



*SHARE - Inspiring Communities through Exercise and Education*

We are committed to our Mission of enhancing the wellbeing of people over 50 through exercise and education. We offer a range of innovative, affordable and accessible exercise programs. We provide opportunities for more people to be physically active and healthy.

SHARE is the key deliverer of exercise programs in South East Sydney Illawarra & South West Sydney Regions.

**SHARE is part funded by New South Wales (NSW) Health**



**Term 1 2012**  
**Commences Monday 9<sup>th</sup> January to Thursday 5<sup>th</sup> April**

**Fitter & Stronger**

The Fitter and Stronger class is a good way to challenge your total body fitness while you're having fun. The class includes a warm-up, aerobics, strength exercises using resistance equipment and a cool-down with stretching and relaxation. These classes are designed to improve your strength, fitness, flexibility & balance. **Duration 1 Hour**  
*In partnership with Ashfield Council, the City of Sydney and NSW Health, we are happy to offer some Classes in these areas at a reduced rate to rate payers and residents of these councils. **No further discount or deductions apply.***

CLASS CODE	VENUE	ADDRESS	DAY/TIME	DATE	FEES
<b>T1 12 1A</b>	<b>ASHFIELD</b> - Cadigal Room	160-178 Elizabeth St	Sat 9.15am	4 <sup>th</sup> Feb – 31 <sup>st</sup> Mar	\$50.00 Rate Payers
<b>T1 12 1B</b>	<b>CLEMTON PARK</b> - Baptist Church	9 Shackel Ave	Wed 9.30am	1 <sup>st</sup> Feb – 4 <sup>th</sup> Apr	\$80.00
<b>T1 12 1C</b>	<b>CONCORD WEST</b> - RSL	Nirranda St	Thurs 9.00am	2 <sup>nd</sup> Feb – 5 <sup>th</sup> Apr	\$80.00
<b>T1 12 1D</b>	<b>CROYDON WEST</b> - Sports Club	114 Church St	Tues 9.30am	31 <sup>st</sup> Jan – 3 <sup>rd</sup> Apr	\$80.00
<b>T1 12 1E</b>	<b>EARLWOOD</b> - Senior Citizens Centre	362 Homer St	Mon 12.30pm	30 <sup>th</sup> Jan – 2 <sup>nd</sup> Apr	\$80.00
<b>T1 12 1F</b>	<b>GLEBE</b> – St Helens Community Centre	184 Glebe Point Rd	Thurs 9.00am	2 <sup>nd</sup> Feb – 5 <sup>th</sup> Apr	\$35.00 Rate Payers
<b>T1 12 1G</b>	<b>GLEBE</b> – St Helens Community Centre	184 Glebe Point Rd	Thurs 10.15am	2 <sup>nd</sup> Feb – 5 <sup>th</sup> Apr	\$35.00 Rate Payers
<b>T1 12 1H</b>	<b>KOGARAH</b> - Uniting Church	16 Gray St	Wed 9.15am	1 <sup>st</sup> Feb – 4 <sup>th</sup> Apr	\$80.00
<b>T1 12 1I</b>	<b>PEAKHURST</b> - St Matthews Church	4a Whitegates Ave	Wed 9.00am	1 <sup>st</sup> Feb – 4 <sup>th</sup> Apr	\$80.00
<b>T1 12 1J</b>	<b>PENSHURST</b> - Presbyterian Church	118 Penshurst St	Mon 9.00am	30 <sup>th</sup> Jan – 2 <sup>nd</sup> Apr	\$80.00
<b>T1 12 1K</b>	<b>PENSHURST</b> - Presbyterian Church	118 Penshurst St	Thurs 10.15am	2 <sup>nd</sup> Feb – 5 <sup>th</sup> Apr	\$80.00
<b>T1 12 1L</b>	<b>REDFERN</b> - Community Centre	29-53 Hugo St	Wed 9.30am	1 <sup>st</sup> Feb – 4 <sup>th</sup> Apr	Free Rate Payers

**SHARE reserves the right to cancel any class.**

## Strong & Active

The Strong & Active class is a more intense workout class which includes a warm-up, aerobics and strength, core stability exercises, a cool-down and stretching and relaxation. This class is a great way to challenge your fitness.

