



COOLANGATTA SENIOR CITIZENS CENTRE NEWSLETTER

ISSUE 11 – FEB/MAR 2017

PRESIDENT'S REPORT

Dear Members and Visitors,

With recognition I report that two of our committee members have chosen to end their term on the committee early. Michael Fiddy who served for over 12 months on the Committee and as a tutor for Qi Gong and Margaret Catt who has been on the Committee for 6 years and acted as our Secretary and Public Officer. Please join me in thanking both Michael and Margaret for their efforts and dedication to the Centre, it's members and for supporting our staff and volunteers. I am happy to introduce Tatjana May who has been appointed by the Management Committee as our **new Secretary** until the AGM in June 2017. Tatjana volunteers on our reception on Wednesday mornings and we are looking forward to working alongside her in the coming months. March is a big month for the centre with final preparations taking place for our big **Open Day and Market Stalls** Saturday 11th March 2017. I encourage all members to bring family and friends to see our centre and enjoy the festivities. **Australian Hearing** will be here on the day if you need to get your hearing checked. Come down early for brekky as we will have some delicious food choices available. Checkout the flyer on the noticeboard for full details. We also have the **90th Birthday Celebrations** being held on Wednesday 15th March with a special morning tea. We have 16 members turning 90 this year - what a marvellous milestone for them. Our **Easter Raffle** will be coming on sale mid-March with prizes kindly donated by Joy Boden. **Are you on Facebook?** Social networking is something that could help us grow our membership this year and reach out to someone who may really benefit from our centre. Please like and share our page today! **Memberships renewals** are now due. Approximately 500 have renewed so far. There are 700+ members from last year who have not renewed as yet, so please take a minute to check your card this month and see our reception if you have not yet renewed. On the whole things are running along pretty smoothly. There is always plenty of laughter going on and that is just what we all need! Remember I am in the centre on Wednesdays from 12 noon if you'd like to see me and our Centre Coordinator is available weekdays.

Until next month, keep safe! **Ron Payne (Acting President)**

COORDINATORS REPORT

It's been a busy month with the planning of our **Open Day and Markets Stall** for Saturday 11th March. With much gratitude, I thank Liz from Piggabeen Valley Markets who has partnered with us on the event. She has invited all her lovely stall holders and has been busily marketing our event in the community so we can have a great day. I want to **thank in advance all the wonderful helpers** who are making food and art and craft items for the day and preparing to lend a hand on the day. I especially **thank Pete Lawson** who has offered to look after the entertainment on his day off and we also anticipate an impromptu appearance by our ukulele players, choir group & writers on the day. I hope we will see many of our members here joining into the fun and festivities with family and friends. March also signals our annual **90th Birthday Celebration** morning tea. It's great to see just how many 90+ plus active members we still have in our centre. The preparations are in full swing to ensure a lovely morning is had by those invited to acknowledge our members turning 90 and celebrate with them. Our **Ukulele group** are having a **relaxed musical afternoon** on Thursday 30th March 2017 in the main hall at 3.30 pm. All members and visitors are welcome to come along to enjoy the merry sounds of the ukuleles and sing along if you know the words. Bring a plate. Entry is by coin donation. **Mini Bus trips** are starting back up this month. We have our first trip going to Tweed Museum at Murwillumbah on 16/3/17. The next trip will be the 30th March so please pay at reception to secure your seat. Please welcome new volunteer **Mitchell** who will be here on Tuesday and Fridays, Mitchell will be driving our bus and assisting members/visitors with computer lessons. We also welcome back **Darryl** this week who is volunteering around the centre and assisting with garden care. **Broadband for Seniors Webinar:** Borrowing ebooks & eAudio Books from your Library 1 pm on 9/3/17 (see me for more information). **1 in 8 will be diagnosed with breast cancer by the age of 85** Screening is recommended every 2 years. Free breast screen for women over 50 years and over. There is a permanent site at West Burleigh. The mobile service is currently visiting Elanora until mid May. Book online via website. **Sounds by the Sea** Free Community Music Events presented by Cr Gail O'Neill Sundays 4-7 pm in Cooly 5, 12th and Kirra 19th Mar (see noticeboard for flyer) **NSW Seniors**

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COOLANGATTA SENIOR CITIZENS' CENTRE

PH: (07) 55 36 4050

www.coolangattaseniors.com.au

Week 3-12 March Seniors Festival, programs available free at Tweed Council office/Library or Licenced clubs. Some copies available at reception.

