



home and community care
A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



Joyful Walk is an outdoor walking group, which aims to provide socially isolated Chinese seniors walking activities and opportunities to socialize with others. It also educates them using public transports and recognizes walking routes, local parks and other facilities across Victoria. Importantly, the program strengthens their self-confidence and develops healthy and independent lifestyle.

Should you need further info. Please call : Mr. Chan (Jason) (03) 9898-1965/0412 471 887

Address/Meet at: Suite 9A, Professional Suite, Box Hill Central, 17 Market St, Box Hill VIC 3128

Activity Timetable
(Activity's time will be confirmed sooner to the date)

DATE (2017)	Activity	Potential Venue
1/2 (TUE)	Induction Session + debriefing from physiotherapist	CCSSCI
14/2 (TUE)	1st Walk	Box Hill Garden
28/2 (TUE)	2nd Walk	Surrey Park
14/3 (TUE)	3rd Walk	Wattle Park
28/3 (TUE)	1st Outing	TBC
11/4 (TUE)	4th Walk	Cantebury Garden
26/4 (TUE)	5th Walk	Bennetswood Reserve
9/5 (TUE)	<i>CCSV cancer awareness semiar</i>	TBC
23/5 (TUE)	6th Walk	Beckett Park
6/6 (TUE)	2rd Outing	TBC
20/6 (TUE)	7th Walk	Ringwood Lake Park
4/7 (TUE)	8th Walk	Ruffey Lake Park
18/7 (TUE)	<i>Seminar/Indoor activity</i>	Box Hill Garden
8/8 (TUE)	Mid-gathering	CCSSCI
22/8 (TUE)	9th Walk	Flagstaff Garden
5/9 (TUE)	<i>Seminar/Indoor activity</i>	TBC
19/9 (TUE)	3rd Outing	TBC
3/10 (TUE)	10th Walk	Queen Victoria Garden
17/10 (TUE)	11st Walk	Blackburn lake sanctuary
31/10 (TUE)	12th Walk	Gardiners Creek Reserve
7/11 (TUE)	13th Walk	Glenburn Bend Park
21/11 (TUE)	14th Walk	Royal Botanic Garden
5/12 (TUE)	Celebration gathering + 4th outing	TBC

◆ Water ◆ Required medication ◆ Biscuit & Energy bar

To bring with you: ◆ Cap & Sunscreen ◆ Wear fit & comfortable trainer