



SENIORS INC (aka The Little Bay Coast Centre) NEWS SHEET

April 2020

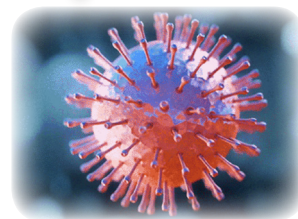
Stay Safe...

To contact the Centre's staff now, call 9311 4886 and leave a message. There's a lot of information around now about how to stay well during the COVID19 pandemic. Your Life Choices Magazine is a great source to read. The Centre's website also has a great video clip on the Home page about what contributes most to longevity.

Essentially the key things are : Friends and family, laughter, exercise, diet and doing things you love and can do.

The NSW Government has a lot of information for seniors about COVID19 and how to stay safe on their website. Here's the link...

<https://preview.nsw.gov.au/covid-19/how-to-protect-yourself-and-others#how-to-take-care-of-your-mental-health>



Keep Calm with Qigong, Tai Chi or Yoga

Here's one of many useful videos made by Qigong Master Simon Blow. You can find many other videos by Simon to suit your available time, fitness level and specific problem areas, on his website.

<https://www.simonblowqigong.com/>

View Simon's 6 minute Video "Restoring Natural Harmony" by clicking on the link below.

<https://www.youtube.com/watch?v=xEfyQSc4ANc>



What is Zoom?

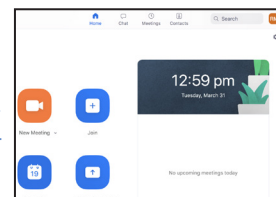
Click on this link to learn all about Zoom.

In coming weeks some of our language classes will start using this Platform.

If you need help with your computer leave a message Centre's number 9311 4886



https://www.wired.com/story/tips-for-using-zoom/#intcid=recommendations_wired-bottom-recirc-personalized-similar_c9234620-2d68-4d5e-9a50-14b8e9490ea8_similar2-3-personalized_entityTopicSimilarity



HOW TO MAKE A FACE MASK WITH FILTER POCKET AND ADJUSTABLE WIRE SEWING TUTORIAL

Please note: This mask is not a medical mask and is only designed to help keep your hands away from your face

Cut Fabric 38cm x 19 cm (bit bigger for people with fat heads!)

Wide bias tape 2 pieces 11cm wide

Wire for nose piece – chicken wire 14-15 cm

Elastic 5- 8mm best 2 pieces of 25cm (bit bigger for people with fat heads!)

1. Zigzag side edges
2. Join edge seams together wrong side out 4cm in from each side, leaves gap for filter opening
3. Press seam open – turn to right side and press again
4. Top stitch seam both sides (this is most awkward bit)
5. With opening to top measure 1.3 cm from seam line on top, Fold on line and press ... square shape
6. Pin all the way around and stitch about 2-3mm in
7. Add the wire and pin each end to accommodate plus close seam to make casing for wire -easy to break needles on this step
8. Place square with filter opening flat on ironing board. Make 3 folds away from top. Press and pin in place. About 9cm each side.
Sew in place
9. Attach bias to right side (without filter opening)
10. Turn sides and press. Fold over press and zigzag twice along edge to make casing
11. Thread an elastic piece through each side casing. Knot and pull knot through casing.

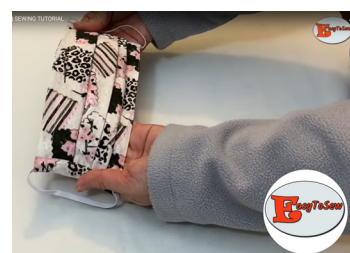
Find a filter...vacuum cleaner filter, paper towels or tissues or even a fanny pad!!!

Mary

Dr M C van den Berk

Tutorial - <https://youtu.be/BCJcE-r7kcg>

Mary normally teaches art at the Centre on Tuesday afternoons. Stand by for the day when Mary's class resumes.



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

AFTER COVID 19

Book a party in one of our great venues. See our Website for Venue Hire costs and details.



Keep Active and Connected

Talk to friends by phone or online video clips and routines shared on Youtube, Facebook, Whats App, Zoom and Instagram. If you don't know how to use these online platforms, you can venture in to self tuition online using Google and Youtube video demonstrations.

Danielle Belleli is now offering online Pilates and aerobics workout. Find her on Facebook and Instagram. Many other instructors will develop their own materials in coming weeks. Stay connected with them by sms or Facebook.



The Centre has some Good News.

We gained a grant of almost \$16000 from the NSW Government with support from local member for Maroubra, Michael Daley. The grant is to re-polish the floor of the Cottage and repaint 4 rooms elsewhere throughout the Centre (when the COVID19 pandemic ends). It'll be great to get this work done when the time's right.



Art with Harry

Here are lesson notes from "Art Teacher on Tuesdays", Harry Stanley on his first "lockdown period" art class. Anyone can join in.

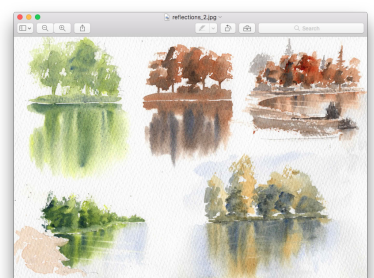
Hi all,

This is my first lockdown painting suggestion. We will concentrate on reflections in water and in the attachments below I show in the first attachment several examples in different colours, in the second attachment is a guide on how to paint the reflections ie drag colours down into a wet wash of water. I suggest you practice this technique until you get it right, use a wizard brush which is a flatish brush about 2cm wide. the pond water is to remain wet so put plenty of water onto the page. Use good quality paper other wise water will soak into the paper.

Once you have mastered the technique have a go at the sample painting I have sent you or find one on Google watercolour reflections

Please send me your finished painting if you can by email or sms my phone is 0407 692 983.

Good luck and have fun
Harry



How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 20-30 seconds

