



# COOLANGATTA SENIOR CITIZENS CENTRE NEWSLETTER ISSUE 10 – JAN/FEB 2017

## **PRESIDENT'S REPORT**

Hi Members & Visitors to the Coolangatta Seniors, Happy new year to everyone and I wish you all a wonderful, happy and healthy 2017! Firstly I take this opportunity to **thank Michael and Jaye** for their contributions to the Centre and its members during the time they held Committee positions. Their resignations left 2 **vacant positions on the management committee**. At our December meeting both Sue Pearson (yoga & get up and go instructor) and Pete Lawson (maintenance officer /allrounder) were appointed to your Management Committee. They will fill the positions until the next AGM in June 2017. We have an **update on the Solar power investment**. Comparing our bill from the same period last year we have saved \$1662.93 this quarter so a little more than the estimated \$1500. This means the solar is paying for itself and when the 3 year term ends we hope to save approximately \$6651.72pa. 2017 marks 40 years since this Centre was opened. We are holding an **Open Day and Market at the centre on Saturday 11<sup>th</sup> March** as a flashback to the fundraising that was done by the Lions Club to pay for our building. If you can, come down on the day and invite your friends and family to visit the centre. We will also have a **Ruby Ball on Sat 13<sup>th</sup> August** as part of the celebrations. Please keep a lookout on the noticeboard for more information soon. We have applied to the **Community Benefit Fund Round 91** to resurface the dance floor and upgrade the cash till at reception results should be in around May. Unfortunately, the **monthly bus trips** will not be offered this year. Please see the noticeboard. We are seeing **growth in other activities** like the Tuesdays nights learn to dance, yoga, ukulele and line dancing. We will be calling a General Meeting of the Members in February to vote on proposed changes to the Constitution. I encourage all to come along. It will be held on Monday 27<sup>th</sup> February at 9.30am. Please check the noticeboard for the official notice. I want to thank our two staff Renae and Pete for their continued hardwork and efforts all the volunteers who run or assist with the activities/services and our reception workers. Thank you to the members for the supporting and making this club a unique and happy place for us to come together. I am in the centre from 12 noon Wednesdays alternatively our coordinator Renae is available mon-fri to assist you with resolving any centre related problems. Well that's about all

from me for this month, take care and enjoy yourselves. **Ron Payne (Acting President)**

## **COORDINATORS REPORT**

Hi All, Happy new year to you all, my apologies for getting this newsletter to print later than usual. **Thanks to our volunteers** who continued to work over Christmas break so some activities could be offered to our members and visitors. **Membership renewals** are rolling in, more than a quarter of the membership from last year has already renewed so thank you. You may also be interested to know that the Centre will be **moving to NBN** in the coming months at no extra cost thanks to the Telstra promise. Our wifi signal has improved significantly since relocation of the modem. Computer lessons are booked out well in advance and our Tutor **Geoffrey has had to delay his return** until early March. I am recruiting and hopefully we will have some new computer tutors soon. Sadly, the bus trips with Terry's Tours have come to an end this year (see noticeboard). News just in we will also be losing Qi Gong from the program also as our instructor Michael Fiddy has had to stop due to a medical condition. **Yoga** continues to grow with a record 24 participants on the 24/1, we will be adding another class to the program soon. **Ladies Friendship** has extended their activity time 9.30am – 3pm this year so pop in anytime for a chat. We will be starting Guitar for beginners on Monday 13<sup>th</sup> February from 1-2pm BYO equipment. We welcome **new volunteers** Tracey on Tuesdays & Thursdays, Tatjana on reception Wednesdays and Amanda on reception Monday mornings. I will be focussing on **promoting all our activities** in the free community noticeboards this year. I encourage you all to keep checking our noticeboards each time you are in the centre. **Renae Barron, Centre Coordinator**

Coolangatta Senior Citizens Centre  
**OPEN DAY**  
**CELEBRATING 40 YEARS**  
Craft & Trash/Treasure Market  
**Saturday 11<sup>th</sup> March**  
8am – 12 noon  
2 Gerrard St, Coolangatta  
Stall holder enquiries pls call Liz 0409596983

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## ACTIVITY REPORTS

### **CONCERT REPORT**

Welcome to 2017 to all our concert supporters. We have a great line up of entertainment for this year and we look forward to your continuing support.

