



SENIORS INC NEWS SHEET

July 2024



July Day Trip

Visit The National Gallery of Australia - Canberra
Gauguin, Quilts, Vincent Namatjira +++



Tuesday 9 July - Cost \$85 for the Coach
Entry to Gauguin Exhibition is \$32

Leaving the Prince Henry carpark, Little Bay at 8:00am



Artisan Market @ The Coast Centre



What? A Mini Artisan Market

Invitation open to Interested stallholders

Over 20 stalls + food, displays, art, cakes, books & plants - fun for the big kids and little ones.

Where? At The Coast Centre, 2 Curie Ave, Little Bay

When? Sunday, 22 September from 9:00am til the crowd leaves

Watercolour and Sketching with Harry

Tuesdays at 10:00 - 12:00

Harry is happy to take beginners. No previous experience or equipment needed

Harry will separately teach the fundamental techniques in watercolour painting

Learn about flat wash and graded wash, learn about brushes and qualities of paper



Cape Banks Family History Society

Guest Speaker - Saturday 13 July

Bill Phillen, OAM, BE, BSc, FIEAust

Kathleen Butler

The Godmother of the Sydney Harbour Bridge

1.30 to 3.30 @ The Coast Centre, 2 Curie Ave

0422 275 171 to book a seat



July 1 marks the Beginning of the New Financial Year.

To keep up with rising costs, the Centre must raise the price of the books of \$15 vouchers.

From Monday July 1 the new price of these vouchers in books of 10, will be \$120, up from \$110.

New members joining the Centre from July 1st, will join and receive a Financial Year Membership card, for the existing price of \$33.

That card is valid until the end of the financial year on June 30 2025.



Fitness, Fun & Friends
Monday to Friday from 9am
Tel: 61 2 9311 4886
www.coastcentre.org.au

The Coast Centre Inc.

MEMBERSHIP CARD

Financial Year:
1st July 24 to 30 June 25

Membership No.

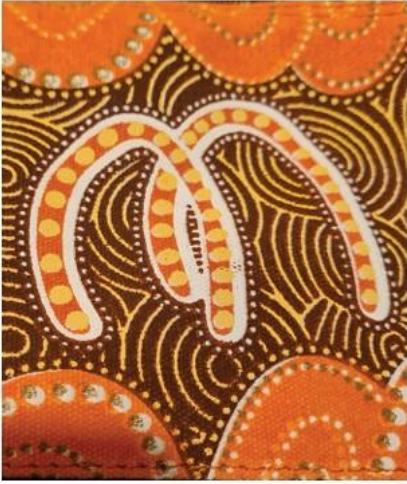


Administration: 2 Curie Ave, opposite Corner Pine Avenue & Ewing Avenue, Little Bay
T: (02)9311 4886 - E: admin@coastcentre.org.au - Web: www.coastcentre.org.au
Hours: 9am - 4pm - Monday to Friday


Extract from Sibling Bond work by Domica Hill

OUR TRIP TO STUNNING ULURU

Here are just a few of the best photos taken by the group



Our group: Ewa Ostapczuk, Eva Tarnok, Linda Mearing, Ross Pickering, Christine Tree, Cathie Slyney, Sandra Lockhart, Wendy McDonald, Margaret Demetrios, Lorraine Clarke, Barry Higgins, Sharon Mearing, Lesley Harrington. Absent from these photos : Mary Wren, Robyn Stevens & Christopher Roughsedge




The Coast Centre Presents.... Jim Haynes
The Cottage, The Coast Centre, 15 Pine Ave, Little Bay

Wednesday July 24 1pm

**Nostalgia & Humour
for the BabyBoomer**

PERHAPS I'M SENTIMENTAL

An entertaining PowerPoint presentation of history and humour, various verses, opinions and observations, sentiment and singalongs from Jim's self-published book of personal memoirs.



\$15 Cash or \$15 Voucher