



Looking to boost your physical activity and wellbeing this summer? **Get Active in Darebin** is a **FREE** community exercise program designed to help Darebin residents of all ages, abilities, and fitness levels stay active and healthy.

Activities include:

Aqua Moves - Mondays, 9-9.45am, Reservoir Leisure Centre

Walking Basketball - Tuesdays, 10.30-11.30am, Narrandjeri Stadium, Thornbury

Table Tennis - Wednesdays, 2-3pm, Narrandjeri Stadium, Thornbury

Walking Soccer - Thursdays, 5-6.30pm, Mayer Park, Thornbury

Most activities are suitable for people of all abilities, and are being led by qualified instructors and coaches. BYO water, towel, and mat (if needed).



Please contact us on **8470 8305** to register for free and to find out more.

<p>CITY OF DAREBIN 274 Gower Street, Preston PO Box 91, Preston, Vic 3072 T 8470 8888 F 8470 8877 E mailbox@darebin.vic.gov.au darebin.vic.gov.au</p>	<p> National Relay Service relayservice.gov.au</p> <p>If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service.</p>	<p> Speak Your Language T 8470 8470</p> <table border="0"> <tr> <td>العربية</td> <td>Italiano</td> <td>Soomalii</td> </tr> <tr> <td>繁體中文</td> <td>Македонски</td> <td>Espaňol</td> </tr> <tr> <td>Ελληνικά</td> <td>नेपाली</td> <td>اردو</td> </tr> <tr> <td>हिंदी</td> <td>ਪੰਜਾਬੀ</td> <td>Tiếng Việt</td> </tr> </table>	العربية	Italiano	Soomalii	繁體中文	Македонски	Espaňol	Ελληνικά	नेपाली	اردو	हिंदी	ਪੰਜਾਬੀ	Tiếng Việt
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**OLDER AND ACTIVE
 IN DAREBIN**
 February & March 2025

Don't miss out on local opportunities for older adults!
Subscribe to the eNewsletter on 8470 8828.



Image credit: Bundoora Homestead Opening Event 2024. Photography: Lucy Foster

Bundoora Homestead Art Exhibition Openings - A Day Trip for You!

A highlight of the Darebin Arts calendar, join us at the A1 Darebin Art Salon Prize Announcement!

This opening event will also celebrate the launch of **Jaren** | جذور | **Roots** | جذور collaborative exhibition between Bundoora Homestead, La Trobe University, and the Islamic Museum of Australia.

Join us for light refreshments, the announcement of our A1 Darebin Art Salon Exhibiting Award and an evening full of community connection and celebration.

When: Saturday 15 March | 4 - 6pm

Where: 7 Prospect Hill Drive Bundoora

Free to attend, all welcome.

Come along and try Chair Yoga

Chair yoga is a beneficial form of exercise for adults of all ages. It can be particularly helpful for individuals with health conditions like arthritis, allowing them to exercise without straining their joints.

Additionally, chair yoga may reduce the fear of falling and support those new to exercise in improving their strength, balance, and flexibility. Chair yoga is accessible to everyone, regardless of experience or fitness level. Carers and support workers are also welcome to join in. No registration is required - simply drop in and enjoy!



Registration is not required, just drop in and enjoy!

When: Every Thursday in February and March, 2-3pm
Where: Keon Park Children's Hub, 1-7 Dole Avenue, Reservoir

Free to attend.

Volunteer in Darebin

Mark your calendars! The Darebin Volunteer Expo will bring together over 20 local volunteer-involving organisations and community groups all under the one roof.

From climate emergency and conservation, to disability, aged care, local op shops, migrant

services and more, there's a volunteer opportunity in Darebin that's just right for you!

When: Saturday 29 March, 10am-1pm
Where: Darebin Intercultural Centre, 350 High Street, Preston

Free to attend.

Please call us on 8470 8715 if you have any access requirements.