



Come and Join us for a spectacular lunch of roast turkey and glazed ham with veggies or Vegetable Stack for the Vegetarians or anyone, plus pavlovas or traditional Christmas pudding as alternate serves, spectacular views and Cheery Company at St Michael's Golf Club.

Michael Daley MP has helped the Centre win an early Christmas surprise with his support for a \$24,000 Grant from the State Government through the Community Building Partnership Program. What a fabulous 'gift'. Thank you Michael.

These funds will be used to refresh paint work, upgrade lighting and repair worn out doors and windows. Michael, Matt Thistlethwaite and the Mayor of Randwick will be our guests at the EOY luncheon.



The Centre's Office Bearers and Committee were elected at the AGM on Monday 22 November.

Photo L to R :President, Robina Beard OAM, Committee member Leela Hanson, Secretary Helen Fatouros, Committee Members, Judith Mood, Mary Ugarte, Deborah Cradick, Treasurer, Peter Bailey, & Committee Member Neville Berger.

Vale Roger Byrnes

Dear Roger, former President of the Coast Centre Management Committee, elected October 2020, died on October 29 following a long illness. Our thoughts and deepest condolences go to Roger's wife, Pat and extended family. Roger supported the Centre on many fronts and has been sadly missed since ill health prevented him continuing as President in January 2021.



We're now collecting donations of Christmas treats for the EOY Raffle Prizes. Your donation can be dropped at Reception.



Any member who has hand made gift items for sale is invited to join in. The Centre receives a small commission.



NEW LOGO AND TRADEMARK

During the 2021 Covid Lockdown the Management Committee and staff worked with graphic artists to develop a new logo and trademark



The Management Committee at its meeting on 17 October selected a new design for the Centre's logo. The new design also incorporates a trademark. The new logo emerged through a 10 month process of review, assessment, discussion and trial.

Between January and April the Centre ran a competition throughout the membership for new concepts and designs. Several ideas were submitted but did not meet everything the Committee was looking for.

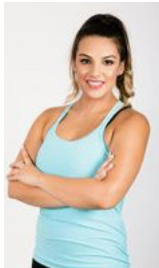
Many fonts, ideas and concepts were trialed and presented to Committee Meetings over a six month period. Through a process involving considerable research and experimentation, the design which appears on the cover of the 2021 Annual Report came together. This logo and all its parts, will now be used to promote the Centre's work and activities.



Don't forget, Yin Yoga.

This class with Danielle, every Monday from 12.15 to 1.15 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.



Fond Farewell to Alison Crawford

A gathering of over 40 members bid a fond farewell to Choir leader Alison Crawford on Monday morning 22 November.

Alison has moved out of town but hopes to visit the choir from time to time.

Alison was a superb Choir leader for 20 years. Choir member Margaret Thornton spoke about the wonderful performances and memories of concerts and special events Alison has given the Coast Centre over the last 2 decades. The Choir will meet on 8 December for a special Christmas get together with Alison as a special guest.

In 2022 the Choir hopes to sing again on Wednesday afternoons between 1pm and 2pm with new leader Leonie Addison.



CALLING ALL CALENDAR YEAR MEMBERS.

Centre Membership is now due for renewal from January 1st.

Please renew as soon as possible.

Calendar year membership runs from January 1st to December 31st.

The fee for 2022 will be \$33.

The Centre's Manager Job Title Changed

The Centre created the position of *Manager* in January 2010. In the intervening 12 years, the Centre's operations have grown in many directions. The number of classes increased, the number of members increased, the number of tutors increased, the number of contractors increased and the number of income streams the Centre has, increased fourfold.

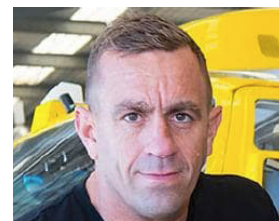
To recognise this growth in the size of the Manager's job, the Management Committee resolved to change the position title to *General Manager* at its Zoom Meeting in August 2021. The *President*, Robina Beard OAM announced this change at the Annual General Meeting on November 22.

Personal Resistance Training for Men

with Shaun Hockley from Reborn Gym.

Proposed Day and time :
Wednesdays : 9.30 for 30 minutes to 45 minutes. \$10 per class.

Routines will be tailored to personal fitness levels. Please register your interest with Reception



Fees Rising in 2022

Next year the Centre will be required to cover some higher fixed costs for staff salaries and superannuation. As a result, the Management Committee has resolved to raise fees as follows:-

- Annual Membership Fee \$33
- Single Class with Professional Instructor \$12
- Book of Ten vouchers for Professional Instructor Classes \$105. (No time limits)
- Single Class Other \$8.50
- Book of 4 Vouchers \$28

Some Classes are conducted as Courses with Individually fixed fees paid in advance.

Summer Recess Dates:

Last Day Friday Dec 17, 1st Day 2022, Monday Jan 10