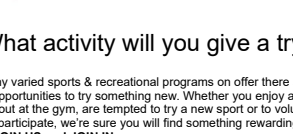


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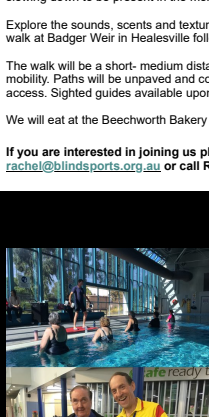
[Forward this email to a friend](#)



What activity will you give a try?

With so many varied sports & recreational programs on offer there are numerous opportunities to try something new. Whether you enjoy a good walk, like to work out at the gym, are tempted to try a new sport or to volunteer to help others participate, we're sure you will find something rewarding and enjoyable. **JOIN US and JOIN IN.**

What's on



Guided Forest Therapy Walk & lunch in Healesville

Wednesday 26 May 2021
10.30am - 2.30pm

Badger Weir in Healesville

\$10 for Transport & bring money for lunch at Beechworth Bakery

[View event on our website](#)

Join us for a Forest Bathing Walk at Badger Weir and lunch at Beechworth Bakery. We'd love to see new walkers join in.

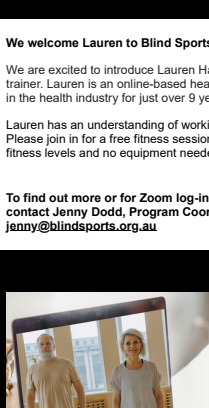
Forest bathing is inspired by a Japanese practice and has many health benefits. It involves immersing ourselves in nature, focusing on our senses, slowing down to be present in the moment, and noticing what is around us.

Explore the sounds, scents and textures of nature on a guided forest therapy walk at Badger Weir in Healesville followed by lunch at the Beechworth Bakery.

The walk will be a short- medium distance and suitable for most levels of mobility. Paths will be unupaved and could be muddy so not suited to wheelchair access. Sighted guides available upon request.

We will eat at the Beechworth Bakery so please bring money for lunch.

If you are interested in joining us please email Rachel DeSumma at rachel@blindsports.org.au or call Rachel on 0493 105 800.



Aqua-Fit for adults

Mondays 2.30 - 3.15pm

Join in anytime

Broadmeadows Aquatic & Leisure Centre, 41-85 Tanderrum Way, Broadmeadows

\$5 (carers are free)

Join us & join in.

[Read about the benefits of joining this program](#)

Aqua Fit classes where staff are trained in sighted guiding and give descriptive exercise demonstrations. "We can work at our own pace". Helen.

Get fit and make new friends at our Aqua Fitness for adults program.

BSRV has partnered with Broadmeadows Aquatic & Leisure Centre to provide weekly Aqua Fit Classes with the wonderfully enthusiastic instructor, Jeffrey.

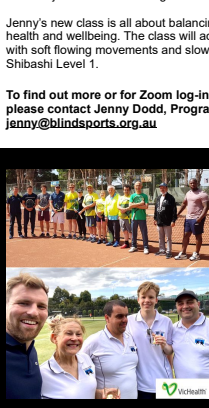
After class, everyone is invited to join us for tea/coffee to chat and socialise.

Cost: \$5 per participant (carers are free)

Where: Broadmeadows Aquatic & Leisure Centre, 41-85 Tanderrum Way Broadmeadows

Places are limited. Please email Miriam if you are interested in joining in.

Miriam@blindsports.org.au



Zoom Fitness with Lauren, your personal trainer

Thursday mornings
9.30am (dial in from 9.20am)

Online via Zoom
FREE

Aerobic and strength-based fitness session. All fitness levels.

Join us & Join in.

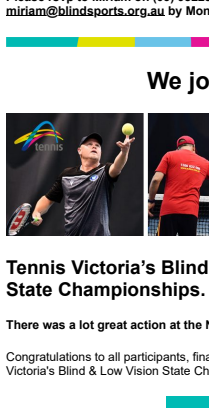
[Learn more](#)

We welcome Lauren to Blind Sports and Recreation Victoria.

We are excited to introduce Lauren Harken to you all, our new Zoom personal trainer. Lauren is an online-based health and wellness coach who has worked in the health industry for just over 9 years.

Lauren has an understanding of working with people with vision loss. Please join in for a free fitness session on Thursday mornings. Suitable for all fitness levels and no equipment needed.

To find out more or for Zoom log-in or telephone dial in details, please contact Jenny Dodd, Program Coordinator on Tel: 9822 8876 or jenny@blindsports.org.au



Zoom Walking classes - online 3 mornings a week

Mondays, Tuesdays & Fridays
9.30am (dial in from 9.20am)

Online via Zoom
FREE

All fitness levels. No equipment.

