

Active APRIL



Active April in Whitehorse

Join in free programs and events for people of all ages, abilities, and fitness levels to increase physical activity during April.

Find your own way to be active with the Get Active Victoria website and mobile phone app.

How to participate

- Download the program from the Positive Ageing page at www.whitehorse.vic.gov.au
- Collect a printed program from community locations and our customer service centres
- Email PositiveAgeing@whitehorse.vic.gov.au
- Phone 03 9262 6333 to request a copy



**POSITIVE
AGEING**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>01 3-4pm Rhythmic Moves Dance Video, Victoria Chinese Culture & Arts Association</p>	 <p>Pickleball has arrived at Sportlink Try Pickleball today at Sportlink Vermont South! Contact Sportlink to make a booking on 03 9847 7111. sportlink.org.au</p>	<p>03 6-9pm Try Bowls – all ages, Vermont South Club</p>	<p>04 2pm Try Lawn Bowls, Heatherdale Recreation and Bowls Club 6.30pm Self Defence Karate U14, Lion Bushido Karate Academy 6pm Try AFL Supers – Over 35s Men, Box Hill North Football Club Inc 7.45pm Self defence karate 14+ & adults, Lion Bushido Karate Academy</p>
<p>08 6-7am Original Bootcamp sessions, The Living Edge – Fit for Life 3-4pm Rhythmic Moves Dance Video, Victoria Chinese Culture & Arts Association 6-7pm Original Bootcamp sessions, The Living Edge – Fit for Life</p>	<p>09 11am-12pm Senior Yoga, Mun Wha Gyo Sil Inc 12.30pm Active April Move & Groove, Nunawading Community Hub 6pm Try AFL Supers Football – Over 35s Women, Box Hill North Football Club Inc 6-7pm Fitness Fusion low-impact sessions, The Living Edge – Fit for Life</p> <div style="border: 2px solid orange; border-radius: 15px; padding: 10px; text-align: center; margin: 10px auto; width: 80%;"> <p>Register for all sessions directly with the host – details on back page</p> </div>	<p>10 6-7am Original Bootcamp sessions, The Living Edge – Fit for Life 9am-12pm Model boating, operating & building, Surrey Park Model Boat Club 1.30-2pm, 2-3pm Come and Try Gymnastics (Kids U12), Eastern Gymnastics 3.15-3.45pm Move my Way (adults), Eastern Gymnastics 6-7pm Original Bootcamp sessions, The Living Edge – Fit for Life 6-8pm Try Tennis – all equipment supplied, Vermont South Club 6-9pm Try Bowls – all ages, Vermont South Club</p>	<p>11 2pm Try Lawn Bowls, Heatherdale Recreation & Bowls Club 6pm Try AFL Supers – Over 35s Men, Box Hill North Football Club Inc 6-7pm Fitness Fusion low-impact sessions, The Living Edge – Fit for Life 6.30pm Self Defence Karate U14, Lion Bushido Karate Academy 7.45pm Self defence karate 14+ & adults, Lion Bushido Karate Academy</p>
