



SENIORS INC NEWS SHEET

July 2025



Talks with Art Historian and Radio Broadcaster, Jim Haynes OAM are SENSATIONAL!

On July 9, Jim will present another fact packed talk in our Cottage, on early Tasmania:
Where? The Cottage -15 Pine Ave, Little Bay
When? Wednesday July 9



Tickets Essential \$15 Cash or \$15 voucher

Later in the year, Jim will lead a 2 week tour of Tasmania in conjunction with Travelrite
This trip will be great value and a whole lot of fun... Pick up a brochure from our Office

TASMANIA HISTORY AND HERITAGE TOUR WITH JIM HAYNES

- 12 Nights
- Includes Accommodation, Guided Sightseeing, A selection of entertainment & meals
- 19 November 2025
- Hobart, Strahan, Stanley and Launceston

BOOK TOUR

\$ 6,500 FROM \$ 8,100
pp twin fare single fare

DOWNLOAD BROCHURE

Here's the link for more information: <https://www.travelrite.com.au/radio-2gb-3aw-tours/jim-haynes-tasmania-november-2025.php>

THE LITTLE BAY COAST CENTRE & THE LITTLE BAY BAROQUE GROUP present AN AFTERNOON CONCERT

Thursday 10 July from 1:30 - 3:30

BAROQUE CLASSICS



Hear works by G.P. Telemann, A. Vivaldi & CPE Bach,
written for the flute, violin, cello and harpsichord

Local amateur musicians
Alex Chernonsky, Tassia Kolesnikow, Clara Blazer and Priscilla Yuen will perform live
in our beautiful Cottage

Following a baroque afternoon tea of cherry liqueur, butterscotch schnapps,
tea, coffee and lebkuchen (ginger cookies)

Tickets are Essential - \$15 cash or equivalent voucher

The Cottage, 15 Pine Ave, Little Bay



COAST CENTRE ART GROUP SHOWCASE 2025

ON DISPLAY
UNTIL 29 JULY

A vibrant collection of
over 50 artworks created
by 19 artists from the
Wednesday Art Group at
the Coast Centre Inc. in
Little Bay. This exhibition
is inspired by the artists'
surroundings, personal
experiences, coastal
landscapes, the influence
of modern masters and
the power of imagination.


Randwick City Library
a sense of community

For enquiries: Contact Teresa Castellanos
Via email: mariateresacastellanos@yahoo.com.au



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

SENIORS Inc
ITALIAN CLASSES

Parliamo l'italiano 1

Teacher Cristina Khederlian

Mondays from July 21 - 11.30 to 1pm - 10 Weeks

This class is for members who want to start learning or refresh their competency in Italian

\$20 per class for casuals

\$150 for full term

Parliamo l'italiano 2

Teacher Cristina Khederlian

Mondays from July 21 - 9.30 to 11am - 10 Weeks

This class is for members who want to practice speaking Italian

\$20 per class for casuals

\$150 for full term

AN END OF DAY, WIND DOWN WORKOUT

with Manal Saleh

Mondays at 5pm for 45 minutes

Starting Monday July 7

In the Cottage, 15 Pine Ave, Little Bay

Cardio and Resistance

\$150 for bulk purchases of 10

classes or

\$20 per class for one offs



Please register your interest with Reception or by return email



Cape Banks Family History Group

Paul McKenzie - topic: 'Hidden in Plain Sight'

The Story of Abbotsford House

Saturday 12 July

From 1:30

Frangipani Room

secretary@capebanks.org.au



SPANISH CLASSES

Spanish Beginners

9:00 - 10:30 (90 minutes)

Spanish Next Step

10:30 - 12:00 (90 minutes)

Spanish Intermediate

12:30 - 2:00 (90 minutes)

Mariló Corral

Educator and Lesson Coordinator

Cost \$150 for 10 week Term

\$20 for casual classes

Term 3 Starts
Monday July 14
10 Weeks

FRENCH CLASS

French with Karima

Term 3: Starts Wednesday July 23 - 10:30 - 12:00

Beginners Class ONLY

\$150 for 10 week Term

\$20 for casual classes



Hearing Australia will be at the Centre on Tuesday July 8... 10 - 1pm
Providing Free Hearing Tests - No Appointment is necessary



Tai Chi.

Cost \$150 for 10 week Term

\$20 for casual classes

Term 3 Starts Thursday July 24

Coast Centre classes with many instructors are now \$130 for a book of 10 vouchers - The Annual Membership fee is now \$35 per annum
Non members will continue to pay \$20 per class for classes which have fee for service Instructors and \$10 for \$8.50 classes
All other prices will remain the same

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