

# SENIORS INC NEWS SHEET

September 2022

## ANNUAL GENERAL MEETING Sept 12 - Nominations for MC needed

## — → GREEK Buffet 12:30 ON THE DECK



@ 11am



Tickets  
\$10



The AGM of financial members receives the Annual Report with audited financial statements plus reports from the President, Treasurer and General Manager. Elections are also held to determine members of the Management Committee for the following 12 months. Nominations for the Management Committee close on Friday 2 September. Positions to be determined are : President, Vice President, Secretary and Treasurer plus up to 7 general committee members.

Michael Daley will attend

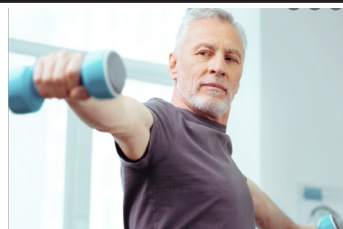


Members standing for election are required to have been members for at least 12 months. This year Aunty Barb from the La Perouse community will present the Welcome to Country. The meeting will be followed by a Buffet Greek lunch sponsored by Little Bay Foodworks. The menu is Roast Greek Lamb, Greek Salad, crusty bread rolls, Greek Biscuits and Coffee or Tea.

### 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

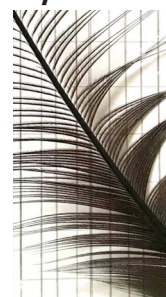


Thank you to everyone who were wonderful about the disruptions to class routines caused by the location filming of the television mini series, "Ten Pound Poms".

Being on a film lot was eye opening. A tremendous amount of technology, funding and effort goes in to making the television and film entertainment we all enjoy. Thanks to the extras, technicians, actors and producers from Eleven Productions.

### DRAWING WHAT YOU SEE with Pat Munro

\$12 or Voucher  
Thursdays - 1:00



## FASHION PARADE

STAFFORD  
FASHIONS

Friday - September 2  
10am  
Presented by the Centre  
And  
STAFFORD FASHION



# YourColoursAndStyle

Women are beautiful at every age and every stage.



Colour and Style Session with Ros Holden

**Wednesday August 31 - 1:30**

Day Ticket - \$15 / EarlyBird Ticket - \$12 / Or Voucher

# YourColoursAndStyle

Women are beautiful at every age and every stage.



Makeup Session with Ros Holden

**Wednesday September 14 - 1:30**

Day Ticket - \$15 / EarlyBird Ticket - \$12 / Or Voucher

Celebrate the songs of your favourite singers and composers with Margaret Langlands on the Grand Piano every Monday at Noon

French Conversation with Eveline

# FRANCE

Fridays at 11am  
\$8.50 or voucher

The AUSTRALIAN EYE AND EAR HEALTH SURVEY has set up a temporary clinic at the Centre.

The survey is to find out how many older Australians have vision and hearing problems. The temporary clinic will operate from 29 August for a few weeks.

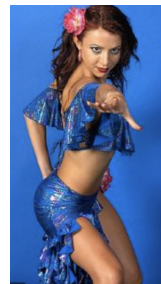


Logo design: Kyara Fernando

If you would like to be part of the study, pick up more details from our Office.

## AEROBIC DANCE WITH LUDA - MONDAYS AT 1:30

Luda is a star and a great teacher. She won the World Salsa Championship 4 times in her 20s.



Luda began her passion for ballroom, Salsa and Brazilian dance at 11 and she won her first national competition, the Youth Latin Championships, in 2000, followed by another groundbreaking record for an Australian dancer to then win her first world title in 2001 by becoming the IDO World Salsa Champion.

It was the first time Australia was represented at the World Championships.

Join Luda every Monday afternoon for a great workout and a lot of fun.



Friday Aug 19  
Auburn Botanical Garden

**A  
New  
Walking  
Schedule  
is on our  
Website**



## Cape Banks Family History

Guest Speaker

**Bob Atkins**

on the Ryerson Index,  
A free index to death notices in  
Australian Newspapers

**Saturday 10 September from 1.30pm**