

What's on at Tuggeranong Salvos?

Connect Groups

Join a small group to connect, grow and serve with like-minded people.
Grow deeper in your faith and find a place to belong.

Blokes Coffee morning

A time for men to get together to connect and support each other.

SAGALA

A life skills program for primary school-aged children

South Side Salvos Youth

A Friday night program for high school-aged young people and a Sunday morning connect group.

Prime Time

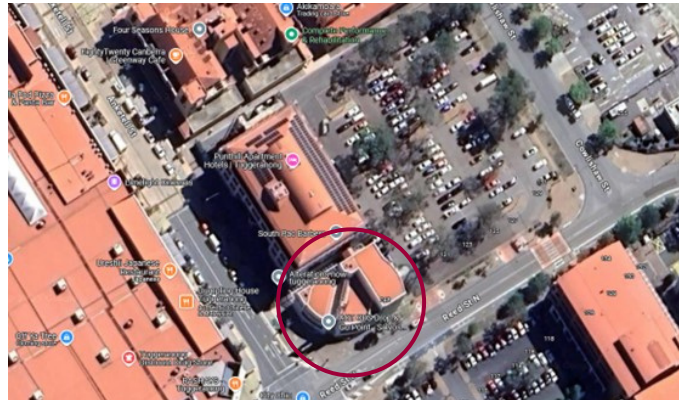
A time for people over 50 to connect and share life together.

Women's Coffee morning

A time for women to get together to connect and support each other.

Community Day

Provides support and connection for anyone who needs it in the community



02 6293 3262

tuggeranong@salvationarmy.org.au

Cnr Anketell & Reed St North, Greenway
9:00am to 2:30pm Tues - Thurs

www.salvos.org.au/tuggeranong

www.facebook.com/tuggeranongsalvos



Tuggeranong Salvos

F3

FITNESS, FUN & FRIENDSHIP



Every Tuesday (except school holidays) 9:30 - 10:30 am

Movement is a medicine for
creating change in a person's
physical, emotional and mental
states.



All are
Welcome



The notion that exercise is good for you has been around for quite a while, but seniors are often left out.

Information is constantly emerging from research; people of all ages and physical conditions benefit from exercise and physical activity.

Staying physically active and exercising regularly can help delay or prevent many diseases and disabilities including dementia.

The National Institute of Health reports that even moderate exercise and physical activity can improve the health of seniors who are frail or have diseases that accompany ageing.

An inactive lifestyle can cause older adults to lose ground in for areas that are important for staying healthy and independent; strength, balance, flexibility and endurance.

About the Program

The program is open to anyone within the community who is over 50 years of age.

It runs every Tuesday except during school holidays from 9:30 to 10:30 am.

The cost per session is \$7 per person



About the Trainer

Zorica is a fully qualified fitness trainer who specialises in Seniors Fitness programs.

She is a very warm and gentle lady who enjoys the company of others and loves nothing more to share her passion for personal well being with seniors.