Dementia Friendly Community Talk

Thursday 9th March 2017,

10:30 am – 1:00 pm DST/9:30 am – 12 noon EST

Twin Towns Uniting Church,

Cnr Lanham and Maclean Streets, Coolangatta

To book, email: Debra.pinkerton@gmail.com or phone: 0432140005

I encourage you all again to keep checking the noticeboard each time you are in the centre. See you around the centre.

Renae Barron, Centre Coordinator

ACTIVITY REPORTS

CONCERT REPORT

What a fantastic performance - provided by "Duo Diva" on Monday, 27 February. "Duo Diva" - two lovely operatic sopranos who sang, beautifully costumed, a mixture of Celtic, Operatic and Musical Comedy songs to the delight of a large audience. Well done, Ladies! Our next free concert will be held on 27 March and will feature the fabulous Milton Q an artist of International fame who is an Accordionist, Pianist and Vocalist. BYO Lunch/Nibbles.

Tea/Coffee/Biscuits available

\$1.50. 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 –

A fun and easy gentle movement class incorporating dance steps to music. Tuesdays at 1 -2pm followed by afternoon tea.

MAH JONG

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

There are so many dedicated players in this group. We are learning new songs every week – great singing. Picking patterns,

learning theory and many musical ideas are happening. Well done every one! Intermediate players at 9.30 am and Beginners at 11am. Please note the change on the 2nd 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.

Pete

GUITAR GROUP

The Guitar Group has now been going for 3 weeks. It's wonderful to see and hear so much progress in such a short time. We are learning where the notes are and chord playing as well as Melody with "Song of Joy" and "Molly Malone".

Pete

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 effective 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, Fri and Sat

POETS & WRITERS

Poets and Writers on the Tweed has been in the capable hands of long time member and great writer Fran Flemming whilst leader Lorraine has been On Norfolk Island. Attendances continue to grow and writers still churning out

their weekly assignments either in poetry or short story form. We are looking forward to Seniors week when we hope to have some of our poets perform some of their original humorous poetry or short stories. Do come and have a listen on the 11th March. **Lorraine phone. 55248035**

TABLE TENNIS

Hello everyone,

Join us Sunday, Wednesday and Friday mornings from 8.30 am - 12 pm.

Bye for now Joyce

INDOOR BOWLS

Hi Everyone,

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

MINI BUS SOCIAL

OUTING

We are off to Tweed Museum in Murwillumbah on 16th March and our next trip is 30th March destination TBA.

EIGHT BALL CLUB

Congratulations to John Sutherland (88) and Bendigo (72) who both celebrated birthdays in February.

The 2017 Singles Championship is now at the quarter final stage. My selection (for what it's worth) is Nick Lawry – last year's winner. He showed great skill in winning his two heats. **Bernie**

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BINGO REPORT

Player numbers are still very buoyant. It is pleasing to see many new faces along with our regular players. The \$200 Jackpot has been claimed since last NL and just last week the \$1000 was won by lucky Maree. Come along – you have got to be in it to win it.

Jackpot Calls at time of printing are:

| | |
|--------|-----------|
| \$100 | Unlimited |
| \$200 | 50 |
| \$1000 | 45 |

TUESDAY NIGHT DANCE

Christine will be teaching the *Passionata Foxtrot* on the 14th March for 3 weeks a much requested dance & Carol will be teaching either *Lucille Waltz* or *Tangoette* yet to be decided. Our attendance has been great, we thank all for supporting Tuesday night and special thanks to all our volunteers.

THURSDAY MORNING DANCE

Always a great morning of social dance. Join us Thursdays from 8.30am.

