



[www.ndchs.org.au](http://www.ndchs.org.au)

# Physical Activity Options

**In the Gannawarra Shire &  
Northern end of the Loddon Shire areas**

**"It's easy to get physical and have fun at the same time.  
Why not pick up a friend  
and try out one of these activities?!"**

This leaflet is put together by Northern District Community Health Service to give you an idea of what activities are available in your local area and how to access them.

Don't forget that golf, cricket, lawn bowls, swimming, table tennis, badminton, basketball, squash, croquet, ten pin bowling & many more sports and activities are available!

**For more information about other activities or to add a new activity  
please contact Northern District Community Health Service on  
5451 0200.**

## Kerang

### **WARM WATER AEROBICS**

Patchell Plaza, Kerang

Contact: Merrill Scriven

54521682

Mon 4-5pm, Wed 5-6pm

Wed 6-7pm

### **KERANG SENIOR CITIZENS CLUB**

Exercises, Carpet Bowls  
& Lots More

Contact: Val Fitzgerald

5452 2507

### **CARPET BOWLS**

At Kerang Bowling Club

Contact: Lui Basile

54504007

or 0418 599 812

### **TAI CHI**

For Health & Fitness  
Wednesday 10.30 to 11.30 am  
Memorial Hall Supper Room

Contact: Gannawarra

Neighbourhood House

54522522

### **KARATE CLASS**

*for Adults & Children*

Wednesday & Thursday  
nights

Contact: Brian Helsham

54579263 or 0427579263



### **LINE DANCING**

Mondays 1-3 pm

Kerang Bowling Club

**ALL AGES WELCOME!**

Contact: Gannawarra

Neighborhood House 54522522

### **Kerang Dance Club**

Mondays 8 pm

Kerang Band Hall,

Maxwell Street

Contact: Glenys Gillingham

54579270

Plus

Dance on the 4th Friday  
of each month  
with live band.

### **STRENGTH TRAINING & TAI CHI**

Tuesdays & Thursdays  
9am & 1pm for an hour  
Tai Chi at 10am

at Kerang District Health  
Day Centre

Contact: Carol Hewitt

5450 9283



## Cohuna

### **Exercises For Men & Women Young At Heart**

Mon & Thurs 9.30 am

Cohuna Uniting Church Hall

Contact: Kay Wilson

54562066, VicFit Instructor



### **Exercises For Men & Women Young At Heart**

Mon & Thurs 6.30 pm

Cohuna Uniting Church Hall

Contact: Kay Wilson

54562066, VicFit Instructor

## Cohuna continued...

### *TAI CHI*

*General Classes*

Mondays 7 pm,  
Cohuna Guide Hall  
Contact: Cohuna  
Neighbourhood House  
5456 4666

### **Strength Training**

Fridays 9 -10 am  
Multipurpose Room of Old  
Nurses Home, Cohuna  
Contact: Kay Wilson  
5456 2066, VicFit Instructor

### *Over 50's TAI CHI*

Thursdays 9.30 am  
Cohuna Guide Hall

Contact: Cohuna  
Neighbourhood House  
5456 4666

## Barham, Kangaroo Lake, Koondrook, Murrabit & Mystic Park

### **Barham Rock & Roll Club**

Wednesdays 8 pm,  
Barham & District Services  
Club  
**All Ages Welcome!**  
Contact: Betty Thompson  
5456 2254

### *TAI CHI*

*General & Older Adult Classes*  
Fridays 9.00 am, Koondrook  
Senior Citizen Room  
Contact: Cohuna  
Neighbourhood House 5456 4666

### **LINE DANCING**

Barham & District  
Services Club  
Mondays 7.30pm  
Ph: the club on 5453 2159  
**ALL AGES WELCOME!**  
Glenys Allen 0429 679 172 or  
5456 7384

### **LINE DANCING**

Murrabit Public Hall  
Thursdays 7.30-9.30pm  
Contact: Gannawarra  
Neighbourhood House  
5452 2522

### *Dancing Socially*

Koroop Hall  
Tuesdays  
8 pm  
*Come and learn to dance!*  
Contact: Julie Ash 5452 2773

### **CARPET BOWLS**

Barham & District  
Service Club  
Wed 1pm Ann Lake  
5453 2805  
Thurs 7.30pm Margaret  
Edsall 5453 2497

### *TAI CHI*

Kangaroo Lake  
Thursdays 9:00-10:00am  
Contact: Gannawarra  
Neighbourhood House  
54522522

### **KOONDROOK SENIOR CITIZENS CLUB**

Exercises, Tai Chi, Carpet  
Bowls & Lots More  
Contact: Mary Woodham  
5453 2914



## Boort

### Strength Training & Staying Strong for Older Adults

At Boort District Health Day Centre

Friday 's at 9am

Contact Maree:  
5451 5210

### Morning Circuit Training

Tuesdays 9:15-10:15 am,  
at BRIC gymnasium  
Contact Coordinator: 5455 2716

### Evening Circuit Training

Wednesdays 6-7pm  
at BRIC gymnasium  
Contact Coordinator: 5455 2716

### Pilates For All Ages

Tuesday 6.15 -7.15 pm  
at BRIC  
Contact Coordinator: 5455 2716

### YOGA

Last Thursday of each month  
from 7.00-8.30pm  
At BRIC  
Contact Coordinator: 5455 2716

## Combat Fitness

Mondays 6-7 pm  
In the Drama Room at  
the Sports Stadium.  
Contact BRIC on  
5455 2716

## Pyramid Hill

### YOGA

Thursday 7.00pm  
Yarrowalla Community Centre

Contact Joan on:  
5436 6334



## Other...

## Be active every day

Being physically active is an important part of leading a healthy lifestyle. At any age physical activity provides a range of health benefits.



And the good news is activity doesn't have to be vigorous - moderate activity, such as brisk walking, is great for your health!

The Heart Foundation and other leading authorities recommend at least 30 minutes of moderate-intensity physical activity on all or most days of the week. This can be accumulated in bouts of ten minutes or more if this is more convenient.\*

\*[www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

