



DISABILITY SPORT & RECREATION | MONTHLY eNEWSLETTER



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## Make 2014 your year

Did you know that 52% of Australians made a New Years resolution to exercise more regularly but 38% will abandon this by February? Don't be one of them!

We are here to help you reach your sport and recreation goals. Contact the Disability Sport & Recreation Team on 03 9473 0133 or [info@dsr.org.au](mailto:info@dsr.org.au) to chat about what's out there.

## DSR members receive Order of Australia

Eight Victorians were named in this year's Australia Day honours for service to sport at the 2012 London Paralympic Games. [Read more...](#)



## Get the ball rolling

Lawn Bowls is a relatively straightforward sport that can be learnt in minutes. Yet, it can take decades to master. Take the first step to mastering the sport in 2014 with the Lawn Bowls Development Program for people with physical disability at Fitzroy Victoria Bowls Club. [Read more...](#)



## Wheelchair basketball is back for 2014!

Wheelchair basketball development programs across the state are back for the year. [Read more...](#)



## Come and try softball this Sunday

Step up to the plate and learn the basics of softball this Sunday 2nd February at Knox Softball Association. [Read more...](#)



## Cerebral Palsy gym strengthening program

Richmond Recreation Centre runs a high care strength training program with access to their fully equipped gym, for people with cerebral palsy. [Read more...](#)



## Free calisthenics classes in February

During the month of February every Victorian child is invited to visit their local calisthenics club for a FREE lesson in Australia's unique sport of calisthenics. [Read more...](#)



## Group cycling rides

Ever wanted to ride your bike more, but have no one to ride with? Want to get active and have a few laughs along the way? Every Tuesday and Thursday night, a group of DSR members, friends and family get on their bikes for a social ride. [Read more...](#)



## Mildura tennis program

Inspired by the Australian Open? Mildura Lawn Tennis Club will be conducting a social tennis program for people with disability from February to April. [Read more...](#)



## Victorian All Abilities Cricket Carnival

The Victorian All Abilities Cricket Carnival will be held at Casey Fields, Cranbourne on Sunday, February 23. Head down to watch the 20 teams go head to head. [Read more...](#)



## Farewell Sean

Long standing DSR staff member, Sean Corcoran has undergone a 'sea change' and will be moving on to a new challenge. [Read more...](#)



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