

THE COAST CENTRE

# EOY Christmas Lunch

ST MICHAEL'S GOLF COURSE

Monday - December 11, 2017

11:30 FOR 12:00



Jennifer St, Little Bay



## CARDIO WORKOUTS & WEIGHT RESISTANCE Delay Impacts of Ageing

### AEROBIC CLASSES

Join Luda and Gina for low impact  
Monday - 1:30 for \$7.50

### BALANCE & FITNESS

with Anne Saville  
Mondays & Wednesdays 9:30-10:30



**"Aerobics pumps life giving oxygen into your blood, brain and joints!"**

- ✓ Keep excess pounds at bay
- ✓ Increase your stamina
- ✓ Ward off viral illnesses
- ✓ Reduce your health risks
- ✓ Manage chronic conditions
- ✓ Stay active and independent
- ✓ Strengthen your heart
- ✓ Keep your arteries clear
- ✓ Boost your mood
- ✓ Live longer



## Yoga Daily

(See Website)

[www.coastcentre.org.au](http://www.coastcentre.org.au)



## Artists of the Coast

*Need a Christmas present for someone?  
An all medium Exhibition with works in watercolour,  
mixed media, oils and calligraphy...*

**FOR SALE!**

*Artists from the Coast Centre will be showing their best and you can see them in the Gallery - Opens Sunday Oct 29 til Dec 1*

# Santa's Bazaar



Christmas goodies for sale!

## Elves will be gone by December 8

Cards, cakes, jams,  
preserves, small gift wares  
like mini artworks, mosaic kits,  
diaries and jewellery

Have a look in Reception area...  
From Mon Nov 27

