

GOING FOR GOLD CONCERT

The history of gold is shrouded in myth. Because of its color, gold was linked to the sun and it became an important part of the ceremony and religion of early civilizations. Ancient sources provide intriguing legends including the Golden Fleece.

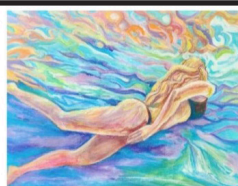
Entry \$10

Some traditions today attribute special cleansing and healing powers to gold.

Enjoy the singing, music, movements and dancing of our members from the Uke group, the Tai Chi instructor, Tanya's dancers, the Choir and the Singing Group

Tickets on Sale Now
Morning Tea served at Intermission

What does gold mean to you? Put on your Glow for the Show on Friday, May 26 - 10:00 -12:30



'Diversity in Styles'

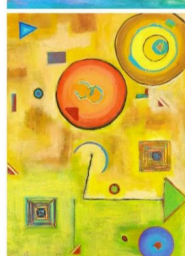
An exhibition by
the Wednesday Art Group
from The Coast Centre,
Little Bay

At the Bendigo Community Bank, Clovelly.

15 artists and 30+ works

Wednesday 3rd May till Friday 16th June 2023

(Open during business hours Monday to Friday)



Jim Haynes OAM, the Historian and Broadcaster will present his next
Poetry Afternoon in the Cottage

WIT & WISDOM OF C.J. DENNIS

\$15 (or voucher)



Wednesday May 10 - 1:00pm

If you or someone you know is suffering from Osteoarthritis, talk to **Hayley Saddington** from Peak Medical about all the wonderful options available to save you pain and inconvenience through new technology designed to assist OA sufferers.

OSTEOARTHRITIS FEEDBACK GROUP

Contact Hayley by email at hayley@peak-med.com





5pm - 6.10pm
Cost: \$160 or \$164 (card)

SALSA

By The Sea

Starts - Sunday May 21
7 Week Beginners Course
Cnr 15 Pine Ave & Ewing Ave,
Little Bay
Contact: innermovesmmd@gmail.com or
SMS - 0426 242 130

VIP CHANGES IN TIMES & CLASS NAMES TO NOTE

- 2.1 MONDAYS - Manal now does Shape and Strength (replacing Barre) @ 11.15 to 12. & Resistance at 10am
- 2.2. MONDAYS - Marilo will start Term 2 with Spanish Beginners at 9.30. Starting May 1st.
- 2.3 MONDAYS - Erika does Stretch Yoga (AKA Yin Yoga) at 12.15
Chair Yoga at 11am Mon and Thurs
- 2.4 MONDAYS - Luda now does her aerobics class at 12.30 until 1.15
- 2.5 Margaret now does Singing at 1.30pm
- 2.6 MONDAYS - Robyn now does her Back Care & Strength Building Class at 1pm, no longer on FRIDAYS
- 2.7 MONDAYS - Dan now does 3 Italian Classes:
9.15 Intermediate, 11am Continuers, 1pm Beginners
- 2.8 Karima now does French Beginners at 9.30,
French Advanced 10.30
- 2.9 TUESDAYS and THURSDAYS - Peter Bailey, Peter Geer and Ceri Jeanna do One on One IT,
- 3.0 THURSDAYS - Ric Gallop does Digital Photography
10am til noon



Tai Chi Classes
with Immanuel Suttner

\$15 per class
or \$10.50 with vouchers

Thursdays
10:30am



Spanish Classes on Mondays

Beginners 9:30 - 10:30
Next Step 10:30 - 12:00
Intermediate 12:30 - 2:00

10 Classes per Term
Course Material: emailed every week
Teacher: Marilo Corral
Price: \$150 (includes GST)

New Term Starts May 1st
Coast Centre, Little Bay



ITALIANO QUOTIDIANO

3 Classes
Each Class - 1.5 hrs
Dan Borge 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