

T H E D A M E S !

THE PUBLIC FACE OF POSITIVE AGEING

What does the acronym DAMES stand for?

DAMES means Dynamic Active Musos Enlightening Society. This is the title of the Sutherland Wellness Centre's Performance Group.

What are the aims of the DAMES?

We aim to have fun and promote positive ageing. We are *not* a choir ...we do *not* sing in harmony ...if we do it is an accident.....ba-dum-bum-CHING! We are a *performance* group!

NEW MEMBERS

Come and join us at rehearsals and see us at play

If you're interested, feel free to join us. Prospective cast members and / or organizational representatives are welcome to sit in or come up and say hi to our group.

When are rehearsals held?

Rehearsals are held weekly on Mondays at 2 p.m. (*bar school holidays and public holidays*) at OWN - Sutherland Wellness c/- the Seniors Centre, 749A Old Princes Hwy, Sutherland. The Centre is within close proximity to transport.

Rehearsal - Every picture tells a story....

We run through each song sheet 2-3 times, then do an easy costume up and practise the choreography with singing



Pic 1
This is how it goes girls!



Pic 2
Reaction from the Dames



Pic 3
Midway through a performance



Pic 4
Boop-Oop-Be-Doop, a rare rear view



Pic 5
Thanks for having us, we're leaving now!

ORGANISATIONS

Haven't been to a DAMES performance?

Then you're in for a treat! The DAMES shatter all the myths that people have about ageing. Through songs and choreography, humorous and touching, the performers engage the audience and aim to promote empathy, delight, and educate the community. The DAMES use familiar tunes and song *parodies* to explore the stories and issues of older women in our community.

Performances range from 20 to 60 minutes and money raised goes to support this and other older women's activities at Sutherland Wellness. We aim to perform throughout the year at both public (libraries, schools, theatres, hospitals, community centres, etc.) and private (birthdays, retirement villages, nursing homes, conferences, etc.) events.

Bookings? Ring or text Anne Sullivan, the DAMES Administration Officer, on 0479 095 025.

Note: Sutherland Wellness comes under the auspices of the Older Women's Network NSW, and is a 'not for profit' group, 'run for older women by older women', refer <http://www.ownnsw.org.au/own-groups-and-own-wellness/>. A brochure on the full range of activities offered by Sutherland Wellness is available.