

**KNOX**  
your city



March  
-May  
2021

# Knox Over 55s Zest4Life

\*Due to current COVID 19 circumstances, we may need to cancel events last minute.



# Walking Groups

Join a Walking Group for FREE and enjoy the benefits of improved health, new friends and rewards for achieving walking milestones!

Can't find a walking group in your area? Why not start one yourself? Please contact your Local Coordinator on **9298 8828** today! For more information visit: [www.knox.vic.gov.au/walking](http://www.knox.vic.gov.au/walking)

\* Denotes a non-Heart Foundation Walking Group

\*\* Please RSVP – group numbers will depend on current COVID-19 guidelines

	Meeting Point	Day	Time	Walking Organiser
<b>Good for the Sole</b>	<b>UPPER FERNTREE GULLY</b> Brew'd Café, 1226 Burwood Hwy	Tues/Thurs	7.30 am	Kaye: 0437 333 346
<b>Eastern Heart and Sole</b>	<b>BORONIA</b> Zagame's Cnr Dorset/Boronia Rds	Tue	9.30 am	Julie: 0408 129 553 9778 8363
<b>Heritage Walks</b>	<b>Various locations-</b> <i>Contact for details (does not meet in winter)</i>	1 <sup>st</sup> Sat	9.30 am	Ray: 0488 247 362
<b>Knox Ramblers</b>	<b>WANTIRNA STH</b> Westfield Knox Myer Undercover Car Park	Wed	9.30 am	Nola: 0400 525 119
<b>Knox Street Orienteering Walkers</b>	<i>Contact for meeting point</i>	1 <sup>st</sup> & 3 <sup>rd</sup> Fri	10.15 am	David: 0419 337 311 david@knoxow.fun <a href="http://www.knoxow.fun">www.knoxow.fun</a>
<b>Lollipop Walkers &amp; Friends</b>	Tim Neville Arboretum – carpark on Dorset Rd, Ferntree Gully	Tues	10am	Karen: 0430 968 890
<b>Westfield Walkers*</b>	<b>Wantirna South,</b> Westfield Knox	Tues/Thurs	7.30 am	Concierge 9814 5001