



Hastings Neighbourhood Services in partnership with the Active Neighbourhoods for Older Australians (ANOVA) initiative

Free

Come Along and Meet New Friends

Seaside Stretch and Move

over 60's Social Bus Group



Every Wed
8:20 am –
11:30am
from each
centre

- *Weekly bus tour to new local locations in the Hastings each week
- *30 min tailored gentle exercise from trained facilitator
- *Followed by free morning tea

Wauchope
Neighbourhood
Centre 3 Waugh
Street
02 65864055

Port Macquarie
Neighbourhood
Centre 2-4
Dodds Street
02 65838044

Lake Cathie
Community Hub
& Garden
34 Mullaway Road
0408194947

PROUDLY SUPPORTED BY



Bookings essential. Contact Brendan on **0408194947** or enquiry.lakecathie@hns.org.au . Please also visit our website: <https://www.hastingsneighbourhoodservices.org.au/>

