



Dance Dreams

February has brought a wave of joy to the centre. One of our new activities to hit the program this month was the Tap Dance class which started on Monday 6/2/18. We had a great turnout for the first week with 13 smiling tappers. Tap dance has many benefits including: increasing cardiovascular strength, flexibility and coordination. Cherie our new dance tutor was very impressed and touched by the joy she saw on our members faces. Cherie is also leading our Jazz Ballet class on Tuesday mornings. Jump onto our Facebook page to view a short video of the ladies in action! Can't wait to see these ladies impress everyone with their moves at the next 'showcase event'.



Creating more space for our growing needs!

The centre has grown in members and activities over the years with many projects having been undertaken by previous Management Committees to create more space and storage areas. Examples include: renovation of industrial kitchen, extensions to salon, the bingo and table tennis storage area. Space is getting so tight that the maintenance room is being used as a storage room (see pic). We are having storage issues in a number of areas so management are currently working on a re-design of the spaces at the front end of the building. We are being careful to ensure none of the existing activities will be lost due to redesign. We look forward to sharing more information as the project progresses.



A language that sounds amazing and is fun to learn

After receiving lots of interest for the French for Beginners class, the day of the first class finally arrived. I say finally because I could barely leave my office without being chased up the corridor by John to ask me when French was starting. There was a noticeable buzz in the air the morning of Wednesday 7/2/18 as the 15 participants arrived, keen to learn and practice the beautiful sounds of French. We must thank our new volunteer Jacqui (who is also one of our table tennis players) for coming forward to offer her knowledge and skills to teach others. If you already speak French we will be starting the French Conversation Group on Mondays 19/2. Monique was previously with U3A will be coming on board as one of our volunteers to facilitate this activity.



LEARN TO DANCE Tuesday Nights 5.30pm Beginners

Friendship Group Grows

Do you know Faanoi? If you don't know her name, maybe you know her as the lady who makes delicious cakes and organises delicious lunches for the group on a regular basis sometimes with the help of her son Paull. Faanoi, proud mum, skilled at crafts and dedicated bingo player, came into the office over a year ago and asked if she could start a friendship group here at the centre. Since then the group has grown. Faanoi hasn't stopped promoting the centre, she is active in the community encouraging them to come and join us. She is currently working together with the centre to assist more people in the community without transport to come join the group. Well done Faanoi! We acknowledge your hardwork and efforts.



Coolangatta Senior Citizens Centre Inc.

President – Brian Finch 0755241648

Secretary – Sue Pearson 0412 764 185

1st Vice President – Pete Lawson

2nd Vice President – vacant

Treasurer – David Irwin

Centre Coordinator – Renae Barron 075536 4050

PRESIDENT'S REPORT

Another year over, happy memories of 2018, six months of a complete change of Committee, including unexpected promotions for some! I look forward to the many challenges ahead. Our full committee and sub-Committees are working hard evaluating, developing and initiating new projects within the club. The redesign of the library, computer, snooker area is a new project the Committee has released on page 1 of this newsletter. As you are aware, the Commonwealth Games are to be held soon. It is anticipated most of our activities will be un-affected. However, an increase of people and vehicles in and around Coolangatta is expected. Check our Notice Board for information. "Cooly Rocks" is less than 4 months away. We can let you know that this year's event will be run by the Centre staff and volunteers. We will have bands on the Friday and Saturday nights with tickets going on sale soon. We wish to pay respect to our late dear friend and bowls member Geoff Govett, for his remembering us in his Will, with a kind donation of \$2000 to our Club. My good wishes go out to all our Members. Don't forget we are here to help you enjoy your activities. Your suggestions are valuable to us in assessing your need. Good Luck for 2018.

Brian Finch (President)

COORDINATORS REPORT

Dear Members & Visitors,

Welcome to February, they say time flies when you're having fun. Definitely the case for me, I had a lovely break with my family in Fiji. I loved the welcome we received there and their motto "you're on Fiji time now, no worry, no hurry". My first day back, Peter informed me he needed to take leave. Many of you know the circumstances of Peter's leave. It has been very heart warming to see so much care and concern for him, with a lot enquiring after him. Peter will be returning to work shortly and I ask you respect his privacy and allow him to discuss his personal situation only if he chooses. We have had a great worker come in to work in Peter's place. Thanks CJ for your hardwork, it has been a pleasure working with you. Thanks also to those from within the

