

**KNOX**  
your city



September -  
October  
2021

# Knox Seniors Festival

## Knox Over 55s Zest4Life



# 2021 Knox Seniors Festival

Free  
Event

## Street Orienteering Walk Hosted by Knox Street Orienteering Walkers

Join us for a one hour orienteering walk to have fun and exercise your brain as well as your body. We have maps and walk in teams of 2 to 5 people for one hour around local streets finding answers to 20 clues. Walk as slow or fast as you like. Cuppa and chat at a nearby café afterwards.

- Dates:** Friday 1 October 2021  
Friday 15 October 2021
- Time:** 10.30am to 11.30am (coffee at 12pm)
- Location:** Colchester Reserve, Beresford Drive, Boronia  
(Carpark entrance opposite Avington Crescent)
- To book:** Contact David by voice or text on [0419 337 311](tel:0419337311)  
or email [david@knoxow.fun](mailto:david@knoxow.fun) (RSVP by 5pm the day before the walk)

# 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 8000** today! For more information visit: [www.knox.vic.gov.au/walking](http://www.knox.vic.gov.au/walking)

**Knox Street  
Orienteering Walkers**

*Contact for meeting  
point*

1<sup>st</sup> & 3<sup>rd</sup> Fri

10.15 am

David: 0419 337 311  
david@knoxow.fun  
[www.knoxow.fun](http://www.knoxow.fun)

## Knox SOW NEWS



### Thank you for your help

**Knox Street Orienteering Walkers**  
Spend one hour twice a month walking the streets and parks in and around Knox, seeking answers to 20 clues shown on a map. The clues include 'infrastructure' objects that are fairly permanent such as fire hydrants, bus stops, light poles and street signs. However, many wonderful objects are put in place by residents, such as letter boxes, sculptures, ornaments and murals. *Thank you for helping make orienteering such fun.*

Our walks in October on Friday 1<sup>st</sup> and Friday 15<sup>th</sup> will coincide with the Knox

Seniors Festival. We are walking in the area near Colchester Reserve at the corner of

Colchester Road & Beresford Drive, Boronia. (See photos.) We usually walk at 10.30 am on the first and third Fridays of the month, but lately we have had to reschedule to other Fridays as Covid-19 restrictions are applied. After our walk, we always go to a nearby café for a cuppa and a chat.

If you would like to come along and give street orienteering a go, please book with Walk Organiser, David on 0419 337 311 or david@knoxsow.fun. For more information and wonderful photos check out our website [www.knoxsow.fun](http://www.knoxsow.fun) and Facebook page. ■ David Mallen



Silver spheres water feature



Letterbox



Parking sign



Mural