

# news sheet

leisure & learning activities for over 55s

Dec 10-Jan 11

## CLASSES SCHEDULE

CLASS	FINISH DATE	RETURN DATE
Beading	25 Nov '10	3 Feb '11
Book Club	22 Nov '10	28 Feb '11
Bridge	14 Dec '10	18 Jan '11
Calligraphy	14 Dec '10	25 Jan '11
Candlewicking	24 Nov '10	2 Feb '11
Chair Exercises	14 Dec '10	25 Jan '11
Computers	13 Dec '10	31 Jan '11
Comp. Club	15 Nov '10	7 Feb '11
Crochet	9 Dec '10	3 Feb '11
Drama	15 Dec '10	19 Jan '11
Films, Tea & Chat	17 Dec '10	21 Jan '11
Folk Art	6 Dec '10	7 Feb '11
French Beg.	6 Dec '10	31 Jan '11
French Lang.	1 Dec '10	2 Feb '11
History	24 Nov '10	2 Feb '11
Indoor Bowls	6 Dec '10	17 Jan '11
Italian	14 Dec '10	18 Jan '11
Line Dancing	2 Dec '10	10 Feb '11
Men's Exercises	17 Dec '10	21 Jan '11
Middle East Dance	24 Nov '10	2 Feb '11
Painting in Oils	8 Dec '10	8 Feb '11
Watercolours	10 Dec '10	21 Jan '11
Photography	8 Dec '10	31 Jan '11

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## WHAT'S ON NEXT?...

13 Dec	End-of-Year Luncheon
17 Dec	CCS Closes
17 Jan	CCS Re-opens
1 Mar	Welcome Back BBQ

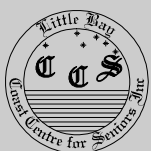
## LINE DANCING

A big *THANK YOU* to everyone in the Line Dancing classes who organised a raffle and raised \$285 for the Centre! Also, *Happy Birthday* to Margaret Daley, pictured below with tutor Annette Gardner, who celebrated her 91st birthday with the Line Dancing class.



*Wishing everyone Season's*

*Greetings & all the best for 2011*



Ward 3, Curie Avenue, Prince Henry at Little Bay

Tel: (02) 9311 4886; Fax: (02) 9311 4776

Hours: 9am to 3pm, Monday to Friday

# The Little Bay COAST CENTRE FOR SENIORS Inc.

## CLASSES SCHEDULE *continued...*

CLASS	FINISH DATE	RETURN DATE
Pool	6 Dec '10	17 Jan '11
Qigong (Tues)	14 Dec '10	1 Feb '11
Qigong (Thu)	16 Dec '10	3 Feb '11
Quilting	15 Dec '10	19 Jan '11
Scrapbooking	25 Nov '10	3 Feb '11
Sing-A-Long	17 Dec '10	21 Jan '11
Singing	1 Dec '10	2 Feb '11
Spanish	6 Dec '10	17 Jan '11
Table Tennis	14 Dec '10	18 Jan '11
Tap Dancing (Tue)	14 Dec '10	25 Jan '11
Tap Dancing 1	17 Dec '10	28 Jan '11
Tap Dancing 2	17 Dec '10	28 Jan '11
Walking Club	3 Dec '10	4 Feb '11
Women's Exercises	14 Dec '10	25 Jan '11
Podiatry	6 Dec '10	17 Jan '11

## NEW CLASSES FOR 2011

**FIRST AID FOR SENIORS** — Would you know what to do if someone suddenly collapsed or suffered a serious burn or was bleeding badly? We have a suitably qualified instructor available to present a first aid course that would equip you to meet such challenges. It is possible that we could present a course in CPR if that is what some people want. The cost will be far less than you would pay elsewhere for such a course. We are taking expressions of interest for 2011.

**COMPUTERS** — A basic three week course starts on Monday 31 January 2011 from 9:30 to 11:30pm. **Computer Club** resumes on 7 Feb.

**PHOTOGRAPHY** — A basic three week course starts on Monday 31 January 2011 from 12noon to 2pm.

## 2011 MEMBERSHIP FEES ARE DUE NOW!

## WELCOME BACK BBQ

To welcome our members back to the Centre and celebrate the New Year, we will be holding a BBQ on Tuesday 1st March 2011 from 12noon to 2pm. For \$3 you will get a sausage on a roll plus tea or coffee. Please leave your name at the office to join us.

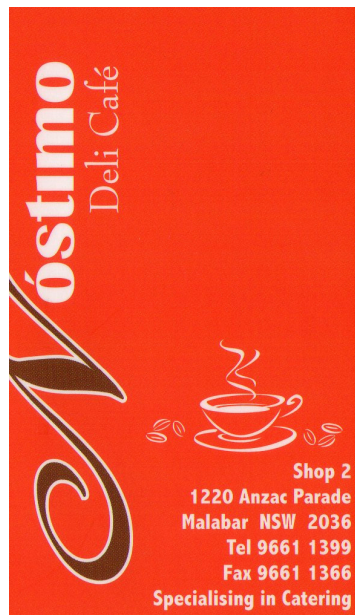
## SENIORS WEEK 2011

The Centre will be celebrating Seniors Week next year from 14 March. There will be a Carers' lunch as well as free introductory classes for all guests that week. So mark this date on your calendar!

## WHERE'S EUNICE?

Many thanks to Nostimo Deli Café who donated a breakfast voucher for two as a prize for the "Where's Eunice?" competition. The winner was Althea Mitchell who picked Santorini, Greece as the location for Eunice.

Mavis, Carol, Sandra & Maureen from Tap 1 also won café vouchers for Tony's at La Perouse!



**Nostimo**  
Deli Café

Shop 2  
1220 Anzac Parade  
Malabar NSW 2036  
Tel 9661 1399  
Fax 9661 1366  
Specialising in Catering

## FREE INTERNET ACCESS & TUITION

This service is available to members on Tuesdays and Thursdays from 10am-3pm or on Fridays from 1pm-3pm. Please leave your name at the office to reserve your place.

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