

### MAW join RAW

#### Multicultural Active Women join Real Adventure Women

Please join the fun and action with the new MAW program. These activities are for women from a Culturally and Linguistically Diverse background. To receive registration forms and activity details please ring Mandy Cox on 0414510233 or 35102719 or email [refugee@communityfy.org.au](mailto:refugee@communityfy.org.au).

**Book now as numbers are limited. Don't miss out.**

**All activities are safe and designed for beginners.**

- 3<sup>rd</sup> Oct** Sat (max 30) Outrigger Canoeing 9.30 – 11.30 138 Quay St **Bulimba \$5**
- 10<sup>th</sup> Oct** Sat (max 35) Canoeing Come and Try 9.30 – 12.30 **Spring Field Lake \$5**
- 14<sup>th</sup> Oct Wed** (max 30) Bollywood dance fun and fitness 10-1 library - 135 Sydney Street **New Farm Park \$5**
- 19<sup>th</sup> Oct** Mon (max 20) Archery, low ropes, rock climbing, abseiling, light meal and wallabies Cnr Days and German Church Rd **Redland Bay \$5**
- 22<sup>nd</sup> Oct** Thurs (max 12) Canoeing tour 9.30 – 12.30 **Shorncliffe \$5**
- 26 Oct** Mon (max 15) 6.30pm Jazzercise Senior Centre, 20 Seymour Rd **Sandgate \$5**

### November

- 6<sup>th</sup> Nov** Fri (max 30) Bollywood Fun&Fitness 10 – 1pm Svoboda Park Kuraby **\$5**
- 7<sup>th</sup> Nov** Sat (max 20) Archery, low ropes, rock climbing and abseiling, light meal and wallabies Cnr Days and German Church Rd **Redland Bay \$5**
- 10<sup>th</sup> Nov** Tues (Max 15) 6.30pm Jazzercise 314 Warrigal Rd **8 Mile Plains \$5**
- 17<sup>th</sup> Nov** Tues (max20) Rock Climbing and Abseiling **Kangaroo Point \$5**
- 19<sup>th</sup> Nov** Thurs (max 12) Canoeing tour 9.30 – 12.30 **Shorncliffe \$5**
- 21 Nov** Tues 8am Jazzercise 314 Warrigal Road, **Eight Mile Plains \$5**
- 28<sup>th</sup> Nov** Sat (max35) Canoeing 9.30 – 12.30(date may change) **Karana Downs \$5**