

DEVONPORT CITY COUNCIL

AGEING STRONGER, ACTIVE LONGER

Sport and Recreation Program



Ageing Stronger, Active Longer

A low impact fitness session designed to help improve strength, balance and coordination of Senior Citizens.

Sessions include 30-40 minutes of exercise, afternoon tea and occasionally industry guest speakers.

Returns in 2020.

*First session Tuesday,
21 January*

Cost:

Gold Coin Donation

Ageing Stronger, Active Longer

When:

- *Tuesdays: 1:00pm - 2:00pm @ Devonport Recreation Centre*
- *Wednesdays: 2:00pm - 3:00pm @ East Devonport Recreation Centre*
- *Thursdays: 12:00pm - 1:00pm @ Devonport Recreation Centre*

Where:

- *Devonport Recreation Centre (Table Tennis Building), 34 Forbes Street, Devonport*
- *East Devonport Recreation Centre, 67 Caroline Street, East Devonport*

Phone: 6424 4109

Email: council@devonport.tas.gov.au

"Since starting this program I have increased my strength, improved my balance. I appreciate the staff and the good company!"

A 2019 participant

