



# GET MOVING FOR HEALTHY AGING!

Free exercise classes and goodie bags for fun, fitness and friendship.  
Try something new and **get moving** at your local library!

For ages 60+

All abilities welcome, no experience necessary.

**MAY-JUNE 2021**

**Bendigo & Kangaroo Flat libraries**

Presented by Goldfields Libraries and supported  
by the City of Greater Bendigo



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# SENIORS, LET'S MOVE!



## TAI CHI

Join Welby Holistic for a series of gentle, flowing sessions of Tai Chi Qigong Shibashi incorporating movement and breathing to invigorate the body and calm the mind.

These simple, direct, effective exercise sessions are suitable for older adults over 60, and all abilities.

You will walk out feeling calm, yet energised.

**WED 5, 12, 19 & 26 MAY, 1.30-2.15PM**

Kangaroo Flat Library



## GENTLE YOGA

Let experienced yoga instructor Simon Phelan guide you in gentle yoga classes concentrating on poses and techniques suitable for over 60s bodies and needs.

Conscious breathing, meditation exercises and appropriate options, such as chair yoga, for those with limited mobility will be incorporated.

Please BYO yoga mat or towels.

**THU 6, 13, 20 & 27 MAY, 10.30-11.30AM**

Bendigo Library



## HULA HOOPING SENIOR STYLE!

Get hooping with Nichola from Soul Dance Circus for hula hoop classes specifically designed for over 60s. Explore movement and technique in a gentle and mindful way.

You can learn and explore at your own rhythm, in a fun and joyful environment whilst improving cardio fitness, core strength and coordination.

Come play!

**WED 2, 9, 16, 23 JUN, 10.30-11.30AM**

Bendigo Library



## SILVER TOP DANCE THERAPY

Dance your way to self-care in this inclusive Dance Therapy (DT) class for over 60s, taught by Movement Zone director Sas Cook.

DT incorporates traditional dance techniques in modern dance, combined with integrated movements to improve body mobility, flexibility and strength while interconnecting the mind and spirit.

It also improves cardiovascular health, and most importantly, is fantastic for mental health and wellbeing!

**WED 2, 9, 16 & 23 JUN, 1.30-2.30PM**

Kangaroo Flat Library

Bookings are required for each session.

To book a place, go to

[www.goldfieldslibraries.com](http://www.goldfieldslibraries.com)

or contact libraries direct.

**Bendigo Library**

259 Hargreaves Street

Bendigo

5449 2700

**Kangaroo Flat Library**

23 Lockwood Road

Kangaroo Flat

5447 8344