

news sheet

November 2011

Open Day 2011 - A Winner

Hundreds of friends, members and neighbours enjoyed a marvellously sunny day of exhibitions, bargains, raffles and class demonstrations on Sunday 23 October. The new hall, or "tea room" was a star attraction with many members and visitors making the day a great success by contributing their time and goods.

Everything was superb. In alphabetical order credit goes to all the artists, the BBQ cooks, the cake makers and sellers, the gardeners and the white elephants stall organisers, sales people and donors. Many records were broken including a total of \$2800 raised on the day. Plants and white elephants are still on sale. **The total so far is over \$3200.**



Robin, Christine, Shirley



Jan, Ngaire, Lee, Shirley, Dezi, Lili

Wanted

Goodies for the 2011 Christmas Hamper

In 2010 we received enough delicious treats to fill 5 huge hampers. Let's try to beat that this year.

Donations can be left at the office any time. Be sure all items have long shelf lives and Use By dates.

End of Year Christmas Luncheon

Another wonderful year is drawing to an end so plans are moving fast to celebrate our End Of Year Christmas Luncheon.

The date for your diary is **Monday 12 December from 11am** to decorate tables and for lunch from 12.30. The venue will be the same as last year, the Maroubra RSL Memorial Bowling Club on the corner of Malabar Rd and Mons Ave, Maroubra.

Our MC this year will be line dancing supremo, Annette Gardiner. Annette will treat you to a wonderful presentation of your favourite highlights, including the introduction of our guests, the tutor awards, dance demonstrations, the Monster Christmas Hamper winners and the Harvey Exton Award winner for 2011. A new feature this year will be presentations to our inaugural group of Coast Centre Champions. The Champions are members who have made outstanding voluntary contributions to the Centre throughout the year. Tickets are on sale now - so don't miss out

\$38

Nominations for the 2011 Harvey Exton Award

Members can pick up nomination forms now to suggest names of members who have made outstanding progress in their classes. The judges will be Carmel Nestor (Book Club), Jim Kime (The Choir) and Manager, Linda Mearing.



Social Dancing for Seniors

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

11 am - 1 pm



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

LEARN ITALIAN

IN 6 WEEKS!
Travelling in Italy?

\$4 per class Italian for Beginners *Lisa Law Instructor*

Every Wednesday
11:30 - 12:30

Connecting through Food...

A month of treats and eats for **MEN OVER 55** throughout November

Trips...

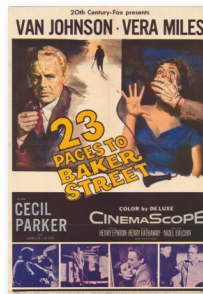
- THE ENTERTAINMENT QUARTER MARKET
Wed : Nov 16 & 23

Eats...

- COOKING CLASSES
Mon : Nov 14 - 28
- LUNCH - First 20 bookings Free! Fri : Nov 18

Treats...

- EXERCISE CLASSES
Every Mon - Wed - Thurs - Fri
- Indoor Bowls & Social Dancing
- FILMS - Tea and chat - Every Fri
- TALKS - Simon Marnie - Thur Nov 3
- Ron Crawford - Fri Nov 18



November 4



November 18



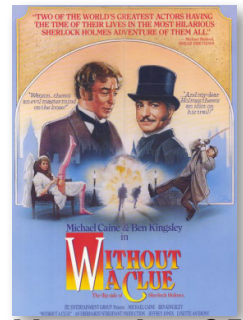
November 11

FILMS

Tea

Chat

Fridays
10am



November 25

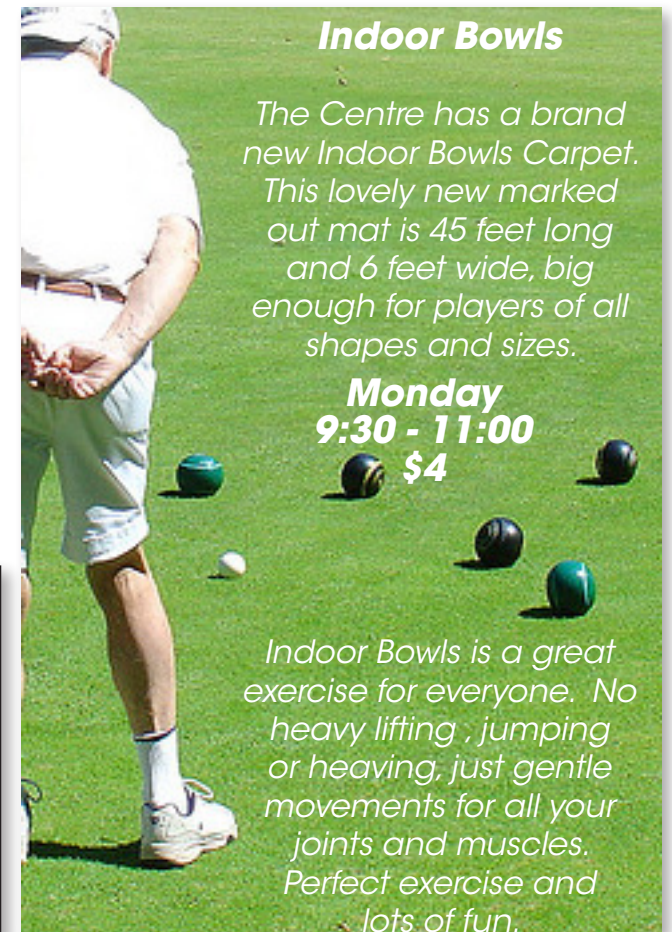
Indoor Bowls

The Centre has a brand new Indoor Bowls Carpet. This lovely new marked out mat is 45 feet long and 6 feet wide, big enough for players of all shapes and sizes.

Monday
9:30 - 11:00

\$4

Indoor Bowls is a great exercise for everyone. No heavy lifting, jumping or heaving, just gentle movements for all your joints and muscles. Perfect exercise and lots of fun.



\$4 per session

Creative Writing

Creative Writing is great for the soul and brain.

Mondays 1:00 - 2:30

No experience needed. Everyone has stories to talk about and write down. Write what you've always wanted to say about your life. Stories for your family and grandchildren. Group leader is a professional writer, Rivka Hartmann, ...