



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 & Fun

Monday 7-8pm

Wednesday 10-11am

Memorial Hall Supper Room

Contact: Sandra Bassett

5457 0216

KARATE CLASS

for Adults & Children

Wednesday & Thursday
nights

Contact: Brian Helsham

54579263 or 0427579263

Kerang Turf Club

Cardio Class

Tuesday 6.30-7.30pm

Cost: \$5

Contact: Brian Helsham

54579263 or 0427579263

NORTHERN COUNTRY LINE DANCES

Mondays 1-3 pm

Kerang Bowling Club

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

YOGA-KERANG

Monday 6.15-7pm

NDCHS Activity Room

Cost: \$15

Contact: Natalie

0413092452

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

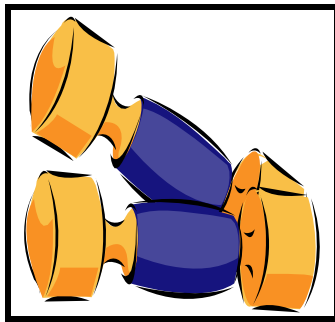
Contact: Kay Wilson

54562066, VicFit Instructor

Cohuna continued...

TAI CHI

General Classes - Monday
7 pm,
Over 40's - Thursday
9.30am
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

Barham, Kangaroo Lake, Koondrook, Murrabit & Mystic Park

LINE DANCING

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

ALL AGES WELCOME!

TAI CHI

General & Older Adult Classes
Fridays 9.00 am, Koondrook
Senior Citizen Room
Contact: Sandra Bassett
54570216

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 to confirm if
presently running

Barham Rock & Roll Club

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



CARPET BOWLS

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



TAI CHI

Kangaroo Lake Caravan
Park
Thursdays 9:00-10:00am
Contact: Sandra Bassett
54570216

NORTHERN COUNTRY LINE DANCES

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



Boort

Strength Training & Staying Strong for Older Adults

At Boort District Health Day Centre
Friday's at 9am-10am
Wednesdays at 9.30-10.30am
Contact Maree:
5451 5210

Morning Circuit Training

Tuesdays 9:15
at BRIC gymnasium

Contact Coordinator: 5455 2716

CORE CONDITIONING

Tuesday 6.00 -7.00 pm
at BRIC

Contact Coordinator: 5455 2716

BOOTCAMP

Wednesdays 7.45-8.45pm
3rd Wed 6.45-7.45pm

Contact Coordinator: 5455 2716

YOGA

Last Wednesday of each month
before last Saturday
from 7.00-8.30pm
At BRIC

Contact Coordinator: 5455 2716
Bring Mat & Blanket

Pyramid Hill

Walking Group

Meet at Neighbourhood House
Monday-Friday 4.15pm
Contact : Neighbourhood House
54557129

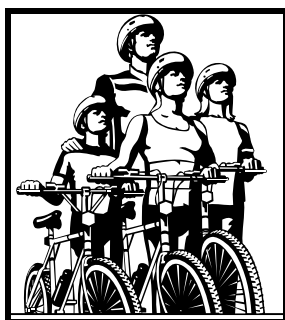
Yoga & Tai-Chi

Contact : Neighbourhood House to enquire if classes running
54557129

YOGA

Thursday 7pm
Yarrowalla Community Centre
Contact : Joan
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