



Spanish for Beginners

10 classes x 1.5 hours

Course Material: emailed every week.

Teacher : Maria Corral

Start: Monday - January 24

End: Monday - March 28

Price \$150

(includes GST)

Mondays 10.30 - 12 noon

SEVILLE



ITALIANO QUOTIDIANO

Beginners - Intermediate - Advanced
Mondays
3 classes
Each Class - 1.5 hrs

FOUR 10 WEEK TERMS

Each Class \$15
Or pay \$150 in Advance

Term 1 begins Monday Jan 31 in Media Room
Students receive online materials, videos, and books

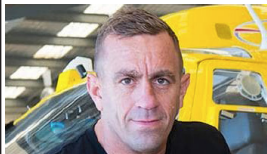
Resistance Training with Shaun Hockley - RETURNS

Wednesday 2 February @ 8.30am followed by a
NEW

Resistance Training for Men

at 9.30 for 30 - 45 minutes. \$12 per class.

Routines will be tailored to personal fitness levels.



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

Book your 30-45 minutes with Caroline Mak

Email: carolinemak123@gmail.com

Cost: \$ 28 for 4 sessions

Invoice will be sent to you after the
completion of 4 sessions

Will schedule date/time that suits you

Flexible schedule

Support using phone or Zoom



Stretch & Core Strengthen with Erika

Feb 3 - 7.30am - 8.20.

Floor Yoga Class - 8.30 - 9.20

Private class for General Public 9.30 - 10.30 (Cottage)

Chair Yoga at 11am

Floor Yoga Classes

Tues 7.45-8.45. Thurs 8.30-9.20.

Chair Yoga Mon 11am Thurs 11am



COVID PRECAUTIONS

To help stop the Virus spread at the Centre please..

- Wear a Mask on arrival and departure
- Show Vax Certificate for our Records (on visit return visit ONLY)
- Sign IN with our QR code
- Sanitise your hands on arrival
- Maintain 1.5 sq metres social distancing
- Use separate Entrances and Exits where possible

CAFFÉ ITALIA con Maria



Suitable for
BEGINNERS
&
BEGINNERS NEXT STEP

Every Tuesday
9.30 til 12 noon
\$8.50 per class
or
\$28 for 4 class vouchers

RESUMES TUESDAY - FEB 1

ALL OVER BODY WORKOUT WITH ROBYN - SUITABLE FOR ALL FITNESS LEVELS

THIS CLASS AIMS TO IMPROVE STRENGTH, INCREASE HEART HEALTH,
BUILD MUSCLE TO PREVENT OSTEOARTHRITIS AND BALANCE EXERCISES
FOR FALLS PREVENTION:

- A CARDIO SECTION TO WARM UP WITH GREAT MUSIC
- LIGHT HAND WEIGHTS AND RESISTANCE BANDS FOR STRENGTHENING
- LOWER BODY WORKOUT INCLUDING LEGS AND ABDOMINALS
- STRETCH AND RELAX



LOTS OF CLASSES

- TECH FORUM Mon Feb 21 1pm-2pm
- NEW TaiChi Instructor - Tues 9am TBC
- DANCE with Danielle on Fridays
- SINGING TO YOUR HEARTS CONTENT with Danielle on Fridays
- AEROBICS with Danielle & Natalie
- BARRE, YIN YOGA & PILATES with Danielle
- TAP DANCING with Robina
- TABLE TENNIS on Tuesdays & Thursdays
- Walks resuming on Friday February 4

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 - 4pm - Monday to Friday



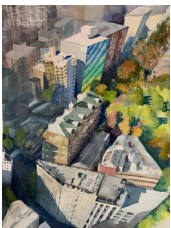
WATERCOLOUR PAINTING AND SKETCHING
with Harry Stanley
Tuesday February 1
Classes are \$12 each or
\$10.50 with Vouchers



**TONE & TIGHTEN
TAP FOR BEGINNERS**
STRETCH AND STRENGTHEN
TAP 2 with Robina Beard OAM will
continue on Tuesdays & Fridays as
scheduled in 2021
Classes \$12 or \$10.50 with vouchers



FRENCH CONVERSATION
with Eveline will resume on
Friday February 4 at 10.30



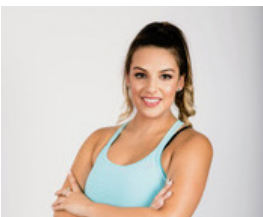
WATERCOLOUR PAINTING CLASSES
with Amanda Doctor will resume on
Tuesday - February 8 - 1pm



THE UKELELE GROUP
with Sue Roberson
Tuesday - February 1
2.15pm



WEDNESDAY ART
with Teresa Castellanos
(pictured standing Right)
Wednesday February 2



TWO New Classes - Fridays with Danielle
**DANCING FOR YOUR BRAIN &
SINGING TO YOUR HEARTS CONTENT**
(register your interest)
Dancing for your Brain Starts Friday Feb4 9am



QUILTING & PATCHWORK Returns
Tuesday Feb 1 21pm - 3.30
Wednesday 11.30 - 2.30



STITCHES, CRAFTS & CHAT
Returns Wednesday 2 February
9am - 11am

CAPE BANKS FAMILY HISTORY SOCIETY

OPEN AND READY TO ASSIST YOU LOCATE YOUR ANCESTORS
Members available to offer guidance and assistance in tracing your family tree using
our extensive library resources covering Australia and Overseas.
Classes for Beginners' conducted during the year. For further information and assistance contact:
Research Centre, Frangipani Room at Coast Centre for Seniors
2 Curie Ave, Little Bay. NSW
Open Tuesday & Saturday 10AM - 3PM -
Morning and afternoon tea available
Enquiries: secretary@capebanks.org.au www.capebanks.org.au



Come for a Walk with US



Walks resuming on Friday February 4

CALENDAR YEAR MEMBERSHIP FOR 2022 - NOW DUE

You can renew your membership of **\$33** with a Direct Deposit in to our Account.

Details:

Account Name - Little Bay Coast Centre for Seniors Inc - BSB 062 198

Account Number - 2800 1288

Reference : (Your Name)