

Keilor Activities for Older Adults

Do you enjoy moderate walks and social outings, including trips to interesting places, and good company? If so, why not try a walking and activities club?

Our group commenced twenty two years ago, with about twelve members, as a walking social club. We now have 147 members and are an incorporated club.



Our club is a walking/talking/social club, enjoying bush activities, and local walks. We cater for over fifties, of all nationalities, and have different levels of walking, to enable all ages to have enjoyable days. Social activities are held on the first Tuesday of every month and are outings to different places within 2 hours of Melbourne. They are a lot of fun. Each year we hold a walking camp of five days, a yearly coach/motel trip, mid-year lunch and Christmas dinner. This club is a friendly, fun loving club, and all the members feel like one happy family.



We meet every Tuesday and cater for various levels of fitness. For more information, please contact:

- Ruth – 9361 0512
- Ted – 9338 3286
- Val – 9366 2615

- Ruth Cauchi