

# Wise Owls

## Regular Program - 2025

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### **Gentle Fitness | Mondays 9:15am - 10:15am**

Cost: \$5.00 | Findon Campus Catherine Community Centre

*Especially designed for active aging, Wise Owls Gentle Fitness is offered by an experienced personal trainer who will support you to get moving, keep active, and improve your health and fitness. Referral required from My Aged Care. Contact ANFE on 8234 5550 for more information.*

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### **Carpet Bowls / Bocce | Tuesdays 1:00pm - 3:00pm**

Cost: \$2.00 | Findon Campus Catherine Community Centre

*The Wise Owls have come up with their own game of Indoor Bowls, mixing carpet bowls with bocce and a whole lot of laughter. This social and fun game is open to all skill levels! Bring some friends to form a team or simply just join in. Tea and coffee available.*

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### **Tai Chi | Thursdays 10:30am - 11:30am**

Cost: \$2.00 +coffee | Findon Campus Catherine Community Centre

*A gentle fitness program based on the ancient principles of Tai Chi, supporting strength, balance, and mental wellness. Enjoy 30 minutes of gentle exercise then feel free to join the group for a chai tea (or a coffee) in the café (additional cost), or stay for just a chat. No experience necessary.*

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### **Knit & Natter | Thursdays 1:00pm - 3:00pm**

Cost: Gold Coin Donation | Findon Campus Café

*Bring your own knitting projects and your friends, and share your patterns, tips, and ideas with others over a cuppa and a natter in our Café Community Hub. Don't have a project to do? Don't worry! There is plenty of craft, wool, and needles to get you started. Or just come along for the company!*

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### **Walking Group | Tuesdays & Fridays 8:30am**

Cost: FREE | Kanbara Street, Flinders Park

*Walking for the Heart Foundation for nearly 20 years, join the Wise Owls for an enjoyable walk along the River Torrens, Linear Park. Walk at your own pace in a small group. New members welcome! For further details, contact Shirley Harley on 8347 0655*

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### **Book Club | Book Swap and Library**

Cost: FREE | Findon Campus Café

*Come and browse our outdoor library outside the Findon Café. Books are regularly swapped over by Wise Owls and community members - there is always something new to read! Book donations welcome. Regular book exchange meetings are held throughout the year. Get in contact to find out more.*

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**For further informatin & bookings please contact Katrina  
on 8406 5038 or [katrina.braham@nazareth.org.au](mailto:katrina.braham@nazareth.org.au)**



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