



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

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

Bankstown PCYC charges a \$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 OWN Bankstown Wellness Group!

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

wellnessbankstown@ownnsw.org.au

www.ownnsw.org.au

Proudly supported by



Program of Activities

Term 2, 2024

**Monday 29th April -
Wednesday 3rd July**

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

MONDAY

9:30am to 12:30pm

Greek OWN Group Level 2, the Bryan Brown Theatre and Function Centre - Gentle Exercise Class 9.30am- 10.30am

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!

10:00am to 11:00am

Drumming

Facilitator: Steve

Building community and connection to others and yourself through rhythm.

11:30am to 12:30pm

Strength & Balance Exercises

Facilitator: Angelena

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

12.30pm

Windows to the World

During this time we will have a variety of classes and guest speakers to inform and delight you.

TUESDAY

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.

11.30am - 1.00pm

Let's Talk About Health & Wellbeing

Facilitator: Dr. Pauline Manley

We'll be discussing health, women's issues and sharing information in a safe, comfortable and supportive environment.

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.

WEDNESDAY

9.45am to 10.45am

Gentle Yoga

Facilitator: Stanja

Enjoy stretches, strength building and relaxation practices. Bring a yoga mat and a towel. (Maximum class size 16 participants)

9.45am to 10.45am

Gentle Stretch & Strengthening

Facilitator: Sarah

Exercises to increase mobility, flexibility, balance, and promote blood circulation. Wear loose, comfortable clothing, bring water and have fun!

11.00am to 12.00pm

Restorative Yoga

Facilitator: Stanja

Learn how to release unnecessary tension in the body and mind. The second part of the class will focus on guided relaxation practice. Bring a mat and a towel. (maximum class size 16)

12.30pm - 2.00pm

Ukulele

Facilitator: Lindy

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

1:30pm-2:30pm

Dial in for **Wellness Chats + Techniques**

Facilitator: Petra

See Katy for access.