**Duration 1.5 Hours**

CLASS CODE	VENUE	ADDRESS	DAY/TIME	DATE	FEES
<b>T1 12 2A</b>	<b>CRONULLA</b> - Central	38-60 Croydon St	Thurs 11.00am	2 <sup>nd</sup> Feb – 5 <sup>th</sup> Apr	\$120.00
<b>T1 12 2B</b>	<b>NARWEE</b> - Australian Air League	7 Bryant St	Wed 6.30pm	1 <sup>st</sup> Feb – 4 <sup>th</sup> Apr	\$120.00
<b>T1 12 2C</b>	<b>PENSHURST</b> - RSL Auditorium	58a Penshurst St	Mon 10.05am	30 <sup>th</sup> Jan – 2 <sup>nd</sup> Apr	\$120.00
<b>T1 12 2D</b>	<b>SYLVANIA HEIGHTS</b> - Youth & Community	Box Rd	Tues 11.00am	31 <sup>st</sup> Jan – 3 <sup>rd</sup> Apr	\$120.00

## Strength, Stretch & Relax

This class includes an easy warm-up, whole body strength and stretching exercises, balance and relaxation.

Strength, Stretch & Relax classes are a great way to improve muscle strength, balance and range of movement. You will also learn how to relax your body and reduce stress. **Duration 1 hour**

CLASS CODE	VENUE	ADDRESS	DAY/TIME	DATE	FEES
<b>T1 12 3 A</b>	<b>KOGARAH</b> – RSL Club Level 2 Class	254 Railway Pde	Wed 10.30am	1 <sup>st</sup> Feb – 4 <sup>th</sup> Apr	\$80.00
<b>T1 12 3 D</b>	<b>OATLEY</b> - RSL Club	23 Letitia St	Wed 10.30am	1 <sup>st</sup> Feb – 4 <sup>th</sup> Apr	\$80.00
<b>T1 12 3 B</b>	<b>PEAKHURST</b> - St Matthews Church (at rear)	4a Whitegates Ave	Thurs 11.30am	2 <sup>nd</sup> Feb – 5 <sup>th</sup> Apr	\$80.00
<b>T1 12 3 E</b>	<b>OATLEY</b> - RSL Club Level 2 Class	23 Letitia St	Fri 9.30am	3 <sup>rd</sup> Feb – 30 <sup>th</sup> Mar	\$72.00
<b>T1 12 3 F</b>	<b>OATLEY</b> - RSL Club Level 1 Class	23 Letitia St	Fri 10.30am	3 <sup>rd</sup> Feb – 30 <sup>th</sup> Mar	\$72.00

## Men Only Class

Keeping you active, independent and strong. This class includes a warm-up, a range of strength exercises including circuits boxing and free weight training, followed by a cool down and range of movement exercises. **Duration 1 Hour**

*In partnership with NSW Health, we are happy to offer some Classes at a reduced rate. **No further discount or deductions apply.***

CLASS CODE	VENUE	ADDRESS	DAY/TIME	DATE	FEES
<b>T1 12 7 A</b>	<b>Concord</b> - Senior Citizens	11 Wellbank St	Tues 2.00 pm	31 <sup>st</sup> Jan – 3 <sup>rd</sup> Apr	\$38.00

## Relax & Unwind

This class includes a slow flowing warm up followed by a long relaxation component incorporating breathing exercises. **Duration 1 Hour**

CLASS CODE	VENUE	ADDRESS	DAY/TIME	DATE	FEES
<b>T1 12 8 A</b>	<b>OATLEY</b> - RSL Club	23 Letitia St	Tues 12.30 pm	31 <sup>st</sup> Jan – 3 <sup>rd</sup> Apr	\$80.00
<b>T1 12 8 B</b>	<b>OATLEY</b> - RSL Club	23 Letitia St	Fri 12.30 pm	3 <sup>rd</sup> Feb – 30 <sup>th</sup> Mar	\$72.00

## Tai Chi

Tai Chi classes are based on the Sun Style. Participants work within their own comfort zone and will always have new skills to learn. Discover how to create a new positive energy. Tai Chi challenges mind and body and has many health benefits including improved balance, range of movement and concentration. **Duration 1 Hour**  
*In partnership with Ashfield Council / City of Sydney and NSW Health, we are happy to offer some Classes at a reduced rate to their residents and ratepayers. **No further discount or deductions apply.***

