

news sheet

leisure & learning activities for over 55s

september 2011

BOWRAL TULIP FESTIVAL



The last day trip for 2011 will be to the *Bowral Tulip Festival* in the Southern Highlands on Wednesday 21 September. Leaving Juniors at Maroubra Junction at 8:30am, you will stop for morning tea at the Corbett Gardens which is the location of the Festival. Lunch will be at the Blue Rose Café at the Braemar Garden Centre. After lunch you will stop to stroll around the lovely Winifred West Garden in Mittagong. The cost is \$50 per person.



WHAT'S ON NEXT?...

Mon 12 Sep	Annual General Meeting
Wed 21 Sep	Bowral Tulip Festival
Sun 23 Oct	Open Day

OH&S COMMITTEE

The Centre is looking for interested members to join our Occupational Health and Safety Committee, so if this is an area that you would like to volunteer in, please contact the manager, Linda on 9311 4886.

ANNUAL GENERAL MEETING

The Centre's AGM will be held on Monday 12 September at 10am. The meeting will receive reports on the Centre's progress during the financial year ending 30 June and elect a Management Committee for the next twelve months. Nominations are:-

President: Malcolm Sullivan

Vice Presidents: Lee Barwick, and Judy Pearson

Treasurer: Joe Fleming

Secretary: #

Committee Members: Helen Fatouros, Robin Buck, Cheryl Tucker, and Arthur Eastwood.

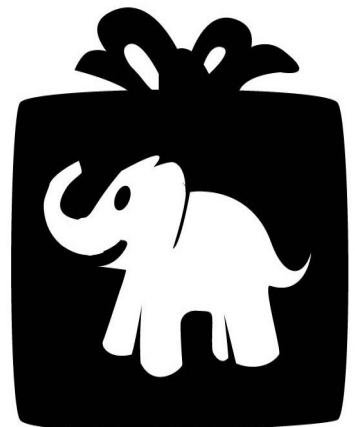
Please come along and be part of this important event.

FIRST AID COURSE

A second First Aid refresher course is planned for Monday 26 September from 9am-1pm. The fee is \$40. Please register at the office.

OPEN DAY STALLS

Any white elephants at your place? Then start getting them ready for Open Day on Sunday 23 October. Other stalls will include plants, cakes, arts and crafts, plus a monster BBQ. Standby for details on singing and dancing.



The Little Bay COAST CENTRE FOR SENIORS Inc.

QIGONG/TAI CHI

Tuesdays & Thursdays at 9:30-10:45am

Qigong is a powerful healing system developed in China over many thousands of years. It is one of the components of the holistic system of Traditional Chinese Medicine.

Classes here are conducted by Qigong/Tai Chi Master, Simon Blow, author and teacher. In 2010 Simon was awarded a Dedication Award at a world conference in Beijing for his initiatives and contribution to the development of Medical Qigong.

SEPTEMBER FILMS TEA & CHAT, Fridays at 10am

Come and join us for the next instalment of exciting films...



9 SEPTEMBER



16 SEPTEMBER



23 SEPTEMBER



30 SEPTEMBER

MIDDLE EASTERN DANCING

New 6 Week Course for Beginners

Starts Monday 10 October @ 12.30 Cost \$60

Suitable for: Absolute beginners or those with limited experience.

What to wear: Comfortable clothing and shoes suitable for dancing or bare feet (a hip scarf is optional).

The course will introduce you to the basic movements of this ancient dance form and get your hips moving to the exotic beats of the Middle East.



Tutor: Libby Hakim has been involved in Middle Eastern Dance for 7 years and has performed at many cultural, community and dance events including Egyptian National Day, Mind Body Spirit Festival, 1001 Arabian Nights Show and the Australian Dance Festival.

YOGA

For peace, flexibility and better health join our Yoga instructor SukhRaj Deepak in the new hall (Cnr Pine & Ewing Avenues) on either:

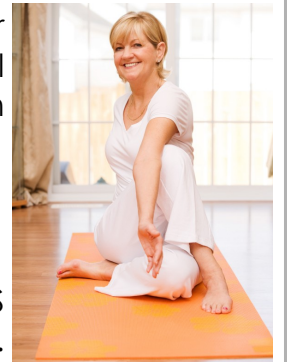
Mondays 9:30-10:30am; 6-7pm

or

Wednesdays 9:30-10:30am.

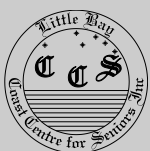
Fees are \$8 & \$5 for CCS Members; \$10 for non-members.

NEW TIMES



SOCIAL DANCING

The Centre will be holding Social Dancing sessions for couples commencing Friday 14 October from 10am to noon. Join dance master Earl Virtue. \$4 per session



Ward 3, Curie Avenue, Prince Henry at Little Bay

Tel: (02) 9311 4886; Fax: (02) 9311 4776; www.coastcentre.org.au

Hours: 9am to 3pm, Monday to Friday