



NEWS SHEET

May 2019

ANNUAL CONCERT - IN THE PINK

This year the theme of our Annual Concert is 'In the Pink'.

Save the Date : Monday May 27

10am until 12.30 with Morning Tea in the North Hall, 2 Curie Ave, Little Bay

Concert Tickets \$5 each

The Concert is a wonderful occasion to let the 'pink' imagination run riot. Search your wardrobe for all your favourite pink frocks, cardis, coats, wigs, hats, gloves or scarves.

'In the Pink' will be celebrated by a wide range of classes including our seasoned performers and newcomers as well as artists and fitness instructors. There will be special guests including professional entertainer, John Campbell and guests from the *Holdsworth Community*, *HomeShare Program* and *The Centre for Healthy Brain Ageing* at UNSW. MC for the day and Concert Producer will be the fabulous Ms Robina Beard



Highlights will be The Choir, Tappers, the uke class and the Italian classes.

Special guest stars will include Danielle Belleli (Aerobics, Yin Yoga and Pilates Instructor,) Manal Saleh (Monday Resistance Trainer) and Jess Shields (Wednesday Resistance Trainer).

Artists from *Art with Harry* on Tuesdays and *Art with Teresa* on Wednesdays are joining in with the fun this year and have painted some exquisite works 'in pink' to create a 'rosy' setting for a fun filled morning with family and friends. There will also be a Mega Pink Raffle drawn on the day. Tickets will be available all through the month of May.

RAFFLE Tickets are just \$2 each or 3 for \$5

FIRST CRAFT SHOW IN CENTRE'S GALLERY

Exhibition Official Opening Wednesday May 22

Special Guests will be The Mayor of Randwick, Kathy Neilson and CEO Prince of Wales Foundation. This Show features work by 4 classes. Members in Candlewicking, Quilting, Crochet and Calligraphy Classes are delighted to be showing their work. This Show follows work done by classes in 2018 making lovely hand knits for premature babies.

The hand knits were warmly received by the *Premature Babies Unit* at Wodonga Hospital and are now being offered to other hospitals. See this lovely show in the Gallery from May 15.



Christine Kilcran, Pat Carter and Jean Gale from the Candlewicking Craft Class



Former Coast Centre member Althea Mitchell presents hand knits made by Coast Centre members to the *Premature Baby Unit* at Albury Hospital.





A TRIP TO THE BEAUTIFUL BLUE MOUNTAINS

Departing Little Bay at 8.30am. Take our coach for a scenic drive through the Mountains with stops in Leura and Echo Point.

You can choose your lunch venue in Katoomba or book with us for lunch at The Carrington Hotel.

Return to Little Bay by 4.30pm Price \$30 (bus only) Friday 31 May.

This Trip has ClubGRANTS support from The Juniors, South Sydney Rugby Leagues Club and Randwick Council.

FREE Hearing Tests

Minnie Daylusan from Australian Hearing will be at the Centre on Tuesday May 7 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.



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

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.



WHY AEROBICS IS GOOD FOR YOU

Cardio workouts and weight resistance can help delay the impacts of ageing.

A Swedish study has found the best way to add years to your life is through physical activity. Even if you don't start exercising until later on in life, moving your body can help substantially in longevity. However, it's not about just adding years to your life, it's about adding life to your years!

Benefits to physical activity:

- Keeps excess pounds at bay
- Increase your stamina
- Ward off illnesses
- Reduce health risks
- Manage chronic conditions
- Stay active and independent
- Strengthen your heart
- Keep your arteries clear
- Boost your mood
- Improve your memory
- Live longer

Aerobics classes at the Centre - Mondays @1.30 with Luda (below)
Wednesdays @ 9.30 with Danielle.



Are you 'Intrigued by the Internet'?

- 'Wondering about Windows'?
- 'Fearful of Phones'?
- 'Terrified by Tablets'?' or just
- 'Tortured by Technology'?

Then why not come and spend an hour with our Computer experts on Tuesday morning at the Coast Centre.

(\$7.50 per class or \$6 with vouchers) or come to the Tech Forum on Monday afternoons (1st & 3rd Mondays 12 -2pm)

