

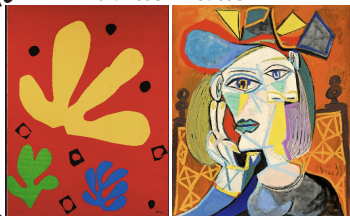


SENIORS INC NEWS SHEET

August 2025

Tuesday Sept 16

Matisse Picasso



Cezanne to Giacometti Exhibition

Trip to the National Gallery in Canberra

Leave Little Bay at 8:00am - 3 hours at the NGA return by 7:00pm

Minimum number of passengers for this trip = 30.

Please register next week to allow time for coach booking.

Matisse, Picasso & Klee and many others

<https://nga.gov.au/exhibitions/cezanne-to-giacometti/>



Matisse Klee



\$100 Coach + Entry

Writing Life Stories

With
Kevin O'Sullivan

4 Week Introduction.

Starting: Friday morning September 19 - 9:30 / 12:00



Kevin is an experienced professional with expertise as a writing coach and mentor. The 4 weekly sessions will be run as Workshops with a format to provide structure and ideas on putting life stories "on the page"

Pick up a copy of the Course Synopsis from Reception

Maximum number of participants; 15

Price : \$15 cash per session or \$15 voucher

CHOOSE TO MOVE Comes to Seniors Centre



THE UNIVERSITY OF
SYDNEY



Institute for
Musculoskeletal
Health



September 3 we're starting a **Choose to Move** Course in collaboration with Sydney University

This Course is a Free 3 month program designed for people over 50 who need support to develop an active lifestyle

The CTM course provides one to one planning for participants with an **Activity Coach**

If you know anyone who needs this support to improve their health and well being, let them know this course might help.

You can find out more at this link:

<https://choosetomove.org.au/locations/>

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



Please register your interest with
Reception or by return email

\$150 for bulk purchases of 10
classes or

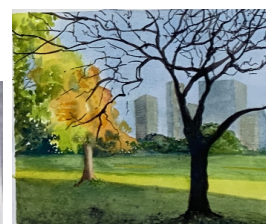
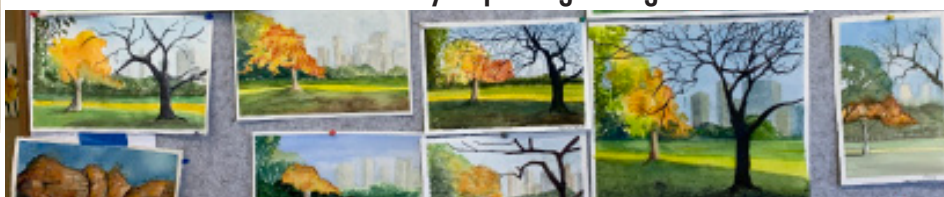
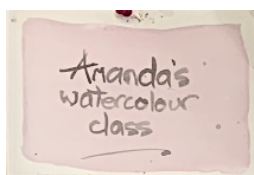
\$20 per class for one offs

2025 Annual General Meeting - Monday Sept 15 - 10:00am

Nominations for the Management Committee are now open until Friday September 5

Amanda's art class every Monday morning

10:00 - 12:00 currently exploring sunlight in winter



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



Cost \$50

October Bus Trip Shell Cove & Marina

Minimum number of
passengers :18



Morning Tea will be at
The Southern Gateway
Restaurant and
Lookout

View of the Illawarra and Eatery at Shell Cove
(Shellharbour)



Date: Tuesday October 14

Leaving Little Bay - 8.30 am
Returning by 4:00 pm



Cost \$50

November Bus Trip Australian Reptile Park Somersby

Minimum number of
passengers :18



Somersby Falls, if time permits

Date: Tuesday November 11

Leaving Little Bay - 8.30 am
Returning by 5:00 pm



Friendly
and Gorgeous

Bush walking is not
compulsory
But Good Boots are nice



Join Peak Medical clinicians
for an hour...
Give feedback on a
technology that assists
people with
Osteoarthritis &
Joint replacement

**You will be
compensated:
\$20 per hour for
your feedback
on the product**

Duration : 1 Hour
Dates - JULY 15 or AUGUST 5
Location - Coast Centre, Little Bay
Register by emailing:
hayley@peak-med.com

NAVIGATING MY AGED CARE

Wednesday August 6 -1:30 - 3:30

An information session and
afternoon tea for
Coast Centre Members

Presented by Veronica Wrigg
Community Engagement Manager with RIGHT AT HOME



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



**Nominations are now open for the Management Committee for the
year 2025-2026. Nomination Forms can be picked up from Reception**
Nominations close at midday on Friday September 5