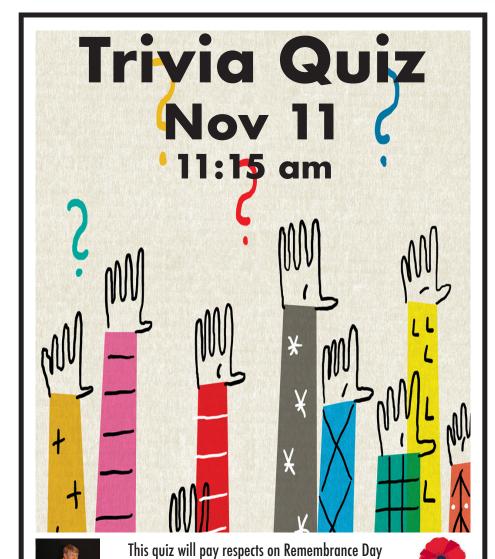


## SENIORS INC (aka The Little Bay Coast Centre)

November 2020



to the memory of Australians, fallen in combat and

recall fond memories of things past and present in film.

The morning will include Raffle Prizes and Surprises

Catering is BYO (COVID Precautions Always)



THANK YOU TO THE PLANT STALL TEAM
Shirley Harding - Lee Barwick - Bev Ormsby
Deborah Cradick
The stall raised over \$500



Tanya from *Mind, Movement and Dance*, is starting her faster paced DANCERCISE class on Wednesday November 4 at 10.30am

## RESISTANCE TRAINING WITH MANAL Thursdays 12:00 Mondays 10:00

## **OUR NEW SPANISH CLASSES**

with Marilo

Thursday -Beginners Class 9:30 - 10:30 Next Step Class 10:30 - 11:30



Marilo will email teaching materials to students once fees are paid. \$10 per sessior via PrePaid Voucher

Tickets \$5.00

KEMEMBRANCE DAY

Left We Forget



## TABLE TENNIS 3 TIMES A WEEK from 12.30 Tuesdays - fully booked

Tuesdays - fully booked Wednesdays - bookings available Thursdays - bookings available

1st game each week - \$7.50 or voucher (\$6) 2nd game in the week - \$3 3rd game in the same week -\$3



Jim Haynes MC



Lions Christmas Cakes and Puddings on Sale at the Centre

1kg Cakes - \$13

1.5kg Cakes - \$17

**Puddings - \$13** 



We're now collecting donations of Christmas treats for the EOY Raffle Prizes. Your donation can be dropped at Reception.