<p>15 6-7am Original Bootcamp sessions, The Living Edge – Fit for Life 11:30am-12:15pm Hatha Yoga Session, Vermont South Neighbourhood House 6-7pm Original Bootcamp sessions, The Living Edge – Fit for Life</p>	<p>16 9:30-10:15am Move for life – exercise for over 55's, BUGS Gymnastics 11am-12pm Senior Yoga, Mun Wha Gyo Sil Inc 12:15-1:15pm Gentle Fitness, Bennettswood Neighbourhood House 4-5pm Strength & Stretch, Bennettswood Neighbourhood House 6-7pm Fitness Fusion low-impact sessions, The Living Edge – Fit for Life 6pm Try AFL Supers Football – Over 35s Women, Box Hill North Football Club Inc</p>	<p>17 6-7am Original Bootcamp sessions, The Living Edge – Fit for Life 9am-12pm Model boating, operating & building, Surrey Park Model Boat Club 9.25am Walk, coffee & chat, Aqualink Nunawading 6-7pm Original Bootcamp sessions, The Living Edge – Fit for Life</p>	<p>18 10-10:55am Gentle Exercise (chair based), Clota Cottage Neighbourhood House 12:30pm Gentle Exercise with Pilates poses, Lousie Multicultural Community Centre 2pm Try Lawn Bowls, Heatherdale Recreation and Bowls Club 6pm Try AFL Supers – Over 35s Men, Box Hill North Football Club Inc 6-7pm Fitness Fusion low-impact sessions, The Living Edge – Fit for Life 6.30pm Self Defence Karate U14, Lion Bushido Karate Academy 7.45pm Self defence karate 14+ & adults, Lion Bushido Karate Academy</p>
<p>22 6-7am Original Bootcamp sessions, The Living Edge – Fit for Life 9:30-10:30am Get Up & Go (gentle aerobic), Blackburn North Neighbourhood House 10.30am Line Dancing, U3A Box Hill 6-7pm Original Bootcamp sessions, The Living Edge – Fit for Life</p>	<p>23 9:30-10:15am Move for life – exercise for over 55's, BUGS Gymnastics 11am-12pm Senior Yoga, Mun Wha Gyo Sil Inc 12:15-1:15pm Gentle Fitness, Bennettswood Neighbourhood House 4-5pm Strength & Stretch, Bennettswood Neighbourhood House 6-7pm Fitness Fusion low-impact sessions, The Living Edge – Fit for Life 6pm Come and Try AFL Supers Football – Over 35s Women, Box Hill North Football Club Inc</p>	<p>24 6-7am Original Bootcamp sessions, The Living Edge – Fit for Life 9am-12pm Model boating, operating & building, Surrey Park Model Boat Club 9.25am Walk, coffee & chat, Aqualink Nunawading 10:15-11:10am Strength Training for Seniors, Blackburn North Neighbourhood House 10.30am Line Dancing, U3A Box Hill 6-7pm Original Bootcamp sessions, The Living Edge – Fit for Life</p>	<p>25 6pm Try AFL Supers – Over 35s Men, Box Hill North Football Club Inc 6-7pm Fitness Fusion low-impact sessions, The Living Edge – Fit for Life 6.30pm Self Defence Karate U14, Lion Bushido Karate Academy 7.45pm Self defence karate 14+ & adults, Lion Bushido Karate Academy</p>
<p>29 6-7am Original Bootcamp sessions, The Living Edge – Fit for Life 10.30am Line Dancing, U3A Box Hill 6-7pm Original Bootcamp sessions, The Living Edge – Fit for Life</p>	<p>30 9:30-10:15am Move for life – exercise for over 55's, BUGS Gymnastics 11am-12pm Senior Yoga, Mun Wha Gyo Sil Inc 12:15-1:15pm Gentle Fitness, Bennettswood Neighbourhood House 4-5pm Strength & Stretch, Bennettswood Neighbourhood House 6-7pm Fitness Fusion low-impact sessions, The Living Edge – Fit for Life 6pm Try AFL Supers Football – Over 35s Women, Box Hill North Football Club Inc</p>	 <p>Play Melbourne's newest and best mini golf course. For pricing and bookings visit morackpublicgolf.com.au</p>	 <p>Outdoor Games Library Looking for fun outdoor activities? Borrow outdoor games for free from your local library! wml.vic.gov.au/outdoorgames</p>

