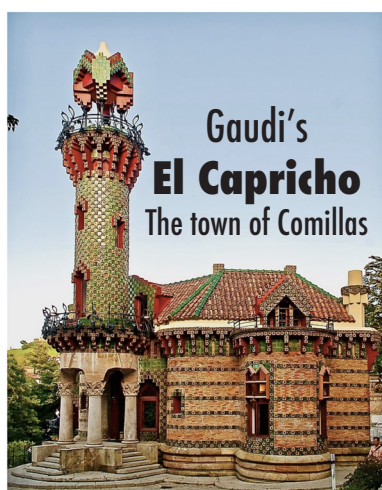


Come with us on a day trip to Thirlmere just 70 minutes from Little Bay,

through picturesque Picton to visit the NSW Rail Museum for views, tour and lunch.
Tickets \$40 for bus and Museum Entry & Heritage Train Experience with Morning Tea.

Departing 9am from the Prince Henry Car Park.

Lunch catering priced separately. Register when purchasing ticket with us.



Gaudi's
El Capricho
The town of Comillas

Spanish Language Classes TERM 3

Starting: Monday July 24
Ending: Monday September 25
Teacher: Mariló Corral Prado

Registrations Close: Monday July 17 - 4pm

Levels:

Beginners - 9:00 - 10:30
Next Step - 10:30 - 12:00
Intermediate - 12:30 - 14:00

MINIMUM NUMBER: 10 STUDENTS PER CLASS
ESSENTIAL: ADVANCE PAYMENT FOR FULL TERM: \$150

It's July... Winter is Here

THE BENEFITS OF DOING YOGA IN WINTER

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

This month Derynthia is back on Mondays @ 8.30am and Erika is away...
Josie will take Erika's classes on Mondays, Stretch Yoga (Yin Yoga) at 12.15, Tuesdays 7.30 & Thursdays...
Josie will also take Chair Yoga on Mondays and Thursdays at 11am

CAFFE ITALIA con Maria



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

Suitable for
BEGINNERS
&
BEGINNERS NEXT STEP

3 Classes
Each Class - 1.5 hrs
Dan Borgo - Caratti

ITALIANO QUOTIDIANO

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

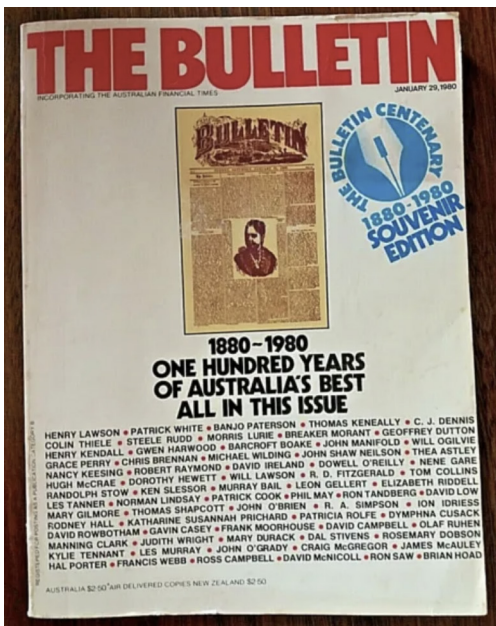
The Centre's Drama Workshop presents: **EVERYONE HAS A STORY TO TELL**

Monday July 10

Eight true stories that offer an up-close and personal look at significant events in the lives of the eight story tellers, from misfortune and frustration, to joy and inspiration, reminding us just how unique everyone's life is.



Tickets \$10 includes Afternoon Tea
2pm in the Cottage



Jim Haynes Presents

Wednesday July 19 - 1.30 pm
The Cottage, 15 Pine Ave Little Bay
Tickets \$15 or voucher

The Poets, Artists and Humourists of **THE BULLETIN**

The magazine that made us Australian!

Learn about the lives of the verse writers and cartoonists who all began their careers in the magazine that gave us our 'Australian' character - and made us Aussies
LAUGH at ourselves!

Writers

Paterson, Lawson, C J Dennis PLUS..... Fr P J Hartigan 'John O'Brien', Hugh McCrae, Roderic Quinn, Victor Daley, Bernard O'Dowd, Thomas E Spencer, Dorothea Mackellar, W T Goodge, Jim Grahame, Barcroft Boak, Ed Dyson, Nina Murdoch Furnley Maurice, Jack Moses.

Artists

Livingston 'Hop' Hopkins, Phil May, David Iow, DH Souter, Norman Lindsay, Lionel Lindsay, Percy Lindsay....

Financial Year Membership Renewals

NOW DUE - \$33

EoFY SALE \$105

Books of Vouchers for \$100



Guest Speaker : Chris Beazley on the life of **Lores (Laurie) Bonney**

The first woman to fly solo around Australia in the 1930s

Visitors welcome

Saturday July 8

Afternoon tea available - From 1.30 to 3.30 pm

In the Centre's Frangipani Room

www.capebanks.org.au / secretary@capebanks.org.au

Mobile 0422 275 171



Book Lovers Club

with Kate Stilwell

Tuesday - July 4 - 10am

Join us for a 60 minute trip to
these little beauties at
SYMBIO WILDLIFE PARK
Thursday July 13



Price \$25 for Bus only - Park Entry for Seniors/Pension Holders \$40 to be paid separately at the Park Entrance.

Views from Stanwell Tops - Lunch at Tradies Helensburgh... own Cost