



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

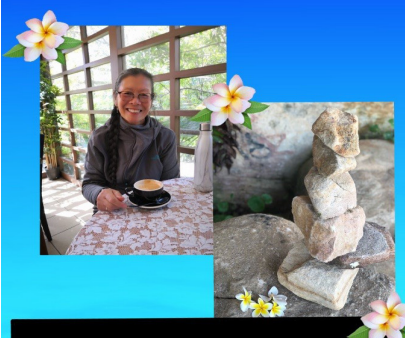
March 2021

Remembering a Fine Group Leader

Carolyn Hashimoto died suddenly late last year. Her friends in our Walking Group paid a special tribute to Carolyn on Feb 12 reading a poem written in her memory by fellow group member and close friend Vera Doyle, seated in the middle of this photo at a cairn constructed along the path between Bondi and Tamarama.



A memorial to Carolyn



— Carolyn —
We wish we could see you one more time on our beautiful walks again.
We think of you Carolyn living in the hearts of everyone you touched.
For nothing loved is ever lost and Carolyn was so much loved by all in our Walking Club, Tai Chi, Voluntary Gardening, and cared so much for her friends. You touched all our hearts with love and kindness.
—

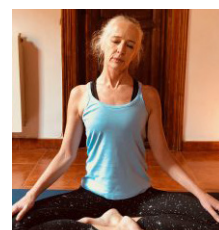
Yin Yoga with Danielle Belleli

Mondays 12.15

Yin Yoga is the ultimate refresh for your body, mind and soul. Find infinite stillness in the quietude of the ancient roots of this practice.

Whether you need to stretch your body or clear your mind, yin transforms your energy from the depths of your being. Authentic and peaceful, Danielle will take you on a journey into yourself and back again all with a guided meditation. This gentle class is suited for all levels and just requires a yoga mat.

Different from a regular yoga class this calming yoga will leave you feeling very zen.



Art and Drawing teacher Pat Munro is back...

DRAWING WHAT YOU SEE

Pat's classes on Thursday afternoons resumed on 25 February.

You can join these classes at any time. \$10 each class or \$9 if paying with a voucher.



Master the fundamental artistic skill that underpins all the others, as well as being a classic discipline in its own right. Gain new skills, refresh your knowledge and technique, and express yourself through line, form and mark making.

For beginners through to advanced artists, this course will cover materials and methods of observational drawing. Sessions will include practical exercises as well as ongoing studio practice, in which participants are encouraged to keep a visual diary and take part in group critiques.

Build confidence and skill and develop flair and style with a range of approaches, using pencil, charcoal and ink on paper through to less conventional media.



New DANCING IN A CHAIR with Tanya

Wednesdays 11.45 \$10 per class or Voucher

Benefits include an increase in cardiovascular endurance, similar to that achieved in standing classes, as well as improved memory, balance and social well-being.

Chair Dancing is safe for most individuals with mobility impairments, poor balance, or extra weight who may experience pain or a fall in a standing classes.

No dance experience needed.



The Choir is Back

The Choir will be in full voice in March as Covid restrictions have been lifted which previously prohibited singing.

Don't forget, the Choir meets on Wednesdays at 1pm.



HAPPY MARDI GRAS FESTIVAL February 19 - Sunday March 7 - Parade Saturday March 6



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



Happy St Patrick's Day to all our Irish members, friends and families



Spanish Classes

Mondays - 10:30 - 12:00 - Beginners Teacher: Marilo
- 12:30 - 2:00 - Next Step \$10 per Class



French Classes

Mondays - 9:30 - Beginners Teacher: Karima
- 10:30 - Intermediate
- 11:30 - Conversation
Friday - 10:30 - Intermediate Teacher: Eveline



Welcome to New Tenants

Members and visitors to the Centre in recent weeks may have noticed a lot of things being moved, delivered and sorted out! As Manager, I'm delighted to advise you all we are being joined by a number of new tenants.

The **Randwick Waverley Community Transport** CEO, Ben Whitehorn, and back office team are currently preparing to move into the space that was formerly our art gallery. Ben and his crew will be a lively addition to our regular faces at the Centre and are promising to put on the odd BBQ for all and sundry. Welcome Ben and Team.

Another new group joining us this year are the **Cape Banks Family History Society**. President Margaret Phillips and her partner Eric and CBFHS stalwarts, Diane, Rhonda, Lee, Lindsay and Helen are among the lovely group who will be in and around the Centre's Media Room (aka Computer Room) every Tuesday and Saturday running the CBFHS activities and group work. Welcome All, it's great to have you with us.

Also coming to the Centre on a frequent basis is the **Randwick Art Society**. It's great to have them in our Art Studio on Monday mornings.

Stiches Craft and Chat

Come in and join and find out how to make this

Wed 9:30 - 11:00



For Sale - \$0

1 x 4 Drawer FC
2 x Drawers
1x Contemporary Display Unit.
1x Desk with Return

They Are Yours - Come & Pick Them Up



THE CENTRE NEEDS A DAZZLING LOGO

Calling all members, artists or otherwise, to come up with a brand new logo for the Centre. The Centre doesn't have a logo as such. Different images have been used over the years for different purposes and there is an image that serves as a 'badge' or 'crest'. However, if you compare that image alongside Randwick Council's logo you will see the Centre is a little behind the times and needs a logo that is striking, exudes vibrancy, is immediately recognisable and conveys pride in being a member and pride in being a senior.

Entry Forms for this Competition can be found on our website and also in hard copy from Reception. Entering this Competition will cost you \$50.

Formal Entries are essential

Entries will be judged by a panel of independent professionals from the world of advertising and design. The creator of the best design will receive a Gift Package valued at \$500.

