



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

October 2021

Welcome back! We are ready to roll...

Congratulations to everyone who has come through this chapter of the Covid 19 Delta Variant Lockdown with their good humour and sanity intact. Let's all stay fit and able to deal with what comes next. It's been a long haul and a new chapter opens on Monday October 11. The Centre is delighted and proud to be able to play a role in keeping you well in every respect, physically, socially and mentally.

We're now ready to **welcome fully vaccinated** members and instructors back. Please stay at home if you are unwell or have even the slightest chance of having been a close or casual contact of someone diagnosed with Covid 19. If that is the case, please get a Covid Test.

Future Onsite Classes and Weekly Online

Art with Harry

Returning to onsite 26 October

Art with Amanda

Weekly Classes Online
Intensive Summer On site Workshop - TBC

Art with Pat

4 week ReBoot - Forecast for November Details TBC

Bridge

Returning - 26 October TBC

Italian with Dan

Continuing on Zoom
returning to on site late January 2022

Movement Classes with Tanya

Continuing on Zoom
Returning to on site early 2022

Qigong with Simon :

Returning February 2022

Table Tennis

Returning on 26 October TBC

Spanish with Marilo on Zoom for 3 weeks,
11 October to 25 October,
Returning to Classroom - November 1- December 13

Walks

Kathy & Debbie are scheduleing Walks for November

From Mon Oct 18	8:30	Yoga From Oct 25	Raj
	9:30	French 1	Karima
	11:00	Chair Yoga	Erika
ONLINE		Italian	Dan
	10:00	Resistance Train	Manal
	10-1:00	Indiv IT Apptmts	Caroline
	10:30	French 2	Karima
ONLINE	10:30	Spanish 1	Marilo
	11:00	Chair Yoga	Erika
	11:15	Barre from Oct 25	Danielle
	11:30	French 3	Karima
	12:15	VinYoga from Oct 25	Danielle
ONLINE	12:30	Spanish 2	Marilo
	1:00	Tech Forum	2xMonth
ONLINE		Art	Amanda
	1:30	Aerobics From Oct 25	Luda
From Tues Oct 19	7:45	Yoga	Erika
	10:00	Calligraphy	Helen
	10:00	Art from Nov 1	Harry
	10:00	Indiv IT Apptmts	Peter
	10:00	Bridge	TBC
ONLINE	10:30	Movement Dance	Tanya
ONLINE	10:30	Qigong	Simon
	10:45	Tone+Tighten	Robina
	12:15	Table Tennis	TBC
	1:00	Tap Beginners	Robina
From Wed Oct 20	8:15	Pilates	Danielle
	8:30	Yoga From Oct 27	Raj
	8:45	Resistance Train	Shaun
	9:30	Aerobics	Danielle
	9:30	Art	Teresa
From Thurs Oct 21	7:45	Yoga	Erika
	9:00	Aerobics	Natalie
	9:30	Strength+Resist	Robyn
	11:00	Chair Yoga	Erika
	11:30	Crochet	Barbara
From Fri Oct 22	9:30	Stretch+Strength	Robina
	11:00	Tap	Robina
ONLINE	11:00	Chair-Standing	Tanya
From Nov 5		Walks	Kath+Deb

All being well
The Centre will hold a
**Special General
Meeting
and
Annual General
Meeting**
on Monday
November 22, in the
North Hall,
2-6 Curie Ave
Little Bay.

The reason a SGM is
required is explained
on Page 2 of this News
Sheet. The SGM will be
at 10am followed by
the AGM at 11am.

Nominations for
Committee
membership are now
open and close on
Friday November 5.

Nomination Forms can
be emailed by
lodging a request with
admin@coastcentre.org.au

All government stipulated COVID 19 safe precautions will be observed.

The Vaccination status of all visitors will be checked by staff and recorded on entry. There will be ONE entry point open on Curie Ave. Anyone wishing to enter from Darwin Ave, must knock for admission.

Class numbers will be limited to a maximum of 20 per class, on a first come basis.

NO BOOKINGS WILL BE TAKEN.

Social Distancing of 1 person per 4 square metres will apply, hand sanitising will resume as well as QR Check Ins or 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 - Web: www.coastcentre.org.au
Hours: 9am - 3pm - Monday to Friday



Older Persons Mental Health Service,
Eastern Suburbs Mental Health Service

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 Geriatrician, 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

Spanish for Beginners

10 classes x 1.5 hours
Course Material: emailed every week.
Teacher: Maria Corral
Start: Monday 11 October
End: Monday 13 December
Price \$150 (includes GST)
On Zoom until Monday October 25
Returning to the classroom on Nov 1


Mondays 10.30 - 12 noon
SEVILLE



Spanish Next Step

10 classes x 1.5 hours
Course Material: emailed every week.
Teacher: Maria Corral
Start: Monday 11 October
End: Monday 13 December
Price \$150 (includes GST)
On Zoom until Monday October 25
Returning to the classroom on Nov 1

Mondays 12.30 - 2.00
BARCELONA

"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

Image: Remember the Tank Stream, Margaret.

30 MINUTES WITH CAROLINE MAK

EVERY WEDNESDAY (10:00am to 01:00pm) OVER THE PHONE SUPPORT

**NEED ANY SUPPORT ON
COMPUTER,
MOBILE PHONE,
MOBILE DEVICES?**

How to book your support session?
Email to: mearingl@gmail.com



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 LBCCS Inc 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 13 September 2020." or words to that effect.