

## Attachment 4 - Active Recreation Programs and Activities for Older Adults

Program	Description	Cost	When	Location	Eligibility	Provider
Active Adults	A range of gentle exercise classes for adults over 50 years.	Casual Visit, Multi-Visit and Membership Options, from \$11	Weekday sessions 7am - 4pm	Harold Holt Swim Centre Corner Edgar and High Street, Glen Iris	Adults of all ages	Council
Active Living Qigong	Qigong integrates slow graceful movements, stillness, inner awareness and creative imagination. Classes are designed to enhance vitality, inner happiness and wellbeing.	Free	One class each week	Percy Treyvaud Memorial Park and Chadstone Bowls Club	Classes are catered to people of all abilities.	Council
Active Living Tai Chi	Tai Chi focusses on relaxation, breathing, gentle poses and flowing movements. Classes are designed to strengthen muscle, and improve coordination and balance.	Free	A Beginners and an Advanced class each week	Malvern Gardens and Phoenix Park Community Centre	Classes are catered to people of all abilities.	Council
Active Living Yoga	Classes to increase flexibility and strength with an emphasis on breathing and relaxation.	Free	Mondays and Thursdays during school terms	Victoria Gardens Princes Gardens Prahran RSL	Classes are catered to people of all abilities.	Council
Adult Swim Lessons	Beginner, Intermediate & Advanced Swimming Lessons for adults.	From \$16.50 per week	Mornings	Harold Holt Swim Centre Corner Edgar and High Street, Glen Iris	Adults of all ages	Council
Ardrie Park Combined Churches Tennis Club	A community based tennis club for all members of the community	Casual use and club membership options	Activities every day of the week	<b>Ardrie Park</b> Malvern East	All Welcome	Community Ardrie Park Tennis Club supported by City of Stonnington
Chadstone Bowls Club	A community based bowls club for all members of the community.	Casual & Barefoot Bowls \$10 a head	Various activities 6 days a week	<b>Chadstone Bowls Club</b> 32a Chadstone Rd, Malvern East VIC	All Welcome	Community Chadstone Bowls Club supported by City of Stonnington
Chadstone Tennis Club	A community based tennis club for all members of the community	Casual use and club membership options	Activities every day of the week	<b>Chadstone Tennis Club</b> Malvern East	All Welcome	Community Chadstone Tennis Club supported by City of Stonnington
Chair Based Exercise Program	A low intensity class designed for participants looking to maintain their strength & fitness.	Gold Coin Donation	Monday mornings	Phoenix Park Community Centre, conference room 22 Rob Roy, Malvern East	Adults of all ages	Community Phoenix Park Neighbourhood House supported by City of Stonnington
East Malvern Senior Citizens Bowls Club	Playing indoor carpet bowls.	Free	Thursdays 1:30pm - 3:30pm	<b>MECWA Hall</b> 57 Fisher Street East Malvern	All Welcome	Community
East Malvern Tennis Club	A community based tennis club for all members of the community	Casual use and club membership options	Activities every day of the week	<b>East Malvern Tennis Club</b> Malvern East	All Welcome	Community East Malvern Tennis Club supported by City of Stonnington
Easy Walkers	A walking tour held once a month on a Thursday.	\$16.40 Cost includes transport, morning tea and lunch.	One Thursday every month.	Various destinations	Those aged 55 and over and adults with disabilities.	Council
Gentle Exercise	A gentle exercise class which will help you gently stretch your body and relieve it of any stiffness.	Free	Mondays 10:30am	<b>Chris Gahan Centre</b> Grattan Gardens - Corner of Greville & Gattian Streets, Prahran	Those aged 55 and over and adults with disabilities.	Council
Glendearg All Saints Malvern Tennis Club	A community based tennis club for all members of the community	Casual use and club membership options	Activities every day of the week	<b>Glendearg All Saints Malvern Tennis Club</b> Malvern	All Welcome	Community GASM Tennis Club supported by City of Stonnington
Hawksburn Tennis Club					All Welcome	Community Hawksburn Tennis Club
Heart Foundation Walking Program	Australia's largest network of community-based walking groups.	Free	Daily, weekly and monthly options	<b>A) Walking For Pleasure Group</b> <b>B) Fashionable Footsteps</b> East Malvern <b>C) Early Morning Fitness</b> Prahran <b>D) Stonnington Striders</b> Prahran	All Welcome	Community Heart Foundation supported by City of Stonnington
HeartFIT Exercise Program	Low intensity, gentle physical activity program suitable for anyone with stable long term health conditions such as heart disease, diabetes and bone or joint problems.	\$5	Three days a week	Phoenix Park Community Centre 22 Rob Roy, Malvern East	Adults of all ages	Community Phoenix Park Neighbourhood House supported by City of Stonnington
Hydrotherapy   Gentle Exercises	General mobility exercises in a hydrotherapy pool facilitated by a physiotherapist.	\$10.80 per session	Tuesdays & Fridays	Harold Holt Swim Centre Corner Edgar and High Street, Glen Iris	Ability to safely complete exercises in hydrotherapy pool	Private Malvern East Physiotherapy Clinic in Partnership with City of Stonnington
Malvern Bowling Club	A community based bowls club for all members of the community.	Casual & Barefoot Bowls \$10 a head	Various activities 6 days a week	<b>Malvern</b> Coonil Crescent	All Welcome	Community Malvern Bowling Club
Malvern Italian Senior Citizens Club	Provides recreational and cultural activities, guest speakers, gentle exercise program, games, group outings and a cooked lunch for older people of Italian background.	Free	Tuesdays 11am - 3pm	<b>Malvern Town Hall</b> Cnr High and Glenferrie Roads, Malvern	Older people of Italian background.	Community Club supported by City of Stonnington
Malvern Marlins Masters Swimming Club	Swimming Club aimed at adults. Coached sessions run by qualified swim coaches.	1 month trial period at reduced rate 12 month adult membership \$104 12 month concession adult membership \$94	Sundays (am) Tuesdays (am & pm) Thursdays (am & pm) Saturdays (am)	Harold Holt Swim Centre Corner Edgar and High Street, Glen Iris	18+ Ability to swim more than 200m freestyle continuously and at least 3 of the 4 competitive strokes. to.readliv.io.in.and.enjoy.them.	Community Community Club Supported by City of Stonnington

