



### Visit Canberra with us on 22 March



Namatjira



Impressionists



Hockney



Streeton



War Memorial

Canberra offers a great diversity of attractions and experiences all within close proximity. We're going to the National Gallery and The Australian War Memorial. The Gallery currently has 4 outstanding exhibitions open to the public at no charge, among many others.

The standouts are :-

#### **Namatjira** - *Painting country*

This display celebrates the donation of Gordon and Marilyn Darling's collection of watercolours by the critically acclaimed Western Arrernte artist, Albert Namatjira. It also features works by the Hermannsburg artists who continue his legacy.

#### **Australian Impressionism**

This Exhibition heralds the return of Arthur Streeton's Golden Summer, Eaglemont from the National Gallery, London, all of the NGA's major Australian Impressionist works will be hung together, offering an unprecedented opportunity to experience the depth and richness of the national collection.

#### **David Hockney** - *Prints*

David Hockney has been an important figure on the international art scene for half a century. This exhibition explores the broader history of his printmaking practice through key works from the NGA's extensive collection, one of the largest in the world.

#### **Arthur Streeton** - *The Art of War*

This Exhibition brings together key works from Streeton collections around Australia and overseas, Streeton's contribution to the Australian war effort was significant.

**The Australian War Memorial** is also a standout place to visit. There are free frequent guided tours.

Trip details: Departs Brodie Ave, Little Bay at 8am Returns 8pm. Cost \$60 pp. Bookings Essential.

Call us at The Coast Centre Reception 9311 4886

### Tango – is good for your brain, heart and social life.

Research suggests dancing the Tango greatly improves mental health.

Tango can also act as a form of meditation.

It was also found to be the only physical activity associated with a lower risk of dementia.

The dance requires split-second, rapid-fire decision making, which makes us use several brain functions at once — kinaesthetic, rational, musical and emotional — further increasing your neural connectivity.

When we take decisions by doing new physical or mental activities, our brain creates new neurological pathways. Because so many decisions are involved in dancing, it will ultimately help strengthen our muscle memory and the communication between multiple different neural systems.

**Our 8 week Tango Program starts on Wednesday 7 March at 10.30am . \$15 per class.**

**Pay one class in advance as you go.**



## New Calligraphy Tutor



Helen talks to Coast Centre member Eunice Abbey while Leon Goodman looks on.

The Centre is delighted to welcome new Calligraphy tutor, Helen Warren.



Helen has a wealth of experience in graphic design and calligraphy having been an award winning calligrapher and teacher.

Calligraphy classes are on Tuesdays between 10 and 12

## Drawing What You See with Pat Munro – Ongoing Classes

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.



Classes: Thursdays 1-3pm \$10 per class

"\$25 Reward for finding a much loved lost pen. It is a Mont Blanc keepsake, last seen at the Centre's AGM in September 2017. (See Reception with details.)"

## Staff Roster

Please note:

- Linda, the Manager, no longer works full time. She is available most days and when not in the office you can contact her on 0409 743 166
- Mark Allen is in Reception on Mondays and Tuesdays.
- Christine Nichols is in Reception on Wednesdays, Thursdays and Fridays.
- The Centre's Administration and Finance Officer is Andrea Grant. Andrea works Wednesdays, Thursdays and Fridays.

Spanish Class

\$10 per week

2:00pm

Starting Monday - March 26  
with Orientation and Grading

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

## 2018 Membership Renewals due March 31

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

**n g farah**

