

# news sheet

leisure & learning activities for over 55s

march 2011

## Comedy Lunch for Carers

Monday 14 March from noon

The Centre has received a grant from the NSW Health to support Carers. With our grant we are hosting an "almost free" lunch to thank carers in the local area for the extraordinary commitment they make to looking after family members, friends or neighbours.

We will be giving carers something to smile about, a delicious lunch, with a visit from the Clown Doctors and comical performances by the Centre's dancers and singers.



Bookings are essential. The entry fee is a gold coin donation. Carer ID also required. Call the office to reserve your place.

## First Bus Trip for 2011

The first trip this year will be on Monday 28 March.

Members will travel to *The Bradley Grange & Brewery* in Goulburn for a tour, beer tastings and lunch.

Price \$58 per person. Reserve your spot at the office.



## WHAT'S ON NEXT?...

Mon 14 Mar	Comedy Lunch for Carers
14-18 Mar	CCS Seniors Week
Mon 28 Mar	Bradley Grange & Brewery Bus Trip

**Annual Membership  
now due - \$15**

Post cheques to:

PO Box 1297 Maroubra NSW 2035



**Class Focus  
Indoor Bowls**

Why not try this centuries-old sport which will challenge your mind without being too harsh on the body. Come and join our small but friendly group on Mondays from 9:30 to 11am.



Ward 3, Curie Avenue, Prince Henry at Little Bay

Tel: (02) 9311 4886; Fax: (02) 9311 7449; [www.coastcentre.org.au](http://www.coastcentre.org.au)

Hours: 9am to 3pm, Monday to Friday

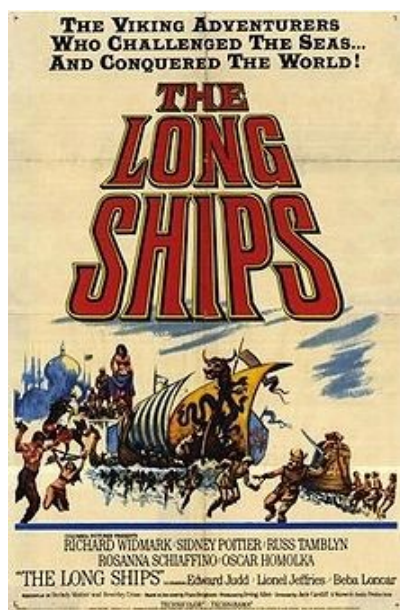
## Films Tea & Chat — March

4 March—Appointment with Death

11 March—The Long Ships

18 March—The Hound of the Baskervilles

25 March—The Lady Vanishes



## Computer Courses & Photography

The Centre has new dates for Basic and Intermediate Computers, Basic Word, Basic Excel and Basic PowerPoint. New classes to the program include Photoshop Elements, Introduction to Apple Computers and Mobile Phone classes. If you are interested in any of these classes please call the office for more information.

## Yoga

Try our new yoga classes for peace, flexibility and better health. Our trained tutor is SukhRaj Deepak. The classes will be held every Wednesday in the North Hall from 9:30 to 10:30am. Each class is \$8.

## Tango

From Tuesday 1 March at 1:30pm we will have Tango classes with Chris Condron from *Tango Encanto*. Chris is an experienced teacher who loves to see his students enjoy Tango as much as he does. Come along, with or without a partner and have lots of fun. Class fee \$8 or \$5.

## Creative Writing

Rivka Hartman, a new member and volunteer, is offering a new course in Creative Writing. All you need is some paper and a pen! Rivka will guide you in how to turn any memory into a written story to share. Mondays, Hibiscus Room at 1:30 to 2:30pm. Class fee \$4 or \$1.

## Zumba

Luda Kroitor from *Dancing with the Stars* and Gina Zumbalina from *Zumbalicious* will be teaching Zumba on Fridays from 11 March at 1pm. Fees are \$8 per class which is a special price for CCS members.

