

# SENIORS INC Online NEWS SHEET

MAY 2020

While our doors are closed you can stay in touch with tutors and teachers  
- Classes now on Facebook, Instagram, YouTube, and Zoom -



**Big bouquets, hugs and kisses to all  
the Mums out there, past and  
present, who shine their  
light into our lives.**



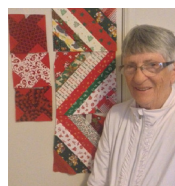
To stay fit, look for Erika's Chair Yoga classes, Danielle Belleli's classes and Simon Blow's Qigong. You can also book in for a singles game of Table Tennis, just email Robert Mann - Rmann2012@hotmail.com

If you're feeling a bit fed up, anxious or worried, try to keep calm. Take a look at Simon Blow's Qigong classes on YouTube, Erika's online yoga classes or Raj's yoga on Youtube.

If it's languages you love, Zoom in with Italian teacher Dan on Mondays 0417 027 106, and French teacher Karima on Mondays (Call us on 9311 4886 for details)

If you love to create things with your hands here is Mary's Mask pattern and some ideas from Jackie Carroll from Quilting and Patchwork.

For art classes there's a wonderful range of things to do with Coast Centre teachers. Harry's watercolour class have been producing lovely works since Day 1 of the closure and now we have classes from Amanda, Pat, Teresa and Mary. Contact them by phone or email for their class details. If you don't have those details, call the Centre on 9311 4886.

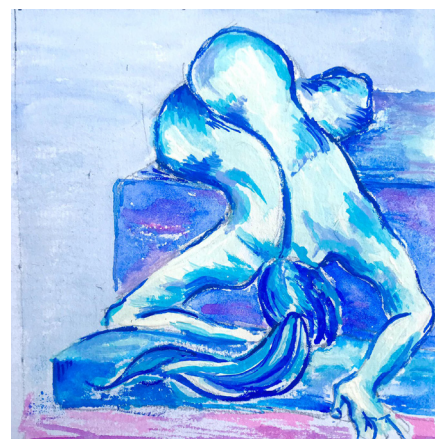


## **The Wednesday Art Class have a special project on the drawing board. "Your Study in Blue"**

Teacher Teresa has set a challenge to her class to create a 15cm x 15cm work on paper or small board.

The theme is "blue" - anything blue. It can be an image, an object, a feeling, an abstract piece, anything.

It can be in any medium (paint, print, drawing, collage, photo etc.) The condition is you have to be prepared to give it to another person in the class when classes return. When classes do return all the works will be displayed. Have fun with your art.



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

## PANDEMANIA

I'd had a bit of practice  
 In this social isolation  
 First shingles, then a surgery  
 So it's been a long vacation  
 From all the things I love to do  
 And friends I want to see  
 Just as soon as I'd recovered  
 A pandemic! Lucky me!  
 So I'm still at home just wondering  
 If I'll ever have a life  
 'Cause I live in an area  
 Where the virus spread is rife  
 I've concluded that my hobbies  
 Are less than they should be  
 All need "non-essential businesses"  
 Not open now for me  
 I do get dressed and cross the road  
 For my coffee every day  
 But no friendly chat's permitted  
 And it's always takeaway  
 My exercise routine is strange  
 It's something self-devised  
 I mix stretching, tap and line dance  
 To music - it's stylised!  
 I'm baking cakes and cooking meals  
 With meticulous preparation  
 But someone has to eat it all  
 And we've reached saturation  
 But one day in the future  
 We'll all be out, let free  
 Just hoping then I'm not too old  
 To enjoy such liberty.



danielle.belleli Kitchen therapy

BAKED 🥕🥕

Carrots

drizzle olive oil, salt, honey, apple  
ciderSprinkle pumpkin and sunflower  
seedstopped with fetta or goats cheese  
after baking

sprinkle fresh mint and parsley

#dinnerisserved #veggies #yummo

#isocooking #alwayshungry

#ilovefood #makingitupasigo #carrots



Poem by Trish Keane

**Superstar Cleaning is ready to help in the COVID Crisis**

Superstar Cleaning has been  
 cleaning the Coast Centre's  
 properties for over 9 years.



Our premises are heritage listed  
 and date from the 19th Century. This means, there are special  
 building features, large and small spaces and many bathrooms  
 that require special attention. Superstar has always managed to  
 work closely with us to achieve a high level of cleaning required  
 for our special requirements and large number of visitors every  
 week.

Now during the COVID 19 pandemic, Superstar Cleaning  
 have adopted all the recommended safety measures,  
 ensuring staff are fit for the work every day, attend to hand  
 hygiene as recommended by the World Health Organisation  
 and wear masks if the situation requires it.

Superstar are now available to clean away the dust that has  
 settled during social isolation and chaos.

Contact them via email or phone:

Email : [info@superstarcleaning.net](mailto:info@superstarcleaning.net) - Phone: +61 449 256 496

**Don't forget to eat well but not too much.  
 Loads of lovely veggies to build resistance and  
 resilience like Danielle did this week.**

**Here is a excellent article on keeping your immune system healthy**

[https://thenewdaily.com.au/news/2020/04/29/immune-system-covid-19/?utm\\_source=Adestra&utm\\_medium=email&utm\\_campaign=Morning%20News%20-%2020200430](https://thenewdaily.com.au/news/2020/04/29/immune-system-covid-19/?utm_source=Adestra&utm_medium=email&utm_campaign=Morning%20News%20-%2020200430)

**For all your art supply needs contact  
 dansartdesign.  
 Dan also teaches Italian at the Centre.**

#fashionillustrator  
 #fashiondesignstudent  
 #backtoschool #year12 #copicssketch  
 #moleskinejournal  
 #moleskinesketchbook  
 #personalplanner #bulletjournal  
 #journaling #artstudy #artsupplies  
 #artanddesign #artandcraft  
 #northernbeachessydney  
 #sydneycommunity  
 #openuniversitiesaustralia  
 #designcollegeaustralia  
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dansartdesign Orders in despatch!



Daler Rowney Gouache

Brushes

Here to help

Try Us

Happy Customers 😊 Happy Dan 😊

We don't bite or gouge unlike our  
competitors 🐾🐾🐾