

## OUR OTHER ACTIVITIES

Calligraphy  
Candlewicking/Embroidery  
Crocheting & Knitting  
Folk Art & Scrapbooking  
Painting in Oils & Watercolours  
Quilting  
Photography  
Line, Tap & Middle Eastern Dancing  
Bridge  
Chair Exercises  
Indoor Bowls  
Qigong/Tai Chi  
Table Tennis  
Walking Club  
French, Italian, Spanish  
Australian History  
Drama  
BBQs & other events

### By Appointment

Podiatrist  
Remedial Massage  
Hearing Tests

### WANT TO BECOME A MEMBER?

Then call us on: **(02) 9311 4886**

Member is \$15.00 per year, and the cost of each class is as follows:

Classes with a volunteer tutor: \$4.00

Classes with a paid tutor: \$8.00

Computer courses vary.

## CONTACT US

The Little Bay Coast Centre for Seniors Inc.  
ABN 71 906 434 732

Ward 3, 2-6 Curie Avenue  
Prince Henry at Little Bay  
(off Anzac Parade)

PO Box 1297, Maroubra NSW 2035

**TEL: (02) 9311 4886**

FAX: (02) 9311 7449

Email: [manager@coastcentre.org.au](mailto:manager@coastcentre.org.au)

**[www.coastcentre.org.au](http://www.coastcentre.org.au)**

Hours: 9AM—3PM, Monday to Friday

Bus Routes: 393 from Central Railway, 392,  
394, L94, 399 from Circular Quay

Parking available in Curie, Darwin & Ewing  
Avenues

Drop off for people with  
disabilities in Curie Avenue



# LADIES !

Do you feel bored, lonely or  
depressed?  
Is retirement not all its cracked  
up to be?  
Would you like to make some  
new friends?!

Then join us at the  
**COAST CENTRE  
FOR SENIORS**  
& be part of the action!





**Women's Exercise**



**Singing**



**Computers**

Some of the activities which may interest you include...

...and there is MORE ! ➔



**Art & Craft**



**Dancing**



**Bus Trips**