



SENIORS INC NEWS SHEET

March 2025

Trip to North Head and Manly ^{Cost \$40}

Tuesday March 25

Leaving Little Bay at 9am

Walk around North Head lookouts

Morning tea - 'North Head Sanctuary'

Lunch in Manly at an eatery of your choice.



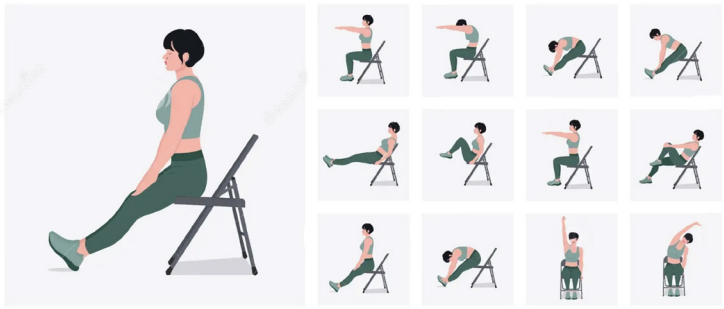
Luda and Chair Zumba

In our Cottage, 15 Pine Ave, Little Bay

From Monday - March 3

12.30 for 45 minutes

Don't miss this fun way to get fitter and happier.
Music & Dance, in all their forms are tonics for the whole body.
They strengthen the cardiovascular system, strengthen bones,
lift the mood, lubricates joints, boosts brain health
and much much more.



To train the brain and exercise the heart
and lungs with us at The Coast, take a class on
Wednesdays & Fridays with Natalie and on
Wednesdays with Tanya or at any other dance
class throughout the week.



NAVIGATING MY AGED CARE

Wednesday March 5 - 1:30 - 3:30

An information session and
afternoon tea for
Coast Centre Members

Presented by Isabelle Olaussen
Community Engagement Coordinator with HOME INSTEAD

Wednesday March 5
1:30 - 3:30 pm

KICK-START YOUR CAREER AS A CAREGIVER



What to bring? Your MEDICARE Card

The Cottage, 15 Pine Ave Little Bay
Registration is Free - Book your place now in Reception

Powerful benefits of Tai Chi

Reduces stress... In addition to focused movements

Tai Chi also includes meditation and focused breathing

Improves mood

Better sleep

Promotes weight loss

Improves cognition in older adults

Reduces fall risk

Improves fibromyalgia symptoms



Our Class is on Thursdays at 10:45 with Instructor Larry



French Classes for Beginners and Advanced students
with Karima are on again - now on Wednesday mornings

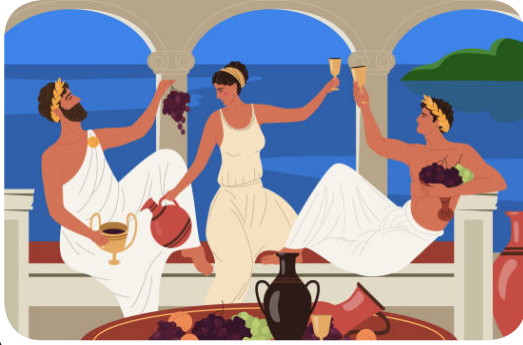


Administration: 2 Curie Ave, opposite Corner Pine Avenue & Ewing Avenue, Little Bay
T: (02)9311 4886 - E: admin@coastcentre.org.au - Web: www.coastcentre.org.au
Hours: 9am - 4pm - Monday to Friday



Gourmet Greek Evening

Tickets \$50



Friday - April 11
4.30 pm - 6.30

Food - Wine
DANCING

Book your Table
NOW!



DRAMA WORKSHOPS

4 Types - Tragedy / Comedy / Tragicomedy / Melodrama

COST - \$15 or voucher



Explore the drama of everyday life on Monday afternoons in our Cottage from 1.30 with our Drama Workshops

The sessions create times of respite from reality through fun, imagination and language

Activities include good breathing techniques and exercises for your thought processes and conversation skills

Drama Coach PATRICK PHILLIPS is a master at bringing out the best 'inner characters' you never knew were there!

Mondays from 1.30 in The Cottage, 15 Pine Ave Little Bay

WEDNESDAY'S ART GROUP



now creating nudes through
sketching - collage and tons of
imagination with stunning results



Cape Banks Family History Society Inc.

Saturday - March 8

Guest Speaker - Dr Claire Baddeley

The Early Ostrich Farms of Sydney

Book a place 0422 275 171



Frangipani Room, 2 Curie Ave, Little Bay
1.30 - 3.30 with Afternoon Tea

Drawing What You See

With Pat Munro



Pat returns for 6 fabulous Thursday afternoons from 1pm
Start Thursday - March 6
\$15 voucher or \$15 cash