



# ROWVILLE-LYSTERFIELD

## COMMUNITY NEWS

First Published in 1981

A FREE Monthly Publication By The RLCNews Inc

No. 454 - February 2023 | ISSN 0819 0240 | Circulation 15,645 | www.rlcnews.com.au | Editor: Nadia Porter - Phone: 0466 124 303

## Knox SOW



*Looking for a new way to give your body and brain a boost? Searching for an outdoor activity and want to see new places and meet new faces? Why not give Street Orienteering a go!*

The **Knox Street Orienteering Walkers** group walks twice a month in and around the City of Knox. They walk in groups of 2-5 people and have to find the answers to 20 clues shown on the map sheet and be back within one hour. After the walk they go to a nearby café for a coffee and chat. This activity is supported by the Knox City Council's *Over 55s Zest4Life*.

The clues can be the location of fire hydrants,

light pole numbers, letterbox colours, street names, phone numbers, etc. It is quite a challenge and a lot of fun.

In February they are walking in Rowville at 10.15 am on Friday 3<sup>rd</sup> and 17<sup>th</sup>. They will start and finish in Arcadia Reserve in Turrumurra Drive. After the walk they will be going to the café in Wellington Village Shops nearby.



### Where is this letterbox?

If you would like to give orienteering a go, register with the Walk Organiser, David, by phone, text message or email: 0419 337 311 [david@knoxsow.fun](mailto:david@knoxsow.fun). You will be accompanied by an experienced orienteer on your first walk. Members of local seniors' activity groups are most welcome.

### The S.O.W. Secret

Street Orienteering ticks all the 'great activity' boxes

- Exercise your body
- Use your brain
- Challenge yourself
- Enjoy social interaction
- Have fun

Scan the QR Code to go to the website for more details: [www.knoxsow.fun](http://www.knoxsow.fun)

*Street Orienteering is Fun*



Knox SOW



## Seize the Summer Days

Our first Bright Ideas news issue for 2023 is full of sweet offerings to tease out your summer days. So, read on to uncover new ways to start your year with gusto - as you explore all you fancy.

### In this issue – February 2023

- Zest4Life activities
- Street Orienteering



### Street Orienteering

Looking for a new way to give your body and brain a boost? Searching for an outdoor activity and want to see new places and meet new faces. Why not join [Knox Street Orienteering Walkers](#) to discover a new way to challenge yourself. Walks happen on the 1st & 3rd Fridays of each month. Next walks -

- **Dates:** Friday 3 or 17 February 2022
- **Meet:** Arcadia Reserve, Rowville (Scout Hall carpark – enter opposite 62 Turramurra Drive)
- **Time:** Registration from 10:15 am. Walk 10:30 am – 11:30 am
- **Cost:** \$1.00
- **Cuppa:** Choco Bean Cafe, Wellington Village SC, Wellington Road

To find out more or register to walk email: [david@knoxsof.fun](mailto:david@knoxsof.fun)