

## The Older Women's Network

The Older Women's Network (OWN) established in 1987 aims to promote the rights, dignity and wellbeing of older women through stimulating discussions and a wide range of activities. Our goal, as a self-help group run by volunteers, is to promote mutual support and friendship amongst our members and to foster a positive attitude towards ageing.

All older women are welcome to join our group. Our aim is to provide you with means to maintain your health and wellbeing and live a full and meaningful life.

For more information phone 02 9247 7046

### The Older Women's Network NSW

87 Lower Fort Street  
Millers Point 2000  
Tel : 02 9247 7046

www.ownnsw.org.au  
e-mail info@ownnsw.org.au



#### Supported by

Willoughby City Council  
Australian Chinese Painting Society  
Chinese Cultural Centre (NSW)



## Activities at Chatswood

### Wednesday - 10:00am to 2:00pm

- Book Club
- Feldenkrais
- Morning tea & Information and Discussion
- Qi Gong
- Workshops

#### *Suggested donations*

\$10 each for exercise class  
\$5 each for all other activities  
\$15 for the day.

*Information and Discussion free if attending an exercise class.*

#### **Address:**

The Annexe, Dougherty Centre  
1st Floor, Rear of Childcare Centre  
7 Victor Street, Chatswood, NSW

### Friday - 1:30pm - 3:30pm

- Chinese Brush Painting

Cost \$15 per lesson

#### **Address:**

Chinese Cultural Centre  
799 Pacific Hwy, Chatswood, NSW 2067

Enquiry: 02 94152474 or 02 94196417

## Suggested Donations

*Wellness activities are non-profit community projects. Your donations are essential to offset the cost of the group leaders and venue hire.*

# Older Women's Network

## Northside Wellness Activities Centre



**Term 1**  
**1 Feb - 6 Apr 2012**

**Tel: 02 9415 2474**  
**02 9419 6417**

*No need to book or pay in advance.  
Attend as often as you like.*

## Feldenkrais

Every Wednesday - 10.00am – 11.00am

Address

*The Annexe, Dougherty Centre,  
7 Victor St. Chatswood*



*Instructor - Christine Heberlein*

*Suggested donations—\$10*

*Enquiry : 94152474 or 94196417*

## Qi Gong

Every Wednesday - 1:00pm—2:00pm

Address

*The Annexe, Dougherty Centre,  
7 Victor St. Chatswood*



*Instructor - John K Saw*

*Suggested donations—\$10*

*Enquiry : 94152474 or 94196417*

## Older Women's Network Northside Wellness Activities Centre

Wednesdays at Chatswood

*Suggested donations for Wed Activities*

*\$10 each for exercise class*

*\$5 each for information*

*\$15 for the day.*

## Information & Discussion

Wednesday 11.15am – 12.15pm

Address

*The Annexe, Dougherty Centre, 1st Floor Rear of  
Childcare centre, 7 Victor St. Chatswood,*

**Feb 1<sup>st</sup>**

Welcome Back—Morning tea with fellow members

**Feb 8<sup>th</sup>**

Vision Impairment

*Gina Whelan—Orientation & Mobility Instructor, Guide  
Dogs*

**Feb 15<sup>th</sup> 11:15am—1:30pm**

**OWN NSW Quarterly Meeting**

**All OWN group members**

*Please note:*

*Feldenkrais will be held at 9:45am and  
Qi Gong will be held at 1:30pm on this Wed.*

**Feb 22<sup>nd</sup>**

Book Club

*Dalphy Vanzell – OWN Northside*

**Feb 29<sup>th</sup>**

Ageing safely & prevention of violence against  
older women.

*Sonia Laverty*

**Mar 7<sup>th</sup>**

Mindfulness & good relationships

*David Cutlan*

**Mar 14<sup>th</sup> (Seniors Week Event)**

Willoughby—where the past is still the present

*Paul Storm—Historical Museum, Chatswood*

**Mar 21<sup>st</sup>**

Book Club

*Dalphy Vanzell – OWN Northside*

**Mar 28<sup>th</sup>**

Living well with asthma.

*Serena Ovens—Education Manager, Asthma Founda-  
tion*

**Apr 4<sup>th</sup>**

Morning tea with fellow members & filling  
cushions for women with breast cancer

**Suggested Donation—\$5.00 or free if combined with  
an exercise class**

## Chinese Painting

Every Friday 1:30pm—3:30pm

Address

**Chinese Cultural Centre  
799 Pacific Hwy, Chatswood**



*Instructor - Yingzi Chen*

*Suggested donations—\$15*

*Enquiry and Booking: 94152474 or 94196417*

## OWN NSW Quarterly Meeting

**This year's first Quarterly Meeting  
will be held on**

**Wednesday 15 February, 11:15am—1:30pm**

**At The Annex, Dougherty Centre  
7 Victor Street, Chatswood.**

**Lunch will be provided**

**RSVP for catering  
94152474 or 94196417**

