



Fit Fridays

Fridays 1:30pm - 3:30pm

OCTOBER



**FRIDAY OCTOBER 4TH
LILLYDALE LAKE
GRACIOUS GRACE CAFE
LILLYDALE**



Lillydale Lake is an artificial lake and wetlands area which has a great variety of walks and birdlife to enjoy. Afternoon tea will be at Gracious Grace Cafe.

**FRIDAY OCTOBER 11TH
JELLS PARK
MGA CAFE
WHEELERS HILL**



We will be heading to Jells Park to go on a walk that includes beautiful open parkland, lakeside views, abundant birdlife, and lush wetlands, followed by afternoon tea at MGA cafe.

**FRIDAY OCTOBER 18TH
LYSTERFIELD LAKE
STELLA'S KITCHEN CAFE
LYSTERFIELD**



Explore the scenic Lysterfield Park on the Lake Circuit Trail, passing through native vegetation and wildlife before taking a break at Stella's Kitchen at Montague Orchards.

**FRIDAY OCTOBER 25TH
LILLYDALE LAKE
GRACIOUS GRACE CAFE
LILLYDALE**



Lillydale Lake is an artificial lake and wetlands area which has a great variety of walks and birdlife to enjoy. Afternoon tea will be at Gracious Grace Cafe.

IMPORTANT

- You must be able to walk a distance of at least 2 km unaided
- No wheely walkers, wheelchairs or walking aids
- Appropriate footwear and clothing to be worn (sneakers or walking shoes)
- In the case of wet or extreme weather condition, it will be a cafe only visit
- Afternoon tea will be BYO or, if at a Cafe, at consumers expense

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Call the office on 9753 4577 to book