FRIDAY & SAT NIGHT DANCE

Friday night for the next 3 weeks Allan & Carol will be teaching *Diamond Blues* for those interested please see Carol. Our Theme nights for this month: **“Masks”** nights will be held on 10th and 11th March. Plans are also underway for our *Ruby Ball* for 12th August so save that date Check the noticeboard for more details.

CARDS

Laureen and Joyce, from the card group, celebrated with their friend Babs who turned 94 on 10 February 2017. Babs, a mother

of 10 who loves to dance and a keen card player.

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



FRIENDSHIP GROUP

On 6/3/17 a group of 10 from our centre drove the *Cooly Seniors bus* to Byron Bay to mingle with the *Byron Craft Group*. A most enjoyable day out was had by all. Bring your lunch and enjoy the company of others. Thursdays from 9.30 am – 3 pm. Drop in anytime that suits you.

DUTCH CONVERSATION

We meet every 3rd Thursday of the month from 9 am – 11.30 am. We share stories of where we grew up and celebrate our cultural heritage. All welcome.

LINE DANCING

Lively, happy music with Anne on Thursdays from 12.15 pm with instructions for beginners. No partner required.

ROCK N ROLL

Get some dance moves ready for *Cooly Rocks* this year. Join Ron Payne and Stephanie every Wednesday from 1 pm Partner dance from 2.30 pm.

YOGA

Yoga is for every BODY, qualified and friendly classes, welcoming new members

Tues & Sat 8.00 am,

Thurs 10.45 am

Wed 5.00 pm Nidra class

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 12.30 pm

A LITTLE BIT OF HUMOUR



MANURE – AN INTERESTING FACT

In the 16th and 17th centuries, everything for export had to be transported by ship. It was also before the invention of commercial fertilizers, so large shipments of manure were quite common.

It was shipped dry, because in dry form it weighed a lot less than when wet, but once water (at sea) hit it, not only did it become heavier, but the process of fermentation began again, of which a by-product is **methane gas**. As the stuff was stored below decks in bundles you can see what could (and did) happen. Methane began to build up below decks and the first time someone



came below at night with a lantern, **BOOOOM!**



Several ships were destroyed in this manner before it was determined just what was happening.

After that, the bundles of manure were always stamped with the instruction “*Stow high in transit*” on them, which meant for the sailors to stow it high enough off the lower decks so that any water that came into the hold would not touch this “*volatile*” cargo and start the production of methane. Thus evolved the term ‘*S.H.I.T*’, (*Stow High In Transit*), “*So it’s really not a swear word*” which has come down through the centuries and is in use to this very day.

You probably did not know the true history of this word.

Neither did I – I had always thought it was a golfing term.



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PIGGABEEN VALLEY MARKET

3RD SUNDAY OF THE MONTH FEB to NOV 9AM-2PM (NSW)

LIVE MUSIC * HANDMADE ARTS & CRAFTS * BRIC A BRAC
COFFEE * HOME BAKED TREATS * LOCAL PRODUCE & MORE!



Art by Belinda Sorelle

Prizes for best hat!

Piggabeen hall- 525 Piggabeen Road, Piggabeen

AQUA WORKOUTS - DEEP WATER RUNNING

*Have you taken the
plunge yet?!?*



Classes:

Mon-Thur 9.30am, 5pm & 6pm (Tweed West).
Buoyancy belts & equipment provided. Fun low
impact, cardio workout!

Please book with Liz (Aqua Workouts) -

0409 596 983

Email: aquaworkout@mail.com

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- Boeing Factory Tour
- Transfer from hotel to cruise port
- 23 night cruise onboard EXPLORER OF THE SEAS from Seattle to Sydney#
Main meals~, entertainment & gratuities onboard
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Valid until 31st March 2017, unless sold out prior.
Availability is limited and conditions apply.

| PRICES PP/TWIN SHARE FROM | INSIDE (M) FROM | VIRTUAL BALCONY (VB) FROM | BALCONY (D3) FROM |
|------------------------------------|-----------------------|------------------------------------|-------------------------|
| SYDNEY | \$4719* | \$4989* | \$6229* |

For full details Contact Joanne at
ALL ABOUT TRAVEL TWEED HEADS on 07 55131433 or
e-mail joanneat@bigpond.com



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