FRIDAY



MEGA WELLNESS CLASS

SUNDAY 7 APRIL
6PM - 7PM

Aqualink Box Hill

Relax, Refresh, Energise – this special event is designed to help you unwind, refresh your mind, and energise your body.

Register: aqualink.com.au/mega-wellness-class



SATURDAY

06

8am **parkrun Mullum Mullum**

8am **parkrun Gardiners Creek**

12-2pm **Waist drum dancing class,**

Seniors Happy Life Club Inc.

12-2pm **Line dancing class,**

Seniors Happy Life Club Inc.

2-3pm **Ballroom dancing,**

Seniors Happy Life Club Inc.

SUNDAY

07

9am-12pm **Model boating, operating & building,** Surrey Park Model Boat Club

6pm **Mega Wellness Class,** Aqualink Box Hill

6:30pm-8pm **Folk square dance,** Seniors Happy Life Club Inc.

12

6-7am **Original Bootcamp sessions,** The Living Edge – Fit for Life

11am **Roll Back the Clock wellness class (Bowls Aust),** Vermont South Club

6-7pm **Fitness Fusion low-impact sessions,** The Living Edge – Fit for Life

13

8am **parkrun Mullum Mullum**

8am **parkrun Gardiners Creek**

12-2pm **Waist drum dancing class,** Seniors Happy Life Club Inc.

12-2pm **Line dancing class,** Seniors Happy Life Club Inc.

2-3pm **Ballroom dancing,** Seniors Happy Life Club Inc.

2-3pm **Mindful Walking,** Heart to Heart counselling services

14

9am-12pm **Model boating, operating & building,** Surrey Park Model Boat Club

10am-12pm **Mindful Walking,** Heart to Heart counselling services

6:30pm-8pm **Folk square dance,** Seniors Happy Life Club Inc.

Register for all sessions directly with the host – details on back page

19

6-7am **Original Bootcamp sessions,** The Living Edge – Fit for Life

6-7pm **Fitness Fusion low-impact sessions,** The Living Edge – Fit for Life

Register for all sessions directly with the host – details on back page

20

8am **parkrun Mullum Mullum**

8am **parkrun Gardiners Creek**

8am **English Corner Conversation "Walk and Talk",** CAN-Chinese Australian Network Inc.

12-2pm **Waist drum dancing class,** Seniors Happy Life Club Inc.

12-2pm **Line dancing class,** Seniors Happy Life Club Inc.

2-3pm **Ballroom dancing,** Seniors Happy Life Club Inc.

2-3pm **Mindful Walking,** Heart to Heart counselling services

4.30-6.30pm **Singing for health – open rehearsal,** The Melbourne Chinese Choir

21

9am-12pm **Model boating, operating & building,** Surrey Park Model Boat Club

5:15-6pm **Rhythmic Moves Dance Video,** Victoria Chinese Culture & Arts Association

6:30-8pm **Folk square dance,** Seniors Happy Life Club Inc.

26

6-7am **Original Bootcamp sessions,** The Living Edge – Fit for Life

6-7pm **Fitness Fusion low-impact sessions,** The Living Edge – Fit for Life

27

8am **parkrun Mullum Mullum**

8am **parkrun Gardiners Creek**

12-2pm **Waist drum dancing class,** Seniors Happy Life Club Inc.

12-2pm **Line dancing class,** Seniors Happy Life Club Inc.

2-3pm **Ballroom dancing,** Seniors Happy Life Club Inc.

28

9am-12pm **Model boating, operating & building,** Surrey Park Model Boat Club

5:15-6pm **Rhythmic Moves Dance Video,** Victoria Chinese Culture & Arts Association

6:30-8pm **Folk square dance,** Seniors Happy Life Club Inc.

Positive Ageing Move & Groove

Free low impact Latin inspired session for all ages & abilities.

12.30pm, Tuesday 9 April
Nunawading Hub (stadium)

Register: trybooking.com/CQM
Phone bookings: 03 9262 6333

pre-register for a free bike and blend smoothy



POSITIVE AGEING

Understanding your priorities survey

Share your priorities, suggestions and ideas for our next steps by 29 April, a 5-minute survey is now available based on the key themes you raised.

yoursay.whitehorse.vic.gov.au/positive-ageing



Connect and Support Service

Our team are here to listen and help you discover the many options available. We can help you connect to social groups and community programs, learn about the aged care system and find out about local service providers.

Email PositiveAgeing@whitehorse.vic.gov.au or call 03 9262 6333

Register for all sessions directly with the host.

Aqualink – Walk, coffee and chat

Held at Aqualink Nunawading
www.aqualink.com.au/events/walkcoffee
For assistance phone 03 9878 4576

Bennettswood Neighbourhood House

All sessions held at:
7 Greenwood St, Burwood
www.bennettswoodnh.org.au
info@bennettswoodnh.org.au
03 9888 0234

Blackburn North Neighbourhood House

All sessions held at:
Blackburn North Bowling Club
93 Springfield Road, Blackburn North
www.blackburnnorthnh.org.au
admin@blackburnnorthnh.org.au
03 9878 6632

Box Hill North Football Club Inc

All sessions held at:
Elgar Park
Elgar Road, Mont Albert North
www.boxhillnorthfc.com.au
Boxhillnorthsecretary@gmail.com
0418 147 744

BUGS Gymnastics

All sessions held at:
6 Highbury Road, Burwood
www.bugsgymnastics.com
info@bugsgymnastics.com
03 9888 7094

CAN-Chinese Australian Network Inc.