CLASS CODE	VENUE	ADDRESS	DAY/TIME	DATE	FEES
<b>T1 12 4 A</b>	<b>ASHFIELD PARK</b>	Ormonde St	Wed 10.00am	1 <sup>st</sup> Feb – 4 <sup>th</sup> Apr	FREE
<b>T1 12 4 B</b>	<b>CONCORD</b> - Seniors Centre	11 Wellbank St	Tue 10.15am	31 <sup>st</sup> Jan – 3 <sup>rd</sup> Apr	\$80.00
<b>T1 12 4 C</b>	<b>DULWICH HILL</b> -Seniors Centre Beginner Class	14 Seaview St	Fri 9.00am	3 <sup>rd</sup> Feb – 30 <sup>th</sup> Mar	\$72.00
<b>T1 12 4 D</b>	<b>DULWICH HILL</b> -Seniors Centre Intermediate	14 Seaview St	Fri 10.00am	3 <sup>rd</sup> Feb – 30 <sup>th</sup> Mar	\$72.00
<b>T1 12 4 E</b>	<b>HURSTVILLE</b> - Salvation Army Hall	Cnr Bond & Dora St	Mon 9.30am	30 <sup>th</sup> Jan – 2 <sup>nd</sup> Apr	\$80.00
<b>T1 12 4 F</b>	<b>LEICHHARDT</b> - All Souls Anglican Church	13-15 Marion St	Tues 9.15am	31 <sup>st</sup> Jan – 3 <sup>rd</sup> Apr	\$80.00
<b>T1 12 4 G</b>	<b>MIRANDA</b> - Community Centre Beginners Class	Karimbula Rd	Fri 9.00am	3 <sup>rd</sup> Feb – 30 <sup>th</sup> Mar	\$72.00
<b>T1 12 4 H</b>	<b>MIRANDA</b> - Community Centre Intermediate Class	Karimbula Rd	Fri 10.00am	3 <sup>rd</sup> Feb – 30 <sup>th</sup> Mar	\$72.00
<b>T1 12 4 I</b>	<b>REDFERN PARK</b>	Redfern Rd	Wed 11.00am	1 <sup>st</sup> Feb – 4 <sup>th</sup> Apr	FREE
<b>T1 12 4 J</b>	<b>ROSEBERY</b> – Turruwal Park	Cnr Rothschild Ave & Hayes St	Wed 9.30am	1 <sup>st</sup> Feb – 4 <sup>th</sup> Apr	FREE
<b>T1 12 4 K</b>	<b>SURRY HILLS</b> – Eddie Ward Park	Devonshire St	Tues 9.30am	31 <sup>st</sup> Jan – 3 <sup>rd</sup> Apr	FREE

## Active & Fit

This class includes a warm-up, low-impact aerobics and core strength exercises followed by a cool-down and stretching. This class is a good way to improve your fitness and core stability. A fun and simple way to stay fit and active. **Duration 1 Hour**

*In partnership with Balmain Hospital and NSW Health, we are happy to offer these Classes at a reduced rate. **No further discount or deductions apply.***

CLASS CODE	VENUE	ADDRESS	DAY/TIME	DATE	FEES
<b>T1 12 9 A</b>	<b>BALMAIN HOSPITAL</b> - Conference Room	Booth St	Mon 9.30 am	30 <sup>th</sup> Jan – 2 <sup>nd</sup> Apr	\$48.00 Hospital subsidized
<b>T1 12 9 B</b>	<b>BALMAIN HOSPITAL</b> - Conference Room	Booth St	Mon 10.30 am	30 <sup>th</sup> Jan – 2 <sup>nd</sup> Apr	

## Gentle Aqua

Gentle Aqua classes are an excellent follow-up to physiotherapy or rehabilitation and a safe form of exercise for people with limited mobility and joint or muscle pain. The water has a relaxing effect on the body and can decrease blood pressure, tension and pain and allows you to move and work at your own pace. This class includes a warm-up, aerobics, strength, balance, cool-down and stretching exercises. Swimming skills are not required for these classes. **Duration 45 Mins**

*Gentle Aqua classes are very popular and there is limited space in the pools. To ensure your preferred day and time slot, be sure to enrol early.*

**NOTE:** If you have any of the following conditions you SHOULD NOT use the pool:

- Incontinence.
- Infection such as urinary tract/eye or ear/thrush
- Open wound area as skin tear, ulcers or sutures, tinea
- Very high or unstable blood pressure
- Increased temperature or fever
- Acute cardiac conditions

**Special Request for ALL Hospital Pools:** Due to safety issues participants are not permitted to use talcum powder in the pool area & change rooms.

