



# SENIORS INC NEWS SHEET

October 2023

**The Annual General Meeting on Monday 18 September was attended by 46 members with 15 apologies.**

All Management Committee members from 2022- 2023 were returned for another 12 months. The photograph from left to right is President, Robina Beard OAM, Committee Member Mary Ugarte, Secretary Helen Fatouros, Committee Member Angela Langton, Treasurer Peter Bailey and Committee Member Robert Mann. Leela Hanson (absent from the photo) was also returned as Vice President.



A large contingent of members, who are part of our regular walking group, attended the meeting to congratulate Walks leaders, volunteers Kathy Leviton and Debbie Hankey who were the co-recipients of the Harvey Exton Award for 2023. This award acknowledges outstanding performances and contribution by members to the Centre's activities and reputation.



## 2023 Spring Fashion



The 2023 Spring Fashion Show was delightful on the last Friday in September. Over 80 members enjoyed a stunning morning with friends, food and fashions in elegant colours and styles for the warmer months ahead. Helen from Stafford Fashions and MC Roz did a great job on presenting this years range and our models Helen Fatouros, Rhonda Summerhayes, Desley Haggett, Denise Hurley and Angela Langton carried off their starring roles with great aplomb.

The raffles presented by Centre President Robina Beard OAM were well patronised raising over \$400 and our commission on sales was also great at \$440. Thank you to everyone who played a part in making the morning a joy to remember.



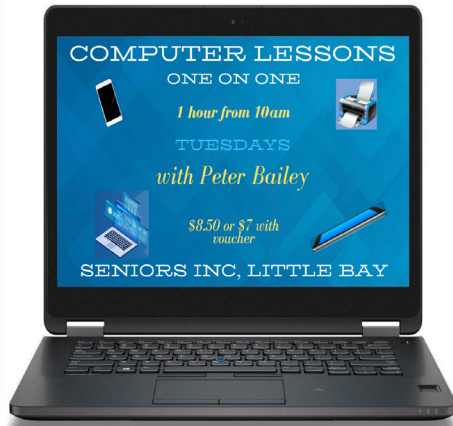
Administration: 2 Curie Ave, opposite Corner Pine Avenue & Ewing Avenue, Little Bay  
T: (02)9311 4886 - E: [admin@coastcentre.org.au](mailto:admin@coastcentre.org.au) - Web: [www.coastcentre.org.au](http://www.coastcentre.org.au)  
Hours: 9am - 4pm - Monday to Friday





## COME WITH THE CENTRE

Wednesday November 1  
for a sumptuous lunch and cruise on the  
Georges River from Sans Souci.  
Leaving Little Bay at 9.30.  
Bus, Cruise, morning tea and lunch \$75



## Breathing, Voices, Singing and Your Brain

Some Special Coaching with Professional Singing Teacher

JOSEPH RASO

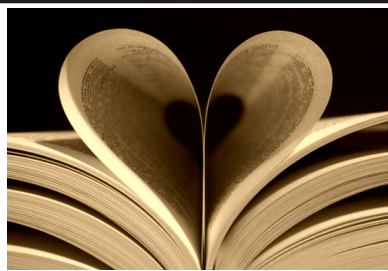


**Wednesday 18th October**  
**Wednesday 25th October**  
from 1pm at the Grand Piano in the  
North Hall

Cost \$15 voucher or Cash

Everyone who sings knows how good it is. Singing not only improves all the muscles of the throat and lungs, when done in groups it lowers stress, relieves anxiety and elevates endorphins improving the sense of happiness and well being.

All Members are welcome to join these 2 special workshops  
Please register in Reception



**The Book Lovers Club**  
with Kate is on  
Tuesday  
October 3 from  
10am

## "TAKE A BREATH" A Workshop with Jemma Carlisle

Returns on SUNDAY 8 OCTOBER - another Special Offer for Coast Centre Members

Did you know the way we breathe is a direct reflection of our health and well being? In the recent years, breathwork has been heavily researched for the long list of health benefits including mental, physical and spiritual.

A discount code has been set up especially for you. The code will reduce the cost of a ticket by 50%. The code can be found at this link:

Take a Breath [events.humanitix.com](https://events.humanitix.com)

## Forum on Better Brain, Better Bodies, Better Ageing

Wednesday 25 October 10am

NSW Health is hosting a Forum on Better Brain Ageing at  
The JUNIORS KINGSFORD @ 10am. This is a free event with Morning Tea and Specialist speakers.

Anyone wishing to attend must get a ticket from [eventbrite.com.au](https://eventbrite.com.au)

The Centre will be there with a stall to provide information on all our classes & activities including dance, aerobics, resistance, yoga, tai chi and many other things we offer to stimulate healthy brain ageing.

### GUEST SPEAKERS

Dr Greg Levenston Director,  
Board and Chair, Quality & Safety Committee, SESLHD  
Mayor of Randwick



Dr Katya Numbers - What can I do to beat anxiety and depression?  
Professor Kim Delbaere - Don't let falls trip you up.  
Gwen Korebrits - Dance, the best medicine .  
Dr Sandersan Onie - Can the Internet make me mentally healthier?  
Professor Henry Brodaty - Brain health and memory - what is the latest research?