Walk and talk meet at:
Box Hill Mall English Corner site
www.englishcorners.au
info@yeswecan.org.au
0488 884 365

Clota Cottage Neighbourhood House

All sessions held at:
31 Clota Ave, Box Hill 3128
www.clotacottage.org.au
admin@clotacottage.org.au
03 9899 0062

Eastern Gymnastics

All sessions held at:
1 Clarice Road, Box Hill South
Come Try Gymnastics
www.trybooking.com/CQIIX
Move My Way
www.trybooking.com/CQIKO
enquiries@easterngymnastics.com.au
03 9890 2578

Heart to Heart Counselling Services

All sessions held at:
Nunawading Community Hub
liamgweiqiu@hotmail.com
0430 042 388

Heatherdale Recreation and Bowls Club

Sessions held at:
114 Heatherdale Road, Mitcham
www.hrbc.org.au
dankris2@bigpond.com
03 9722 9554 or 0409 258 645

Lion Bushido Karate Academy

Sessions held at:
St Timothy's Primary School
23 Stevens Road, Forest Hill
www.lionbushido.com.au
info@lionbushido.com.au
0412 163 324

Louise Multicultural Community Centre

Sessions held at:
8/27 Bank Street, Town Hall Hub
Box Hill 3128
www.louise.org.au
info@louise.org.au
03 92854850

Mun Wha Gyo Sil Inc

St Andrew's Uniting Church
911 Whitehorse Road, Box Hill
youngsookin@bigpind.com
0402 401 772

parkrun Gardiners Creek

All sessions held at:
Gardiners Creek Reserve, Burwood
Registration not required unless you'd like your walk or run timed:
www.parkrun.com.au/register
More information:
www.parkrun.com.au/gardinerscreek

parkrun Mullum Mullum

All sessions held at:
Schwerkolt Cottage, Mitcham
Registration not required unless you'd like your walk or run timed:
www.parkrun.com.au/register
More information:
www.parkrun.com.au/mullummullum

Seniors Happy Life Club Inc.

Sessions held at:
Folk square dance –
Nunawading Community Hub
Drum class – East Burwood Hall
Line dancing class – East Burwood Hall
Ballroom dancing – East Burwood Hall
www.happylifeclub.com.au
suzanne200571@hotmail.com
0402 985 812

Surrey Park Model Boat Club

Surrey Park Lake club room
Cnr Canterbury & Elgar Roads, Box Hill
No registration required, all welcome
More information www.spmbc.org.au

The Living Edge – Fit for Life

All sessions held at:
Wattle Park (meet at Chalet car park)
Riversdale Rd, Burwood
www.thelivingedge.com.au/enrol-now
Select 'free trial' option for either program or both to enrol

The Melbourne Chinese Choir

Session held at:
Box Hill Community Arts Centre
470 Station Street, Box Hill
1991mcc@gmail.com
0490 047 606

U3A Box Hill

All sessions held at:
Scout Hall, Boondara Road,
Mont Albert North
www.u3aboxhill.com.au
info@u3aboxhill.com.au
03 9898 3336

Vermont South Club

All sessions held at:
Charlesworth Park
30A Livingstone Road, Vermont South
www.vermontsouthclub.com.au
info@vermontsouthclub.com.au
1300 911 145

Vermont South Neighbourhood House

All sessions held at:
1 Karobran Drive, Vermont South
www.vsnh.org.au
info@vsnh.org.au
03 9803 2335

Victoria Chinese Culture & Arts Association

Sessions held at:
1 & 8 April –
Rentoul Hall, Burwood
21 & 28 April –
Nunawading Community Hub
www.vccaa.net.au
vccaa-inc@gmail.com
0481 554 678



POSITIVE
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