

# ACTIVE AGEING WEEK

## 22 – 26 MAY 2023

Active Ageing Week encourages Bathurst residents aged 50 years and over to get active to improve their health and wellbeing.

Get moving with one or more of the **FREE** activities on offer as part of Active Ageing Week.

### MONDAY 22 MAY 2023



#### 9:30am – Women Who Walk (women of all ages welcome)

**Host:** Central West Women's Health Centre  
**Where:** Registration required prior to walk. Meet at Macquarie River Bicentennial Park, near the playground.  
**Phone:** 6331 4133  
**Email:** information@cwwhc.org.au

#### 10:30am – 11:30am Well and Wobbly (balance and strength for falls prevention)

**Host:** Jennifer Mannell, NSW Health  
**Where:** Bathurst RSL  
 114 Rankin Street Bathurst  
**Bookings essential**  
**Phone:** 6333 6523

### TUESDAY 23 MAY 2023



#### 11am – 11:30am Stretch Class (50+ years)

**Where:** Cifyfit  
 106 Rankin Street Bathurst (next to the RSL)  
**Bookings essential**  
**Phone:** 6331 4344  
**Email:** info@cityfitbathurst.com.au

#### 11:45am 12:30pm – Flexit with Studio Benefit (50+ years)

**Where:** Bathurst RSL  
 114 Rankin Street Bathurst  
**Bookings:** <https://mومence.com/s/80905923> or by phone 0438 430 082

#### 2pm – 3pm Upright and Active (50+ years)

**Where:** BODY FX Exercise Physiology  
 91 Rankin St Bathurst  
**Bookings essential.**  
**Phone:** 0438 893 411

### WEDNESDAY 24 MAY 2023



#### 7:00am – The Wednesday Walkers (moderate level of fitness required)

**Contact:** Kaye Price  
**Phone:** 0417 850 263

#### 3:45pm – Walk and Talk with Bathurst Regional Youth Council (50+ years)

**Where:** Meet at Macquarie River Bicentennial Park, near the playground.  
**Phone:** 6333 6523

### THURSDAY 25 MAY 2023



#### 10am – 11am The Country Music Club Dance Along (50+ years)

Social line dancing for the young at heart, no partner needed. Beginners welcome.  
**Where:** Bathurst RSL  
**Contact:** Christine Tobin  
**Phone:** 6337 3511

#### 11am – 11:45am Tai Chi with Tai Chi for Body Mind Balance (50+ years)

**Where:** Community Room, The Neighbourhood Centre  
 96 Russell St Bathurst  
**Bookings essential.**  
**Phone:** 0409 371 873  
**Email:** taichiforbodymindbalance@gmail.com

#### 5:30pm – Men's Walk and Talk (men of all ages welcome)

**Where:** Meet at Berry Park, Lions Club Drive Bathurst  
**Phone:** 0458 276 537  
**Email:** men@bxmenswalkandtalk.com.au

### FRIDAY 26 MAY 2023



#### 10:30am – 11:30am Chair Yoga with Studio Benefit (50+ years)

**Where:** 234A Lambert Street Bathurst  
**Bookings essential**  
**Bookings:** <https://mومence.com/s/85968574> or by phone 0438 430 082

#### 12:30pm – 1:30pm Aqua Class (50+ years)

**Where:** Manning Aquatic Centre  
 9 Elizabeth St Bathurst  
**Bookings essential**  
**Phone:** 6331 3333

#### 2pm – 2:45pm – Seated Tai Chi with Tai Chi for Body Mind Balance (50+ years)

**Host:** Tai Chi for Body Mind Balance  
**Where:** Community Room, The Neighbourhood Centre  
 96 Russell St Bathurst  
**Bookings essential.**  
**Phone:** 0409 371 873  
**Email:** taichiforbodymindbalance@gmail.com

#### 11am – 12pm Wambuil Bula Bul (River Together) Walk (50+ years)

**Where:** Bathurst Local Aboriginal Land Council  
 Meet at the Peace Park flag post, Macquarie River Bathurst  
**Phone:** 026332 6835