

AGEING POSITIVELY FESTIVAL

CASEY LEISURE HOSTED EVENTS

All events listed are free

Olive Road - Walking Netball

Discover the benefits of walking netball — a slower, low-impact version of the game with no running or jumping. It's a fun, inclusive way to stay active, improve fitness, boost confidence and connect with others in a safe and supportive environment.

Wednesday 1st Oct

11:00am - 12:30pm

Olive Road Sporting Complex

2-8 Frawley Road, Eumemmerring

Bookings/Enquiries: 8907 0064

Active Movers Class

Stay active with this light-paced session designed for older adults. Start with a warm-up, followed by simple exercises using hand weights, balls or bands, and finish with a relaxing cool down and stretches.

Friday 3rd October

12:15pm - 1:00pm

Casey RACE

65 Berwick-Cranbourne Road, Cranbourne East

Bookings/Enquiries: 5990 8600

**CASEY
LEISURE**



Casey RACE walkers group

Meet outside TK MAXX for a relaxed, self-paced walk through Cranbourne Park Shopping Centre - a great way to get moving before the crowds arrive. Enjoy gentle exercise and friendly company.

Tuesday 7th October

7:45am - 8:45am

**TX MAXX, Cranbourne Park Shopping Centre,
125 High Street, Cranbourne**

Bookings/Enquiries: 5990 8600

Seniors CPR Session

Learn essential CPR skills in this session tailored for older adults, recommended by Ambulance Victoria.

Wednesday 8th October

1:00pm - 2:00pm

**Endeavour Hills Leisure Centre,
10 Raymond McMahon Boulevard, Endeavour Hills**

Bookings/Enquiries: 9213 1400

Casey Pacers Walking Group

Meet outside Casey ARC near the café for a relaxed, self-paced walk around the outside of Fountain Gate Shopping Centre. A great way to stay active and social before the day begins!

Thursday 9th October

10:30am - 11:30am

Casey ARC

10 Patrick Northeast Drive, Narre Warren

Bookings/Enquiries: 9705 5000

Active Mat Pilates

A light-paced session for older adults with warm-up, simple exercises using weights or bands, and a relaxing cool down

Friday 10th October

8:20am - 9:10am

Casey ARC

10 Patrick Northeast Drive, Narre Warren

Bookings/Enquiries: 9705 5000

Endeavour Hills Walking Group

Meet at the Kmart entrance at Endeavour Hills Shopping Centre for a relaxed, self-paced walk indoors. A great way to stay active and social - rain or shine!

Tuesday 14th October

7:45am - 8:45am

Endeavour Hills Shopping Centre

Matthew Flinders Avenue, Endeavour Hills

Bookings/Enquiries: 9213 1400

Light Paced Dance Class

Move to the music at your own pace in this light and social dance session. Morning tea provided!

Thursday 16th October

12:00pm - 12:45pm

Casey Stadium

Building 4, 65 Berwick-Cranbourne Road,
Cranbourne East

Bookings/Enquiries: 9213 1400