

Social Support Groups in Lorne

Men's Group with John – 2nd Thursday of the month. Lunch at various venues. Call John on 5289 4316 for more details on venues and booking.

Lorne Social Lunches – Each Monday at 12pm. Various locations around our catchment area. Call 0407 557 906 to book.

Lorne Bus Trips – 1st Monday of the month. Different locations selected based of client interest. Call Evelyn on 5289 4316 to book.

Aireys Inlet Bus Trips – Monthly on a Wednesday. Different locations selected based of client interest. Call Evelyn on 5289 4316 to book.

Current Exercise Groups in Lorne

Airey's Fun with Fitness – Tuesday 10.30 -12.00pm at Aireys Inlet Hall. Call 5289 4316 to register interest. \$10 per class. Morning tea included.

Strength and Balance – Thursday 10.30 -12.00pm at Lorne Community Connect. Call 5289 4316 to register interest. \$10 per class. Morning tea included.

Vitality and Fitness – Friday 10am-11am at Lorne Community Connect. Call 5289 4316 to register interest. \$10 per class.

Mixed Gym Group – Tuesday, Wednesday, Thursday and Friday at 8.30am and 9.30am at Lorne Community Hospital Gym. Call 5237 8575 to register interest. \$10 per class.

Women's Social Gym Group – Tuesday and Thursday at 1pm at Lorne Community Hospital Gym. Call 5237 8575 to register interest. \$10 per class.

Men's Social Gym Group – Tuesday and Thursday at 10.30am at Lorne Community Hospital Gym. Call 5237 8575 to register interest. \$10 per class.

Walking Group – Meet at the Surf Club at 8.30am on Monday mornings. Walk followed by coffee. Call 5237 8575 to register interest.

Pre/Post Surgery Rehab Group – Tuesday and Thursday at 11.30am at Lorne Community Hospital Gym. Call 5237 8575 to register interest. \$10 per class.

***Please bring your own water bottle to classes. All exercise classes will require an exercise assessment before commencement.**