



The Little Bay COAST CENTRE FOR SENIORS Inc

news sheet

November 2018

NSW

Grandparents Day



A Big Thank You to everyone who made the Centre's Grandparents Galore Fete a lot of fun this year

An unusually chilly October day didn't deter our hardy supporters who turned out to enjoy everything we had to offer. Our gardeners, cooks, readers, needle crafts people and artists put on a magnificent show of wares.

The Mayor of Randwick, Councillor Kathy Nielson opened the day and happily spent a lot of time talking to members, our mural artists, the art demonstrators, members of the Management Committee and stallholders. Our neighbours, friends and sponsors Lend Lease from Little Bay Apartments were here too with wonderful material about the units available for lease with them.

The plant stall was a knockout, again, and the cakes stall groaned with mouth watering goodies made by a record number of members and friends. The range of books donated by lots of members was also impressive and has given a new set of book lovers amazing bargains. Everyone loved the gorgeous farm animals from Kindi Farm reminding us all that we share the planet with furry and feathered friends too.

The Casper Jumping Castle was also a hit. The big kids loved the Psychic Readings with Helen Beckman, The Argyle Oracle and couldn't get enough of her predictions and insights. Once again the Clan MacLeod made an impressive appearance against a backdrop of a sizzling BBQ and delighted children.

Takings on the day were over \$4000. The top five fund raisers were, *Plants on top with \$1200, Cakes next with \$950, BBQ with \$590, Raffle \$288 and Books with \$228.* when all the counting and selling is done, we will have made over \$6000. A lovely effort. Thank you. These funds will help the Centre keep up with repairs and maintenance.

We're now collecting Christmas hamper treats for the EOY luncheon on Monday 17 December. All goodies can be left in Reception. MANY THANKS



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

THE COAST CENTRE EOY Christmas Lunch

ST MICHAEL'S GOLF COURSE

Monday - December 17, 2018

11:30 FOR 12:00



Jennifer St, Little Bay



\$42^{pp}

Feldenkrais



The Centre is delighted
Feldenkrais Practitioner,
Silvia Finzi is offering classes in the Feldenkrais
Method on Thursdays between 1.30 and 2.30.

These sessions are in the Cottage on the cor-
ner of Pine Ave and Ewing Ave. Silvia is a private
instructor. Her fees are \$20 per class.

Feldenkrais is a method for understanding the
connection between emotional well being and
physical well being. Many people use it to deal with
pain relief and emotional stress.

MEN TALK

Join the Men's Talk Group on
Wednesday mornings between 10
and 12. Subjects include topics of the
day and favourite yarns. Next sessions
are *Wednesday 14 November* and
Wednesday 28 November.
Morning Tea FREE OF CHARGE in the
Centre's Library.



New problem solving Art Class Tuesday afternoons 1- 3pm

Plants for Sale on the Verandah.
**Pay in Reception - Herbs,
Natives and Ornamentals.**
**Prices range from \$2 to
\$10 for pots of colour.**



Pilates Class with Danielle Belleli
Wednesdays - 11.30 - 12.30
The Cottage, corner Pine and Ewing Aves
\$10 per class

Santa's Bazaar



Christmas goodies for sale!
**Elves will be gone
by
December 14**

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

Have a look in Reception area...
From Mon Nov 26



*We will be closed for summer holidays
Friday 14 December - Monday 14 January.*