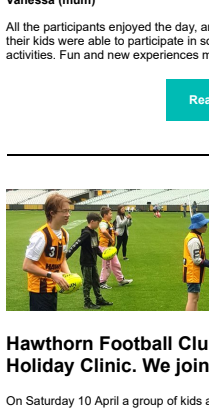
Join us & join in.

[Click here to find out how Zoom walking works](#)

Keep moving and feeling great from the comfort of your own home.

Along with other Zoom exercise classes, BSRV offers Zoom walking classes 3 times a week. We invite anyone who is blind or has low vision around Australia to join in. BSRV volunteers are also very welcome. We'd love to meet new walkers. Give it a try.

To find out more or for Zoom log-in or telephone dial in details, please contact Jenny Dodd, Program Coordinator on Tel: 9822 8876 or jenny@blindsports.org.au



Zoom Energy Balance class - Relax and breathe with Jenny

Wednesdays
9.30am (dial in from 9.20am)

Online via Zoom
FREE

All fitness levels. No equipment.

Join us & join in.

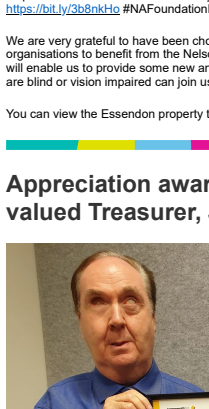
[Learn More](#)

This new class is a combination of gentle movement, breath, standing and floor work with flow and relaxation. It's a beautiful and gentle exercise. Please join in. Volunteers welcome too.

Some of you will already know Jenny Dodd who is BSRV's Project Coordinator and has just finished teaching a 6 week 'Meditation for Beginners' online class.

Jenny's new class is all about balancing energy so that we can optimise our health and wellbeing. The class will activate your energy; breathe and relax with soft flowing movements and slowly learn an 18 form program called Shibashi Level 1.

To find out more or for Zoom log-in or telephone dial in details, please contact Jenny Dodd, Program Coordinator on Tel: 9822 8876 or jenny@blindsports.org.au



Blind Tennis Anyone?

Sunday 16th May 2021
10.30am - 12.30pm

Geelong Tennis Centre

FREE event

Join us & Join in.

[Learn More](#)

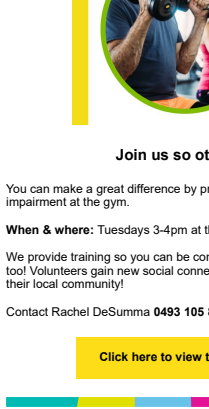
Suitable for all ages and abilities. Bring your family or bring a friend.

It's a great opportunity to try a new sport, meet new friends and get active. We'd love to see you there so join us and join in on the fun.

Address: 'Centre Court' - Geelong Indoor Tennis Court (1/3 Hepner Place, North Geelong VIC 3215)

Open to all ages - no experience required.
Lunch available after session
Pick up and drop off service in Geelong provided

To register or for more information contact Maurice on 0407 365 962 or call the office on (03) 9822 8876 or email info@blindsports.org.au



Beaumaris Moysey Walk Trail & Poetry Reading

Thursday 3 June
11am - 1.30pm

FREE EVENT / BYO lunch & raincoat

RSVP 31 May 2021

Join us & Join in.

[Learn More](#)

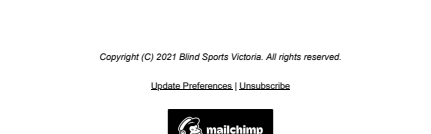
A lovely day exploring Moysey Walk Trail followed by a free cuppa and a special poetry reading with Heather Northwood. Please join us.

Moysey's Walk takes in Friendship Path & Gardens, Banksia Reserve, Tramway Parade, Moysey Gardens, Beach Road with great coastal views.

After the walk, we will file into the Beaumaris Library Meeting Room for a free cuppa and a special poetry reading with Heather Northwood. Heather is a Librarian, Bibliotherapist and has extensive experience reading Australian and humorous poetry to the community.

Please rsvp to Miriam on (03) 98228876 or email miriam@blindsports.org.au by Monday the 31st of May

We joined in!



Tennis Victoria's Blind & Low Vision Tennis State Championships.

There was a lot great action at the National Tennis Centre.

Congratulations to all participants, finalists and winners who took part in Tennis Victoria's Blind & Low Vision State Championships.

[Read more](#)

Cheltenham Pioneer Cemetery Historical Tour & Cheltenham Park Walk. We joined in!

A sunny day out with friends filled with an historical tour, a walk, a poodle and a lovely lunch with great coffee.

On Thursday the 1st of April, twenty people from the blind and vision impaired community caught the Frankston Line Train to Cheltenham Pioneer Cemetery for a fascinating historical tour...

[Read the whole article](#)

We joined in! Teens 'Out There Sailing'... How did it go?

