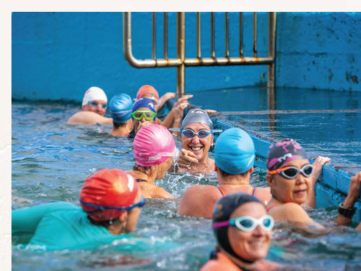
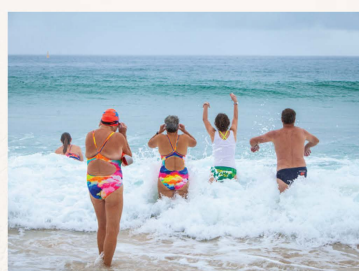


# SILVER SALTIES



**JOIN SILVER SALTIES! FUN, SAFE, SOCIAL AND HEALTHY!**



Silver Salties is a physical activity and social connections initiative for older Australians. It includes accessible, friendly, safe and beneficial activities at the park, clubhouse, beach, pool and surf which cater for older Australians regardless of their age, weight, mobility, fitness and experience. Morning tea afterwards is always encouraged too!

Silver Salties has been designed by Surf Life Saving Australia in conjunction with Surf Life Saving Clubs and is funded by Sport Australia's Move It Aus – Better Ageing Grants Program. Older Australians are a diverse group and could be any age e.g. 65yr+ or younger!

#### **Silver Salties is:**

- *Social and fun*
- *Free surf life saving community membership*
- *Friendly, safe and beneficial activity*
- *A small time commitment*
- *For all older Australians in the community!*

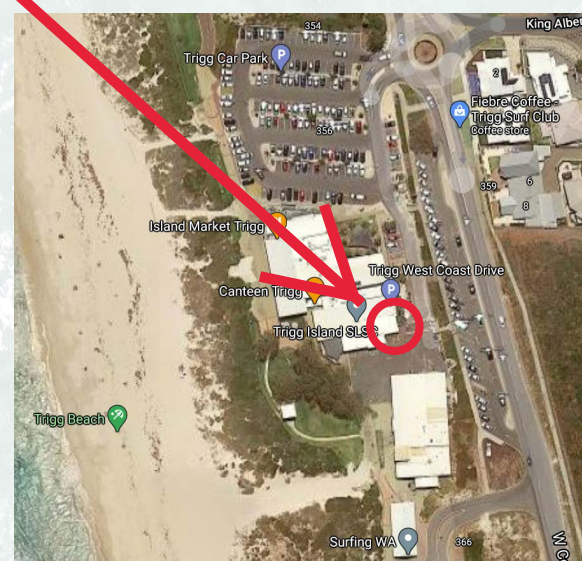
**COME AND LEARN ABOUT THE SILVER SALTIES PROGRAM AT TRIGG ISLAND SLSC**

- Trigg Island Surf Life Saving Club is offering some activities beginning in February 2021 and we want you to come down and learn about the program on January 28th at our info session.
- Come and join in on some beach games, meet other interested community members and find out what Silver Salties is all about.
- Morning tea will be provided.
- **When:** 9am, Thursday 28th Jan 2021
- **Where:** Trigg Island SLSC courtyard – see map.
- **What:** Beach games, morning tea, info session.
- **Who:** Anyone who is interested (although the program is aimed at those aged 65+).

**Trigg Island  
Courtyard**



*Register for the day by scanning this QR code with your smart phone camera or by contacting Jessie at [jbarker@triggisland.com](mailto:jbarker@triggisland.com) or 9447 3556*



[sls.com.au/silver-salties](https://sls.com.au/silver-salties)

**SPORT  
AUS**

**MOVE IT AUS  
BETTER AGEING  
GRANT**