

SENIORS INC NEWS SHEET

June 2022

WINTER LUNCH

\$40.00

Mains + Dessert

Malabar Swimming Pool

FRIDAY JUNE 24

From 12:00 Noon



RANDWICK GOLF CLUB

LE PETIT DÉJEUNER WITH YASMIN

Fridays 9:15 to 10:15

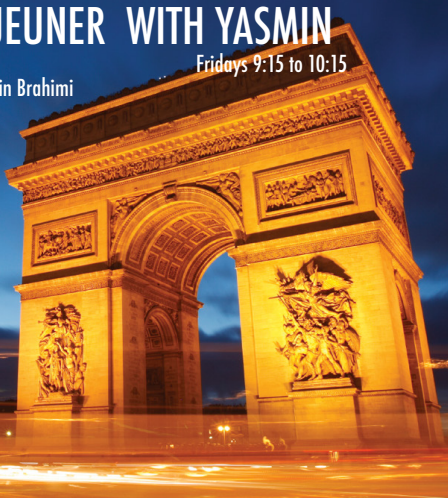
Join Beginners French teacher, Yasmin Brahimi for a taste of French breakfast every Friday at 9:15

Classes are \$12.00 or Voucher

Class includes :

Croissants
Jam & Butter,
Coffee & Tea

Register now by calling 9311 4886



Cruise with Us on the Steam Boat 'WARATAH'

June 16

Discover Sydney Harbour Secrets



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 : \$70 - LEAVES LITTLE BAY BY MINIBUS - 10:00 am

MONDAY AFTERNOON

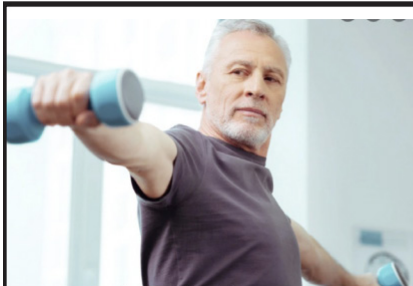
\$8 Fine Movie Experience with Wine and Cheese
From 2pm

Mondays June 20 & 27

Come and enjoy a movie in glorious high definition colour on our new beaut Smart TV. We'll be tuning in to iView, SBS On Demand and eventually NetFlicks. Sit back and enjoy a relaxing journey into the world of new movies in our library. Seats limited to 6.

Men building Muscle

Muscles do lots of things
Strong muscles keep you on
your feet, help fight off
illness and make you smile



Join our exclusive class for Men every Wednesday morning with Shaun at 9:30

Drama Workshops

Drama is fun, even when it's serious
Workshops are now in the Cottage Monday afternoons 1:30 with Drama Director Jon Ossher



QiGong

Every Wednesday 10.30 with Gina Yallamos



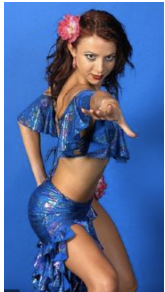
TAI CHI

Instructor Immanuel Suttner
2x Free of Charge Lessons

Start Thursday 10.30 June 9
Then \$12 per class



AEROBIC DANCE WITH LUDA - MONDAYS AT 1:30



Luda is a star and a great teacher.
She won the World Salsa Championship 4 times in her 20s.

Luda began her passion for ballroom, Salsa and Brazilian dance at 11 and she won her first national competition, the Youth Latin Championships, in 2000, followed by another groundbreaking record for an Australian dancer to then win her first world title in 2001 by becoming the IDO World Salsa Champion.

It was the first time Australia was represented at the World Championships.

Join Luda every Monday afternoon for a great workout and a lot of fun.

Cape Banks Family History Society Inc.

Meeting & Guest Speaker
VISITORS WELCOME

Saturday June 11
1:30 - 3:30

'A LIFE IN WRITING'
Author Libby Hathorn



www.capebanks.org.au
RSVP secretary@capebanks.org.au
M: 0422 275 171

Coast Centre For Seniors
Frangipani Room
2 Curie Ave, Little Bay



The Little Bay Coast Centre for Seniors

MASTERING MOBILE PHONE PHOTOGRAPHY SKILLS

with Caroline Mak

About Caroline Mak

Current IT Instructor at The Little Bay Coast Centre for Seniors.

Previously worked as IT manager with extensive technology experience.

Come & Join Us

Hands-on sessions with demonstration.

Bring your mobile phone devices to the class!



JOIN US FOR 4 LESSONS
OR ANY OF THE LESSONS

- 01 Introduction & Basics
6 June 2022 14:00 - 15:00
- 02 Camera Modes & Editing
20 June 2022 14:00 - 15:00
- 03 Sharing & Backup Photos
18 July 2022 14:00 - 15:00
- 04 More Camera Apps & Practice
15 August 2022 14:00 - 15:00



Contact Us to make bookings:
(02) 9311 4886

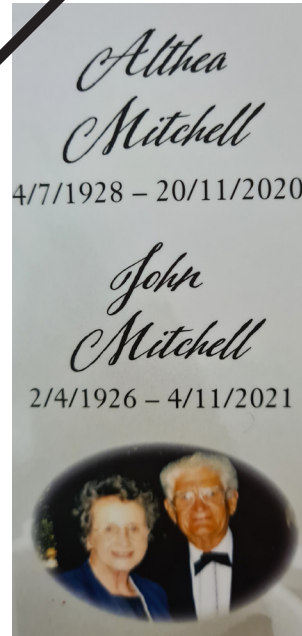
The Little Bay Coast Centre for Seniors
2 Curie Avenue & Corner Pine Avenue & Ewing Avenue
Little Bay 2036.

FOND FAREWELL AND MEMORIAL SERVICE

A memorial service was held at the Nurses Chapel, Little Bay in May to farewell Althea and John Mitchell.

John and Althea were founding members of the Coast Centre and loved it dearly until they moved to Wodonga just a few years ago.

Vale Althea and John .
We miss you.



Thank you to everyone who attended the Purple Concert on Friday May 27 and made it a great success

MC and Centre President Robina Beard OAM

136 people attended
\$200 was collected for the Lismore Flood Appeal
\$445 raised by the Raffle
The Centre will donate \$500 to Givitt for Flood Victims

