

Celebrage

Warrnambool Seniors Festival 2019



This is movement to music silent disco style!

You'll wear headphones so you can groove to popular tunes and also hear Instructor, Michelle Steere's voice to guide you all the way.

Moove and Groove can be done standing or seated and is suitable for seniors with low levels of fitness or mobility. Carers/family members are welcome too.



Venue: Archie Graham Community Centre

Date/time: Monday 7, 14, 21, 28 October, 2pm - 2.45pm

Cost: \$6

Bookings: at Archie Reception or phone 5559 4920.

As a courtesy and for safety reasons, please arrive 15minutes before your first session to check-in with Michelle.