



The Little Bay COAST CENTRE FOR SENIORS Inc

news sheet

JUNE 2018



SHORTEST DAY LUNCH

THURSDAY JUNE 21

RANDWICK GOLF CLUB
Howe St, Malabar

TICKET \$32 pp

New 8 week Art Course, "Creating Light and Shadow" with Mary van den Berk

\$80 or
PAYG

Starts Friday 6 July 10am -12 noon

Create a sense of 3D space and volume in your paintings. Learn how to add depth and richness to your paintings using light and dark to make your work more realistic or focus on an area or create a mood.

Explore how the old masters like Rembrandt, de Vinci and Caravaggio used light and shadow to create drama, focus and mood.

Learn about chiaroscuro a classic technique which refers to the use of light and shadow to create the illusion of light from a specific source shining on the figures and objects in the painting.



Subject matter will include still life, landscapes and portraits. Students can work in any medium and all levels of ability are catered for.

Laughter Club in the Cottage

Saturdays @ 1pm - Resuming Saturday 16 June

Laughter relieves stress, releases endorphins, strengthens immune systems, massages internal organs, improves blood circulation and exercises facial muscles.

Group leader is Sukh Raj Deepak. \$10 per session.



New Art Event - A Show and Competition sponsored by Piccola Baia

A Taste of Italy

Our local Italian restaurant, Piccola Baia, is once again supporting the work of the Centre's artists.

Juliano and Stefano, owners of the restaurant, are keen to develop their support and have jumped at the opportunity of offering prizes for outstanding pieces of work.

This year the theme of the event is :
"A Taste Of Italy".

Art work in any medium (watercolours, mixed media, oils, folk art, mosaic and calligraphy) can be entered with content and subject matter featuring any aspect of Italy or Italian culture.

Entries are limited to 1 per student. The entry fee is \$5. All entries will initially be hung in the Centre's Gallery for a show to run throughout August.

A selection panel (TBC) including Juliano and Stefano, will nominate a short list of works to be exhibited in the restaurant.

Piccola Baia is offering 3 Gift Vouchers for a total value of \$250 to the top three entries.

Entry forms will be available at Reception.



Cafe - Ristorante - Pizzeria

HEALING HANDS TREATMENTS

Appointments required
June 13 & 27

Between 11am & 2pm

Small Donations
Welcomed



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

Bus Trip to the Japanese Garden in Gosford

Friday 29 June - \$15 * Conditions apply

Departing Brodie Ave Little Bay at 9am return by 4pm

The Japanese Garden in Gosford was a gift from Gosford's Sister City, the City of Edogawa, Japan. The Gardens were officially opened in September 1994. They are designed in accordance with the original principles of the Japanese Heian (700AD) period.

Extending over 4,000m², the garden is based on a traditional 'shuyu' (strolling style) garden, incorporating Japanese features. With meandering pathways, a roofed Japanese pavilion overlooking the Koi pond, raked dry stone garden and traditional Japanese teahouse. The garden offers a tranquil setting in which to relax and enjoy art and nature.

Bags of fish food are available from the gallery shop.

We will have lunch at your restaurant of choice in Gosford.

The cost of lunch is not included in the cost of the Trip.



New Free Trial At the Centre

Gymnastic Conditioning Circuit

With Head Coach Tod Dixon

THURSDAY 28 JUNE AT 10am - 11am

The South Hall, Main Building
2 Curie Ave, Little Bay

**Tod has a fun series of exercises
for strengthening, flexibility,
endurance and balance.**

**Come along and enjoy the circuit
starting with a warm up, floor skills
and work on a mini trampoline,
low balance beam, parallel bars and
bean bags.**



READERS AND WRITERS' GROUP

Every Monday - 2pm
with Rivka Hartman



This group will suit people who are interested in reading and/or writing.

\$5 per session.

Assistance and support will be given to develop a project via weekly feedback and guidance towards projects completion. A broad range of areas will be covered including fiction (short stories, novel, play, film script) and non-fiction (journal writing).

Participants who prefer to focus on reading rather than writing will have the opportunity to read from their book of choice, with a discussion to follow.

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
June 4 & 18 - 12noon - 2pm.

Learn under the guidance of Peter Bailey.



\$7.50
or Voucher

Spanish For Beginners

Mondays - 2:00pm
\$10 per week

Teacher: Javiera Zirolo
**New 10 week course
starts
Monday 2 July**

