

Bushwalks

Bookings are essential

Please phone 0416 166 789.

This is a free activity.

There is a courtesy bus to take you from Dougherty Centre in Chatswood to the starting point of the walk and back. See map below.

Wear comfortable shoes and a hat. Bring some water and a walking stick to assist with your balance while walking in the bush. Morning tea will be provided.

Dougherty Centre

The bus for the bushwalks leaves from the Dougherty Centre, 7 Victor Street Chatswood.



Activities at Chatswood

Every Wednesday during school terms
10:00am to 3:00pm

The Annex, Dougherty Centre
1st Floor, Rear of Childcare Centre
7 Victor Street, Chatswood, NSW
Tel: 9247 7046

All older women are welcome to join in our activities. Our aim is to provide you with means to maintain your health and wellbeing and to foster a positive attitude towards a full and meaningful life.

- Book Club
- Feldenkrais (stretching exercise)
- Information and Discussion
- Morning tea
- Needle Craft
- Qi Gong (like Tai Chi)
- Workshops

Suggested donations

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

Term 3: 21st July – 22nd September

Term 4: 13th October – 8th December

No need to book or pay in advance and you can attend as often as you like.

The Older Women's Network NSW

87 Lower Fort Street
Millers Point NSW 2000

Phone: 9247 7046

Email: info@ownnsw.org.au

Net: www.ownnsw.org.au

The Walking for Health program is sponsored by:
Willoughby City Council



Older Women's Network

Northside Wellness Activities Centre

Walking for Health

Guided bushwalks and nutritional information specially designed for Older Women



September to December 2010

Saturday 25th September

When 10:00am - 12:30pm
Where Artarmon Reserve, Artarmon
Grade Easy

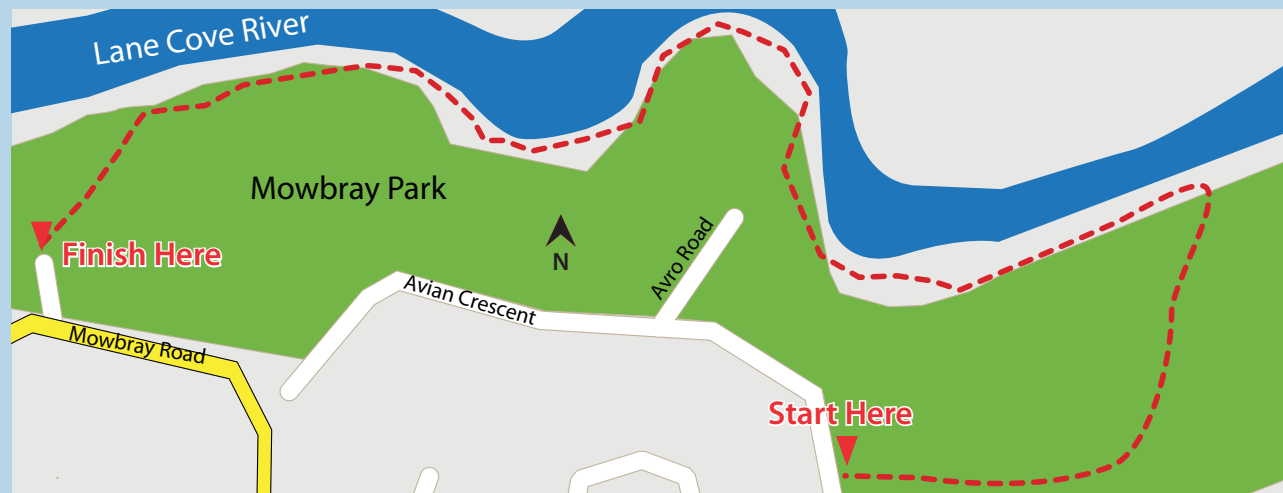
Meet at the end of Small Street, Artarmon. We will then walk through Hallstrom Park, and follow Bicentennial Track, passing by Henry Lawson Cave and Artarmon Reserve. The walk will finish at the Sensory Garden on Elizabeth St near Artarmon Station. Morning tea will be provided.



Saturday 23rd October

When 10:00am - 12:30pm
Where Mowbray Park Walking Track, Chatswood West
Grade Easy to Medium

Meet at Avian Crescent, Lane Cove North entrance, walk past the Scout Hall to the river, follow the track via Judy's Arm to Chatswood Rotary Memorial Athletic Field. Mowbray Park forms a beautiful bushland corridor along the Lane Cove River. Morning tea will be provided.



Saturday 20th November

When 10:00am - 12:30pm
Where Rail to River Walk and Ferndale Park, Chatswood
Grade Easy to Medium

Meet at Edgar Street, Chatswood entrance adjacent to playground. Follow the Rail to River Walk along Swaines Creek into Ferndale Park. Walk along the fern-clad stream and through rainforest. Here you will experience bushland as it was in the North Shore before settlement. Finish at the Dalrymple Avenue exit. Morning tea will be provided.

