



2022 End of Year Luncheon

St Michaels Golf Club - Monday - Dec 12



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

Your donation can be dropped at Reception



SANTA'S BAZAAR

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

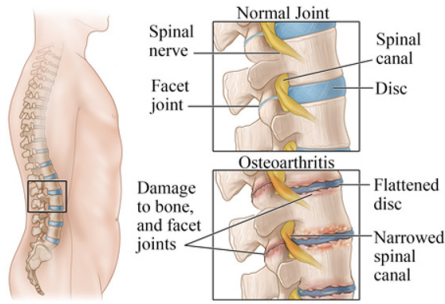
Christmas goodies for sale!

Elves will be gone by December 11

2021 TABLE
DECORATIONS
CAN YOU DO
BETTER?



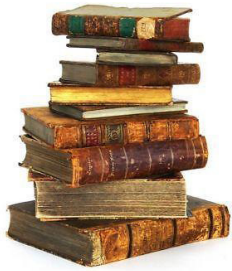
Summer Closure Dates - LAST DAY 2022 - Friday December 16 / REOPENING - Monday January 16, 2023



Special - Voucher or \$12.
Friday December 9
1:00 pm
One Off workshop on
Back Care with
Occupational Therapist,
Robyn Fitzpatrick.

Did you know it's actually harder for our brain to relax a muscle than it is for our brain to activate a muscle? Grab a tennis ball and let's tune up the brain's communication with the muscles in the legs, hips and lower back. If you are feeling restricted, tight or sore in your lower body, this is a practice you won't want to miss.

Join Occupational Therapist, **Robyn Fitzpatrick** for a session of "Stretching and Exercises for the Back" on Friday December 9 at 1.00pm. The class will start with a short anatomy of the back and an explanation in plain English of back conditions including lower back pain, sciatica, disc bulge and arthritis. We will talk about what to avoid, what helps, the effect of pain on wellbeing and how to manage and improve your quality of life.



Next Meeting - Tuesday Dec 6

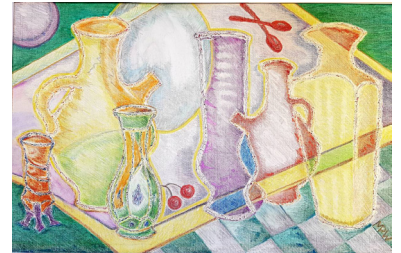
"Literacy is a bridge from misery to hope."

-Kofi Annan, former Secretary UN

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

Coast Centre artists on Show at Bendigo Bank, Clovelly until January 30 2023



Tamarama

Join the **WALKERS** for their end of year celebration at the beach on Friday December 9.
 Lunch at the North Bondi RSL or picnic on the grass or a walk to Tamarama.
 All weather dependent



Bondi



First Walk for 2023 - Friday February 3 to **North Head**