



SENIORS INC NEWS SHEET

May 2025

10am to 1pm

Tickets \$25
Entry and Devonshire Tea

IN THE BLACK The Annual Concert

Thursday June 19, North Hall
Curie Ave

The 'colour' black has a colourful history. Until the Modern Era most of that history was negative. Now 'black' holds many positive identities. It has now transitioned into a fashion staple, worn by everyone from artists to fashion icons. It also symbolizes power, authority, and elegance.

Its meaning continues to evolve and adapt as cultures and societies change. What style of black appeals to you?

Audrey Hepburn, Black Cat, Charlie Chaplin, Edvard Munch?

Come to the Concert and honour your favourite "black" identity.



Only 120 seats are available... No Tickets will be sold at the Door

MEMBERS WIN MONTHLY PRIZES

**Our April Member Number Prize was won by
Vera Zaletel**



**Vera has been a member of the
Centre for many years.
She attends Harry Stanley's
watercolour and sketching
classes on Tuesday mornings at
10 til noon.**

Monday - 12.30 for 45 minutes

Luda and Chair Zumba

In our COTTAGE, 15 Pine Ave, Little Bay

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.



Administration: 2 Curie Ave, opposite Corner Pine Avenue & Ewing Avenue, Little Bay
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Hours: 9am - 4pm - Monday to Friday

During May we'll be offering new opportunities to dance,dance,dance - and a lot of other stuff

First up : GREEK DANCING.

If you liked the demonstration and fun at the Greek Gourmet Night, as in the photo below, you might like to do it again !
Let us know by registering your name in Reception.

The idea is regular Occasions, maybe fortnightly or monthly, at a time TBC in agreement with an instructor and venue availability.



Next up : LINE DANCING.

Coast Centre member and Line Dancing devotee, Rebecca Muellner is offering a 4 week sample of Line Dancing for first timers during May.

It will run every Wednesday through May
starting on Wednesday May 7 at 1.30 in the South Hall.

Classes will run for 45 minutes.

The first 2 weeks will be Free of Charge.

The second 2 weeks will be \$15 per class or equivalent voucher.

Rebecca will offer a varied playlist and a ton of patience to get you started. Register for this class in reception too.



New Instructor Karina Santamaria, is offering a new medium impact dance class on Thursdays at 11.45 in the South Hall.
Karina is Brazilian and can't resist rock classics and salsa.



Did you know TABLE TENNIS has many health benefits ?

In some parts of the world TT is known as Ping Pong.



Some of the benefits of the game are :

Improves hand-eye coordination

Improves reflexes

It's easy on the joints

It burns calories

It's a social sport

It keeps your brain sharp

It also improves balance and

Table tennis is recommended as a treatment for dementia and Parkinson's disease

Table Tennis runs at our Centre on Tuesdays and Thursdays between 12.30 and 2.30.

Session fees are as little as \$7.50. Everyone over 55 is welcome

BREATHING WELL 6 Week Course presented by Amy Sadgrove



In the Cottage, on Wednesdays 12.30 to 1.15,

Starting April 30 ... Drop in any week.

\$15 per session with voucher or \$15 cash

Jess Smith provides 3 classes of RESISTANCE EXERCISES each week Two classes Wednesdays, 8.30 and 9.30 Friday 8.45

