

# SENIORS INC NEWS SHEET July 2022



#### **Come on a Flying Trip** HARS Aviation Museum in Albion Park

HARS Aviation Museum in Albion Park *Thursday 18 August* leaving Little Bay at 8.30am Returning by 4pm Cost \$50 - Includes \$20 Museum Admission.

The trip will include a 2 hour maximum Museum Tour and a lunch stop in Dapto. BYO lunch or Dapto Leagues Club is recommended. Lunch at Passenger's Own Cost.

HARS, based at Shellharbour Airport, Albion Park, 90 minutes south of Sydney in the Illawarra, is dedicated to Australian aviation history, and exhibits a collection of aircraft ranging from still flying, restored and static displays.

## Learn a Language or Two !

New Class in English fluency. Starts Tuesday 19 July.

Want to improve your language skills? ENGLISH PRONUNCIATION AND FLUENCY Tutor - Dan Borgo-Caratti - CELTA Certified Tuesday - 9:30 - 11:00 \$15 per class

New Class in ITALIAN FOR BEGINNERS Dan Borgo-Caratti Starts Friday 22 July on Zoom 9.30-11. Register Now \$150 for 10 weeks.

Other Classes and Terms, resume on 18th

Italian INTERMEDIATE with Dan 9.15 - 10.45 Italian CONTINUERS with Dan 11- 12.30

Spanish NEXT STEP and INTERMEDIATE Classes. Term 3 - \$150 for 10 wks



Warm up on Thursdays at 10.30 with Tai Chi instructor Mano Suttner. \$12 per session or voucher.





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

#### SENIORS Inc



Α New Walking Schedule is on our Website

**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



# **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.

### 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



The Coast Centre has sent a donation of \$500 to the Lismore City Council's Flood Appeal



# QiGong

**Every Wednesday** 10.30 with **Gina Yallamos** 

# **Cape Banks Family History Society Inc.**

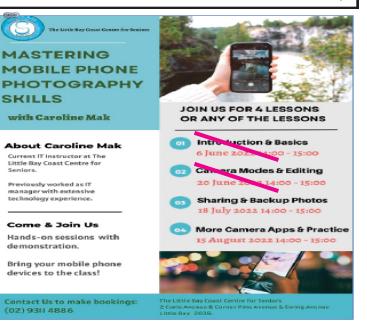


Meeting & Guest Speaker Saturday June 11 **VISITORS WELCOME 'THE TAYLORS' Author Chris Beazley** 

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

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

1:30 3:30



A happy group of members and friends enjoyed a great Winter Lunch at Randwick Golf Club on Friday June 24



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