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Repair, Redesign, Upcycle: 3–4:30pm	5 Mar BEST Club: 10:30am–1:30pm Lunch with Friends 11:30am–2:30pm	6 Mar Coach tour: Fairground Follies 7:30am to 5pm Ukulele: 10am–12pm Come Sew with Me: 10am–12:30pm IT for Seniors: 1–3pm Art Tasters: 1:30–3:30pm	7 Mar Drumming: 10am– 12pm Virtual Reality: 1–2pm Yarn & Stitching: 1:30–3:30pm Virtual Reality: 2–3pm	8 Mar Treasure Hunters (Canberra): 9:40am–3:30pm
11 Mar Canberra Day Public holiday	12 Mar Treasure Hunters (Out of town): 9:30am–3:30pm BEST Club: 10:30am–1:30pm Nighttime dinners: 5:30–7:30pm	13 Mar Ukulele: 10am–12pm Come Sew with Me: 10am–12:30pm IT for Seniors: 1–3pm Bunnings Workshop: 1:30–3:30pm	14 Mar Drumming: 10am– 12pm Treasure Hunters (Canberra): 12:30–3pm Yarn & Stitching: 1:30–3:30pm	15 Mar Movie club: generally between 10am–1pm; timing advised prior
18 Mar Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Repair, Redesign, Upcycle: 3–4:30pm	19 Mar BEST Club: 10:30am–1:30pm Lunch with Friends 11:30am–2:30pm	20 Mar Ukulele: 10am–12pm Come Sew with Me: 10am–12:30pm IT for Seniors: 1–3pm Art Tasters: 1:30–3:30pm	21 Mar Drumming: 10am– 12pm Virtual Reality: 1–2pm Yarn & Stitching: 1:30–3:30pm Virtual Reality: 2–3pm	22 Mar Treasure Hunters (Canberra): 9:40am–3:30pm
25 Mar Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Afternoon Cuppa & Chat: 3–4:30pm	26 Mar Out and About: 9:30am–3:30pm BEST Club: 10:30am–1:30pm	27 Mar Ukulele: 10am–12pm Come Sew with Me: 10am–12:30pm IT for Seniors: 1–3pm Art Tasters: 1:30–3:30pm	28 Mar Drumming: 10am– 12pm Treasure Hunters (Canberra): 12:30–3pm Yarn & Stitching: 1:30–3:30pm	29 Mar Movie club: generally between 10am–1pm; timing advised prior



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

Please note that we will not be running excursions in late March as the coach will be getting branding applied.



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 on Wednesday 13 March.

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

Departs Humpy Hall at 6:30am, BCC at 6:45am; 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 kicks off 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.

If you love the sounds of the bagpipes, you don't want to miss this trip!

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



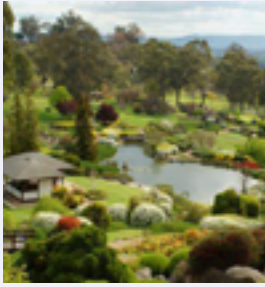
Contacts

Transport team

Phone: **02 6278 8124**

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

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



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.



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.

This tour is a must-see if you're interested in Australia's national rail heritage. 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/excursions

Do you have ideas for future coach tours? Please let us know by emailing coach@crcs.com.au.



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.

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
	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