

SENIORS INC NEWS SHEET

May 2022

Get Ready for the Annual Concert Friday May 27 - 10 til 12.30

Tickets
Now On Sale \$10

Morning Tea served at
Intermission

COLOUR OUR WORLD PURPLE

This year the Concert Theme is the colour Purple

Purple has been an important colour for monarchs, artists and scientists for thousands of years.

Find your Deep Purple and show it to all on Friday May 27.

Entertainment will include Singing, Dancing, Drama and Comedy!

\$1 from every ticket sale will
go to Lismore Flood Victims via
Givit.org.au

North Hall
2 Curie Ave, Little Bay

INVITATION TO ALL VOLUNTEERS

Dear Volunteers

To celebrate Volunteers Week 2022 and Thank You for your ongoing support and contributions, the Centre's President, Ms Robina Beard OAM, cordially invites you to Morning Tea & Info Session @

The Green Olive on Thursday May 12 from 10am.

Individual Invitations will be issued this week for your RSVP.

Spanish Next Step

10 classes x 1.5 hours

Course Material: emailed every week.

Teacher: Mariló Corral Prado

Start: Monday - May 2

End: Monday - July 11

Price \$150
(includes GST)



Mondays 10.30 - 12.00



Erika, will take Yin Yoga in the Cottage on Mondays from 12.00 while Danielle is on maternity leave, as well as Standing Yoga, Chair Yoga and Stretch and Core at the usual times.



Raj will take Yoga in the Cottage every Monday AND Wednesday.



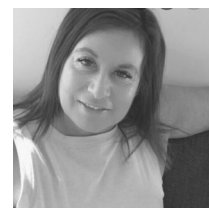
Also while Danielle is on maternity Leave Manal will take Barre at the usual time of 11:15 on Mondays.

Welcome Luna.

The Centre's aerobics instructor, Danielle Belleli gave birth to a tiny bundle of sweet joy, Luna, on April 21. Mum, Dad and Bub are besotted. Best wishes to all.



Natalie will take Dancing for the Brain on Fridays at a new time of 8:45am



Cruise with Us on the Naval Tender 'HARMAN' Up the Lazy River Cruise

May 26



THIS CRUISE:

The Parramatta River is intrinsically linked to the life and culture of Aboriginal people and was the highway to nationhood for the early European settlers. The cruise goes to Newington, highlighting landmarks along the way. There is a stop for lunch (not included). The cruise operator recommends a BYO lunch, or you can pre-order on the day from a limited menu at the Armory Café, tea and coffee is also available.

EVENT INFORMATION:

See the birthplace of the Green Ban in Australia
A childhood home of a famous poet
The little-known monument to a Sydney world champion
Prestige redevelopment of former industrial sites
Former boatbuilding sites, large and small, heroic and hopeless
The hidden resting place of our best known Aboriginal man
The lasting legacy of a great philanthropist
The tour finishes back at the Australian National Maritime Museum
Price : \$50 - LEAVES LITTLE BAY BY MINIBUS - 9:30 am

Cruise with Us on the Steam Boat 'WARATAH' Discover Sydney Harbour Secrets

TBC
June 16



THIS CRUISE:

Your cruise passes important and interesting sites around the harbour including Goat Island, Garden Island, Mort's Dock, Woolwich Dock, Spectacle, Snapper and Cockatoo Islands. An experienced Tour Guide will tell you about their historical significance to Sydney Harbour and the people of Sydney. Guests are invited to bring their own food and beverage for lunch.

EVENT INFORMATION:

Catering: BYO Food & Beverage
What to wear: Please wear sensible footwear and bring a windproof jacket. Stilettos and sharp-heeled shoes strictly prohibited.
Boarding Time: 11.45am for 12.00pm DEPARTURE
Where to arrive: Northern end Pirrama Park, Pyrmont, NSW - Opposite the apartments at 11 Pirrama Road
End Time: 3.00pm - Vessel: 1902 Steam Tug Waratah

Price : \$50 - LEAVES LITTLE BAY BY MINIBUS - 10:00 am

ITALIANO QUOTIDIANO
Intermediate - Advanced
Mondays
3 Classes
Each Class - 1.5 hrs
FOUR 10 WEEK TERMS
Each Class \$15
Or pay \$150 in Advance
Students receive online materials, videos, and books

MOBILE PHONE
PHOTOGRAPHY
with
Caroline Mak



Every Monday in June
(Except Queens Birthday)

Media Room
2pm - 3pm

Book your place now
\$12 per session or Voucher

NEW FRENCH
BEGINNERS
CLASS

with
Yasmin Brahimi



Starting Friday
May 13

Media Room

"The Coast Returns"

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

At The Bendigo Bank,
Clovelly

18 artists and 40+ works

Wednesday 4th May till
Thursday 23rd June 2022

(Open during business hours Monday till Saturday)

Six Great Aerobics Classes

The Centre now has 6 aerobics classes to suit different levels of intensity:

Moderate impact classes are on

Mondays with **Tanya**

Thursdays with **Tanya**

Higher impact aerobics classes are on Mondays with
Tanya at 9am and **Luda** at 1.30 and **Natalie** on
Wednesdays (9.30) and Thursdays (9am).



Lots of Great Resistance Classes

The Centre now has a range of Resistance Classes every day of the week:

Mondays with **Manal**

Tuesdays with **Robina**

Wednesdays with **Shaun**

Thursdays with **Robyn**

Fridays with **Robina**