We had booked "SUSIE JAY" for January but unfortunately she has cancelled due to an urgent call to Melbourne but we have re-booked her for our May 2017 Concert. We have been fortunate however to secure the services of the inimitable "DAVO" with his wonderful voice and hilarious comedy. He will now do our Concert on Monday 30th January @ 1-00 pm Qld. Time.

DAVO has done some wonderful shows over the years for us and we are sure he will give us his usual professional performance and we look forward to seeing you there.

BYO Lunch/Nibbles. Tea/Coffee/Biscuits available. For bookings(recommended) and enquiries please phone 07 5536 4050 or call into the Centre.

Please come early so we can have the show starting on time.

**Carmel Finn & Ray Towers,**  
Concert Coordinators.

### **LIGHT EXERCISES –**

Bettina's Gently Does it class will be back from 7<sup>th</sup> February. A fun and easy gentle movement class incorporating dance steps to music. Tuesdays at 1 pm.

### **MAH JONG**

Big numbers on Monday 23/1 8.30am, we had to grab more tablets at the last minute. We have 3 sessions a week on Mondays at 8.30am and 11 am and Thursdays at 12.30 pm. Always welcoming new players! If you're a beginner come along to our Monday 8.30am class for assistance.

### **UKULELE GROUP**

Our most successful activities are the ones requested by members, well done Roy. This group continues to grow each week. Intermediate players at 9.30am and Beginners at 11am. Please note the change on the 2<sup>nd</sup> week of the month only when there will be no beginners class and the intermediates will meet at 1pm. Come along, bring your ukulele and your voice.

### **TAI CHI**

Classes are conducted under the guidance of Bob Ivett who has been practising the art of Tai Chi for many years as an affective branch of exercise for health of mind and body developing movement, breathing and concentration to enable harmony and strength when regularly performed. Tai Chi is a useful tool in the formulation and maintenance of bone and muscle strength in maturing years. Join us Mon, Wed and Fri.

### **POETS**

The leader of this group thanks the CSCC for the generous gift of a petrol voucher arising from a Government Grant. Eighteen members enjoyed a Christmas luncheon held at Seagulls, whilst leader Lorraine froze in Christchurch NZ on a family visit.

We are now back to tackling our weekly assignment – short story or poem – to be critiqued by the rest of the group and taking or leaving suggestions. New members are welcomed with courtesy, involvement and fun. "Happy New Year" to staff, volunteers and new members. **Lorraine phone. 55248035**

### **TABLE TENNIS**

Hello everyone,

Seeing the return of most players as we settle back into routine.. Join us Sunday, Wednesday and Friday mornings from 8.30 am - 12 pm.

**Bye for now Joyce**

### **QI GONG**

I am sad to inform you all that I cannot continue as the instructor for classes following an injury I sustained over the break. I thank you all for your support of Barbara and I over the years.

**Michael Fiddy**

### **INDOOR BOWLS**

Hi Everyone,

A great social game and one suitable for people of all ages and abilities. Welcome back Teresa! Welcoming new members Mondays, Wednesdays, Fridays and Sundays at 8.30 am.

### **MINI BUS SOCIAL OUTING**

Resuming 16<sup>th</sup> February, check the noticeboard for more details.

### **EIGHT BALL CLUB**

The handicap singles competition was a very close competition between Bernie Neal and Harry Scott with all three games being decided with both players on the eight ball. Pictured, is our centre co-ordinator Renae presenting the trophy to Bernie. The next competition is due to be held in late January.



Ron Cresswell (Bendigo) has offered to be our activities co-ordinator and has come up with plans for the near future - thanks Bendigo. Welcome to a couple of new players in JB and Borge  
**Bernie**

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## **BINGO REPORT**

Welcome to 2017 all our Bingo players –great to see you back.

There was a good rollup for our first two weeks back but no Jackpots have gone off so they are still there waiting for some lucky person.

Congratulations to Laurie he successfully passed his mandatory driving test and is good for another two years.

**Jackpot Calls at time of printing are:**

\$100	Unlimited
\$200	57
\$1000	53

## **TUESDAY NIGHT DANCE**

Great to see we had another 8 new beginners join us this week.

Up & Coming events for February, Tuesday Dance Lessons:

**Riva Cha** - Christine & Allan,  
**Woodside Waltz** - Carol & Ken.

## **THURSDAY MORNING DANCE**

Last week we had our Australia Day dress up dance and shared morning tea. Chocolate mud cake to die for and music by Brian. Big thanks to Pete for setting our program and music each week. Always a great morning, join us Thursdays from 8.30am.

