

Illawarra OWN Wellness Centre

Coniston Dispatch January 2021

From the Wellness Committee we extend a big thank you to everyone for your patience, help and understanding during 2020. We are hoping 2021 will see us move into a more normal phase of operation. It is with pleasure that we can inform you that all classes, with the exception of Ukulele, will be resuming this year although with some COVIDsafe changes.

COVID regulations for last year and this year require that numbers for classes be reduced and that, with limited opportunity for fund raising, has meant OWN Wellness has been running at a loss. Unfortunately, for these reasons, it is necessary to increase class fees. However, should anyone be struggling financially and feel that they cannot attend a class because of the cost please talk to a committee member. Conversations will be held in the strictest of confidence.

We look forward to welcoming you to a revamped Wellness Program in 2021 and anticipate much enjoyment in seeing enthusiastic participation in all the Wellness activities.

Please read the following information carefully as many changes have been made to our programme.

2021 Information for Illawarra OWN Wellness Coniston

Term One beginning Monday 1st February 2021.

<i>Timetable for Activities/Classes</i>		
Monday	Tuesday	Thursday
Drumming 9.00am – 10.00am	Thai Yoga 9.30am – 11.00am	Thai Yoga 9.30am – 10.30am
International Dancing 10.15am – 11.15am	Ukulele Because of COVID restrictions Ukulele will continue on ZOOM	Tai Chi 10.45am – 11.45am
Gentle Exercise 11.30am – 12.00noon		
Senior Fitness 12.00 – 1.00pm		

In order to keep members safe COVID-19 restrictions resulted in the necessary reduction of class numbers in given activities, hence the two groups for Senior Fitness last year and Thai Yoga for 2021.

Continuation of 2020 Classes

- The structure for Senior Fitness classes will remain the same for 2021 with **Group A** attending Weeks 1, 3, 5, 7, 9 and **Group B** attending Weeks 2, 4, 6, 8.
- Please contact Anne (0403148419) or Lynne (0434070017) if you are unable to attend your class or if you need clarification of your group.
- International Dancing and Gentle Exercise remain the same as for 2020

New Classes Recommencing in 2021

- Thai Yoga, Drumming and Tai Chi restart this year
- Participants in each of these classes will be contacted before 1st February 2021. If you have not been contacted before 27th January and wish to join a class please call Anne or Lynne. Priority is given to members who have previously attended these classes.
- Thai Yoga participants please bring your own equipment

Membership Fees

- Membership fees are due in February and are \$15.00 per annum

Fees for Classes Term 1 2021

- Tai Chi, International Dancing, Drumming, Senior Fitness - \$7.50
- Gentle Exercise - \$5.00
- Gentle Exercise + Senior Fitness - \$10.00
- **Tuesday** Thai Yoga - \$10.00
- **Thursday** Thai Yoga - \$7.50

When Ukulele is able to resume the fee will be \$5.00

Please in trying to keep everyone safe during this pandemic it is requested that members bring the exact fee for each activity.

Remember to wear a mask on arrival and when waiting to sign in. Please be COVIDsafe by observing all the rules and using the QR code in the hall.

We look forward to seeing you soon and wish you a safe, healthy and happy new year.

The Wellness Team.