



My Community Project Vote for Us

Dear Members,

There's one special thing you can do to help the Centre gain a grant of over \$23,000. You can do this without spending a penny. All you have to do is Vote for the Centre in the My Community Project scheme.

To be eligible to vote for The Centre you need to live in the Maroubra State government electorate. If Michael Daley is your local member, then you live in the Maroubra electorate.

If you are familiar with online work, then it should be straight forward for you. If you are not very experienced, you can follow the step by step guide, prepared by Peter Bailey our Tech Forum tutor.

If you still have trouble, there is an opportunity to get help on Monday afternoon 5 August, at the Centre.

**How to Vote for
The Coast Centre's
My Community Project**

1. Use your Web Browser to load the NSW My Community Project Web Site
<https://mycommunityproject.service.nsw.gov.au/>
2. Enter 'Maroubra' into the Browse Project Electorate box and click Browse Projects

3. From the displayed list of Projects click on 'View Project' for the Little Bay 'Enhancing Heritage Spaces for Active Communities' Project
4. When the Little Bay Project is displayed click 'Shortlist Me'


[View your shortlist to vote](#)
5. The system will then prompt you to login to your NSW Services Account. (NB If you have registered your car on-line you will have a MyServiceNSW account). You will need to enter the Email address and password used to set up the account.

Annual General Meeting

The Centre's AGM is on Monday 16 September
10:00am.

This meeting is required each year because the Centre is operated by an Incorporated Association.

Annual Reports will be presented and a Management Committee for 2019 - 2020 will be determined.

Nominations for the Management Committee are open now until Friday September 6.

Nomination Forms and Nomination Box are available in Reception. The Management Committee meets monthly to discuss the Centre and the Association's business and operations. Meetings are on the third Wednesday of the month at 1pm.

2019 Randwick Business Awards

**Vote for the
Coast Centre for Seniors Inc.
as the best "Fitness" business**

**Ballot papers are in our Office
or Vote Online**

Voting closes on 27th August

Stepping On Falls Prevention

Our next
Program starts
on Friday
August 30



Staying Healthy Living Well

Do you have a chronic health condition ? Over 65 ? then you may be eligible to be part of the *Staying Healthy, Living Well* program. This is a free 12 week training program to help you learn how to manage your condition and reduce your GP visits.

You are supplied with a computer tablet, router and vital signs monitoring devices with monitoring provided remotely by trained registered nurses. All of this is backed up by knowing a trained person is watching and can provide advice by Skype-like or 'virtual' connection, on the spot. Its nice to know someone is watching- especially if you have a new diagnosis.

For More Information Libby Holleb Telehealth Coordinator, will demonstrate how it works at The Centre on Tuesday 20 August between 12 and 2pm Register your interest with us on 9311 4886.



\$25

TRIP TO BEAUTIFUL BUNDEENA



Friday 30 August

Departing Little Bay at 9am for Bundeena via The Royal National Park and Audley.

Stops can include the National Park Visitors Centre, the Coffee stop in Audley and lunch at the Bundeena Community and Services Club, Loftus St, Bundeena.

Return to Little Bay by 4.30pm. Lunch not included.



Does anyone have any spare or left over 8 ply knitting acrylic or wool for babies clothing?
The ladies in Candlewicking, Crochet and Embroidery would love to have it to make knits for newborns.



Putting Your Best Self Forward

Coast Centre friend and beauty therapist, Barbara Pashut is offering a series of one hour workshops on how to put your best self forward.

Barbara's one hour workshops over 5 weeks will be on Fridays between 10.30 and 11.30 starting on Friday 16 August.

The workshops will include tips on cosmetics, how to make your own, face, hand and foot care, as well as relaxation and meditation.

Call us to book in 9311 4886.

New Approach to Feeling Better Energy Restorative Program

Lucy Atai, Coast Centre friend and trainer, is offering members an opportunity to pick up some skills in understanding how energy flows through the body and effects feelings of well being.

Lucy will demonstrate this approach over a number of weeks starting Tuesday 6 August at 10.30am for one hour. The demonstration will include looking at stress, addressing fatigue and immune systems.

This approach, known as *Energy Medicine* has been developed by Dr Donna Eden - Dr Eden recommends learning about human energy.

"Energy is your life force. It animates every muscle, cell, and molecule in your body."

<https://edenenergymedicine.com/>

Test Your Hearing

TUESDAY AUGUST 13



Dazzling Colour - Folkart show in Gallery until 30 August

Catch a visit to the new show in the Centre's Gallery by artists from the Centre's Folk Art Class with teacher

Desolea Libby