"It's so exciting to have these new opportunities for our kids"

Vanessa (mum)

All the participants enjoyed the day, and the parents were really pleased that their kids were able to participate in something so different from their usual activities. Fun and new experiences made for a great day out.

[Read more](#)

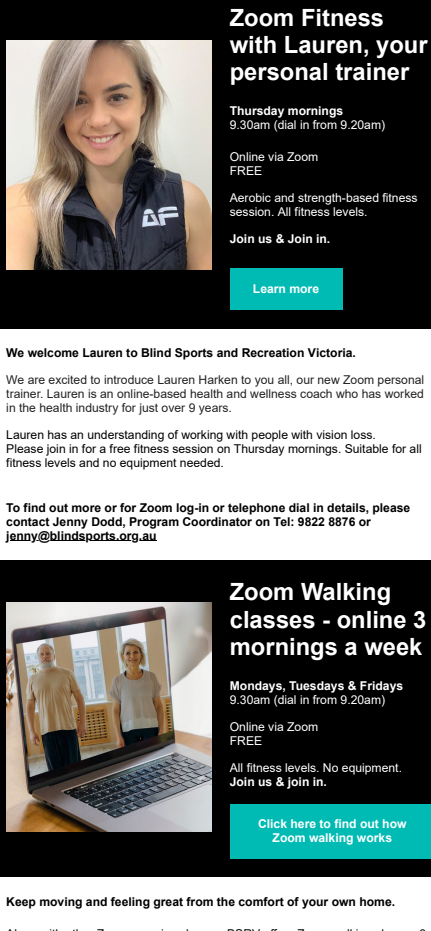
Hawthorn Football Club - AFL Blind Footy Holiday Clinic. We joined in!

On Saturday 10 April a group of kids and their families braved some awful weather to fulfill a dream of playing AFL - learning new skills and having a scrimmage with Hawks AFL Blind player Ned Brewer-Maiga.

[Read the whole article](#)

We have exciting news!

Nelson Alexander will be donating their professional fee to support Blind Sports and Recreation Victoria.

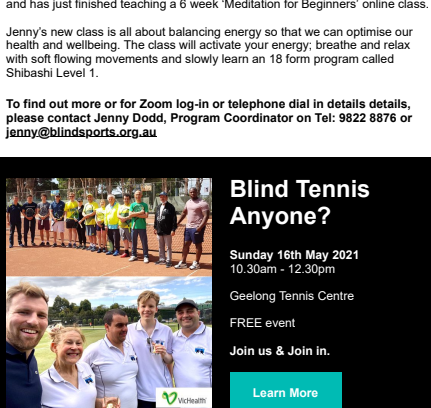


We are thrilled to receive the professional fee from a Nelson Alexander auction, as part of their annual Foundation Day on Saturday 29th May. Read all about it: [#NAFoundationDay](https://bit.ly/3d8nkh0)

We are very grateful to have been chosen as one of 16 charities and organisations to benefit from the Nelson Alexander Charitable Foundation. This will enable us to provide some new and exciting programs so more people who are blind or vision impaired can join us and join in. Stay tuned...

You can view the Essendon property to be auctioned on 29 May [here](#)

Appreciation award presented to our valued Treasurer, Jane Florindo.



Congratulations Jane and thank you for your continued support of BSRV. We appreciate everything you do.

Not-for-profit treasurers have a very important job in keeping organisations afloat. This includes working long hours and sometimes not receiving the recognition they deserve. We certainly owe Treasurers a lot, including BSRV's own Treasurer, Jane Florindo.

Jane joined BSRV as Honorary Treasurer in 2015...

[Read the whole article](#)

Volunteer Opportunity



Join us so others may join in

You can make a great difference by providing support to someone with a vision impairment at the gym.

When & where: Tuesdays 3-4pm at the Hawthorn Leisure and Aquatic Centre.

We provide training so you can be confident to assist, have fun, and be active too! Volunteers gain new social connections, and have the joy of contributing to their local community!

Contact Rachel DeSumma 0493 105 800 or email rachel@blindsports.org.au

[Click here to view the flyer on our website](#)

As a volunteer there are many ways to help

Volunteers gain great benefits from assisting people who are blind or vision impaired, while enjoying many valued experiences. BSRV can only exist with volunteers like you. Join us & Join in. Register your interest [online](#), send us an [email](#), or call us 03 9822 8876

[Learn more about volunteering](#)



**Join us
Join in**

Please join us & join in.

As a participant or volunteer at Blind Sports & Recreation Victoria we support you to stay connected, learn skills, make friends, stay healthy, get active, have fun and enjoy life. Give us a call and let us know your interests.

Donations make our programs possible. Please donate today!

[Like us on Facebook to ensure you don't miss any events, programs, news and opportunities to join in.](#)



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