

Newsheet

December 2011



Class Christmas parties are in full swing. The first class to party this year was the Computer Club (pictured) who enjoyed lunch at The Coast Golf Club on Monday, November 21.

End of Year lunch Monday - 12 December Maroubra Bowling Club

MERRY CHRISTMAS

Special guests will be the Hon Peter Garrett, our honorary solicitor Ann Bowen, Michael Daley MP, Mayor Scott Nash, Councillor Robert Belleli, Councillor Margaret Woodsmith and Council officer, Frida Kitas.

There'll be entertainment, hamper raffles, singing and a great deal of fun. The valued Harvey Exton Award will also be presented to the member who has made outstanding progress in class work. The Centre is delighted the judging will be undertaken by Arlette Exton, Jim Kime and Manager Linda Mearing

The Club will be serving roast turkey or grilled salmon, tiramisu or fruit salad, with an option for vegetarians of roast pumpkin risotto with feta and baby spinach.

This lunch will be a special time to thank everyone who has made a contribution to making our classes and activities so enjoyable this year.

The 14 tables are filling fast so give us a call to choose your menu and enjoy a wonderful day with friends. Don't miss out. **Tickets are \$38 each.**

Connecting through Food November special events were great fun.

Twenty five members enjoyed a wonderful oyster lunch with Simon Marnie (pictured) on 3 November. Simon is an accredited oyster judge for the Royal Agricultural Society, as well as being a busy broadcaster for the ABC. He shucked over 4 dozen oysters from 4 different regions. Everyone was spellbound and happily ate everything.

Cooking classes were advertised over two weeks. The highlight was an Indian cooking class in the Mirrabooka Retirement Village kitchen kindly arranged by the Manager, Bernice Goode. Volunteer instructor Sylvia Elliot and trainees, Les, Ron, Clive and Patrick (pictured) cooked up a delicious feast of curried lamb, savoury vegetables, poppadums and rice.

On Friday 18 November over 30 people enjoyed lunch with former Olympic walker, Ron Crawford (pictured left, with Ric, Malcolm, mens exercise trainer Graeme Beath and others). Ron had lots of behind the scenes stories to tell and what it was like training and competing in the fifties and sixties.



Lunch with Ron Crawford

Cooking class at Mirrabooka



Lunch with Simon Marnie.





Social Dancing for Seniors

*Dances such as the waltz,
cha-cha plus tango and fox trotting...
come along and join in the fun.*

Fridays - 11 am - 1 pm

*Instructors \$4 per
Earl & Mauria session.*



See our Yoga classes explained on Youtube
<http://www.youtube.com/watch?v=Hx3MSR6tZ7A&feature=related>

Classes Start Again

CLASS	RETURN DATE
Beading	Feb/2/12
Book Club	Jan/23/12
Bridge	Jan/17/12
Broadband For Seniors	Jan/17/12
Calligraphy	Jan/24/12
Candlewicking Embroidery	Feb/1/12
Chair Exercises	Jan/27/12
Computer Classes	Jan/16/12
Computer Club	Feb/6/12
Creative Writing	Jan/23/12
Crochet/Knitting	Feb/2/12
Drama	Jan/18/12
Films, Tea & Chat	Jan/20/12
Folk Art	Jan/23/12
French Beginners	Feb/6/12
French Language	Feb/1/12
History	Feb/1/12
Indoor Bowls	Jan/16/12
Italian	Jan/17/12
Italian - Beginners	Feb/8/12
Line Dancing	Feb/9/12
Men's Exercises	Jan/20/12
Middle Eastern Dancing	Feb/13/12
Painting In Oils	Feb/1/12
Painting In Watercolours	Jan/20/12
Qigong/Tai Chi-Tues	Jan/31/12
Qigong/Tai Chi-Thurs	Feb/2/12
Quilting	Feb/1/12
Scrapbooking	Feb/2/12
Sing-A-Long	Jan/17/12
Singing	Feb/1/12
Social Dancing	Jan/20/12
Spanish	Jan/30/12
Table Tennis	Jan/17/12
Tap Dancing -Tues	Jan/24/12
Tap Dancing 1 - Fri	Jan/27/12
Tap Dancing 2 - Fri	Jan/27/12
Walking Club	Feb/3/12
Women's Exercises	Jan/24/12
Yoga	Jan/16/12
Zumba	Feb/3/12
Podiatry	Feb/6/12

2012 Membership Fees are due now...

Summer Holiday closure dates

Last classes will run on Friday 16 December.
Classes resume from Monday 16 January 2012. Different classes will resume on different dates. Ask at the Office or check the table on this page.

LEARN ITALIAN! 10 WEEK COURSE FOR BEGINNERS

\$4 per class

*Italian
for
Beginners*

*Lisa Law
Instructor*

*Every Wednesday
11:30 - 12:30*

Centre supports Local Schools and Students

Again this year The Centre is making a number of recognition awards to local children. Students at four local schools will receive a small Coast Centre for Seniors achievement award .

The participating schools are La Perouse, Maroubra Junction, Malabar and Matraville Soldiers Settlement.

Our Awards will be presented by Lee Barwick, Helen Fatouros and Judy Pearson.on Awards day of each school.

Some special events in 2012

February Tuesday 21st - Welcome back BBQ
March Wednesday 28th - Trip to beautiful Berry
May Monday 28th - Annual Concert
July Tuesday 24th - Christmas in July BBQ
August Monday 27th - Fashion Parade

September Wednesday 19th - tiptoe to Bowral
October Sunday 21st - Art Fair and Open Day
November Tuesday 6th - Mad Hatters Day
aka
Melbourne Cup Day