

Variety is the Spice of Life

Over 65 and looking to get involved in fun social activities?



Did you know social activities can help you stay healthy and independent!

One of the best things about social activities is that you can choose to do the things you enjoy. Commencing in August the 4Cs will be running a different workshop each month like Tai Chi, Seated Salsa, jewellery making, relaxation and more ... join one or all!

Workshops are for over 65s in a safe, no pressure environment and are a great opportunity to meet new people, enjoy a healthy shared lunch while learning new skills.

When

Wednesdays: 23/8, 27/9, 25/10, 22/11, 20/12/2023,
24/1, 28/2, 27/3, 24/4, 22/5 and 26/6/2024
10:00 am - 2:00 pm

Where

Hurlstone Memorial Reserve Community Centre
35 - 41 Crinan Street
Hurlstone Park NSW 2193

Cost: \$5 for workshop, all materials provided and lunch. An additional cost of \$5 for transport (conditions apply)

Generously funded by Canterbury League Club through
THE 2023 Canterbury Bankstown ClubGRANTS program



To register call Alison on **9750 9344** or **socialsupport@4cs.org.au**

Registration essential and places are limited.

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