



The Little Bay COAST CENTRE FOR SENIORS Inc

# NEWS SHEET

March 2019

## Ploughman's Lunch on the Deck - Monday March 25

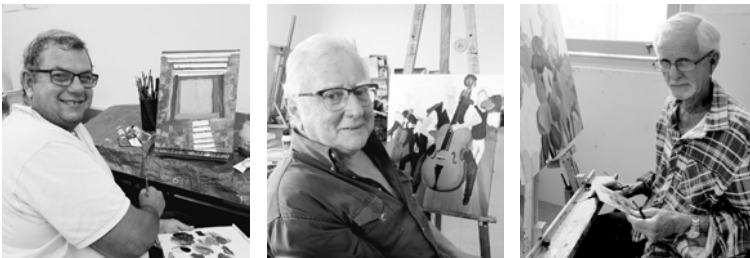
Join us under the umbrellas on the newly refurbished deck for a delicious Ploughman's lunch on the last Monday in March from 11.30 till 1.30.

We'll be serving a range of cold cuts, pickles, cheeses and artisan breads served with chilled wine, and or tea or coffee. Book a table now.

**Ticket  
\$12**



## New Art show - 3 blokes from the Coast



Three blokes from the Wednesday art class are putting on a show. Neville Berger, Alan Eastwood and John Walker have been regulars at the Centre for a while now. John has been here for over 10 years while Alan and Neville are new to the Centre. Despite their varied backgrounds they all love to paint and paint with great passion and vibrancy.

Take a look at their works from **Wednesday 27 March until 8 May.** Most works will be on sale. Prices will be marked.

## A cruise on the Hawkesbury - Pittwater to Bobbin Head - Friday April 5

Departing Little Bay at 8.30 am for the 11 am ferry from Pittwater to Bobbin Head for lunch.  
Price \$52 pp for the bus and ferry.  
Lunch is on you at Bobbin Head or take a picnic and flask.

### Hearing Tests

Claire Byrne, from Australian Hearing will be at the Centre on Tuesday 12 March from 10am to talk to members about all things to do with "hearing". You can have a hearing test, get info on cleaning your aids, find out how to get batteries when you need them and talk about listening assistance devices.

Claire will come every month, so don't worry if you can't make this date.



### New Accounts Officer (aka Bookkeeper)

Cameron Colwell joined our team in February. He has a background in hospitality, retail and NFP/NGO's fulfilling a variety of functions but specialising in bookkeeping, payroll and governance; most recently at UNSW.

He grew up on a cattle station just north of Coonamble and went to Shore School as a boarder. He's planning to become a chartered accountant in the next few years.

On week-ends he can be found volunteering at Tamarama SLSC. Say hello next time you're near Reception. He's very friendly and loves to meet people.



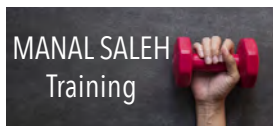
Administration: 2 Curie Ave, opposite Corner Pine Avenue & Ewing Avenue, Little Bay  
T: (02)9311 4886 - E: admin@coastcentre.org.au - Web: www.coastcentre.org.au  
Hours: 9am - 3pm - Monday to Friday

### Exercise your VIP 'hidden' muscles

Resistance Training helps strengthen the VIP muscles of your 'core' (belly, chest and sides), legs and arms. All these muscles help you stand, sit and walk with greater ease.

Here at the Centre we have 2 resistance training classes using light weights and body weight to work out the muscles. It is also known as strength training or weight training. Many people don't do much in the way of physical exercise so the body adapts to this by allowing the muscles to shrink (atrophy) to the point they are unable to do much more than the basics.

Resistance training here basically builds and tones the muscles to give your body a better capacity and endurance. Strength training is extremely important to seniors who wish to maintain mobility.



Monday 10:00 with Manal  
Wednesday 9:45am Shaun Hockley



### Tone & Tighten on Thursdays

Robina is starting a 2nd 'Tone and Tighten' class on Thursdays at 12-30 in the cottage from March 7th

The Tuesday class is booked out every week. So here is a second chance in the week to enjoy this class. Come along on Thursdays and give it a try.



### An Afternoon On Entertainment apps

Ever wondered how to use more entertainment Apps on your computer, laptop or phone ?

**Special session on Monday  
March 18**

Come along from 12 noon to learn how. This session will cover downloading movies and TV series, Music, TV, onDemand Shows, Movies, Podcasts (interest / hobbies), wireless sound systems.

Find out what you can get for free and how to get the most out of the internet. Attendance is \$10 or Tech Forum voucher.



### Memberships poised to top 1000

Be part of our bumper year. Membership is about to top 1000 people. Renew your membership before 31March and tell your friends, relatives and neighbours to become members too. the more members we have the more we can offer and the more fun to be enjoyed.

**ACRYLIC ART - In the Afternoons**  
**WATERCOLOURS - Mornings & Afternoons**  
**OILS - Before and after lunch**  
**DRAWING - Mornings & Afternoons**  
**FOLKART & CALLIGRAPHY**

The Centre has wonderful art classes to suit a range of styles.

#### ACRYLIC ART :

**Tuesdays 1:00 - 3:00**

**Develop your creativity. Learn to compose a painting, mix and match colour, capture dynamic light and shade. Develop skills in brush work, glazing, opaque work, blending and more.**

#### WATERCOLOURS :

**Mondays 1:30 - 4:00**

**Tuesdays 10:00 -12:00**

**Learn about Paint and water, composition and tonal values, using dry and wet techniques and colour mixing.**

**DRAWING : Thursday morning and afternoon.**

**OILS - Wednesdays : 9.30 - 3:00pm**

### What's in The Oz Today

*Calling for Expressions of Interest.*

It will take inspiration from The Australian newspaper of the day, The Southern Courier or The Australian Senior

This proposal is for a new discussion session for anyone who would love to chat about what's going on here in Australia, Sydney, the Eastern Subs or anywhere. It's come about from demand from members. If you'd like to be part of this, put your name down in the Office. the proposed times are Wednesdays at 2pm or Thursdays at 11am. The location will be our library.



The Coast Centre is supported by the Health Promotion Service of NSW Health. For more information on getting active and healthy, visit <https://www.activeandhealthy.nsw.gov.au/>