

"Walk It Off"

Issue 1

Newsletter
March 2010

Included in this Newsletter

- Walking groups have been organised around Gin Gin
- Guest Speaker from Heart Foundation at next Weigh In on 25th March - Gin Gin Youth Activity Centre
- Mental Agility Activities and fun for all - Youth Centre 25th March - Come one, come all.
- Join in various Activities in and around Gin Gin to keep you active - check this Newsletter for details

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**Gin Gin
Neighbourhood
Centre**
Phone: 41 304630

Congratulations GIN GIN Over 120 Participants - "Walk It Off"



"WALK IT OFF" PROGRAM - HUGE SUCCESS!

The "Walk It Off" Program was launched at the Gin Gin Youth Activity Centre on Tuesday 9th February with around 120 participants registering. The Program was officially launched by Cr Lynne Forgan in the absence of Mayor Lorraine Pyefinch.

Pat A'Bell RN, a Credentialed Diabetes Educator was guest speaker for the morning, giving an enlightened and informative insight into diabetes and, in particular, its prevention.

Bob Dieckmann, Gin Gin Neighbourhood Centre Manager, kept us entertained and gave a rundown on the Program and the goals for our Community. The launch

was also attended by other Bundaberg Regional Council Officers from Community Care & Social Development and Sport & Recreation.

It's fair to say the response on the day was overwhelming, but delightful and satisfying to know so many of us want to do something positive for our health and wellbeing.

We sincerely apologise to the participants who didn't receive a recipe book and other handouts in their bag. However, we have been able to acquire another 20 recipe books - so if your number is between 81 & 100, you can collect your copy from the Neighbourhood Centre. We're sorry to say that is all that are available until the next reprint.

Pedometers are on loan from Bundaberg Regional Council, so please take care of them, as

we need to return them after the program. However, a lot of them don't seem to be working very well, and again we apologise.

If your pedometer isn't working, please return it to the Neighbourhood Centre. Again, due to the overwhelming response, we are unable to replace them. So you will have to just estimate your steps.

If you are unable to get to the Youth Centre on the weigh-in days, just call into the Neighbourhood Centre at any time to check your own weight on our scales.

You are reminded that there is a couple of terrific prizes on offer at the end of the program for active registered participants—so keep going!

NEXT WEIGH-IN & Guest Speaker

Date:

Thursday, 25th March

Time: 9.30am

Place:

Gin Gin Youth Activity Centre

We have organised a representative from the **Heart Foundation**

to come to our weigh-in, to talk to us about the benefits of having a healthy heart, and how to achieve this, or at least improve it!

50+ Fitness

will conduct some 'Mental Agility' to keep our minds active too!



Organised Walking Groups & Other Activities

We have organised the following walks for those who would like to walk in a group, meet new people and keep motivated. Walk as far as you like at your own pace!

Walking Groups

Mon, Wed & Fri - 7am start

Walkers meet at the end of Watawa Trail, 'opposite the Tirroan Pub' and walk towards Gin Gin.

Tues, Wed & Thurs - 6am start

Walkers meet at the start of

Watawa Trail (behind Seniors Village). (Go to end of Seniors Village, Tirroan Rd & you will find the start of the Watawa Trail.)

Tuesdays - 6.30am start-

Walkers meet at Kookaburra Park Gate and walk towards Golf Course.

Wednesdays - 4pm start-

Starting at Watawa Trail (see above for details) and walking towards Tirroan on walking track.

Other free Activities

Qigong & Tai Chi

Monday 9.30am - 11am

Place: Youth Centre, Gin Gin

Tai Chi for Arthritis -

Temporarily postponed at present)

Wednesday 1pm - 2pm

Place: Youth Centre, Gin Gin

Yoga

Monday 1.30pm - 2.30pm

Place: Youth Centre, Gin Gin.



Come & try our Tai Chi, Qigong & Yoga classes - Fun for all!



Can't walk! - Other ACTIVITIES are available

Aerobic & Circuit Classes:

(Including use of weights, stretch bands etc)

Where: National Fitness Hall

83 Mulgrave St, Gin Gin-

When: Tues & Fri 9.30 am - 10.30am

Cost: \$4 membership (once off yearly fee)

\$2 per session—Ph 41 574138

Yoga

Where: Godfrey Wilson Hall

When Thurs 5.30pm - 6.30pm

Cost: \$10 Ph 0405 229832



Social Tennis

Where: Tennis Crts, Gin Gin-

When: Wednesday 8.30am

Ph 4157 4306

Kolan Mature Ladies Water Club - (No children allowed)

Water Aerobics

(Come & have fun doing water aerobics with others - do your own activity at your own pace) - Ladies only

Where: Gin Gin Swimming Pool - Somerset St.

When: Mon, Wed & Fri

8am - 9am Ph 4157 4230

Cost: \$2.40 (pool entry only)



Good Time Cloggers

Where: National Fitness Hall

83 Mulgrave St, Gin Gin-

When: Commencing new class

Monday 22nd March - 6pm

Cost \$5.00 per session

Blue Grass Tap Dancing (no wooden shoes) heel keeping time with beat of music

1st lesson free

Ph 0419 763680 (Patti)

Gin Gin Bowls Club

Lawn Bowls

Where: Bowls Club,

34 Somerset St, Gin Gin-

When: Every Sunday 12.30

Cost: \$7 per game

Ph 4157 2172

Linda Moras School of Dance

Jazz, Tap, Hip-Hop

Where: National Fitness Hall

83 Mulgrave St, Gin Gin

When: Every Saturday 8.30am

Cost: \$7.50 per session

Ph 41 511 244



Great fun activities to do, right here in Gin Gin. Check out all the activities you can be part of!

Lots of fun activities to do! Get out and about! Meet new friends and lose kilos at the same time.