

Rivers of Fun

The RIVERBOAT POSTMAN DAY TRIP on the Hawkesbury River
Thursday March 24 - \$75 (or \$50 with Dine and Discover Voucher)
Departs Little Bay 8.15 Return by 4pm

Package Includes Return Road trip to Brooklyn,
Cruise, Morning Tea & Lunch
Only 9 seats
Available



SOLD OUT

Register for the Wait List and a
Repeat Trip



Mondays from 1.30
Starts MONDAY March 7
\$8.50 per session or
\$7 with voucher.

South Hall @ The Coast Centre
2 Curie Ave, Little Bay
Enquiries 9311 4886

THE GOOD, THE BAD & THE FUNNY



**DRAMA WORKSHOP with Actor Robina Beard OAM
Drama Director Jon Osser**

Exploring different ways of performing existing works and material created by the group

Movercise - NEW

Mondays with Tanya at 9:00 - 9.45

Movement is one of nature's great ways to better health.
This class is a full body workout to groovy tunes to build:

* Immunity * Fitness
* Energy * Strength

Monday - March 7



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





**Choir will return
Wednesday March 9**

COVID PRECAUTIONS

- Mask Wearing is Recommended indoors (not required while exercising)
- Show Vax Certificate (if requested)
- Maintain Social Distance
- Sanitise your hands regularly



Yoga with Raj
Mondays & Wednesday
8.30 -9.30 full body stretching
and relaxation

The Randwick Art Society (RAS)

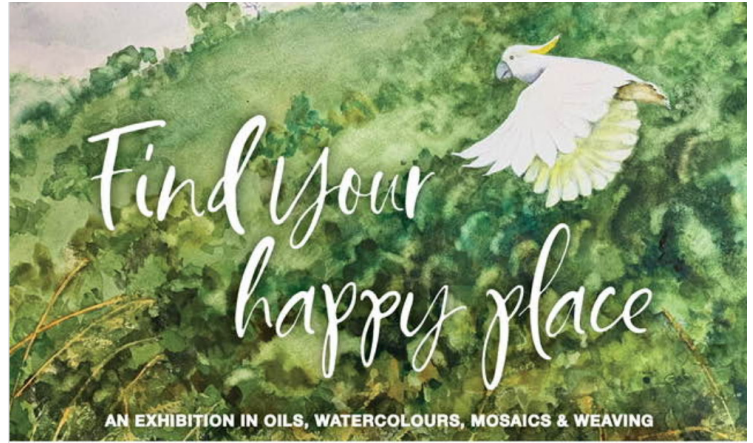
now meets regularly at The Coast Centre, Little Bay every Monday, resuming Monday 28 February and for regular Workshops like this one with Artist Dee Jackson.

Contact RAS for details. Saturday 5 March.

<https://randwickartsocietyinc.org.au>

Painting Workshop

for RAS
Members
Watercolour
Portraits
with Artist
Dee Jackson



AN EXHIBITION IN OILS, WATERCOLOURS, MOSAICS & WEAVING

ALL ARTWORKS BY **AMANDA DOCTOR**

EXHIBITION 16-20 MARCH, 2022

OPENING NIGHT THURSDAY 17 MARCH, 6-8PM

CLOSING DRINKS/COLLECTION OF WORK SUN 20 MARCH, 4-6pm

DUCKRABBIT

138 Little Eveleigh St, Redfern NSW 2016

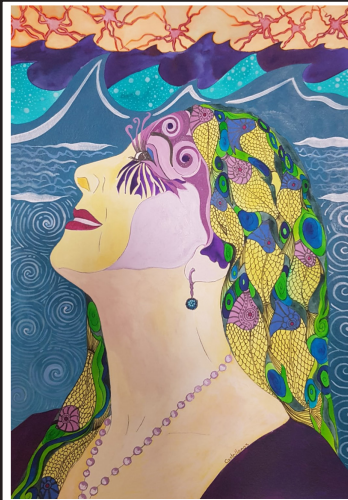
Opening hours: Wednesday - Sunday 11am-6pm

Duckrabbit out of hours enquiries (0405 328 483)

AMANDA DOCTOR

T: 0417 465 224

E: amandajanedoctor@gmail.com



Let's Profile

An exhibition by
the Wednesday's
Art Group

Wed. 16 March till
Wed. 13 April 2022.

The Wattle Gallery
at the Coast Centre
Little Bay.

Calendar Year Memberships for 2022 are now due

You can renew your membership of \$33

Direct Deposit into our Account. The details are :

Account Name: **Little Bay Coast Centre for Seniors Inc**

BSB 062 198 - Account Number 2800 1288 - Reference : (Your Name)

Friday 22 April
Only 8 Seats Available



Georges River Cruise
Take a lunch cruise with us aboard the
Bass & Flinders
up the Georges River from Sans Souci
\$65 (or \$40 with Dine & Discover Voucher)
Departs Little Bay 10am Return by 4pm
Package Includes Return Road trip to Sans Souci & Lunch