

COMMUNITY NEWS

FROM STUDFIELD, WANTIRNA, WANTIRNA SOUTH,
SCORESBY, KNOXFIELD & BAYSWATER



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Great Activities in Knox

What does street orienteering and round dancing have in common? They are both 'great' activities that provide all 5 'essentials': EXERCISE your body, use your BRAIN, CHALLENGE yourself, enjoy SOCIAL interaction and have FUN. Street orienteering involves walking around the streets and parks finding the answers to 20 clues in 1 hour. Round Dancing is cued ballroom dancing – the easiest way to learn to dance.

The Knox Street Orienteering Walkers walking groups' walk in June was in the Bayswater area and happened to be near the home of Panda Rounds round dance club's teacher. Walk Organiser, David, asked his dance teacher, Alison, to put the dance club's mascot in the front window. He then added a special clue to the orienteering map.



Some of the walkers are also Panda Rounds dancers. They were surprised to see 'their Panda' on display.

Knox SOW and Panda Rounds are both 'Knox Over 55s Zest4Life' activities. Knox SOW became a registered Heart Foundation walking group in May 2018. They walk in and around the City of Knox on the first and third Fridays every month. Panda Rounds formed a club in July 2018 and dances in Boronia every Friday evening. They run an Introduction to Round Dancing session every year – usually in May.

If you would like more information on these Great Activities go to www.knoxsow.org.au for street orienteering or phone Alison on 0425 756 414 (after hours) for round dancing.

If you know of other Great Activities in Knox please send details to the Editor.