



# SENIORS INC NEWS SHEET

September 2023



It's time to think "fashion". Save the Date: **Friday 29 September** from 10am

Tickets \$15 for the Parade in the North Hall. See the lovely designs, fabrics and styles Stafford Fashions has chosen for our own models to show you.

Morning Tea will be served from 10am followed by the show. Tickets at the door, on the day, will be \$20. Book a Table and Bring your friends.



## AGM

The Annual General Meeting is on **Monday 18 September** at 10am in our North Hall, 2 Curie Ave Little Bay  
All Members are warmly invited to attend this very important meeting.

To be a legal meeting, 5% of the Membership must be present. Currently there are 900 financial members. This means 45 financial members must be at the AGM. Please come along. Your attendance alone is very valuable and precious.

*The AGM is intended to be short and sweet.*

This year we will be presenting the Harvey Exton Award at the AGM to an outstanding contributor or champion of the Centre's Program.

After the Acknowledgement of Country there will be reports from the Auditor, the President, the Treasurer and the General Manager.

The Management Committee for the following year is also determined followed by Morning Tea.

Looking forward to seeing you there. - If you can't make it please drop us a line to record your apologies.

## Nominations for the Management Committee 2023-2024

Nominations closed on Friday 1 September. The nominations are :

President : Robina Beards OAM

Vice President: Leela Hansen

Secretary: Helen Fatouros

Treasurer: Peter Bailey

Committee Member: Mary Ugarte

Committee Member: Angela Langton

Committee Member: Robert Mann

**These nominations will be presented  
to the AGM on Monday 18 September  
for determination.**

## The Harvey Exton Award

Every year the Centre presents the Harvey Exton Award to an outstanding member or tutor.

The Award honours the legacy of an outstanding member, the late Harvey Exton.

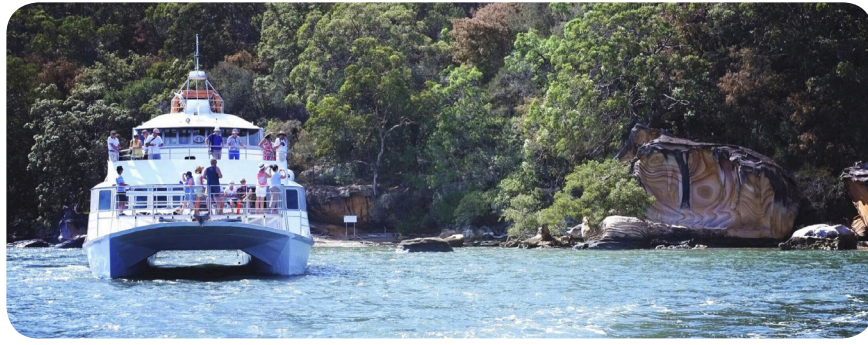
The Recipient in 2022 was Grace Wood, an exceptional watercolour artist and superager, at 100 years old.

Nominations are now invited from any member, instructor or tutor. Nominations are open until Wednesday 13 September.

The recipient for 2023 will be announced at the AGM on Monday 18 September.



Administration: 2 Curie Ave, opposite Corner Pine Avenue & Ewing Avenue, Little Bay  
T: (02)9311 4886 - E: [admin@coastcentre.org.au](mailto:admin@coastcentre.org.au) - Web: [www.coastcentre.org.au](http://www.coastcentre.org.au)  
Hours: 9am - 4pm - Monday to Friday



## Come with us on a trip to the **Riverboat Postman on the Hawkesbury River**

Tuesday 10 October, departing 8am

Returning by 4pm

Cost \$82 for Bus, Boat, Morning Tea and Lunch

**Westfield**

## Local Heroes

**Vote for Michele Brandenburger**

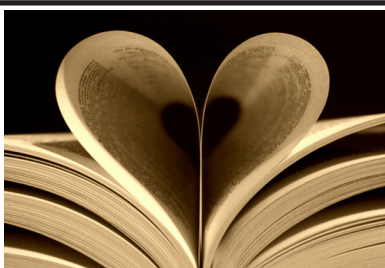


Michele Brandenburger has been a member of the Centre for several years. A few years ago she set up Cuddle Bundles, a charity assisting families in times of extreme hardship.

This year Michele is a finalist in the Westfield Bondi Junction Local Heroes program. A vote for Michele will help her win a \$20,000 Prize for her much needed charity.

To vote for Michele, follow these links. Voting closes on 11 September. You can also find out more about Michele's charity by following the link provided to the Cuddle Bundle website.

Here are the Cuddle Bundle links: <http://www.cuddlebundles.org.au>  
Facebook <https://www.facebook.com/cuddlebundlesoz?mibextid=D4KYlr>



## The Book Lovers Club

with Kate is on  
Tuesday  
September 5 from  
10am



Many volumes have been written about James Cook. He was admired by many but not trusted by others.

Who was he really ?

Why was he chosen to sail the HMS Endeavour for the British Admiralty and Royal Society to the Pacific in 1768? Was he a man ahead of his times ?

Spend an afternoon learning more about Cook, the man, from renowned historian  
**JIM HAYNES**

Wednesday 13 September from 1pm in the Cottage, 15 Pine Ave Little Bay  
\$15 or equivalent voucher

## The Cape Banks Family History Society

Special afternoon on Saturday 16 September to celebrate  
150 editions of the journal, "Kith & Kin"



From 1.30 pm to 3.30 pm Coast Centre for  
Seniors Frangipani Room, 2 Curie Ave, Little Bay

[www.capebanks.org.au](http://www.capebanks.org.au)  
[secretary@capebanks.org.au](mailto:secretary@capebanks.org.au)

Mobile 0422 275 171

## NEW CREATIVE WRITING GROUP

starting Thursday September 28

11am-12.30

Write the story you've always wanted to write.

The Group will:

- Focus on enjoying the pleasure of creative writing.
- Sharpen skills around plot, character, voice, narrative, structure, style, sentences, punctuation and editing.
- Provide an opportunity to write the stories you've had in your head for years.
- Re-work and improve drafts you've already written.
- Consider the requirements for self-publishing and commercial publication.
- Develop self-confidence in creative writing.

The first meeting of the group will provide members an opportunity to shape a program depending on their interests.

Register in Reception or

Contact the Coordinator John Toohey: [johnattoohy@gmail.com](mailto:johnattoohy@gmail.com)

\$15 per session