### RPA Hospital Hydrotherapy Pool – QEII Building Missenden Rd, Camperdown

CLASS CODE	LEVELS	DAY/TIME	DATE	FEES
<b>T1 12 5 A</b>	<b>Level 2</b> = Moderate Intensity	Mon 8.30am	30 <sup>th</sup> Jan – 2 <sup>nd</sup> Apr	\$85.00
<b>T1 12 5 B</b>	<b>Level 1</b> = Low to Moderate Intensity	Mon 11.30am	30 <sup>th</sup> Jan – 2 <sup>nd</sup> Apr	\$85.00
<b>T1 12 5 C</b>	<b>Level 2</b> = Moderate Intensity	Mon 4.00pm	30 <sup>th</sup> Jan – 2 <sup>nd</sup> Apr	\$85.00
<b>T1 12 5 D</b>	<b>Level 2</b> = Moderate Intensity	Tues 8.30am	31 <sup>st</sup> Jan – 3 <sup>rd</sup> Apr	\$85.00
<b>T1 12 5 E</b>	<b>Level 1</b> = Low to Moderate Intensity	Tues 11.30am	31 <sup>st</sup> Jan – 3 <sup>rd</sup> Apr	\$85.00
<b>T1 12 5 F</b>	<b>Level 2</b> = Moderate Intensity	Tues 12.30pm	31 <sup>st</sup> Jan – 3 <sup>rd</sup> Apr	\$85.00
<b>T1 12 5 G</b>	<b>Level 2</b> = Moderate Intensity	Wed 8.30am	1 <sup>st</sup> Feb – 4 <sup>th</sup> Apr	\$85.00
<b>T1 12 5 H</b>	<b>Level 2</b> = Moderate Intensity	Wed 10.30am	1 <sup>st</sup> Feb – 4 <sup>th</sup> Apr	\$85.00
<b>T1 12 5 I</b>	<b>Level 2</b> = Moderate Intensity	Wed 11.30am	1 <sup>st</sup> Feb – 4 <sup>th</sup> Apr	\$85.00
<b>T1 12 5 J</b>	<b>Level 2</b> = Moderate Intensity	Thurs 8.30am	2 <sup>nd</sup> Feb – 5 <sup>th</sup> Apr	\$85.00
<b>T1 12 5 K</b>	<b>Level 1</b> = Low to Moderate Intensity	Thurs 11.30am	2 <sup>nd</sup> Feb – 5 <sup>th</sup> Apr	\$85.00
<b>T1 12 5 L</b>	<b>Level 2</b> = Moderate Intensity	Fri 8.30am	3 <sup>rd</sup> Feb – 30 <sup>th</sup> Mar	\$76.50
<b>T1 12 5 M</b>	<b>Level 2</b> = Moderate Intensity	Fri 11.30am	3 <sup>rd</sup> Feb – 30 <sup>th</sup> Mar	\$76.50
<b>T1 12 5 N</b>	<b>Level 2</b> = Moderate Intensity	Fri 12.30pm	3 <sup>rd</sup> Feb – 30 <sup>th</sup> Mar	\$76.50



## Gentle Aqua

Gentle Aqua classes are an excellent follow-up to physiotherapy or rehabilitation and a safe form of exercise for people with limited mobility and joint or muscle pain. The water has a relaxing effect on the body and can decrease blood pressure, tension and pain and allows you to move and work at your own pace. This class includes a warm-up, aerobics, strength, balance, cool-down and stretching exercises. Swimming skills are not required for these classes. **Duration 45 Mins**

*Note: Gentle Aqua classes are very popular and there is limited space in the pools. To ensure your preferred day and time slot, be sure to enrol early.*

