



ALL ABILITIES FUNFEST SENIORS ACTIVITIES

3 December - 5 December 2020

**The Glasshouse
(old Ruth Faulkner Library)
215 Progress Way Cloverdale**

To celebrate this year's International Day of People with Disability 'Not all Disabilities are Visible', the City will be hosting an All Abilities FunFest! Join us for:



Trishaw rides around Faulkner Park

Thursday 3 December | 12:00pm - 1:30pm (10 minute sessions) | Meet in front of The Glasshouse

Want to feel the wind through your hair but can no longer ride a bike yourself? Come along for ride around Faulkner Park on a trishaw ebike piloted by volunteer cyclists from Cycling Without Age Australia

Book free tickets for your 10 minute session here:

<https://trishaw-ride.eventbrite.com.au>



Seated Dance Workshop

Thursday 3 December | 2:00pm - 3:00pm | The Glasshouse

Get your body moving within your own limits at this seated dance class for seniors. Under the guidance of qualified dance professionals, enjoy a joyful class in a supportive and safe space.

Book your free tickets here:

<https://seated-dance.eventbrite.com.au>

**To book visit the Eventbrite links or call our
Community Development team on 94777219.**