



The Little Bay COAST CENTRE FOR SENIORS Inc

news sheet

July 2016

7 Wonderful Things in July

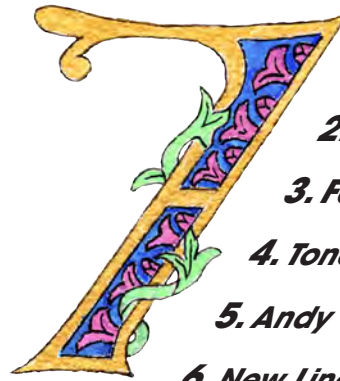
JIM HAYNES CHATS WITH FRANK IFIELD,

THURSDAY, JULY 28 2:00-4:00

Jim's special guest is the legendary Frank Ifield OAM, the first Aussie popular singer to gain international fame in the 'Hit Parade' era. Signed to EMI in August 1953, Frank began his recording career with a very successful Regal Zonophone release featuring *Did You See My Daddy Over There* and *There's a Love Knot in My Lariat*. By the end of the 1950s, Frank had recorded more than 60 tracks in Australia and was a veteran of the show circuit, a familiar voice on radio and had hosted his own weekly television show, *Campfire Favourites*.

Due to ill health in the 1980s Frank no longer sings, but loves to talk. However, Country Music Legend, Wayne Horsburgh will also come along to sing some of Frank's hits.

**Seats and Tickets are limited
\$10 for Coast Centre members
\$20 for non members.**



1. Frank & Jim Chat

2. Christmas in July

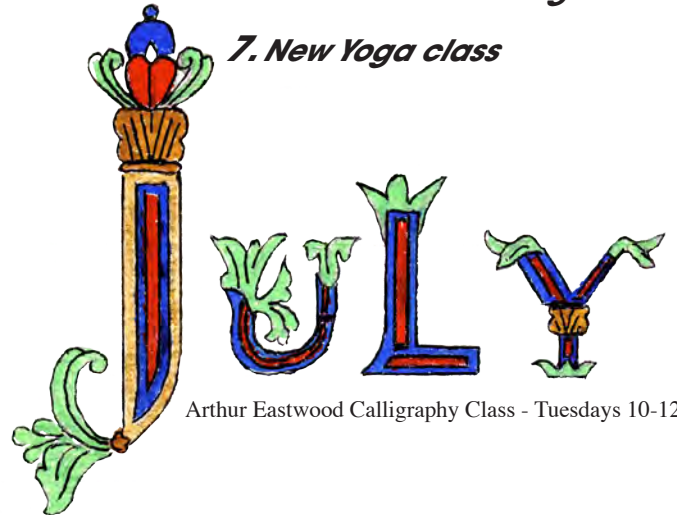
3. Fantasy & Surrealism

4. Tone & Tighten

5. Andy Cheng Photos

6. New Line Dancing

7. New Yoga class



Arthur Eastwood Calligraphy Class - Tuesdays 10-12

NEW MONDAY MORNING ART CLASS

Art and Design Teacher, *Pat Monro* will offer a Monday morning class starting August 1 at 10am for two hours in the Art Studio. This class will primarily be a painting class, mostly in opaque media (acrylics), and will cater for a broad range of abilities and preferences, with an option to work independently in the studio from between 10 and 12.



\$32

CHRISTMAS AT CSALT RESTAURANT

YARRA BAY SAILING CLUB

**Join us for a Christmas in July Lunch
Monday July 25 - 11:30 for 12:00 start**

LIMITED SPACES

**BOOKINGS ARE ESSENTIAL BY
WEDNESDAY JULY 20**

Csalt on the beach

*Your donation of Christmas Hamper goodies
will be warmly received. The more the merrier!*

Fantasy and Surrealism



Quirky and Interesting art works at

The Coast Centre,
Little Bay Gallery

2 Curie Ave,
Little Bay

20 July—24 August

Open Monday to Friday 9am-3pm

Beat the Winter Blues

Try a 5 week Yoga Course with Instructor Erika Morton. Erika will present this special course on Friday mornings between 8:00 and 9:15 concentrating on improving mood, enhancing flexibility and promoting good circulation.

