



SILVER SALTIES

Silver Salties is a new program from Surf Life Saving Australia trying to provide physical activity and social connection options for older Australians at the local surf life saving club.

Wauchope Bonny Hills SLSC launched their Silver Salties programme on Tuesday 4th May with their 'Walk and Talk' group.

The group meet at the surf club (look for the Silver Salties flag) at 10am every Tuesday until 22nd June.

The first day saw 14 participants take part in a walk along Rainbow Beach , they had a lovely clear day and although there was a wide range in levels of fitness everyone was able to enjoy the walk . It's a great way for older people to keep moving and keep engaged with the community and meet new people.

Afterwards they enjoyed a well earned morning tea at Bonny's Cafe , and for one Silver Salty there was the added benefit of winning a \$20 voucher from the Hastings Co-op in Silver Salty lucky dip.no worries,

If you would like to join Silver Salties you can register online using the following link :

<https://www.revolutionise.com.au/wbhspsc/events/97133/>

Or just come along to the next walk on Tuesday 11th May at 10am at Wauchope Bonny Hills Surf Club and sign up in person