### Canterbury Hospital Hydrotherapy Pool - Canterbury Rd, Campsie

CLASS CODE	LEVELS	DAY/TIME	DATE	FEES
<b>T1 12 6 A</b>	<b>Level 1 = Low/Moderate Intensity – Women Only</b>	Mon 4.00pm	30 <sup>th</sup> Jan – 2 <sup>nd</sup> Apr	\$85.00
<b>T1 12 6 B</b>	<b>Level 2 = Moderate Intensity</b>	Mon 5.00pm	30 <sup>th</sup> Jan – 2 <sup>nd</sup> Apr	\$85.00
<b>T1 12 6 C</b>	<b>Level 2 = Moderate Intensity - Women Only</b>	Tues 8.30am	31 <sup>st</sup> Jan – 3 <sup>rd</sup> Apr	\$85.00
<b>T1 12 6 D</b>	<b>Level 2 = Moderate Intensity – Women Only</b>	Tues 12.00pm	31 <sup>st</sup> Jan – 3 <sup>rd</sup> Apr	\$85.00
<b>T1 12 6 E</b>	<b>Level 2 = Moderate Intensity</b>	Tues 1.00pm	31 <sup>st</sup> Jan – 3 <sup>rd</sup> Apr	\$85.00
<b>T1 12 6 F</b>	<b>Level 1 = Low to Moderate Intensity</b>	Wed 8.50am	1 <sup>st</sup> Feb – 4 <sup>th</sup> Apr	\$85.00
<b>T1 12 6 G</b>	<b>Level 1 = Low to Moderate Intensity</b>	Wed 10.00am	1 <sup>st</sup> Feb – 4 <sup>th</sup> Apr	\$85.00
<b>T1 12 6 H</b>	<b>Level 2 = Moderate Intensity – Women Only</b>	Thurs 8.30am	2 <sup>nd</sup> Feb – 5 <sup>th</sup> Apr	\$85.00
<b>T1 12 6 I</b>	<b>Level 1 = Low to Moderate Intensity</b>	Thurs 12.30pm	2 <sup>nd</sup> Feb – 5 <sup>th</sup> Apr	\$85.00
<b>T1 12 6 J</b>	<b>Level 1 = Low to Moderate Intensity</b>	Thurs 1.30pm	2 <sup>nd</sup> Feb – 5 <sup>th</sup> Apr	\$85.00
<b>T1 12 6 K</b>	<b>Level 1 = Low to Moderate Intensity</b>	Thurs 2.30pm	2 <sup>nd</sup> Feb – 5 <sup>th</sup> Apr	\$85.00
<b>T1 12 6 L</b>	<b>Level 1 = Low/Moderate Intensity- Women Only</b>	Fri 4.00pm	3 <sup>rd</sup> Feb – 30 <sup>th</sup> Mar	\$76.50
<b>T1 12 6 M</b>	<b>Level 2 = Moderate Intensity</b>	Fri 5.00pm	3 <sup>rd</sup> Feb – 30 <sup>th</sup> Mar	\$76.50

### St George Hospital Hydrotherapy Pool – South Street, Kogarah

**NOTE:** St George Hospital requires that *everyone* must wear rubber-soled shoes when entering the pool area & change rooms. Street shoes are not to be worn within the pool area and must be changed to rubber-soled shoes prior to entry.

CLASS CODE	LEVELS	DAY/TIME	DATE	FEES
<b>T1 12 10A</b>	<b>Level 1 = Low to Moderate Intensity</b>	Mon 12.30 pm	30 <sup>th</sup> Jan – 2 <sup>nd</sup> Apr	\$85.00
<b>T1 12 10B</b>	<b>Level 1 = Low to Moderate Intensity</b>	Mon 1.15 pm	30 <sup>th</sup> Jan – 2 <sup>nd</sup> Apr	\$85.00
<b>T1 12 10C</b>	<b>Level 2 = Moderate Intensity</b>	Fri 12.30 pm	3 <sup>rd</sup> Feb – 30 <sup>th</sup> Mar	\$76.50
<b>T1 12 10D</b>	<b>Level 2 = Moderate Intensity</b>	Fri 1.15 pm	3 <sup>rd</sup> Feb – 30 <sup>th</sup> Mar	\$76.50

**PLEASE NOTE OUR NEW POSTAL ADDRESS IS**

**PO Box 2006  
Peakhurst NSW 2210**

**Unit 2A/66 Planthurst Road  
CARLTON NSW 2218**

(NOTE: If calling into our office, we are up 19 stairs)

Phone: (02) 9533 4422  
Email - info@share.org.au

Fax: (02) 9584 8603  
Web: www.share.org.au

**SHARE reserves the right to cancel any class.**



## SHARE / Community Partnerships

SHARE provides Fitness Leaders to various community organisations. Below are details of these classes.

