

## Activities at Chatswood

### Address

The Annexe, Dougherty Centre  
7 Victor Street, Chatswood, NSW

### Wednesday

10:00am -11:00am Feldenkrais (Exercise)

11:00am -12:15pm Morning Tea &  
Information & Discussion  
Book Club (Once a month)  
Workshops

1:00pm - 2:00pm Qi Gong (Exercise)

### Membership

\$15 for the year

### Suggested donations

\$10 for each class

\$15 for the day

\$5 each for all other activities

**Information and Discussion free  
if attending an exercise class**

## Northside Wellness Activities Centre

Our Wellness Centre is an inclusive and welcoming environment providing older women of all cultures with an holistic approach to improving and maintaining health and wellbeing. We provide a variety of choices for healthy living and coping with illness. We offer a fun, informal, friendly and supportive environment.

## Suggested Donations

*Wellness activities are non-profit community projects.*

*Your donations are essential to offset the cost of the group leaders and venue hire.*

## The Older Women's Network

The Older Women's Network (OWN) established in 1987 aims to promote the rights, dignity and wellbeing of older women through stimulating discussions and a wide range of activities. Our goal, as a self-help group run by volunteers, is to promote mutual support and friendship amongst our members and to foster a positive attitude towards ageing.

All older women are welcome to join our group. Our aim is to provide you with means to maintain your health and wellbeing and live a full and meaningful life.

For more information  
phone 02 9519 8044

## The Older Women's Network NSW

8-10 Victoria Street  
Newtown NSW 2042  
Tel : 02 9519 8044

www.ownsw.org.au  
e-mail info@ownsw.org.au



**Northside Wellness Activities Centre  
Is Supported by**  
Willoughby City Council



## NORTHSIDE WELLNESS

### Activities for Women

**Including physical, book club and social**

**2020 Term 1**

**29 February - 8 April**

### OWN Northside Wellness Centre

The Annex, Dougherty Centre  
7 Victor Street, Chatswood, NSW

### Phone

Annette 02 9415 2474

0400 630 089

Dorothy 02 9419 6417



*No need to book or pay in advance.  
Attend as often as you like.*

## Feldenkrais

Address  
*The Annexe, Dougherty Centre,  
7 Victor St. Chatswood*



**Wednesday 10.00am – 11.00am**

*Instructor Christine Heberlein*  
Suggested donation - \$10  
Enquiry : 94152474 or 94196417

**Feldenkrais** facilitates learning about movement, posture and breathing to ultimately increase the ease and range of our movement, improve flexibility and coordination.

## Qi Gong

Address  
*The Annexe Dougherty Centre,  
7 Victor St. Chatswood*

**Wednesday 1:00pm – 2:00pm**



*Instructor John K Saw*  
Suggested donation - \$10  
Enquiry : 94152474 or 94196417

**Qi Gong** is an exercise that helps with breathing, regulating our posture, learning to stand, sit or move with the body in a relaxed way.

## Information & Discussion

Address  
*The Annexe Dougherty Centre,  
7 Victor St. Chatswood.*

**Wednesday 11.15am – 12.15pm**

### Jan 29

Book Club – Tale of Two Cities  
by Charles Dickens.

### Feb 5

Morning tea with fellow members and filling cushions for women with breast Cancer.

### Feb 12

To be advised.

### Feb 19

To be advised.

### Feb 26

Book Club – Missing Presumed  
by Susie Steiner.

### Mar 4

To be advised.

### Mar 11

Morning tea with fellow members and filling cushions for women with breast cancer.

### Mar 18

To be advised.

### Mar 25

Book Club – Little Gods  
by Jenny Ackland.

### Apr 1

Morning tea with fellow members and filling cushions for women with breast cancer.

### Apr 8

To be advised.

## Older Women's Network

**Northside Wellness Activities  
Centre**

**Wednesdays at Chatswood**

### Address

*The Annexe, Dougherty Centre  
1st Floor Rear of Childcare centre  
7 Victor St. Chatswood, NSW 2067  
Phone 94152474 or 94196417*

**10.00am – 11.00am**

Feldenkrais - Led by Christine Heberlein

**11.15am – 12.15pm**

Information and Discussion  
Book Club

**1.00pm – 2.00pm**

Qi Gong - Led by John K Saw

## COME CELEBRATE YOUR BIRTHDAY WITH US

Join us for a  
Birthday Lunch  
every 4th Saturday of  
the month  
at  
Chatswood RSL at  
12pm

