

SENIORS INC NEWS SHEET

November 2022

2022 End of Year Luncheon St Michaels Golf Club Monday - Dec 12



PRIZES FOR BEST DECORATED TABLE

From 11:30 Tickets \$55

SANTA'S BAZAAR

Cards, cakes, jams,
preserves, small gift wares
mini artworks, mosaic kits,
diaries & jewellery

Christmas goodies for sale!
Elves will be gone by December 16

Any member who has hand made gift items is invited to join in.

The Centre receives a small commission.

Christmas shopping Bus Trip to Bowral

Thursday November 24

Leaving Prince Henry Carpark, Little Bay at 8:30
Returning by 4:30

\$50 for Coach

Summer Closure Dates - LAST DAY 2022 - Friday December 16
REOPENING - Monday January 16, 2023



We're now
collecting baskets and
donations of Christmas
treats for the
EOY Raffle Prizes.

Your donation can be dropped at Reception



IT'S A TAP DANCE SOIREE!

11 NOVEMBER
5PM TO 7PM

TICKETS \$10 - NORTH HALL



Bus Trip - **SUBLIME POINT LOOKOUT** at Bulli Pass

with views down the coast as far as Saddleback Mountain

Morning Tea (at Guest's own cost)

Lunch at the Panorama Hotel - Lunch \$22 extra

Leaving the Prince Henry Carpark : 9am

Returning by 4pm

**Thursday
November 17**

Bus Ticket \$40



The Walking Group Scheduled Trips

← Nov 11 - Kelly's Bush

→ Nov 25 - Georges Heights

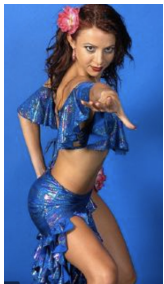


AEROBIC DANCE WITH LUDA - MONDAYS AT 1:30

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



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



BOOK LOVERS CLUB - 1st Tuesday of each month - 10am to 11am

Meeting for morning tea in the enclosed verandah with CATE STILWELL
- Contribute your thoughts about books - Share your favourite book
- Make recommendations - Get new ideas for books to read



STRETCH & STRENGTHEN

9-30 to 10-30 Friday mornings with
Robina Beard OAM

This gentle exercise class is done mostly sitting on the chair, and standing holding onto the chair. It covers the body from head to toe, gently stretching and tightening.

We also DANCE sitting down.

Great care is taken - come and try it.
\$12 or \$10.50 with voucher

Men Building Muscle

Muscles do a lot 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 - 9:30

"New Works from The Coast"

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

At The Bendigo Bank,
Clovelly

17 artists and 40+ works

Tuesday 15th Nov till
Saturday 17th Dec 2022

(Open during business hours Monday till Saturday)



Art works by :
Sue Pollack
Janet L C Chuah
Helen Fatourous

