



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

## REOPEN SPECIAL 2021

**THIS WEEK WE ARE CELEBRATING THE MAGIC OF  
BEING BACK AT CLASSES,  
WELCOMING OVER 200 MEMBERS AND INSTRUCTORS**



Danielle's 1st Aerobics Class

### CLASSES INCLUDE:

Aerobics	Tone and Tighten
Resistance Training	Art
Bridge	French on Mondays
Calligraphy	French on Fridays
Chair Yoga	Strengthen and Resistance
Yoga	Crochet
Patchwork and Quilting	Tap Dancing

We welcome back **Danielle Belleli** for **Pilates** and **Aerobics** on Wednesday and **Natalie Belleli** for **Aerobics** on Thursday, Oct 21 at 9am

**Teresa Castelanos** for **Art** on Wednesday

**Karima Mezoughem** for 3 classes of **French** on Monday

**Resistance Training** with **Shaun** will now run from 8.35 to 9.15 every Wednesday

**French** on Fridays with **Eveline** will resume this Friday, October 22.

All classes with **Tanya** will be back next week at the usual times on Mondays, Wednesdays and Thursdays.

**Raj** will be back for **Yoga** on Monday October 25 and Wednesday 27th at 8.30.

**Table Tennis** will resume soon.

**Harry** will be back on Tuesday 26th at 10am with **Amanda Doctor** following in the afternoon on Tuesday 26th at 1pm

**Maria** will be back for **Italian Intermediate** on Tuesday November 2

**Luda** will be back for **Aerobics** on Monday November 8

**Spanish** with **Marilo Corral** will be on Zoom for just one more week then return to the classroom

**Italian** with **Dan** will continue on Zoom for a while.

**Dan's Italian** classes on Zoom are :

<b>Intermediate</b> -	9.15am to 10.45 am Mondays 11.00am to 12.30 Wednesdays
<b>Advanced</b> -	11.15am to 12.45 Mondays 11.15am to 12.45 Thursdays
<b>Beginners</b> -	1pm to 2.30pm Mondays

The first **Walk** will resume on Friday November 5.

**Folkart** with Desolea Libby will resume in January

**All members and staff coming to classes must be fully vaccinated and show evidence of Vaccination on the first visit.**

**All government stipulated COVID 19 safe precautions are being observed.**

Social Distancing of 1 person per 4 square metres applies, hand sanitising has resumed as well as QR Check Ins and Class registration.

Masks must be worn on arrival and during class unless undertaking exercise. In exercise classes, masks may be removed for the duration of the class.



Administration: 2 Curie Ave, opposite Corner Pine Avenue & Ewing Avenue, Little Bay  
T: (02)9311 4886 - E: [admin@coastcentre.org.au](mailto:admin@coastcentre.org.au) - Web: [www.coastcentre.org.au](http://www.coastcentre.org.au)  
Hours: 9am - 3pm - Monday to Friday

The Centre has a new **Covid Safety Plan**, effective October 19 and is recording the vaccination status of all visitors. There is ONE entry point open on Curie Ave for our main building and separate entries and exits in use in the Cottage. Anyone wishing to enter from Darwin Ave, must knock for admission. Class numbers are limited to a maximum of 20 per class, on a first come basis. **NO BOOKINGS WILL BE TAKEN.**



Image: Remember the Tank Stream, Margaret.

## *"Painting and LOVing it"*

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

At The Bendigo Bank,  
Clovelly

18 artists and 40+ works

Wednesday 3rd Nov till Friday 10th Dec 2021

## Do you need any help on using Computer and/or Mobile devices?

Book your 30-45 minutes support with  
Caroline

Email: [carolinemak123@gmail.com](mailto:carolinemak123@gmail.com)

Will schedule date/time that suits you  
Flexible schedule  
Support using phone or Zoom



Welcome back these terrific tutors  
Danielle and Natalie Belleli,  
Luda Wilson, Teresa Castelanos,  
Eveline Molines, Harry Stanley Amanda Doctor.



## Keeping Connected

Social health and ageing

Wednesday, 27 October 2021 | 10:00AM to 12:00PM

Opening Address - **Michael Still**  
Chairman, South Eastern Sydney Local Health District



*Kindness: The key to  
connectedness*

**Hugh Mackay**  
Social Researcher and Author



*Resilience after stress/COVID  
and mental health*

**Professor Henry Brodaty AO**  
Scientia Professor, Centre for Healthy  
Brain Ageing



*Intergenerational connections*

**Dr Stephanie Ward**  
Senior Research Fellow, Centre for  
Healthy Brain Ageing and Geriatrics,  
Old People's Homes for 4 Year Olds



*Social connectedness for mental  
health*

**Dr Suraj Samtani**  
Post Doctoral Fellow, Centre for  
Healthy Brain Ageing



**Free  
Online  
Event**

Booking Essential  
Eventbrite RSVP: <https://opmhs2021.eventbrite.com.au>  
Phone: 9382 3759  
Email: [ACPforum@health.nsw.gov.au](mailto:ACPforum@health.nsw.gov.au)



## The AGM and Special General Meeting

The Management Committee has now confirmed that the **Special General Meeting** and **AGM** will be held on Monday November 22 at 10am and 11am respectively.

The SGM will meet to consider the adoption of the following *Special Resolution*: 'That this Special General Meeting of the Little Bay Coast Centre for Seniors Incorporated adopts the new Constitution as put to this meeting today, Monday 22 November'. Copies of the Centre's new Constitution, developed during 2019 and 2020, are available from Reception.

The Annual General Meeting will receive the Annual Report and vote to elect a new Management Committee. Nomination forms for positions on the Management Committee are available from Reception, and close on Friday 5 November.

The AGM will also bid a fond farewell to Alison Crawford, Choir leader and singing instructor

