



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

# NEWS SHEET

September 2021

## Annual General Meeting and Special General Meeting 2021

The AGM was to be held on Monday 16 September. The Management Committee decided at its' Zoom Meeting on 18 August " *That due to the current COVID restrictions, the Special General Meeting and the Annual General Meeting be held jointly, at a date to be determined.*"

It has become necessary to convene another *Special General Meeting* this year due to some specific requirements of NSW Fair Trading. In June the Centre received advice from Fair Trading that its application to have its new Constitution registered was not successful.

The reason given was the Centre had advised it had adopted a "modified version of the Model Rules", this is not permitted. New Constitutions must be either an 'exact replica of the Model Rules' or be a 'unique Constitution'. To achieve the precise wording required by Fair Trading, the Centre needs to convene another *Special General Meeting* and adopt a **Special Resolution** which reads :

*"This SGM of the LBCCSInc is adopting a new Constitution as presented to this meeting, today, (insert date) as outlined to all members in the months leading to the SGM on 16 September 2020."* or words to that effect.

### More Online Classes

"PAY AS YOU GO"

**Scheme starts Monday 30 August**

\$10 per class

Tutors to record participants

The Centre will Invoice members at regular Intervals.

To receive details of times and registration  
Email the Tutors as below.

ART WITH AMANDA  
amandajanedoctor@gmail.com

ART WITH PAT  
munro.pat@gmail.com

FRENCH WITH KARIMA  
mezoukarima@yahoo.co.uk

ITALIAN WITH DAN  
5 classes /week on Zoom  
dansartdesign@gmail.com

MOVEMENT CLASSES WITH TANYA  
innermovesmmd@gmail.com

EXERCISES WITH ROBINA  
Free of Charge

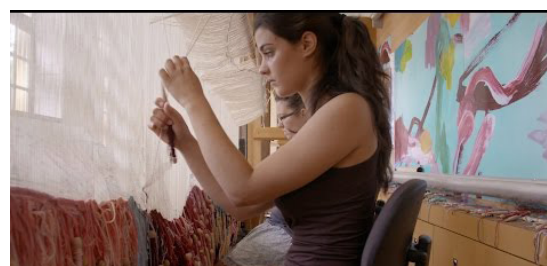
YOGA - STANDING AND CHAIR WITH ERIKA  
erikashouses@yahoo.com.au

### Happy Memories World Tour visits Sydney

Denise O'Connor, Tech Forum in Wendy Whiteley's Garden, Lavender Bay, Dorothy King at North Head, Gwen and Lyn at Observatory Hill and Linda and King parrot in her garden.



A lovely video  
about French  
tapestries found by  
Denise O'Connor  
from the Tech  
Forum



THE ART OF MAKING A TAPESTRY

<https://www.youtube.com/watch?v=jlbu-dJuEh0>



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



Harry's Watercolour Class is studying the techniques and colours of Albert Namatjira. This stunning piece was painted by Mersina Achele



## A Qigong Practice with Simon Blow.

<https://www.youtube.com/watch?v=7gXIHNFNnU&t=24s>



## Stretching with Robina



Intro and Part 1

[https://www.youtube.com/watch?v=5JjdI7\\_uTIY&t=4s](https://www.youtube.com/watch?v=5JjdI7_uTIY&t=4s)

Part2

<https://www.youtube.com/watch?v=OzPlal7VHHs&t=29s>

Part 3

<https://www.youtube.com/watch?v=17YIQOHgMRU&t=76s>



Mondays - 9:30 - Beginners

Teacher: Karima

- 10:30 - Intermediate

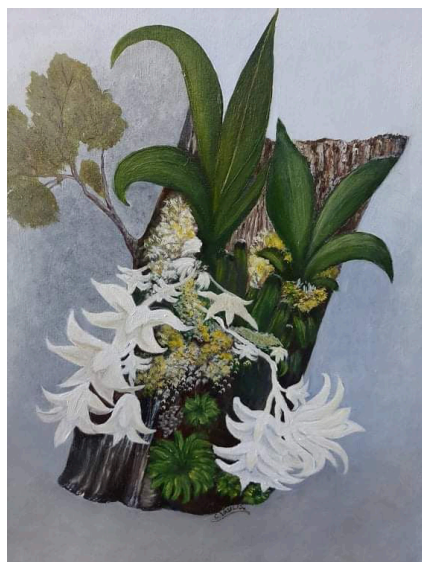
- 1130 - Conversation

Friday - 10:30 - Intermediate

Teacher: Eveline

Some of these French classes are now online.

Contact teacher Karima on  
[mezoukarima@yahoo.co.uk](mailto:mezoukarima@yahoo.co.uk) for details.



Teresa's Wednesday art class are celebrating their backyards and nature around them.

This stunning piece was painted by Christine Vasilis

## Father's Day is Sunday September 5

Send in your favourite photos of the Fatherly Figures in your life. Here are some favourites of some outstanding fatherly Coast Centre members, John, Alex, Jim and Heinrich from the Choir Bryan and Allan in the Uke Group.

