



SENIORS INC NEWS SHEET

August 2023



Wednesday September 6

Departing Little Bay from the Prince Henry
Centre Carpark at 8.30am
Price **\$50** for the Bus and Tour



Come with us on a 90 minute Trip to the beautiful Blue Mountains and the land of the Zig Zag Railway, Blackheath and the Grose Valley. Take lunch at the Boiler Room Restaurant in the Hydro Majestic Hotel and enjoy a Hotel Tour at 3pm. Before lunch we'll visit Blackheath, Govett's Leap and Perry's Look Down.

Lunch is at your own cost.

A group booking is essential for lunch and the Tour. If you do not wish to eat at the Hotel, please bring your own or pick up a Takeaway in Blackheath. The Hotel Tour is included in the day trip fare. Please register your preferences when paying for the Trip.

Partnering with Pantry 4 The People

In response to a request from some members, the Centre has auspiced Pantry 4 The People in Botany to receive a Grant from Bayside Council.

The street side Pantry at 1555 Botany Rd, was founded by Botany resident Rachael Gray in 2021 to help financially struggling locals during Covid supplement their weekly grocery supplies.

The Pantry operates through donations from residents, schools, child care centres and local producers such as Kelloggs and local bakeries. Families and individuals are invited to *Take What You Need, Give What You Can*

The Centre now has a blue laundry basket for Pantry donations in the entry foyer.



2023 Annual General Meeting

@ 10am in the North Hall followed by Morning Tea

Nominations for the Management Committee are open now until Friday September 1- 4pm

Pick up a Nomination Form from Reception

**Financial Year Membership Renewals are
Now Due - \$33**

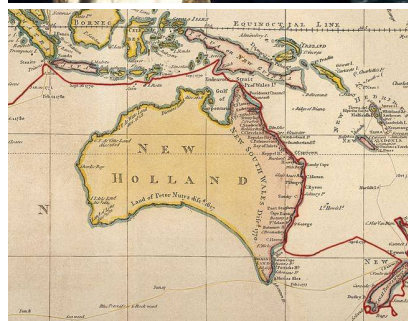
Expiring 30 June 2024

Jim Haynes Presents

Wed - Sept 13

The truth about Captain James Cook

Time 1.30pm
Tickets available now



**What are
the facts
and what
are the
furphies?**

Jim will discuss the life and times of this famous navigator and explorer and expose some of the things we were told and taught that are not true.

Price is \$15 or voucher

Venue: The Cottage 15 Pine Ave Little Bay



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



SALE

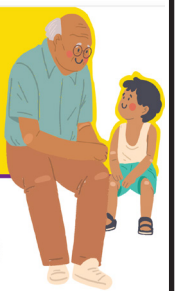
8 Week Courses
Beginners welcome
Sunday's
level 2: 4.30pm - 5.30pm
level 1: 5.30pm - 6.30pm
Crn of 15 Pine Ave & Ewing Ave, Little Bay.
For more details contact:
innermovesmmd@gmail.com
or SMS 0426 242 130

By the Sea

Associate Professor Ruth Peters from the UNSW in conjunction with The George Institute, is currently running some research looking at what happens when older adults and preschool children spend time together. It's a bit like the ABC TV show Old People's Home for Four Year Olds. It's great fun but with a serious purpose, the aim is to develop empirical evidence for the benefits that this kind of activity might bring.



PARTICIPATE IN RESEARCH THAT BRINGS GENERATIONS TOGETHER



Dr Peters is looking for candidates for her study. - You can register and get more information at the following link - <https://linktr.ee/integritytrial>



**Fashion Parade
September 29**

Includes Morning Tea - 10:00 am
Tickets - Voucher or \$15



**Drama Workshop Players
Warm Up Every Monday at
1.30 in The Cottage**



Awesome things in August...

Aerobics always deliver big gains in strength and cardio fitness. There's a class every day in a range of levels. Take your pick from Chair, low impact, medium impact and high impact, *Monday to Friday*. Instructors Tanya, Luda, Natalie, Manal and Robyn are here to guide you to higher levels of good health.

Art is always awesome. Paint, draw or sketch at the Centre in watercolour, oils, acrylics, folkart, crayon or pencil on
Tuesdays, Wednesdays, Thursdays or Fridays

All fitness and dance classes are good for your brain as well as brain games like Bridge, digital photography and languages.

Craft is catchy too. Crochet, knit, embroider, patchwork or quilt, on
Tuesdays, Wednesdays & Thursdays

Drama is amazing too. Find your inner storyteller and share the magic of myths, epics and tales.

Our French, Italian and Spanish language classes offer enchanting glimpses into other cultures and roads well travelled.

To work on all your stiff joints try yoga, pilates or tai chi. The Centre has classes in these disciplines every day of the week. Table Tennis is also a great gentle exercise to limber up and join with others, Check our Class list on our website:
www.coastcentre.org.au

An absolute must for strength building is Resistance Training. We have 2 classes on *Monday* with Manal and 2 classes on *Wednesdays* with Shaun, one of these classes is exclusively for Men.

Additionally, we have Singing and Choir to lift the spirits, improve breathing and lower blood pressure. Singing is on *Mondays* at 1.30 and Choir is on *Wednesdays* at 1pm

Outside the Centre's spaces we have awesome scheduled Walks twice a month (see our website for the schedule) and monthly Movie and Coffee Days. (Ask Reception on how to register)