



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

July 2020

Table Tennis is back on Tuesdays and Thursdays

Between 12.15 and 2.30

Plenty of social distancing, hand sanitising and fun.

Vouchers x 4 @ \$6 ea
or \$7.50 per session.



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)



Keep fit during Winter and COVID Season with Extra Chair Yoga, Yoga Classes and Tone and Tighten classes

Erika is presenting -
New Chair Yoga class now on Mondays -11.45,
Regular Chair Yoga Tuesdays 1pm
Regular Chair Yoga Thursdays 11am
Thursdays **New Yoga for Stretch and Core**
7.30 - 8.20 - **New Standing Yoga** 8.30 - 9.20am

Robina is presenting a **Tone and Tighten** class
Tuesdays 10.45-12.15 & Thursdays 11- 12noon



JON OSSHER WILL START HIS STORYTELLING WORKSHOPS
Friday July 24, 10.00-12:00
\$10 per session
Register Now



Exercise your VIP 'hidden' muscles

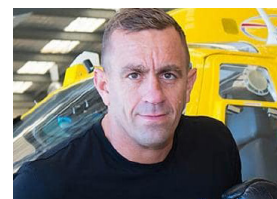
Resistance Training helps strengthen the VIP muscles of your 'core' (belly, chest and sides), legs and arms. All these muscles help you stand, sit and walk with greater ease.

Here at the Centre we have 3 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.

MANAL SALEH
Training

Monday - 10:00 with Manal
Wednesday - 9:30 Shaun & Marine
Friday - 9:30am Shaun & Marine



ITALIAN BEGINNERS ITALIAN LANGUAGE AND CULTURE will return on Monday July 13 - 9.30am

Dan Borgo Caratti will present his classes on the day as a combination of face to face content with some students joining in through Zoom.



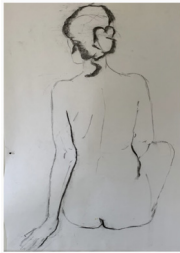
Administration: 2 Curie Ave, opposite Corner Pine Avenue & Ewing Avenue, Little Bay
T: (02)9311 4886 - E: admin@coastcentre.org.au - Web: www.coastcentre.org.au
Hours: 9am - 3pm - Monday to Friday

Art At Home in April and May

During the Centre's closure lots of our artists followed their teachers online using email, smart phones, What's App, Instagram and Facebook.

Here's a sample of the results from Watercolours with Harry and Wednesday art with Teresa.

An exhibition of works from Art with Harry will be on display in the Wattle Gallery (aka Wattle Room) from Monday 6 July.



NEW DRAWING CLASS
with **Amanda Doctor**
\$80 for 8 weeks
Mondays from 10 to midday
Starts Monday 6th July

FILMS
TEA
CHAT

FRIDAYS AT 10:00
\$8.00

THE LAKE HOUSE
JULY 3

CASINO ROYALE
JULY 17

AUSTRALIA
JULY 31

the Holiday
JULY 10

PIRATES OF THE CARIBBEAN
JULY 24



Would you like to refresh your knowledge on what First Aid responses are best in some common Emergency Care situations ?

Professional Trainers:

Jefferson Lillis and Helga Nilsen

will present a 2 hour course on simple effective management and care to draw on in the event of sudden illness or injury.

Wednesday 22 July, \$30 per person

2:00 to 4:00

TOPICS COVERED WILL INCLUDE :

- CPR and DEFIB
- Hygiene
- Duty of care
- Negligence
- Shock / Fainting
- Choking
- Nose bleeds,
- Lacerations
- Embedded articles
- Amputations
- Sprains and Strains
- Fractures
- Burns
- Eye injuries
- Head Neck Spinals
- Asthma Care
- Hyper/Hypo Thermia
- Poisons
- Bites and Stings

Quilting and Patchwork

Jackie Carroll -Wednesdays - 11:00

Crochet - Thursdays - Barbara Ellis 11:30

