



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

JUNE 2020

COMING OUT OF ISOLATION !

It's been a long closure but things are improving. From Monday, June 15, some of our classes will be on again with limits of 10 people per class. See the list below. We still have a long way to go to be out of danger, so everyone needs to keep safe by frequently washing our hands, sanitising and staying at least 1.5 metres away from other people when we're away from home.

Face masks will help too. If you haven't already done it, you should try to get a COVID test done too. Details of where to go nearby are on the back of this News Sheet.

A lot of things will still be done online, so watch out for those. The Hearing Australia Questionnaire for example can be obtained from us or from their office by calling 131 797.

If you'd like to learn about how to do more online, get in touch with us for a private lesson or two.
Call 9311 4886.

SPECIAL SUPPORT FOR MEMBERS

If you've felt really sad while we've been closed we have a number of special things to offer. For the next 6 months the Centre will have some special support for members, friends, families and neighbours who are feeling down.

Our new team of friendly volunteers will give you a call and find out what you'd like help with. We can provide information on help that's nearby or provide training on how to get connected to fun as well as helpful and available tools.

Our new support is called "Project Hello" - Call us on 9311 4886.

There's more about sadness and anxiety on the Beyond Blue website
and the projects described in our JUNE SUPPLEMENT



**Latino Resistance training
@ Coast Centre, Little Bay**

**Manal's
Resistance
Training
on
Mondays
Can't wait
to be back!**



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

Class List

Class	Start date	Time
Aerobics with Luda	22 June	Book with Reception
Aerobics with Danielle	17 June	
Art with Harry	2 June	As per Timetable
Art with Amanda	15 June	As per Timetable
Art with Teresa	24 June	
Art with Mary	21 July	
Barre	15 June	
Calligraphy	TBA	
Chair Yoga Tuesdays and Thursdays	16 June & 18 June	As per Timetable Book in 0409 743 166
French with Karima	15 June	3 classes
Italian with Dan	On Zoom until 6 July	2 classes
Healing Hands	17 June	By Appointment
Yoga with Raj	15 June	9am
Yoga with Erika	16 June & 18 June	7.30am & 8.30am Book In 0409 743 166
Yoga (Yin)	15 June	
Pilates	17 June	
Qigong	7 July	
Quilting	17 June	
Meditation with Raj	15 June	10am
Mind Movement and Dance (Tanya)	18 June	
Resistance Training with Manal	15 June	
Stretch and Strengthen	Friday 19 June	Book in with Robina 0438 447808
Table Tennis	16 June	
Tap Dancing	16 June	Book in with Robina 0438 447808
Tech Forum	15 June	
Tone and Tighten	16 June	Book In with Robina 0438 447808
Stretch and Strengthen	19 June	Book in with Robina 0438 447808

Yoga With Erika – free 20 Minute Chair Yoga Recording Happy Winter Yogies

When we are cold, our circulation decreases, which not only slows the effectiveness of the organs, it also lowers our body temperature even more. This can lead to constriction in the muscles, joints and even our perspective and outlook on life.



So even though it's tempting to not move and just snuggle on the couch, the cold weather is actually all the more reason to keep up our yoga practice to develop an internal heat that keeps us healthy and warm.

Yoga during the Winter months include – warming all organs of the body as well as the joints & muscles, improvement of circulation, lymphatic system support which builds immunity, increasing flexibility, reducing the risk of falls & other injuries & awakening our inner fire (Agni) which helps to improve digestion & burn away toxicity & emotional hanging on.

So there is no better time to get to do your Yoga! I hope you enjoy the below recording – just click on the link (no password needed)

Namaste - Erika

Link for the recording

https://us02web.zoom.us/rec/share/yOptcbug9mIO-GYXA00Puc6d6QNzaT6a8hHJP86Bbykd9tsjchlBHMcjAlK_eoZF?startTime=1591065450000

NB I am still doing the online Zoom Yoga Classes (on the mat)

Zoom is easy to use and Erika is happy to get you started

Classes are suitable for most levels of fitness and experience

If you are interested in these hour-long classes please email Erika directly at yogaage55@yahoo.com.au or call 0416 132 223

Robina returns with great joy and excitement



Tanya Stocks returns with Mind, Movement and Dance Thursdays at 10.30



Do you have a fever, cough, cold/runny nose, sore throat or shortness of breath?



You can get a **Free Test** for **COVID-19** at the **KRC mobile Outreach COVID Assessment and Testing Clinic** on **Mondays and Thursdays** at the following times and locations:

Elphinstone Reserve, South Coogee

9.15am - 11am

Outside The Hub at Lexington Place, South Maroubra

11.30am - 1.30pm

Outside Kooloora Community Centre, Bilga Crescent, Malabar

2.30pm - 4.30pm

Flu vaccinations also available for adults
Ring **Kirketon Road Centre** on **02 9360 2766**
for any further information.

