

MONDAYS

Qigong

9:30am – 10:30am

Feldenkrais

10:45am – 11:45am

Exercise

12:00pm – 1:00pm

WEDNESDAYS

Moves For All

9:00am – 10:00am

Chair Yoga

10:15am – 11:15am

EVENTS

Keeping in touch with lunch.

**Second Thursday of each month at 12pm,
Club on East, 7 East Pde, Sutherland**

Contact: Marion Baker
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email: marionruby@hotmail.com

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 – click on Join a Group (at top of page), scroll down and we are on the second page under Sutherland Wellness. Click on Read More and learn all about us.

Membership

\$50 per year

Associate Membership

\$5 contribution per year

Classes

\$10 for 1 class

\$15 for 2 classes

More information

email: ownsutherland@ownnsw.org.au

Sutherland Older Women's Network Wellness Centre Program

Term 2, 2026

Monday 20th April to

Wednesday 1st July 2026



Activities

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

749A Old Princes Highway

SUTHERLAND

unless otherwise specified.