



The Little Bay COAST CENTRE FOR SENIORS Inc

news sheet

March 2017

“DRAWING WHAT YOU SEE” - WITH ARTIST PAT MUNRO

March 2 - for 8 weeks, every **Thursday 1-3pm**

In this course you will master the fundamental artistic skill that underpins all the others, as well as being a classic discipline in its own right. Gain new skills, refresh your knowledge and technique, and express yourself through line, form and mark making.

For beginners through to advanced artists, this course will cover materials and methods of observational drawing. Sessions will include practical exercises as well as ongoing studio practice, in which participants are encouraged to keep a visual diary and take part in group critiques.

Build confidence and skill and develop flair and style with a range of approaches, using pencil, charcoal and ink on paper through to less conventional media.

Please bring paper and pencils to the first session, as well as any previous or ongoing work you would like to share. A materials list will be provided. All welcome!



\$80

*Bridge for Beginners - A 12 Week Course
Starts Saturday 4 March at 10am.
Teacher : Stuart Packington*

Classes are \$15 for Members
\$20 for non members.

Discounts available for
payments in advance:
\$150 for all classes for members
\$200 for Non Members.



Notes and materials provided. Course ends Saturday May 27
(following one week break for Easter Saturday)

Sausage Sizzle on the Verandah, Tuesday March 7

**Pick up a tasty
bite to eat for
\$2 between 11
and 2pm**

Sausages from
**Campbell's Meats, Shop
16 Southpoint, Hillsdale
Ph 9311 1684**



BEADED JEWELLERY MAKING WITH MARA ASHMORE

**Two half day workshops in March
Thursday 9 and Thursday 16 from 12.30 to 4pm**

We supply beads, class notes, a list of materials you will need and tea and coffee. You supply tools and payment of \$60 to be paid on booking. **Call 9311 4886** to participate and register for payment options.



Corner Pine Avenue and Ewing Avenue, Little Bay

T: (02)9311 4886 - E: admin@coastcentre.org.au - Web: www.coastcentre.org.au

Hours: 9am - 3pm - Monday to Friday

Afternoons of Fun with Songs

Songwriter/entertainer Jim Haynes and musician/musical director Greg Hooper show how songs are written and structured, and explain how the modern song has evolved from medieval ballads to pop and show songs. Jim and Greg will use popular well-known songs and invite you to sing along with many of them.

This will be the first of two Afternoons of Fun with Songs in the Cottage Thursday afternoons from 2pm to 4pm. Admission is \$10 for members and \$20 for Non members.

You will have fun singing and listening and learning. Other singers and songwriters will be appearing in later months as part of this program of learning, listening, being entertained.

Any of you who are interested in songwriting - whether you would simply like to know more, have a lesson or have a go at writing a song - are invited to return for a free lesson with Jim the following week.

Greg Hooper - has been a professional touring and studio musician for over 30 years and musical director for such stars as Julie Anthony, Judy Stone, Col Joy, Frank Ifield, Wayne Horsburgh and many more. He even played on Jim Haynes' first studio album in 1989!

Jim Haynes OAM - has written over 200 songs for himself and other artists, recorded for Festival, EMI, Sony and ABC Music and had a number one hit with 'Since Cheryl Went Feral' and a national hit with 'Don't Call Wagga Wagga Wagga'. He has taught songwriting at universities and for the Arts Council.

THURSDAY 23 MARCH & THURSDAY 20 APRIL



Posture and Your Spine

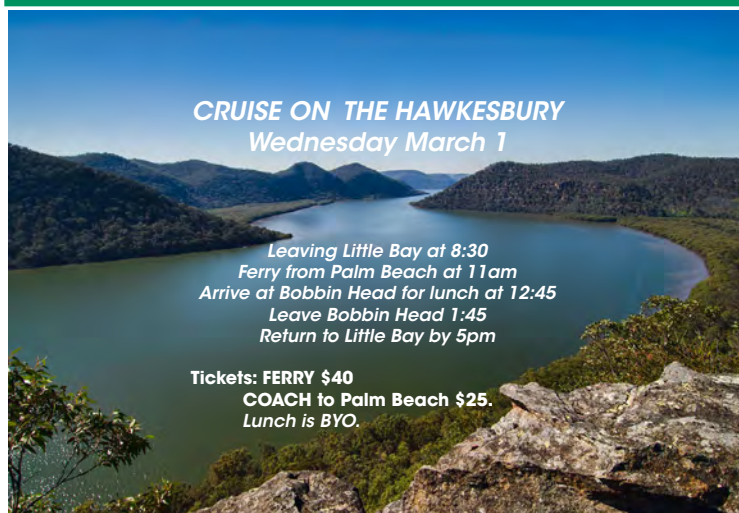
Vickie Bonanno-Weekes from MYSPINE & Body Physiotherapy in Maroubra will talk about Posture and Your Spine on **Tuesday 21 March at 2pm.**

Admission by Donation
The lecture will cover :

- * Your Spine - what does it look like from the inside?
- * What is good posture and why is it important?
- * How you can improve your posture in sitting and standing - practical demonstration



- * Walk tall - Turning back the body clock



CRUISE ON THE HAWKESBURY Wednesday March 1

Leaving Little Bay at 8:30
Ferry from Palm Beach at 11am
Arrive at Bobbin Head for lunch at 12:45
Leave Bobbin Head 1:45
Return to Little Bay by 5pm

Tickets: FERRY \$40
COACH to Palm Beach \$25.
Lunch is BYO.

Australian Hearing would like to invite you with your friends to

Keeping Healthy After 55 a free, fun and informative event.

At Australian Hearing, we are passionate about hearing and wellbeing.

Just like physical exercise, mental exercise is good for you, that is why Australian Hearing has organised this great event with great activities and special guest from community groups to facilitate information on how to keep active as well as having good hearing.

There will be:

- *Hearing Health talks
- *Hearing Checks
- *Workshop on how to maintain and clean hearing aids
- *Gentle exercise class
- *Delicious food
- *Community groups showcasing their work
- *A chance to win a Hamper worth \$100

The Little Bay Coast Centre For Seniors
Monday the 6th of March 2017
From 10:00am to 1:00pm

RSVP by the 27th of February
jseht.rincon@hearing.com.au
or calling on (02) 8347 8400



MEMBERSHIP RENEWALS DUE March 31

If you miss this deadline you become an unfinancial member and will be expected to pay higher fees for classes as a Non Member.