



SENIORS INC NEWS SHEET

May 2021

Beating The Blues CONCERT

Entry
\$10

Friday - May 28
10:00 - 12:30

Australia's Biggest
Morning Tea fundraiser
for the Cancer Council

MONDAY MAY 24 TO FRIDAY MAY 28 - Support the Cancer Council's Australia's Biggest Morning Tea fundraiser with your Class and Friends. Host a Morning tea during class or buy a piece of merchandise from us to raise funds for more research into this awful disease that robs us all of friends and family all year, every year.

SENIORS INC. - 2 Curie Ave - Little Bay

Fashion Parade - Friday 7 May

10 for 10.30am

**Stafford Fashions
presents a
New Season Show**

Tickets \$10
Includes Morning Tea



STAFFORD's Mothers Day Raffle

1st Raffle Prize -

A Bouquet of Gorgeous Flowers

2nd & 3rd Raffle Prizes -

Gift Vouchers from STAFFORD



Raffle tickets 3 for \$5, \$2 each

"Places, thoughts and images — an artist's world"

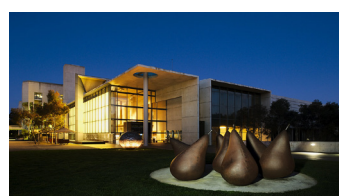
An exhibition by
the Wednesday Art Group
from The Coast Centre,
Little Bay.

At the Bendigo Bank, Clovelly
20 artists and 30+ works



Image: Spring at Malabar Pool. Shirley Sandmann

1st May till 4th June 2021



**BOTTICELLI
TO
VAN GOGH
Exhibition**

Thursday May 20

Leaving Brodie Ave, Little Bay at 8am,
returning by 7.30pm.

\$85
Includes
Entry

SIMON BLOW - QIGONG MASTER will offer
classes on Tuesdays at 9:15 - Qigong is a
Chinese system of physical exercises and
breathing control.



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

Welcome to two new Instructors: Robyn FitzPatrick and Alison Anderson

Robyn will guide a Strength and Resistance Class on Thursdays at 9:30 starting May 6.

\$10.00
PER CLASS

\$10.00
PER CLASS

Alison will start presenting a Tai Chi Class Wednesday May 5 at 1pm followed by Meditation at 2pm.



Strength & Resistance Workout with Robyn

To assist with building bone & muscle strength and improving balance

Have fun, sing-a-long to great music and increase your fitness all in the one session

Meditation with Alison

Classes will cover different meditation techniques from the world's wisdom traditions. Both beginners and meditators wishing to broaden their meditation practice are welcome!



**MONDAY
3 MAY 2021
1-3 PM**

Tech forum

FEATURED TOPICS

iCloud
Scanning App
Service NSW App



Orthodox Easter 2021

**BEST EASTER
WISHES TO ALL
OUR ORTHODOX
CHRISTIAN
MEMBERS**

\$10.00
PER CLASS

NEW CLASSES FROM INSTRUCTORS TANYA - RAJ - MANAL

**Tanya is offering Chair Dancing
- 9:30 Wednesdays**

**Raj is offering Meditation
- 9:30 Monday & Wednesdays**

**Manal is offering New Resistance
Class - 10:00 Mondays & Thursdays**

**Next Hearing Tests
Tuesday May 4**

 **Hearing Australia**

SEA WORRIERS - Installation - Show and History



On our Deck and the Wattle Gallery: May 3 - 28

Official Opening Tuesday May 11 - 12:15