



STAFFORD

FASHIONS

Save the Date

## FASHION PARADE

Friday - September 2 - 10am

Presented by the Centre And  
Stafford Fashions

**Tickets - \$10 for Parade  
and Morning Tea**

## ITALIANO QUOTIDIANO

Intermediate - Advanced  
Mondays

**FOUR 10 WEEK TERMS**

Each Class \$15

Or pay \$150 in Advance

3 classes  
Each Class - 1.5 hrs

Students receive online materials, videos, and books

## English For Tomorrow

Classes to help with English language pronunciation, vocab and fluency

CLASSES BY APPOINTMENT

CALL  
9311 4886

Teacher is Dan Borgo Caratti

Dan is qualified to teach English to Non English speakers

\$12 per class  
or  
Discount Voucher & 10.50

## FRENCH FOR TRAVELLERS

Starts Friday July 15

Join Beginners French teacher, Yasmin Brahimi  
for a taste of French breakfast every  
Friday at 10:00

Classes are \$12.00 or Voucher

Class includes :

Croissants  
Jam & Butter,  
Coffee & Tea

Register now by calling 9311 4886

WITH YASMIN

Fridays 10:00 to 11:00

## ANNUAL GENERAL MEETING

Sept 12 - Nominations for MC needed

## CAFFE ITALIA con Maria



Every Tuesday

9.30 til 12 noon

\$8.50 per class

or  
\$28 for 4 class vouchers

Suitable for  
BEGINNERS  
&  
BEGINNERS NEXT STEP

RESUMES TUESDAY - FEB 1

THE WALKING GROUP  
CHECK WITH RECEPTION



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





**Come on a Flying Trip**  
HARS Aviation Museum in Albion Park  
**Thursday 18 August**  
leaving Little Bay at 8.30am  
Returning by 4pm  
Cost \$50 - Includes \$20 Museum Admission.

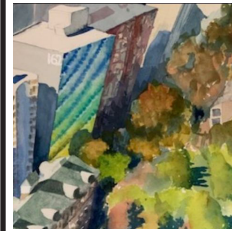
The trip will include a 2 hour maximum Museum Tour and a lunch stop in Dapto. BYO lunch or Dapto Leagues Club is recommended. Lunch at Passenger's Own Cost.

HARS, based at Shellharbour Airport, Albion Park, 90 minutes south of Sydney in the Illawarra, is dedicated to Australian aviation history, and exhibits a collection of aircraft ranging from still flying, restored and static displays.



**Qigong on Wednesdays with Gina Yallamos at 10.30**  
in the North Hall for a fabulous class with stretching and releases.

"Qigong is gentle exercise which gives you a mental and physical boost".



**Art with Amanda is back!**



### Drama Workshops

Drama is fun, even when it's serious  
Workshops are now in the Cottage Monday afternoons 1:30 with Drama Director Jon Ossher



### Men Building Muscle

Muscles do a lot of things  
Strong muscles keep you on your feet, help fight off illness and make you smile

Join our exclusive class for Men every Wednesday morning with Shaun - 9:30

**Seniors Inc**

**MASTERING MOBILE PHONE PHOTOGRAPHY SKILLS**  
with Caroline Mak

**About Caroline Mak**  
Current IT Instructor at Seniors Inc.  
Previously worked as IT manager with extensive technology experience.

**Come & Join Us**  
Hands-on sessions with demonstration.  
Bring your mobile phone devices to the class!

Contact Us to make bookings:  
(02) 9311 4886

**JOIN US FOR 4 LESSONS OR ANY OF THE LESSONS**

- 01 Introduction & Basics  
6 June 2022 14:00 - 15:00 ✓
- 02 Camera Modes & Editing  
20 June 2022 14:00 - 15:00 ✓
- 03 Sharing & Backup Photos  
18 July 2022 14:00 - 15:00
- 04 More Camera Apps & Practice  
15 August 2022 14:00 - 15:00

Seniors Inc.  
2 Centa Avenue & Corner Pine Avenue & Ewing Avenue  
Little Bay 2036.



**Warm up on Thursdays at 10.30 with Tai Chi instructor Mano Suttner**

Classes are \$12 per session or voucher.

## SINGING GOOD FOR THE SOUL GOOD FOR THE BRAIN

OUR NEW PIANIST / PIANO ACCORDIONIST / VOCALIST  
MARGARET LANGLANDS

**A WEEKLY SESSION OF SONGS**

REGISTER YOUR INTEREST WITH RECEPTION NOW  
T. 9311 4886 OR JUST TURN UP

STARTS MONDAY JULY 18. \$8.50 OR \$7 VOUCHER  
NORTH HALL AROUND THE BABY GRAND

### Hearing Loss - What does that mean?

Hearing loss that occurs gradually as you age (presbycusis) is common. Almost half the people in the United States older than age 65 have some degree of hearing loss.

Hearing loss is defined as one of three types:

- Conductive (involves outer or middle ear)
- Sensorineural (involves inner ear)
- Mixed (combination of the two)

Aging and chronic exposure to loud noises both contribute to hearing loss. Other factors, such as excessive earwax, can temporarily reduce how well your ears conduct sounds.

You can't reverse most types of hearing loss. However, you and your doctor or a hearing specialist can take steps to improve what you hear.



**Hearing Tests - Check with reception**

