

 **華人社區服務中心**
Chinese Community Social Services Centre Inc.

草地滾球體驗



草地滾球是澳洲非常普遍的運動和戶外消閒活動。由於其步伐輕鬆，體力需求比較低，所以特別適合長者參與。草地滾球對健康有許多益處，其中包括：改進體能、更好的協調能力、增加自信和自尊、促進精神健康、增強社區參與和支持等。

與 Blackburn Bowls Club 合作，參加者將於 6堂課中，學習草地滾球的規例和技巧，更可分組比賽，增加樂趣。

對象：退休華人

日期：預計 3月18日 開始，共6週

時間：每周五 上午10:00-11:30

地點：65 Pakenham Street, Blackburn South
(由 Laburnum 火車站步行約15分鐘，
或可搭乘 765 號公車)

費用：每次 \$5 (參加者需自備防曬用品、穿輕便衣服及平底鞋)

報名請致電 9898 1965 聯繫黃姑娘或徐先生



Active & Fulfilling Ageing
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Lawn bowls is a very popular sport and outdoor leisure activity in Australia. Because of its relaxed pace and comparatively light physical demands, lawn bowls is particularly suitable for older people. Lawn bowls provides a number of health benefits, including: improved fitness, improved coordination and skill development, increased confidence and self-esteem, enhanced mental wellbeing, community connectedness and support etc.

At Blackburn Bowls Club, participants will learn the rules and skills of lawn bowls in 6 sessions. It's also lots of fun to join competition in small groups.

Target : Chinese retirees

Date : tentatively 6 sessions from 18 Mar 2016

Time : Fridays 10:00-11:30am

Venue : 65 Pakenham Street, Blackburn South

(about 15 minutes walk from Laburnum Train Station, or can take bus no. 765)

Fees : \$5/session (participants need to wear sports wear and flat sole shoes, and to bring along sunscreens)



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