



The Older Women's Network was established in 1987 to promote the rights, dignity & wellbeing of older women.

Now a national association represented in NSW by around 20 member groups, OWN is a peak women's organisation, recognised and consulted by all levels of government on issues that affect older women.

The advocacy work of OWN gives older women a voice on important issues such as: age & gender discrimination, health and wellbeing, elder abuse, housing, transport and financial security.

MEMBERSHIP INFORMATION

Membership is \$35 per term and covers admission to all activities for the duration of the 10 week term.

Bankstown PCYC charges \$30 annual membership fee which is valid for 12 months from the date you join.

Additionally...

- ✓ You will be asked to complete a member survey when you first join the group and then again annually
- ✓ We request that you follow our "Wellness, Your Responsibilities" policy.

Welcome to the Older Women's Network Bankstown Wellness Centre!

Our Wellness Centre is an inclusive and welcoming environment providing older women of all cultures with a holistic approach to improving and maintaining health and wellbeing.

Our members bring a diverse range of skills, experiences and qualities to the group. Everyone is encouraged to contribute in whatever way they can.

As members, we are all responsible for the safety of ourselves and others while taking part in activities.

You can expect to be treated with respect. Likewise, you are required to treat other members with respect.

We offer fun, relaxation, friendship and support.

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

Coordinator: Katy Kavanagh

Phone: 0490 602 221

www.ownnsw.org.au

Email: wellnessbankstown@ownnsw.org.au

Proudly Supported by



Program of Activities

Term 3 2022

18th July – 21st September

OWN Bankstown Wellness Centre
C/O Bankstown PCYC
Corner French Avenue & Meredith St.
0490 602 221

Mondays

9.30am to 12.30pm

Greek OWN Group at the Bankstown Polish Club - Gentle Exercise Class 10am -11am

Facilitator: Angelena

Older Greek women gathering to participate in friendship through a gentle exercise class, followed by morning tea!

9.45am to 11:15am

Line Dancing – Improvers Plus

Facilitator: Robert

Offering our Improvers the opportunity to learn even more challenging dances to further improve our co-ordination, balance & memory!

11:30am to 12:30pm

Strength Exercises

Facilitator: Angelena

Minimise falls while developing and maintaining strength. Boost your mind and body and have fun!

10:00am to 11:00am

Ukulele - Beginners

Facilitator: Lindy

Join us & see how the Ukulele can change your life!
No experience needed, Ukuleles provided!

11:30am to 12:30pm

Ukulele – Intermediate

Facilitator: Lindy

A class for more experienced Ukulele players to extend their musical skills.

Tuesdays

9.45am to 11:15am

Line Dancing – Beginners Plus

Facilitator: Robert

First 30 minutes - back to basics of **Line Dancing**, before challenging our more experienced beginners to build on what they have already learnt.

10:00am to 11:15am

Let's Talk About....

Facilitator: Petra

Taking control of your life. Discuss health, women's issues and information sharing in a safe, comfortable and supportive environment.

Dial in available - contact Katy for details

11:45am to 12:45pm

Core and More

Facilitator: Gillian

This class is run as a coaching opportunity, with excellent personal feedback, so that home exercises can be done with more skill and confidence!! Some exercises are floor based like Pilates.

1:00pm to 2:00pm

Tai Chi

Facilitator: Gillian

Learn gentle flowing movements & ways of breathing to strengthen your core, improve fitness, reduce risk of falls & create inner calm.

Wednesdays

9.40am to 10.40am

Gentle Yoga

Facilitator: Stanja

Enjoy stretches, breathing and relaxation practices. Bring a yoga mat and a towel. (Maximum class size 25 participants)

10:00am to 11am

African Drumming

Facilitator: Yacou

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. Max class sizes 15.

10.50am to 11.50pm

Gentle Yoga

Facilitator: Stanja

2nd class of yoga as above

11:15am to 12:15pm:

Strength Exercise

Facilitator: Angelena

Minimise falls by developing and maintaining strength, enhancing mobility and improving reaction times.

12.30pm to 1.30pm

Guided Relaxation

Facilitator: Petra

Learn to relieve stress and anxiety with calming movements and thoughts.

Dial in available - contact Katy for details