



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

June 2021

Beating the Blues Concert



BLUES CONCERT WRAP UP

Congratulations to all the performers, classes and helpers who made the Centre's annual concert and **Biggest Morning Tea** fundraiser this year an outstanding success.

Everyone had a ball. Throughout the **Biggest Morning Tea Week**, the Centre raised over \$800 for the Cancer Council. Over 163 people attended the Concert on Friday 28th May raising \$1630 in ticket sales and buying over \$400 in Raffle tickets. Thank you everyone. Well Done. Stay well and keep smiling.



Administration: 2 Curie Ave, opposite Corner Pine Avenue & Ewing Avenue, Little Bay
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Hours: 9am - 3pm - Monday to Friday

Famous but overshadowed Australians: A NEW SERIES GEORGE, FLORENCE AND VINCENT TAYLOR

Continuing on from Lawrence Hargrave's aerial discoveries at the turn of the twentieth century, are three Sydneysiders with a common interest.

Florence Taylor OBE, MBE, was a talented musician and singer. She was the first woman to graduate in architecture in Australia and established the Building Publishing Company.



George Taylor's circle of friends included the artistic Bohemian set of Norman & Lionel Lindsay, Henry Lawson and Victor Daly. George was an accomplished journalist, artist, illustrator, craftsman, architect and inventor.



Vincent Taylor studied in Law and was articled to a Solicitor. He ran for Parliament contesting the seat of King, held by Sir George Reid. He also held a Bookmakers license for Sydney race meetings; all very highly respected professions.



In WW1 he engaged in the dangerous occupation of an Ammunition Driver on the Western Front.

What did these three family members have in common with Mr Hargrave?

Join **Christopher Beazley** in his presentation at the Coast Centre on Thursday June 24 10am to midday. Entry \$5

Robyn will guide a Strength and Resistance Class on Thursdays at 9:30



Strength & Resistance Workout with Robyn

To assist with building bone & muscle strength and improving balance

Have fun, sing along to great music and increase your fitness all in the one session - \$10/Class

The Hearing Australia Bus will be in Brodie Ave, Little Bay for hearing tests on **Friday June 11** and at the Centre for Tests on **Tuesday July 6**.



NeuRA
Discover. Conquer. Cure.

The 'SHAPE' study
Living Well with Dementia

Would you and your care partner like to be involved in research about a new 10-week online training program for people in the early stages of dementia and an e-learning for family or friends? You may be eligible to participate if you have a formal dementia diagnosis, are over 65 years of age and have a care partner who is willing to participate.

Contact the research team
shape@neura.edu.au | (02) 9399 1116

UNSW SYDNEY

SHAPE

TECH FORUM
Monday, 7th June 1-3pm

Join us and learn...

Simple way to Move Photos from a Phone to Computer (step-by-step)

You're welcome to bring your devices & cables



HomeShare is operated by Holdsworth Community Inc., Woollahra. It aims to combat the loneliness and isolation often experienced by older Australians living alone. It matches older people living alone in large houses with a caring person who can provide companionship and some extra household assistance in return for affordable accommodation in Sydney's eastern suburbs, city, north and surrounds. The service conducts thorough screening, police checks and referee checks. A leaflet about this program is available at the Centre. Ask in Reception.
info@holdsworth.org.au

Winter Solstice Sausage Sizzle



Randwick Waverley Community Transport and the Centre will present a joint Winter Solstice Sausage Sizzle on Tuesday 22 June. This BBQ will celebrate the shortest day of the year and the arrival of some new outdoor furniture for the deck, kindly donated by the RWCT Group.

Prepay a ticket now for \$5 or buy on the day for \$8. Menu : a choice of sausages, beef, chicken, pork or vegan and Gluten Free on all sausage choices. Onions, slices of different breads, (butter if you wish) sauces and salad.
There will also be a Raffle



Image: Remember the Tank Stream, Margaret Warrington.

"Painting and LOVing it"

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

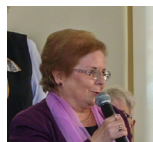
At The Little Bay Apartments, Little Bay

20 artists and 40+ works

30 June till 13 July 2021

(Weekdays 12.30-3pm. Sat 3 & Sun 4 July 10-12pm)

Opening on Wednesday 30 June at 1pm.



A big welcome back to Maria Lo Giudice. Maria is returning to present Italian language classes on Tuesday 8 June at 9.30

Wednesdays 1pm

Tai Chi 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 14 June. The Centre will be Closed for the Queens Birthday Public Holiday