

news sheet

leisure & learning activities for over 55s

august 2011

NEW HALL

This month classes will start in our new hall. The hall is on the corner of Ewing Avenue and Pine Avenue. This building is a replica of a building that was originally the Nurses Dining Room.

Classes to be held there will include Yoga on Mondays and Wednesdays at 9:30am, Middle Eastern Dancing on Mondays at 1:30pm, Drama on Wednesdays at 11am and Line Dancing on Thursdays from 10:30 plus Saturdays from 1pm.



WHAT'S ON NEXT?...

Mon 29 Aug	Fashion Parade
Mon 12 Sep	Annual General Meeting
Wed 21 Sep	Bowral Tulip Festival

ANNUAL GENERAL MEETING

The AGM will be on Monday 12 September. Anyone interested in standing for the Management Committee is welcome to obtain a nomination form from the Office.

FASHION PARADE

QUEENSPARK

Following the success of the Fashion Parade last year, we will again be holding an exhibition of the coming season's styles by Queenspark Fashion. The parade will be held on Monday 29 August at 10am. There will be morning tea for all and a raffle will be held. Tickets are only \$5 per person so reserve your place today!

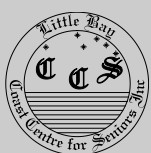


BOWRAL TULIP FESTIVAL

Tulip Time[®]
SOUTHERN HIGHLANDS NSW

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.



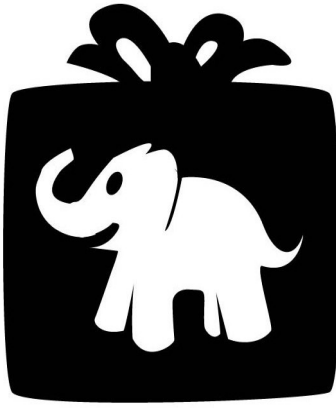
Ward 3, Curie Avenue, Prince Henry at Little Bay

Tel: (02) 9311 4886; Fax: (02) 9311 7449; www.coastcentre.org.au

Hours: 9am to 3pm, Monday to Friday

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.



FIRST AID COURSE

A second First Aid refresher course for this year is planned for mid September. The fee for this four-hour course is \$40. Please register at the office.

HENRY LAWSON

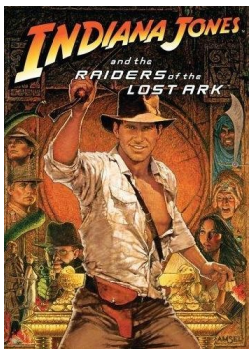
Ninety years ago, between 14 July to 23 September 1921, famous Australian colonial writer and poet Henry



Lawson was a patient in the room that is now our Reception. Sadly the following year was the last year of Lawson's life. He passed away on 2 September 1922, aged 55. The tablet located in Reception is dedicated to his memory by the Fellowship of Australian Writers.

AUGUST FILMS TEA & CHAT Fridays at 10am

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



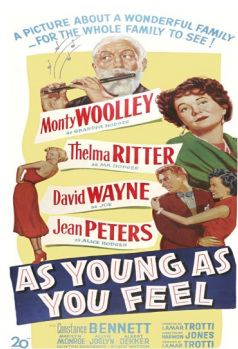
5 AUGUST



12 AUGUST



19 AUGUST



26 AUGUST

COAST CENTRE FOR SENIORS—A POEM

Some depression followed my retirement,
I felt useless and lazy,
What could I do to fill my life
and prevent me from going crazy.

Many friends are still working
so contact with them has diminished,
I asked myself is this the start of the end,
Is my life almost finished?:

A friend told me of the Centre for Seniors
At the beautiful coast by the sea,
Where many courses are being conducted
by dedicated tutors, for people like me.

I'm attending many classes now,
and like a flower unfolding in the sun,
I'm giving myself top priority,
My new life has begun.

I'm learning new skills and meeting people,
I'm feeling healthy and spry,
If you're a senior with time on your hands,
Give the Coast Centre for Seniors a try.

By Joan Child