



The Little Bay COAST CENTRE FOR SENIORS Inc

news sheet

September Part 2 2018

The Centre's Management Committee Re-Set for year ahead.

This year's Annual General Meeting returned all Committee members for another term.

Committee Members elected and pictured are,

President - **Christine Kilcran**

Vice President - **Harry Stanley**

Vice President - **Peter Bailey**

Secretary - **Robina Beard**

Committee Member - **Phillip Rippon**

Committee Member - **Malcolm Sullivan.**

Absent is Committee Member elect, **Diane Irvin**

Malcolm was presented with *Life Membership* for his outstanding commitment to the Centre in a wide range of significant roles over 20 years.

Long Service Appreciation Awards were presented to tutors Jean Gale and Marie Hage (in absentia).



Malcom with Christine Kilcran and Centre Manager, Linda Mearing



Jean Gale with the Centre's President and Manager

Grandparents Galore

FETE!



SUNDAY
OCTOBER 28

The Coast Centre
Little Bay

From 10:00am

Calling for donations on the day of home made Cakes, Biscuits or Slices !!



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

Our first Fabulous Friday trip will be on *Friday September 28* with a return to The Japanese Gardens in Gosford with an option of a long visit to the Australian Reptile Park as an alternative if you wish to go there instead of the Gardens.

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.



Australian Reptile Park is a hands-on zoo located in a natural bush setting on the Central Coast of NSW, home to exotic reptiles from around the world and a wide variety of Australian native animals. Enjoy live entertaining shows, themed exhibits and behind the scenes tours.

Entry to the Reptile Park is an additional cost of \$27 for Seniors or \$25 if in a group of 10 Seniors.



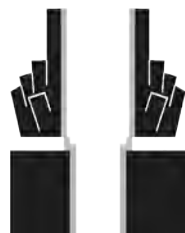
MEN TALK

This new Group will meet at the Centre every second week 10 - 12am. Members will get together to discuss current events or whatever issue is on peoples minds.

All male members of the Centre are invited to attend these sessions as a free trial until the end of 2018.

The next meeting is on Wednesday September 26. Ask in Reception for directions.

In October the Meetings will be on 10th and 24th.



Rolling Raffle of Beautiful Rug

Get your tickets now for a chance to win a beautiful crocheted warm and colourful rug made by member, Robyn Jarvie.

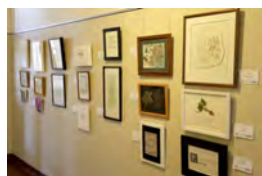
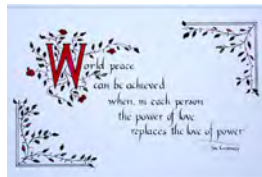
Tickets are on sale in Reception
\$2 each or 3 for \$5.

The winning ticket will be drawn at the Fete on Sunday 28 October.



Calligraphy on Show - 10 Sept to 12 Oct

Over 50 pieces of lovely calligraphy from the *Calligraphy Southscribes Inc* group will be on show for 4 weeks from 10 Sept. A catalogue and works for sale will be available. Don't miss this lovely display in the entry foyer.



Must haves for Over 50s

Resistance Training and all levels of Cardio Exercise


Participating several times a week, will give protection from problems that come with age.

Classes at The Coast Centre all week include:

- **Cardio dance classes,**
- **Gym circuit,**
- **Resistance training and strengthening,**
- **Yoga**
- **Qigong**

All of these are for good heart health, breathing and beating diabetes, depression and loneliness. Art, craft, walks and special outings and events also lift spirits.



 The Coast Centre for Seniors Inc. PRESENTS

Me and My Pet Photo Competition



Entries are open to anyone...
Entry fee -> \$5
1st Prize
Professional Photographs with your Pet
2nd Prize
Pet Care Gift Hamper

Categories

1. A Pet Portrait - colour or black and white
2. A Person with a Pet - colour or black and white

Entries must be at least postcard size - 15 cms x 10 cms

Entries close and winners announced
Sunday October 28
T. 9311 4886 for info

Sponsor: Greg Gladstone, Peter McGuinn
South Eastern Real Estate, Malabar





We're taking Expressions of Interest for a Pilates Class with Danielle Belleli
Wednesdays 11.30 -12.30.
Fee \$10 per class. Min of 15 people required.