

# knox Bright Ideas news



## June Edition

Welcome to the June Bright Ideas news and the official start of Winter, the coldest season of the year. Winter is a time to enjoy the simple pleasures of listening to the rain on the roof or being snuggled up and warm at home. As our days get shorter and the nights longer remember there are still plenty of activities and fun things to do, just head out and about with your umbrella and a warm jacket.



In this issue – June 2023

- Zest4Life Activities

## Street Orienteering Walkers

Are you bored with walking or running the same old block? Tired of trudging on the treadmill? Looking for a new way to give your brain and body a boost? Why not give Street Orienteering a go? Enjoy a cuppa and chat with the group afterwards at Knox Gateway Café.

- **DATE:** Friday 2 & 16 June
- **TIME:** 10.15am - 11.30am
- **VENUE:** Carrington Park, 20 O'Connor Street, Knoxfield
- **COST:** \$1
- **BOOKINGS:** Contact David Mallen 0419 337 311 or [david@knxsow.fun](mailto:david@knxsow.fun)



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Our mailing address is [knoxcc@knox.vic.gov.au](mailto:knoxcc@knox.vic.gov.au)

# Knox Over 55s

## Zest4Life



- 50+ events inside
- Free photography exhibition

# Welcome

## Welcome to Knox Over 55s Zest4Life.

Knox Over 55s Zest4Life aims to support people to remain active and socially connected within the Knox municipality by offering a mix of activities, training and events.

### What you need to know

This guide includes a range of activities organised by community groups and community houses, local libraries and Knox City Council. Participants are encouraged to:

- Read through the brochure and choose the events and activities that you would like to participate in
- Take note of whether bookings are required and the booking information - whether registration online or by phone
- Book early to avoid disappointment (please note most events have restrictions on numbers)
- Turn up, meet new people, learn new things and have fun!

Note: each venue listed in this booklet is responsible for its own COVID safe plan. If you have any concerns or queries regarding this, please contact the organiser directly. Due to current COVID circumstances, some in-person events may be subject to change at short notice.



# June

## Street Orienteering Walkers

**Friday 2 & 16 June**

**Carrington Park**

Are you bored with walking or running the same old block? Tired of trudging on the treadmill? Looking for a new way to give your brain and body a boost? Why not give Street Orienteering a go? Enjoy a cuppa and chat with the group afterwards at Knox Gateway Cafe.

**Time:** 10.15am - 11.30am

**Venue:** Carrington Park,  
20 O'Connor Street, Knoxfield

**Cost:** \$1

**Bookings:** Contact David Mallen  
0419 337 311 or  
david@knoxsow.fun

# ***Knox SOW***



# July

## Street Orienteering Walkers

**Friday 7 & 21 July**

**Chandler Park**

Are you bored with walking or running the same old block? Tired of trudging on the treadmill? Looking for a new way to give your brain and body a boost? Why not give Street Orienteering a go? Enjoy a cuppa and chat with the group afterwards at Victoria Elixir Coffee Roasters Café.

**Time:** 10.15am - 11.30am

**Venue:** Chandler Park, Chandler Road, Boronia

**Cost:** \$1

**Bookings:** Contact David Mallen  
0419 337 311 or  
david@knoxsow.fun

# ***Knox SOW***







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