

SENIORS INC NEWS SHEET

June 2023



\$20
Ticket

Food and Drink
For YOU



Party ITALIAN STYLE

Celebrate the end of the Financial Year

FRIDAY 30 JUNE 4pm to 6pm

LOCATION

North Hall, Seniors Inc - 2 Curie Ave Little Bay

DRESS - Cocktail Hour Smart Casual

Phone 9311 4886

ITALIANO EVERYDAY

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

Mondays - With Dan

Each Class \$15.00
Or pay \$150 in Advance

Class in Media Room

Students receive online materials, videos, and books



CAFFE ITALIA con Maria



Suitable for
BEGINNERS
&
BEGINNERS NEXT STEP

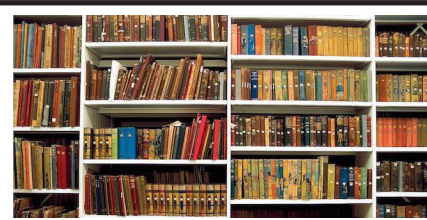
Every Tuesday
9.30 til 12 noon
\$8.50 per class
or
\$28 for 4 class vouchers



EOFY Sale

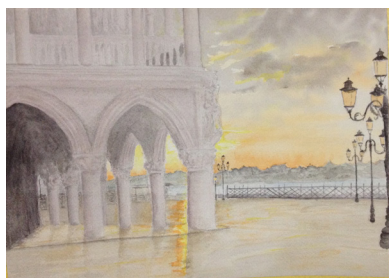
Buy books of 10 x \$15 vouchers for \$100, save \$50

Offer running from 1st June to 30th June



Images of Italy in Watercolour

A Show running all through June in the Reception Gallery



St Marks Square, Venice

Artist - Sandra Lockhart



Lady in Black

A Show to Share your favourite Photos of Italy

My Favourite Italian Holiday Snap Show



Hard and Soft Copies invited

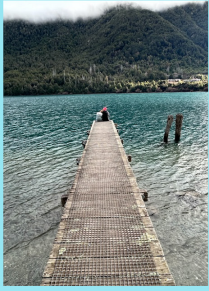
Digital Photography

Thursday

10.00 to 12.00

Introduction
to
Photo editing

\$8.50
or
\$7.00 with Voucher



FUNNY FILMS

Media Room
10:00 am - 5

Look who Showed up!



Friday - June 2
Crocodile Dundee 1



Friday - June 9
Crocodile Dundee 2

Ballet for Seniors with Chelsea



Tuesdays at 12 noon
Classes \$15 or voucher



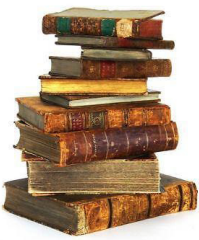
It's June... Winter is Here

The Benefits of doing Yoga in Winter
It's cold and dark and there are lots of excuses to stay home.
But don't let the cold block your yoga practice!

Here are 7 reasons why:

1. Yoga is warm
2. Yoga boosts the immune system
3. Yoga boosts energy
4. Yoga improves winter sleep
5. Yoga keeps you balanced
6. Yoga opens your heart
7. Yoga will keep you grounded

Mondays 8.30 with Derynthia - Tuesdays 7.30 with Erika
Thursdays with Erika and Josie - (various times)



Book Lovers Club

with Kate Stilwell

Tuesday - June 6 - 10am

Fortnightly Walks

Harold Reid Reserve - Middle Cove 26th May



Why write about the War?

A presentation by renowned author

SUZANNE LEAL

Discussing the continued interest in World War II by
authors and people who lived through it

Saturday 10th June - 1.30 pm to 3.30 pm
Frangipani Room, Coast Centre for Seniors - 2 Curie Ave, Little Bay.
www.capebanks.org.au

RSVP secretary@capebanks.org.au

Mobile 0422 275 171