Commencing Friday July 22.

Call 9311 4886 to make a booking or leave a message for Erika on 0416 132 223.

The Centre's Constitution

The Management Committee has been reviewing the Centre's Constitution for several months. This has been done because the original Constitution was adopted in 1992.

State government laws have changed several times since then as well as the structure for delivering Health services and funding in NSW. A special edition of the *News Sheet* will cover some of the key issues and summarise the various points being considered by the Committee.

GUEST ART TEACHER.

During July, guest teacher *Amanda Doctor* will fill in for Tanya Baily on two Monday afternoons. Amanda is an oil and watercolour artist who loves magic, heroes and fantasy. She has exhibited at The Tap Gallery, Kaleidoscope Gallery in Waterloo and galleries in Vanuatu and PNG.

HELLO to \$10 classes and rise in prices of photocopying. Check Reception for details

Bridge Lessons

A 12 week course of 2 hour classes in Duplicate Bridge



Starting Thursday September 8.
\$20 per lesson with Stuart Packington.
Classes for Beginners or Intermediates, depending on numbers.

Book your place PH 9311 4886

PHOTOGRAPHY BY ANDY CHENG

A stunning show in the Reception "Gallery".
Photographic studies of Paris and Coogee.
1 July - ongoing

NEW LINE DANCING

Wednesdays
1:00 - 2.30 \$10 per class
with Sandy Kerrigan

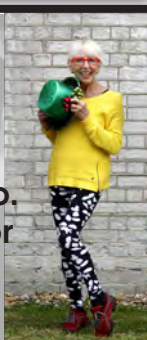
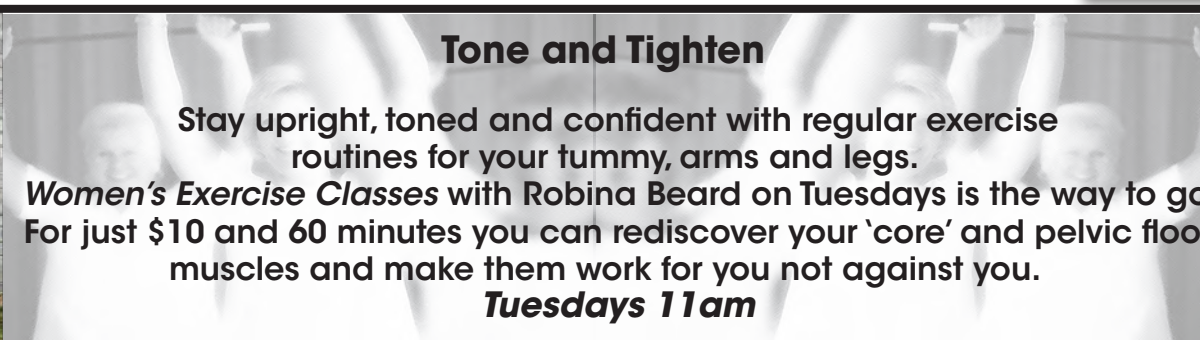
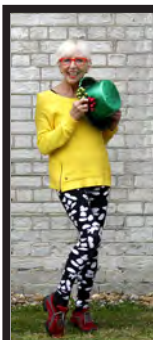


Tone and Tighten

Stay upright, toned and confident with regular exercise routines for your tummy, arms and legs.

Women's Exercise Classes with Robina Beard on Tuesdays is the way to go. For just \$10 and 60 minutes you can rediscover your 'core' and pelvic floor muscles and make them work for you not against you.

Tuesdays 11am

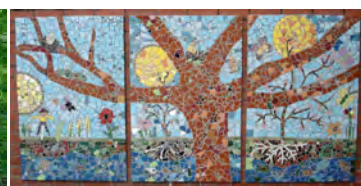


FREE HEARING TESTS BY
AUSTRALIAN HEARING

THURSDAY JULY 28

BETWEEN 10 AND 12 NOON.

NO APPOINTMENTS NECESSARY.



New look Mosaic Classes resume
Thursday August 18 - 1.5 hours for \$15



Corner Pine Avenue and Ewing Avenue, Little Bay

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

Hours: 9am - 3pm - Monday to Friday