

Knox Over 55s Zest4Life



March-
May
2023

knox



Knox Street Orienteering Walkers

Friday 5 & 12 May
Knox SOW

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?

Time: 10:15am - *11:30am

Venue: Sasses Reserve (enter carpark opp 45 Terama), Terama Cres, Bayswater

Cost: \$1

Bookings: Contact David to find out more: david@knoxsow.fun or call 0419 337 311

*Then enjoy a coffee with the group afterwards @ Victoria Elixir Café, Erica Ave, Boronia

Knitting Group

Wednesday 10 May
Community Learning Centre Rowville

Join this group for a casual knit & chat. A great way to connect with others build friendships and knit for charities. (The group knits clothing, toys and blankets and more - for charities)

Time: 11:00am to 1:00pm

Venue: Community Learning Centre Rowville, 40 Fulham Road, Rowville

Cost: \$2 gold coin donation

Bookings essential:

Contact 9764 1166 or email info@communitylc.org.au



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