



SENIORS INC NEWS SHEET

February 2023

We Can Get Bigger and Better

Renew your Membership and be in the competition to win free classes by introducing new members. Every month until the end of April, we'll be submitting the names of members who have introduced new members to the Centre. Once every month we'll draw a winner to receive vouchers to the value of \$105. From time to time we'll also draw a Lucky Membership Number to receive vouchers for free classes.



The Coast Centre Inc.

MEMBERSHIP CARD
2023 Jan-Dec

Membership No.

Fitness, Fun & Friends
Monday to Friday from 9am
Tel: 61 2 9311 4886
www.coastcentre.org.au

Membership for
12 months
\$33.00



\$15.00
Voucher

Buy 10 vouchers
\$105

Not sold separately This is not Real Currency

Intermediate Spanish
10 classes x 1.5 hours
Course Material: emailed every week
Teacher: Mariló Corral Prado

Start: Monday - January 16
End: Monday - March 6

Mondays 12.30 - 2.00
Price \$150 (includes GST)
(Paid in Advance)



Spanish Next Step
10 classes x 1.5 hours
Course Material: emailed every week
Teacher: Mariló Corral Prado

Start: Monday - January 16
End: Monday - March 6

Mondays 10.30 - 12.00
Price \$150 (includes GST)
(Paid in Advance)

CAFFE ITALIA con Maria



Suitable for
BEGINNERS
&
BEGINNERS NEXT STEP

Every Tuesday
9.30 til 12 noon
\$8.50 per class
or
\$28 for 4 class vouchers

ITALIANO QUOTIDIANO
3 Classes
Each Class - 1.5 hrs
Dan Borgo - Caratti

Beginners 1:00pm - 2:30pm
Intermediate 9:15am - 10:45am
Continuers 11:00am - 12:30am

Mondays

FOUR 10 WEEK TERMS
Each Class \$15.00
Or pay \$150 in Advance

Term 1 begins Monday Jan 30 in Media Room
Students receive online materials, videos, and books



French Language Classes

Tuesday With Karima *15 per class
Advanced French - 10:00am
Beginners French - 11:30 am
Start Tuesday February 7

Friday With Eveline
Intermediate French - 10:00am



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

Day Trip to Wollongong

Leaving Little Bay at 8:45 - Return Home by 4:30

Friday February 24

Cost \$45

Travel to the Gong via Stanwell Tops and the Sea Cliff Bridge.
Highlights include Morning Coffee overlooking the magnificent Illawarra
Visit the Wollongong Art Gallery for a Free Guided Tour of the "Thinking through Pink"
Visit The Black Box Street Art Gallery @ 81 Church St
Visit the weekly Farmers Market in the town Centre in Crown St.
Find one of many great eateries of your choice for lunch



EXHIBITION Thinking Through Pink

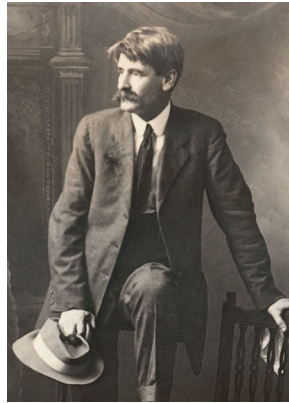
Curated by
Dr Sally Gray



Jim Haynes OAM presents The Life and Works of Henry Lawson



Wednesday
February 22
1pm for 1.30
The Cottage,
Ewing Ave,
Little Bay

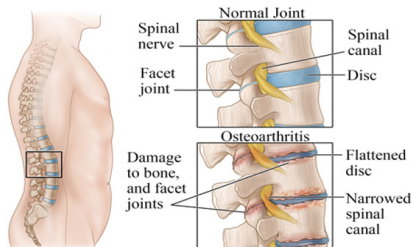


\$15 (or voucher)
Afternoon Tea included.

Save the Date Saturday 25 February Mini Expo - CONNECTING WITH THE COAST

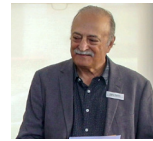
To celebrate the 2023 Seniors Festival with
Randwick City Council and the Nurses Museum,
Cape Banks Family History
The Little Bay Apartments and
Randwick Waverley Community Transport.

Coast Class demos in the North Hall and Lawn to include
Art, Tai Chi, Salsa, Table Tennis, Ukeleles,
Aerobics, Chair Yoga



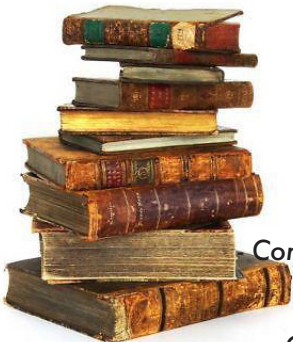
BACK CARE STRENGTH BUILDING CLASS with Robyn

Fridays 1:00
Thursday 9:40



New WATERCOLOUR PAINTING CLASS with Harry starts
Thursday February 16 10:00

Special Watercolour Painting Course for 10 weeks ONLY
This Course is for absolute beginners - Starts Feb 16, 10 - 12 - Register your interest.
Max participants 15 - Vouchers or \$15 per class.



"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

One New Price Rise

From 1st January, the cost of single classes with
Professional Tutors will rise from \$12 to \$15 per class.

Avoid this rise by buying in bulk.

A book of 10 vouchers is just \$105, a saving of \$45
over 10 classes.

RESISTANCE TRAINING FOR MEN with Shaun

Wednesday - 9:30



Introducing JOSIE PARFITT.

Josie's passion is for making yoga
available to every person in every body.
Over the past 2 years Josie has combined
her love of yoga and support work, and
now runs an aged care yoga and
NDIS yoga service.

MY MOVE YOGA.

Josie's goal is to deliver classes that challenge you and inspire playfulness.

From the mat to the chair, there is a class for you.

Josie Parfitt replacing Erika for 7.30am Yoga on Thursdays

