



The Little Bay COAST CENTRE FOR SENIORS Inc

# news sheet

## EASTER 2018

### EASTER BAZAAR

Monday March 26 - Thursday March 29

### EASTER GOODIES FOR SALE

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

#### Leon's Special Sheep Show

As many members may know, the Centre's former President was a sheep farmer in South Africa. Leon Goodman loves and adores sheep. He gave up the woolly, live variety when he came to Australia, but he loves to collect all things related to sheep.



Over many years he has gathered a massive private collection of memorabilia, statues, mugs, hats, bottles, plates, coins etc etc.

For one special week, after Easter, Leon will show his best pieces at the Centre. The show starts on **Tuesday April 3 and runs til Friday April 6.** Come along and have some sheepish fun.



#### The Centre's Easter Opening Hours

**Good Friday: Closed No Classes**  
**Easter Monday: Closed No Classes**

#### What's Coming Up

**APRIL** - Seniors Week @ The Coast  
see Page 2 for details

**MAY** - The Quiz (Trivia) return - date TBC

**MAY 28** - Annual Concert



The Fake Fur and Feathers Show  
with MC and trumpeter,  
John Campbell



### Spanish Class

Starting Monday - March 26  
with Orientation and Grading

\$10 per week  
2:00pm

Teacher: Helga Moraga  
B.E(University of Santiago, Chile)



#### Estate Planning

with Solicitor Tim Mitchell from Bay Legal, Maroubra  
Wednesday April 4, 10:30 to midday  
Wattle Room - Free of Charge



Mr Mitchell will cover Wills, Enduring Powers of Attorney, enduring Guardian appointments, Advance Care Health Directives and Testamentary trusts.



Administration: 2 Curie Ave, opposite Corner Pine Avenue & Ewing Avenue, Little Bay

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

Hours: 9am - 3pm - Monday to Friday

# Seniors Week @ The Coast celebrates "When I was a kid ...."

*"When I was a kid, I used to play the pinballs down @  
(your choice - fill in the blank) "*

See and play some wonderful vintage pinball machines  
Free at the Coast Centre between April 9 and April 13.



## Inner Moves

EDUCATION

MIND

MOVEMENT

DANCE

Thursday April 12 in the  
Centre's South Hall from 1:00 to 2.30

Refreshments will be served  
cool drinks, fruit and nuts

**This demonstration MMD  
program has been  
developed by Tanya Brooks.  
Tanya's program for Seniors is  
designed to improve  
memory, concentration,  
reduce stress and reduce  
blood pressure.**

Scientific studies have found both dance  
and repetitive endurance training  
improved memory. However, only dancing  
was found to led to a lower risk of dementia.

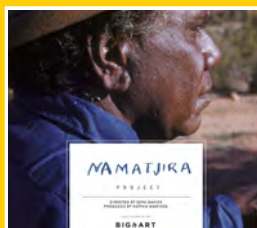
At The Centre we offer a diverse range of  
dance to suit many tastes. Some of the  
options are line dancing, tap dancing, jazz,  
ballroom and tango. Next, could be ballet.

## BALLET IS GOOD FOR YOUR BRAIN

Ballet teacher Elica Sholler, 60 will present a  
demonstration on how ballet for people over  
50 improves not only movement but balance  
and memory.

Thursday April 12 in the Centre's South Hall  
from 10.30 til 12:00

Refreshments will be served - cold drinks,  
fruit and nuts.



A copy of this moving documentary  
about the life, work and family of  
Albert Namatjira is available at the  
Centre for viewing at the Centre during  
Seniors Week or on short term loan for  
home viewing.

## Tech Forum

Would you like to be better at using your laptop,  
tablet or phone? If the answer is 'YES', join us on  
the first and third Monday of each month  
12noon - 2pm.

Learn under the guidance of Peter Bailey.



**\$7.50**  
or Voucher

This News sheet is brought to you with  
support from Ken Smith NG Farah, Little Bay  
**n g farah**

