



# Oh What Next

Older Women's Network Newsheet, November 2014

## More OWN fun

### Christmas Twilight Event



After the great success of Bella Notte we are offering another opportunity to get together in a spirit of fun and fellowship. Start your festive season with a bang.

More details in the next Older and Bolder

## Our OWN Website

Have you visited our website? On it you will find photos of recent events, and our calendar giving you more information about when and where everything is happening.

Why don't you visit it now on [www.olderwomensnetwork.org.nz](http://www.olderwomensnetwork.org.nz)

## Helpers

None of our events could happen without helpers. Please contact Edna if you can help in any way.

## Healthy High Jinks

Next Saturday 18th October Shirley McKain, fitness Instructor at YMCA, will take a fun look at age proofing and improving your quality of life, laughter-leaking look at pelvic floor issues, under the sheets exercises for grownups, dodgy knees and the wobbly disease. Her presentation will have music, song, movement and lots of laughter. This is different from the workshop advertised in the Older and Bolder as David Haigh is now unavailable for this date. (see below)

*Where: Rothesay Room, ECBCC Glen Road, Browns Bay*

*When: Saturday 18th October at 10.15am to 12.30*

*Cost: \$5 + small plate for shared lunch*



### ACT NOW

Register with Edna

Ph 445 8452

or email her on

[edna@pl.net](mailto:edna@pl.net)

## The Importance of Civil Society



After exercising your body it's time to exercise your mind. David Haigh will be discussing the Civil Society, a term used to describe a wide range of organisations, networks and groups such as OWN, that are independent from government. Listen to, and discuss with David, how the Civil Society can act as an agent of change and be a progressive force for good.

*When: Saturday 15 November*

*Time: 10.15 to 12.30*

*Venue: Rothesay Room (as above)*

*Cost: Members \$5 + shared lunch*

*Spouses, neighbours, friends welcome (\$7.50)*

*Register with Edna as above*