



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

# NEWS SHEET

September 2020

## **SPECIAL GENERAL MEETING OF MEMBERS**

**Monday September 14 at 10:00 - North Hall  
2 Curie Ave, Little Bay**

**The agenda of the SGM is the Constitution. More details on this meeting and why it is important were sent to members by email from the President Christine Kilcran on Friday 28 August.**

Wednesday 12th August till  
9th September 2020  
In the New Gallery Space

THE COAST CENTRE GALLERY  
AT LITTLE BAY  
2 CURIE AVENUE,  
LITTLE BAY, NSW, 2036

Printmaking@  
The Coast



Margaret Warrington  
with block prints in the  
Wattle Gallery

Due to demand and COVID restrictions,  
**RESISTANCE TRAINING**  
with Marine Pizarro will now be in a  
larger room at revised times.  
Wednesdays at 8.30 and Friday at 9.30



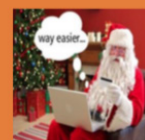
Marine's Resistance Training  
Wednesdays - 8.30 & Fridays - 9.30

## **Need help with your digital skills ?**

How to Use **Social Media** like Facebook, Instagram?



Ready for a Safe Christmas **Shopping online?**



Technology Can Change Your Life

### **2020 Special Technology Sessions**

Social Media - Facebook	- 21 SEP (1-3pm)
Social Media - Instagram	- 05 OCT (1-3pm)
Online Shopping & PayPal	- 02 NOV & 16 NOV (1-3pm)



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



If staying at home these days during the pandemic has made you feel blue, our volunteers are here to chat to you and offer tips to brighten your days.

Call us on  
9146 8420

Supported by the



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Extra Dance class with Tanya Stocks on Mondays at 10.15



**YOGA WITH RAJ**  
**Mondays**  
**&**  
**Wednesdays**  
**starting at 8:30am**



## SPACE FOR RENT

\$370 p/wk neg. + GST

Unique Opportunity available now!

37 sqm Gallery Space

Would suit a white collar professional or  
savvy small business owner

(Fashion, IT, Real Estate, Nutritionist, Counsellor... etc)

**Call Linda - Tel: 0409 743 166**

## STAYING COVID AWARE AND COVID SAFE

Remember, follow the instructions of your class COVID Hygiene Marshall.

The key things the Marshall will supervise are:

1. Hand sanitising, with soap or sanitiser
2. Social distancing (at least 1.5 m apart)
3. Stay at home if unwell and be positive

Also, wearing a mask gives added protection to others and yourself.