Malvern Valley Public Golf Course	Casual play, annual fee or membership of one of the four Daylight Hours clubs based at the course - East Malvern Golf Club - Malvern Park Ladies Golf Club - Nepean Golf Club - <del>Scotchmans Creek Golf Club</del> A community based bowls club for all members of the community. A community based table tennis club for all members of the community A community based tennis club for all members of the community	From \$17.50 for 9 holes and \$26 for 18 holes. Concession rate including seniors card holders	<b>Malvern Valley Golf Course</b> 1 Golfers Drive Malvern East	All Ages	<b>Council</b>
Melbourne Bowling Club	Various activities 6 days a week	<b>Casual &amp; Barefoot Bowls</b> \$10 a head From \$5 per session	<b>Windsor</b> Union St	All Welcome	<b>Community</b> Melbourne Bowling Club
Phoenix Park Table Tennis Club	Monday, Tuesday and Thursday	From \$5 per session	Phoenix Park Community Centre 22 Rob Roy, Malvern East	All members of the community	<b>Community</b> Phoenix Park Neighbourhood House Supported by City of Stonnington
St Andrews Gardiner Tennis Club	Activities every day of the week	Casual use and club membership options	<b>St Andrew Gardiner Tennis Club</b> Glen Iris	All Welcome	<b>Community</b> St Andrews Gardiner Tennis Club supported by City of Stonnington
Stonnington Ballroom Dancing Association	Chinese speaking Seniors group who meet three times during the week, undertaking a number of weekly activities and one or two excursions during the year.	Free	<b>Grattan Gardens Community Centre</b> <b>Prahran RSL Hall</b> <b>Chris Gahan Centre</b>	Older people of Chinese background.	<b>Community</b> Heart Foundation supported by City of Stonnington
Strength Based Exercise Program	Strength Based Exercise targeted at people over 50 to strengthen muscles and bones.	\$3 per session	<b>Prahran Community Learning Centre</b> 40 Grattan St, Prahran		<b>Community</b> Prahran Community Learning Centre (PCLC) supported by City of Stonnington
Tai Chi	A beginners class to take a gentle and easy-to-manage approach to Tai Chi.	\$3.80 per class	<b>Chris Gahan Centre</b> Grattan Gardens - Corner of Greville & Gattan Streets, Prahran	Those aged 55 and over and adults with disabilities.	<b>Council</b>
Tennis Court Hire	3 Plexipave courts available to book.	Court availability corresponds with pool opening hours	<b>Princes Gardens</b> 12 Little Chapel Street, Prahran	General Public	<b>Council</b>
Toorak Bowling Club	A community based bowls club for all members of the community.	From \$15.00 per person	<b>Toorak</b> Mandeville Crescent	All Welcome	<b>Community</b> Toorak Bowling Club
Windsor Senior Citizens Club	Weekly old time and new vogue dancing	\$5 for members \$7 for non members	<b>Prahran RSL</b> 301 High St, Prahran	Those aged 55 and over and adults with disabilities.	<b>Community</b> Supported by City of Stonnington
Yoga	Hatha yoga classes	\$85 per 10 week term	<b>Prahran Community Learning Centre</b> 40 Grattan St, Prahran		<b>Community</b> Prahran Community Learning Centre (PCLC) supported by City of Stonnington
Zumba Gold Fitness	An easy-to-follow dance/fitness class designed for those new to Zumba as well as senior members of the community. Classes are low-medium intensity and a fun alternative to mainstream exercise.	\$5	<b>Phoenix Park Community Centre</b> 22 Rob Roy, Malvern East	Adults of all ages	<b>Community</b> Phoenix Park Neighbourhood House supported by City of Stonnington