



## MEMBERSHIP FEES

### Annual membership

Standard Membership \$25  
Concession Membership\* \$20

## CLASS FEES

### Pay as you go

Per class Standard Members \$10/class  
Concession\* Members \$7/class

New Moves 1.5 hr. class Standard \$12  
New Moves 1.5 hr. class Concession\* \$10

OR

## Term Pass

*Covers admission to all NWC classes for the duration of the term*

Term Pass Standard \$180 Term Pass Concession\* \$120

## ACTIVITY FEES

Fee per Activity \$5

\*Pensioner/concession cardholders

## Welcome to the OWN Newtown Wellness Group!

**We're a friendly, diverse group of older women who share a desire to live life well.**

The Older Women's Network (OWN) was established in 1987 to promote the rights, dignity and wellbeing of older women. Now a national association represented by member groups in NSW, OWN is a peak body women's organisation.

Our group recognizes that wellness is so much more than good diet and regular exercise. In addition to physical health, our wellness model encompasses mental, social, emotional, spiritual, and environmental well-being.

We believe that connection is the currency of wellness. Our program of classes and activities have been developed to build connections - with ourselves, each other, our communities and our planet.

*We warmly invite you to join us as we build wellness, friendships and community.*

## OWN Newtown Wellness Centre

8 - 10 Victoria St, Newtown, NSW

Proudly Supported by



Communities  
& Justice



## Program of Activities

*Term 1 2021*

Monday 1st February –  
Friday 2<sup>nd</sup> April

OWN Newtown Wellness Centre  
8 - 10 Victoria St, Newtown, NSW

02 9519 8044 nwc@ownnsw.org.au

## Monday

11am to 12pm

### Feldenkrais

Facilitator: Margaret Kaye

Regardless of your age, the Feldenkrais Method can help you to perform everyday physical activities with greater ease. Through increasing internal awareness, the subtle movements of the Feldenkrais Method teach you to break free of habitual, restrictive movement patterns and relearn easier ways of moving.

2:30pm to 4pm 1.5 hr. class

### New Moves

Facilitator: Dr Pauline Manley

New Moves is a fun, gentle, mixed method movement class specifically designed for the mature female body. New Moves addresses physical, emotional and psychological health. Every class is a surprise so you can join anytime. All ages and fitness levels welcome. Laughter guaranteed – come on, give it a go! Class size is limited, visit [www.ownnsw.org.au](http://www.ownnsw.org.au) to reserve your place.

## Tuesday

11am to 2pm

### Theatre Group

The Theatre Group meets weekly to rehearse and have fun in preparation for their public performances. No experience necessary.

## Wednesday

10:30am to 11:30am

### Ukulele – combined beginner and intermediate

Facilitator: Lindy

Join us & see how the Ukulele can change your life! Please bring your own Ukulele.

1pm to 2pm

### African Drumming

Facilitator: Sal

You'll learn a multi-layered African rhythm and feel the way the parts work with each other under the direction of an experienced teacher and facilitator.

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**INNER WEST**

## Friday

9:30am to 10:30am

### Tai Chi

Facilitator: Ric Bolzan

This ancient Chinese art is exercise for the health of your mind and body. The control of movement and breath generates internal energy and mindfulness. The format and the pace of the class is tailored to the abilities and needs of participants.

Class size is limited, visit [www.ownnsw.org.au](http://www.ownnsw.org.au) to reserve your place.

## Monthly Activities

11:30am

3rd Friday of the month at 11:30am  
Starting 19<sup>th</sup> of February  
Board Games with Roz

2pm

1st & 3rd Saturday of the month at  
2pm  
Starting 6<sup>th</sup> of February  
Crafternoon with Lyndell

3:30pm

Sunday 7<sup>th</sup> of Feb at 3:30pm then  
2nd Sunday of the month at 3:30pm  
Starting March 14<sup>th</sup>  
500 club – card games with Miriam