**NOTE:** There are various pricing levels. For further information or enrolment please contact our Community partners or visit their community venues.

CLASS	VENUE	DAY/TIME	CONTACT
<b>Gentle Aqua –</b> Aboriginal Health	<b>RPA Hydrotherapy Pool</b> - Camperdown	Thurs 12:30 pm	<b>AMS Redfern</b> Ring Hector on 9319 5823
<b>Fitter &amp; Stronger</b>	<b>Strathfield Town Hall</b>	Thurs 10:30 am	<b>Strathfield Council</b> Ring Elizabeth on 9748 9999
<b>Gentle Exercise</b>	<b>South-East Neighbourhood Centre –</b> 169 Victoria Street, Beaconsfield	Tues 10:45 am Monthly	<b>South-East Neighbourhood Centre</b> Ring 8338 8505
<b>Gentle Exercise</b>	<b>Cliff Noble Activity Centre –</b> 24-26 Suttor Street, Alexandria	Tues 11:00 am	<b>City of Sydney Council</b> Ring 9265 9489
<b>Gentle Exercise</b>	<b>Tom Foster Community Centre –</b> 11-13 Darley Street, Newtown	Wed 11:00 am	<b>Marrickville Council</b> Ring Megan on 9335 2187
<b>Gentle Exercise</b>	<b>Kingsgrove Community Aid Centre –</b> 30 Morgan Street, Kingsgrove	Mon 11:00 am	<b>Kingsgrove Community Aid Centre</b> Ring Gurveed on 9150 7823
<b>Gentle Exercise</b>	<b>South-East Neighbourhood Centre –</b> 169 Victoria Street, Beaconsfield	Thurs 11:30 am Monthly	<b>South-East Neighbourhood Centre</b> Ring 8338 8505
<b>Gentle Exercise /Tai</b> <b>Chi focus</b>	<b>The Exodus Foundation –</b> 180 Liverpool Road Ashfield	Fri 10:00 am	<b>Ashfield Council</b> Ring Anthia on 9716 1866
<b>Sit To Fit</b>	<b>Turunga Building – Community Room –</b> 3 Phillip Street, Waterloo	Wed 10:45 am	<b>Redfern &amp; Inner City Home Support</b> <b>Service</b> on 9319 3587
<b>Sit To Fit</b>	<b>Ron Williams Activity Centre –</b> 5-11 Kepos Street, Redfern	Wed 12:30 pm	<b>City of Sydney Council</b> Ring 9265 9489
<b>Sit To Fit</b>	<b>St Helens Community Centre –</b> 184 Glebe Point Road, Glebe	Wed 2:00 pm	<b>Redfern &amp; Inner City Home Support</b> <b>Service</b> Ring 9319 3587
<b>Sit To Fit</b>	<b>McKell Building – Community room –</b> 55 Walker Street Redfern	Thurs 2:00 pm	<b>Redfern &amp; Inner City Home Support</b> <b>Service</b> Ring 9319 3587
<b>Stroke Support</b> <b>Group</b>	<b>Mortdale RSL –</b> 25 Macquarie Place Mortdale	Tues 11:15 am	<b>St George Community Services</b> Ring Laura 8558 4000
<b>Tai Chi</b>	<b>Ashbury Senior Citizens Centre –</b> 66 Princess Street, Ashbury	Thurs 9:00 am	<b>Ashbury Tai Chi Group</b> Ring 9798 7073
<b>Tai Chi</b>	<b>Summer Hill Community Centre –</b> 131 Smith Street, Summer Hill	Thurs 10:30 am	<b>Summer Hill Community Centre</b> Ring 9799 5800
<b>Tai Chi in the Park</b>	<b>Eddie Ward Park –</b> Devonshire Street, Surry Hills	Tues 9:30 am	<b>City of Sydney Council</b> Ring 9265 9489
<b>Tai Chi in the Park</b>	<b>Turruwul Park –</b> Cnr Rothschild Ave & Hayes Road, Rosebery	Wed 9:30 am	<b>City of Sydney Council</b> Ring 9265 9489
<b>Tai Chi in the Park</b>	<b>Redfern Park –</b> Cnr Redfern & Chalmers Streets, Redfern	Wed 11:00 am	<b>City of Sydney Council</b> Ring 9265 9489