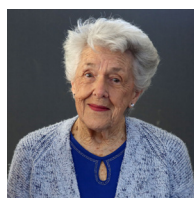




The Centre's Office Bearers and Committee were elected at the AGM on Monday Sept 12 - L to R: President, Robina Beard OAM, Secretary Helen Fatouros, Committee members: Mary Ugarte, Vice President Leela Hanson, Treasurer, Peter Bailey, & New Committee Members Angela Langton and Robert Mann



Patricia (Pat) Carter has been a loyal and dedicated volunteer tutor at the Centre for over 20 years. Pat has filled many roles in that time. The most significant positions have been an instructor in beaded jewelry making and many forms of craft. Pat's reliability is outstanding, the Centre and has benefitted enormously from that dependability. Thank you Pat. May you have many years ahead to enjoy your crafts and friends.

New LIFE Members of Seniors Inc

Clive Eaton is receiving a Life Membership Award from the Centre for his outstanding voluntary support of the Centre's Bridge Club over many years. Every Tuesday Clive takes responsibility for setting up the Bridge Club for up to 32 members. Without Clive's work, the Bridge games wouldn't happen. The set up takes time and patience. Clive has these qualities in abundance, and he never fails to deliver. The Centre is extremely grateful. Thank you, Clive.



Message in a Bottle:

Congratulations to artists, curators, environmentalists and teachers Mary van den Berk and Belinda Piggott for winning a place in the Eden Unearthed 2022 Exhibition at Macquarie Gardens. Their installation, Sea Worriers, was designed, created and launched here at the Centre in 2021. It has now grown into an installation called "Message in a Bottle".

The Eden Unearthed Exhibition will open on **November 1**. More details can be found at this link:

<https://edengardens.com.au/blogs/eden-unearthed/unearth-our-successful-finalists>





Find some lovely new plants for your Garden this Spring from our Stall on the veranda all through October.



Warm up on Thursdays at
10.30 with Tai Chi instructor
Mano Suttner
Classes are \$12 per session or voucher

BOOK LOVERS CLUB

1st Tuesday of each month
10am to 11am

Meeting for morning tea in the
enclosed verandah with
CATE STILWELL

*Contribute your thoughts about
books you've read
Make recommendations
Get new ideas for books to read
Share your favourite book*



Cape Banks Family History

Guest Speakers

JANE BRITTEN AND BARBARA SWEBECK
Woolloahra Library Local Studies Team

Topic: **MAPS AND MANSIONS**

Saturday 12th November 2022

From 1.30 pm to 3.30 pm - Coast Centre for Seniors
Frangipani Room, 2 Curie Ave, Little Bay.

www.capebanks.org.au

RSVP secretary@capebanks.org.au phone 0422 275 171

Friday 14 October Our Walking Group
is going to
Sheldon Forest, Turrumurra

Check the Centre's Website for Contact details.



French Conversation with Eveline

FRANCE

Fridays at 11am
\$8.50 or voucher

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

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:

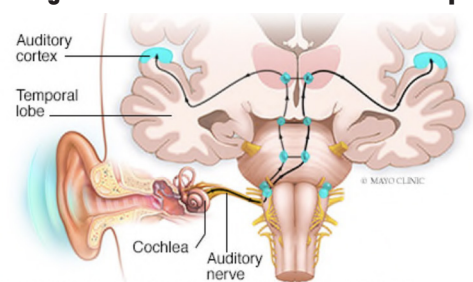
- Conductive (involves outer or middle ear)
- Sensorineural (involves inner ear)
- Mixed (combination of the two)

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 Australia

Hearing Tests - Tues Nov 15 - Check with reception



**Free 7 week Falls Prevention Course Starts at the Centre
on Wednesday 19 October. Call Us - 9311 4886**

