

Fun and fitness for over 55

A physical activity directory for adults 55+
living in the Eastern Suburbs

SOUTH EASTERN SYDNEY
ILLAWARRA
NSW HEALTH

Bondi Junction

- ▶ **Heartmoves (men only)**
Waverley Community & Senior Citizen Centre
32 Spring Street
Contact: Ennio Herrera on 0415 034 669 or
Senior Citizen Centre on 9386 7900

Hillsdale

- ▶ **Heartmoves**
Hillsdale Youth Centre
236 Bunnerong Road
Contact: Ennio Herrera on 0415 034 669

Clovelly

- ▶ **Advanced Heartmoves**
St Luke's Church Hall
71 Varna Street
Contact: Annabelle Tytherleigh
on 0414 902 034
- ▶ **Gentle Exercise**
Clovelly Child Care Centre
40a Arden Street (enter in Brandon Street)
Contact: Sarah Kelso on 0409 247 497

Eastlakes

- ▶ **Gentle Exercise**
Community Hall
3 Florence Avenue
Contact: Susie Middleton on 0422 282 066

Randwick

- ▶ **Heartmoves**
Our Lady Sacred Heart Church Hall
Avoca Street
Contact: Annabelle Tytherleigh
on 0414 902 034
- ▶ **Heart Foundation Walking**
Prince of Wales Healthy Hearts
Meet at Prince of Wales Hospital Entrance
High Street
Contact: Jennifer on 9382 2286

South Coogee

- ▶ **Heartmoves**
Coogee Diggers Club
Corner Carr & Byron Streets
Contact: Ennio Herrera on 0415 034 669
- ▶ **Sydney**
Heart Foundation Walking
YMCA Cook & Phillip Park
Meet at Cook & Phillip Aquatic Centre
4 College Street
Contact: Peta on 9326 0444

Woollahra

- ▶ **Heartmoves**
Woollahra Senior Centre
Corner Edgecliff Road & Ocean Street
Contact: Annabelle Tytherleigh
on 0414 902 034

For additional copies please contact: Health Promotion Service - Falls Prevention Team Phone: 9947 9832

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Disclaimer

This list of exercise opportunities has been compiled by the South Eastern Sydney Illawarra (SESIH) Health Promotion Service & is designed to assist members of the public to identify opportunities for people aged 55+ to be active. The list cannot include every opportunity in the community & many other suitable options may be available. You are encouraged to seek advice from your general practitioner (GP) & your local council for more opportunities.

Inclusion of resources in this list does not imply recommendation or endorsement by SESIH & readers should make their own decisions as to whether these options are appropriate for their particular needs. If in doubt ask your GP, consultant, physiotherapist or other health professional for advice. Individuals are encouraged to seek advice from a medical practitioner before commencing any physical activity program.

The information is correct as at the time of publication & SESIH holds no liability for inaccurate entries.