

## MONDAYS

### **Meditation**

9:30am – 10:30am

### **Feldenkrais**

10:45am – 11:45am

### **Chair Feldenkrais**

### **First Monday in month**

### **Exercise**

12:00pm – 1:00pm

## WEDNESDAYS

### **Moves For All**

9:00am – 10:00am

### **Women's Circle**

10:00am – 11:00am

### **Morning Tea**

11:00am – 11:30am

### **Chair Yoga**

11:30am – 12:30pm

## EVENTS

### **Keeping in touch with lunch at Karimbla Restaurant, 12 noon**

Second Thursday of each month  
12<sup>th</sup> October, 9<sup>th</sup> November

Cost: \$16.50 for main, dessert, and drink.  
14<sup>th</sup> December (Christmas luncheon \$21)

**Contact:** Marion Baker

H: 9521 6515 M: 0412 009 376  
email: marionruby@hotmail.com

### **Guest Speakers**

10:00am 25<sup>th</sup> October

Greg & Pam Jackson – Quarantine Station

10:00am 22<sup>nd</sup> November

Grief & Bereavement Talk

### **Out and About**

**Contact:** Anne Sullivan

M: 0479 095 025.

**See flyer in Centre foyer**

### **OWN Christmas Luncheon**

Friday 1<sup>st</sup> December, 12pm

Gage Restaurant (The Royal Hotel Sutherland)

**More information about the  
above events will be posted in the  
Centre's foyer closer to the  
events' dates**

## Older Women's Network NSW

Established in 1987 and incorporated in 1991, the Older Women's Network (OWN) is a state-wide, self-help, not for profit organization focusing solely on the needs and concerns of older women.

The organization acknowledges that older women have substantial and significant life experiences to contribute and a strong desire to be socially active in a meaningful way.

The aim of OWN is to provide older women from all cultures with skills to maintain their health and wellbeing in an all inclusive and welcoming environment.

OWN Wellness Centres are managed and run on a day-to-day basis by volunteers and operate under the philosophy 'For Older Women by Older Women'.

## Sutherland OWN Wellness Centre

The Centre provides a holistic approach to promote health and wellbeing. This is done in an informal, friendly and supportive environment.

The Centre is committed to:

- Flexible attendance
- Learning from each other as well as from qualified trainers
- Volunteer team management.

The Centre is funded and supported by:

- Sutherland Shire Council
- Member's donations.

The Centre's management committee is open to any member who wishes to participate in running the Centre.

Website: [www.ownnsw.org.au](http://www.ownnsw.org.au) – click on groups & Projects (at top of page), under Groups click on Read More and then click on Sutherland Wellness. Photos can be viewed in the Gallery (top right hand side of page).

### Membership

\$20 per year

### Associate Membership

\$5 contribution per year

### Classes

\$10 for 1 class

\$15 for 2 classes

### More information

Pat Patterson – M: 0416 304 352

Glenda Matheson – M: 0421 287 721

email: [ownsutherland@ownnsw.org.au](mailto:ownsutherland@ownnsw.org.au)

# Sutherland Older Women's Network Wellness Centre Program

**Term 4, 2023**

**Monday 9<sup>th</sup> October to**

**Wednesday 13<sup>th</sup> December 2023**



### Activities

**Mondays and Wednesdays  
at the Sutherland Seniors' Centre**

**749A Old Princes Highway**

**SUTHERLAND**

**unless otherwise specified.**