



SENIORS INC NEWS SHEET

February 2024



FIESTA

Thursday Feb 29
4.30 to 6 pm in the
North Hall

2024
It's our 30th Birthday!
Celebrate with us!

TACO BAR
\$25

Tickets for \$25 will give you a place at a table for your choice of seafood or vegetarian paella, a glass or two of sangria, entertainment by flamenco dancers and guitarists plus fun filled photography. Tickets are on sale now. Book a table and bring your friends too.



Bones, Backs & Better Muscles with Robyn, Mondays @ 1pm

Resistance band workouts are designed for beginners to advanced fitness levels. Resistance bands are ideal for at-home exercise. Additionally, these exercises are ideal for strengthening your core (abdominal muscles), which improves posture, mobility, and balance.

This leads to a healthier and stronger back.

Light hand-weight workouts are one of the best ways to counteract the effects of muscle atrophy (shrinkage) in older adults. One of the key benefits of body strength workouts is helping to build stronger bones.



Braden teaches regular workshops both privately and for Art societies as well as having given demonstrations and talks at the Mosman Art gallery.

"My classes are fun and very informative, I encourage all participants to paint in their own pace and style and to share any ideas with the rest of the group"

For a full description of Michael's Class Objectives and materials contact our Reception. Cost per enrolment is \$150 per Term paid in advance.



'From Coogee Bay' 10 x 12 inch, oil on linen \$1,200 (framed, Tasmanian Oak Frame) Available at Weekend Galleries 20 Caribarra St. Handwick ph. 0477 500 249

Sharon Elizabeth Mearing

Exhibition:
12th February until 8th March, 2024

Forthcoming fantastical February feathered fun

Little Bay Coast Centre
1 Darwin Ave, Little Bay

Register for
Collage workshop
19th February
1pm - 4pm



February is "Join a Friend Month"

Connect a friend to the Centre as a member in this special leap year month of February and receive a reward of 1 bonus \$15 voucher.

New Art Class - 10 Weeks of classes

starting Monday 5 February: 10am - 12pm

Teacher: en plein air artist **Michael Braden**

Michael works in oils and mixed media

Some words by and about Michael:

Michael Braden is a full time 'Plein Air' painter with over 25 years experience. A former student at Sydney's renowned Julian Ashton's Art School, Michael has also pursued tuition over the years in the U.S with Americas leading 'Plein Air' artists. He has held numerous solo exhibitions and his work is well represented in companies both in Australia and abroad.



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

Free First Aid Training for the Centre's Volunteers and Tutors

Wednesday afternoon, February 14th

The Centre has a grant to provide professional First Aid training for our volunteers and tutors. If you have ever provided classes or helped with events or activities, even in a small way you are eligible for this training. Please register by contacting us by email.



A New Walks Program
for January to June
2024 is available.

Pick up a copy from
Reception or request
a copy by email to:

manager@coastcentre.org.au

Pittwater/ Palm Beach and Patonga



Tuesday 13 February - Cost Ferry to Patonga one way \$7.35 Concession Fare - \$30 Bus return
Lunch at your own cost

Wollongong - via Stanwell Tops Lookout



Flagstaff Hill Lookout, Wollongong Market and Art Gallery (optional)
Friday 15 March - Cost \$40 Bus only

Canberra & Parliament House



Thursday 21 March - Cost \$80 Bus only

Manly and North Head



Tuesday 2 April - Cost \$30 Bus only



HAPPY CHINESE NEW YEAR

February 2024