



## MEMBERSHIP FEES

### Annual membership

Standard Membership \$25  
Concession Membership\* \$20

## CLASS FEES

### Pay as you go

Per class Standard Members \$10/class  
Concession\* Members \$7/class

New Moves & Drumming  
1.5 hr. class Standard \$12  
1.5 hr. class Concession\* \$10

OR

### Term Pass

Covers admission to all NWC classes for the duration of the term  
Term Pass Standard \$180 Term Pass Concession\* \$120

## ACTIVITY FEES

Fee per Activity \$5

\*Pensioner/concession cardholders

## Welcome to the OWN Newtown Wellness Group!

We're a friendly, diverse group of older women who share a desire to live life well.

The Older Women's Network (OWN) was established in 1987 to promote the rights, dignity and wellbeing of older women. Now a national association represented by member groups in NSW, OWN is a peak body women's organisation.

Our group recognizes that wellness is so much more than good diet and regular exercise. In addition to physical health, our wellness model encompasses mental, social, emotional, spiritual, and environmental wellbeing.

We believe that connection is the currency of wellness. Our program of classes and activities have been developed to build connections - with ourselves, each other, our communities and our planet.

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

### OWN Newtown Wellness Centre

8 - 10 Victoria St, Newtown, NSW

Proudly Supported by



Communities  
& Justice



## Program of Activities

*Term 1 2022*

Monday 31<sup>st</sup> January –  
Friday 8<sup>th</sup> April

OWN Newtown Wellness Centre  
8 - 10 Victoria St, Newtown, NSW

02 9519 8044 nwc@ownnsw.org.au

# Monday

10am to 11am

## Feldenkrais

**Facilitator: Margaret Kaye**

Regardless of your age, the Feldenkrais Method can help you to perform everyday physical activities with greater ease. Through increasing internal awareness, the subtle movements of the Feldenkrais Method teach you to break free of habitual, restrictive movement patterns and relearn easier ways of moving.

11:10am to 12:10pm

## Mooncatchers\*

**Facilitator: Christina Mimmacchi**

The choir welcomes all, regardless of experience or training. They sing in uplifting 2 and 3 part harmony - songs of joy, life, work, loss and the universe.

2:30pm to 4pm 1.5 hr. class

## New Moves

**Facilitator: Dr Pauline Manley**

New Moves is a fun, gentle, mixed method movement class specifically designed for the mature female body. New Moves addresses physical, emotional and psychological health. Every class is a surprise so you can join anytime. All ages and fitness levels welcome. Laughter guaranteed – come on, give it a go! Class size is limited, visit [www.ownnsw.org.au](http://www.ownnsw.org.au) to reserve your place.

\*Payment is to be made directly to Christina. The Term Pass is not valid for the choir.

\*\*There is no charge to participate, just an annual membership fee to OWN Syd.

\*\*\* Entry to this free class is just membership of Newtown Wellness Centre

# Tuesday

10am to 2:30pm

## Theatre Group\*\*

**Director: Jo-Anne Cahill**

The Theatre Group is a fabulous group of women who spin stories and songs on all matters related to being an older woman.

3:30pm to 4:30pm

## Gentle Yoga\*\*\*

**Facilitator: Georgina Green**

In Yoga class we practice connecting the mind with the body and our breath and the effects on our wellbeing range from relaxing to profound. If you're curious come along with a Yoga Mat and wear something comfortable- you may be surprised.

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**INNER WEST**

# Wednesday

10:30am to 11:30am

## Ukulele – combined beginner and intermediate

**Facilitator: Lindy**

Join us and see how the Ukulele can change your life! Please bring your own Ukulele.

12:30pm to 2pm

## African Drumming

**Facilitator: Sal**

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 and facilitator. New participants are welcome to join at the beginning of each term. Spaces limited! Booking essential!

# Wednesday

2:15pm

## Knit for Love with Pauline

Join us for the company and the fun! Come along and knit up a storm. Wool and knitting needles will be provided. We'll be knitting squares for blankets for homeless older women. We will also need volunteers to sew the squares together to make the blankets.

# Friday

9:30am to 10:30am

## Tai Chi

**Facilitator: Ric Bolzan**

This ancient Chinese art is exercise for the health of your mind and body. The control of movement and breath generates internal energy and mindfulness.

Class size is limited, visit [www.ownnsw.org.au](http://www.ownnsw.org.au) to reserve your place.

# Activities

Crafternoon with Lyndell

1st & 3rd Saturday of the month at 2pm  
Starting 5<sup>th</sup> of February

Play 500 – card games with Miriam

2nd Sunday of the month at 3pm  
Starting 13<sup>th</sup> of February

Board Games with Roz

3rd Friday of the month at 11:30 am  
Starting 18<sup>th</sup> of February