## **FRIDAY & SAT NIGHT DANCE**

The December dances were all well attended - especially the Christmas dances. A lovely happy atmosphere was evident. The centre was nicely decorated, and everyone was in their prettiest Christmas attire. New Year's Eve dance was great. The Hawaiian theme was very popular - so hard to choose the best dressed, Bert and Maree were chosen as winners.



Malcolm's music is proving to be very popular on Saturday nights. Big thank you to Col for stepping in on 14/1 when Malcolm was unwell. Welcome back Carol Smith after a well-deserved cruise.

Upcoming events:

We will be revising some dances from time to time on a Friday night, listen out for announcements at our dances.

## **Theme Nights**

The volunteers are planning some "interesting" theme nights this year, but.... please don't feel you HAVE to dress up.

Friday, 10th & Saturday, 11th February- **WHITE NIGHT - BYO SUPPER & DRINKS FOR YOUR TABLE.** Check the noticeboard more details.

## **CARDS**

Welcoming new players, 8.30am we play "500" and from 12 noon "Pony". Bring your lunch and join into both sessions.

## **LADIES FRIENDSHIP**

A new group for ladies to come together and socialise with or without craft. Bring your lunch and enjoy the company of others. **NEW TIME** from 9.30am – 3pm Thursdays, drop in anytime that suits you.

## **DUTCH CONVERSATION**

We shared the room with the Ladies Friendship group last week and it went well. As the saying goes "more the merrier". We meet every 3<sup>rd</sup> Thursday of the month from 9am – 11.30. We share

stories of where we grew up and celebrate our cultural heritage. All welcome.

## **LINE DANCING**

Back into the swing of things. Our group is quite big but there is room for more so if you love to dance join Anne on Thursdays from 12.15pm for some great exercise and fun. No partner required.

## **ROCK N ROLL**

Love the era, come along and learn some rock n roll dances with Ron Payne and Stephanie every Wednesday from 1pm Partner dance from 2.30pm.

## **YOGA**

Classes are up and running after a two week break. Our numbers have steadily increased over the last 15 month. People are embracing yoga and noticing the benefits they are seeing and feeling as well as introducing friends and family to yoga. We are organising a group cruise on a small ship later this year. We will cruise around the unspoilt islands of Fiji – the remote Eastern Lau group and Kadavu Island. Activities will include snorkelling, kayaking, visits to villages and waterfalls as well as yoga on the top deck each morning.

Class times:

Tues & Sat 8.00 am,

Thurs 10.45 am

Nidra class Wed 5.00 pm

An exciting year lies ahead.

## **CHOIR GROUP**

Thank you to Gladys Bow who has coordinated the group for many years. Gladys hands the reigns to Sietske this year. If you love to sing come along, Wednesdays from 12.30pm

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# A SILVER ANNIVERSARY AND MASTERS CHAMPION



Please join me in congratulating Barbara & David Maynard on their 60<sup>th</sup> Wedding Anniversary falling this week. I spent a few minutes with Barbara, a member for 8/9 years after she played Mah Jong this week. She said the secret to a long happy marriage was "looking after each other". Barbara said she had received a letter from the Queen and another from the Australian Government congratulating her and David on this milestone. Together she and David have 5 children, 11 grandchildren and 5 great grandchildren. Barbara who turns 83 this year told me of her love of swimming. She and David joined Masters Swimming Australia in 1995 and for the last 22 years they have swum together at the Oasis Pools three times a week. When I googled Barbara I found in 2013 she joined the 3 million metres club with Masters. Her favourite stroke is the freestyle and as her friends Carol, Sandra and Gayle proudly told me we have champion swimmer in our midst. Last year Barbara was the gold medal winner of the British long distance. During the 1 hour timed race she swam a remarkable 2.5km or 50 x 50m lengths. What a lady! Barbara, thank you for sharing your story with us all. (Renaë Barron – Centre Coordinator)

## THANK YOU FOR SUPPORTING OUR SPONSORS

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- Transfer from Airport to Hotel
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For full details Contact Joanne at

**ALL ABOUT TRAVEL TWEED HEADS on 07 55131433 or**

e-mail [joanneat@bigpond.com](mailto:joanneat@bigpond.com)



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