



# SENIORS INC NEWS SHEET

June 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? How about Santana's album

'BLACK MAGIC WOMAN'

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



Our Concert will feature some of our many classes including ballet, choreo dance, dancing for the brain and tap dancers, plus singers, actors and comics.

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

### PRICES RISING FROM JULY 1 2025

MEMBERSHIP rising to \$35 pa. — BOOKS of 10 x \$15 VOUCHERS rising to \$130, from \$120. — All other prices remain unchanged

**MEMBERS WIN MONTHLY PRIZES**  
Our membership winner for June is  
**Anthony Watterson**

**Anthony does  
Resistance Classes  
with Jess**



An extra RESISTANCE CLASS with Manal  
Thursdays - 9.30 South Hall

The benefits of resistance exercises are:  
To stop rapid muscle loss, maintain and  
improve balance, reduce bone density loss  
and joint stiffness.

Manal's other two classes are on Mondays  
10:00 and 11:15



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

## JIM HAYNES returns to the Centre in June & July

Ticket - \$15 cash  
or \$15 voucher



On June 11, Jim will present a talk about early Australian landscape artists, the *Northwood Group*, and their love for ships on Sydney Harbour

**"Some Sydney Harbour History & Art"**

**Where:** The Cottage. **When:** Wednesday June 11 - 1:00pm

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In July a second talk on

**"The Discovery, History and Art of Van Diemens Land"**

Ticket - \$15 cash  
or \$15 voucher



**Where:** The Cottage. **When:** Wednesday July 9 - 1:00pm

## 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



## Winter Wellness, Workshop, Warmth & Wise Things to Do

A WINTER WELLNESS WORKSHOP with Resistance Instructor - Jess Smith

This workshop will cover a holistic and natural approach to improving immunity. See the outline below.

Register Now with Reception. Places will be limited.

Most people don't even blink an eye to pop a pill to fix their headache or common cold. But what if I told you that headache may just be because you haven't hydrated enough with the right nutrients or are you lacking magnesium/salt?

A balanced nutrient rich diet is essential for optimal immune function.

This workshop will include tastings of organic bone broth soup, an easy DIY immunity herbal tea blend and a yummy treat with no nasties!

### Nourishment:

Jess will cook up a large pot of chicken or beef bone broth soup which will include root veggies, herbs & spices, ACV and organic meat and bones. The base will be the bone broth made from cooking

Jess will also make an easy DIY herbal tea blend to support respiratory, cough & sore throat.

Jess will also provide a healthy sweet treat that boosts immunity

### Talk/ Q&A:

There will be a laid back but informative talk / Q&A discussing -  
Brief Breakdown of Macronutrients (Protein, Carbs & Fats) & Micronutrients (vitamins & minerals)  
to understand the role they play and how food is fuel for your body

How to support your body through the colder season with macro & micro enriched foods

How to boost your immunity through foods & herbs instead of westernised medicine

Education on foods enriched in immunity boosting vitamins

The importance of Hydration over the colder months and the benefits of hydrating with minerals and vitamins from foods (eg bone broth), citrus and fruits, adrenal cocktails, filtered water with good quality sea-salt over just water.

Gut health and its role it plays for immune and mental health

Natural remedies for coughs, colds & flues



Date: Wednesday 11th June 2025

Time: 12pm

Location - The Wattle Room

Duration: 1-1.5 hours

Price \$15 cash or \$15 voucher

Any Qs can be asked  
and will be encouraged  
throughout the  
workshop