membership, I'll mention a few Brian (President), Brian (Thursday Dance), Victoria (Ukulele) who have helped with running activities and day to day operations. We must have a lot of well-travelled members as we have been receiving a lot of foreign currency through our activities lately. Please doublecheck your coins before dropping into the tubs. Just a reminder if you find lost property please bring it to the office. Do not hold onto it hoping you can find the owner. We have a lost property book at reception and usually get a phone call soon after an item is left behind. We have had a few incidents this month involving chairs and subsequent falls. Remember to look before sitting, sit on the centre of the chair and be careful when standing if you store items under your chair so you don't trip on your items. Membership renewals as of the end of January were 626. We estimate the local membership is around 1000 so please check your cards and see reception to renew. I bumped into two familiar faces the other day as Barrie and Grace Laws were renewing their membership, welcome back guys! We are lucky to have the very versatile Karen Thornton back on our volunteer team. After almost a year off, Karen will be on helping out in Bingo on Tuesdays, Reception on Wednesdays and a bit of bus driving. Some may have noticed the land across the road "Skelton Corner" was fenced off last week. Thank you for the reports of unregistered vehicles in our lot. We have had an influx of homeless sleeping at the centre. I have raised concerns with the local police and Cr Gail O'Neill to work with us on resolving some of the issues we are having at present. We have started the planning for the annual 90th Birthday Celebrations so if you are reaching that milestone your invite will be coming soon. Volunteers if you plan on taking time off over the Commonwealth Games please let me know. See you around the Centre.

Renae Barron (Centre Coordinator)

Do you need help getting to the centre to participate in activities?

We currently have room on the bus for transport to and from the following activities:

- Indoor Bowls on Monday, Wednesday and Friday
- Bingo and Gently Does it Exercise on Tuesdays
- Singing Group on Wednesdays

We are currently taking expressions of interest for transport to and from Friendship group on Thursdays. Please call 07 5536 4050 and speak to our Centre Coordinator, Renae Barron to find out more

Bettina excited for the Commonwealth Games

Many of you know Bettina Adams on our volunteer team, she ran the popular Swing and Sway class in the past. We now see Bettina every Tuesday at 1pm as she leads the Gently Does It – Stretch n Dance. Bettina is passionate about our community and in the spirit of the GC2018 Commonwealth Games she has written a song which she has kindly shared. Enjoy!

WAVE, CLAP, CHEER, at COMMONWEALTH GAMES

4/4 Swing

Music, Lyrics and Choreography by Bettina Adams
28/10/18

Fanfare – 4 Bars

Wave clap cheer, our athletes make us proud
In green and gold, they're brave and bold
Excitements high, as they march by
Hurrah for The Commonwealth Games.

Our teams are strong! DRUMS!
And they belong with worlds first class,
They earn their fame and
Australia's hearts! DRUMS!

Wave clap cheer, we marvel at their skill
We see them try, to reach the sky
The medals gleam, fulfil their dream
A magic time for all!

Our country's best
Put to the test, we thrill to see
Australia sharing
In Victory! DRUMS!

The new year has started off with our regular players returning back after the long break this year, in good form. We are pleased to be playing in air conditioning during the hot months. It is a good way to exercise in comfort. New players warmly welcomed and encouraged by us all. Our times are Wednesday,



Thursday,
Sunday
mornings.
8.30 to 12
noon. Morning
tea provided.

No Rusty Fingers

It's been a long break for the Ukulele Group but they had their first session at the Centre on the afternoon of Friday 2/2/18. The group jumped in feet first, learning just how difficult it is to count in a song. It was a great turnout with 15 coming along and taking turns choosing songs from the portfolio. Have you been practicing the "arpeggio" that Pete gave us in the last lesson of 2017 (*insert groan sound here*)? We look forward to Pete's return, we miss him and his lessons and we now realise we need him to keep us in strict time.

Plenty of fun planned for our Dancers in 2018?

Happy to announce your hardworking and dedicated volunteers from our dance activities have put together a program for the year. We will be having 4 balls this year and will spread them through the seasons. We will be bringing back some of your favourites for the theme nights and will release the details as the year progresses. Put these dates on the calendar:

Friday 9th March –Theme Night
"Back to School"

Saturday 17th March –St Patricks Day Dance

Friday 30th March – no dance (Good Friday)

Saturday 31st March – Easter Dance

Save the date for the balls and why not invite your interstate dancing friends to come along and join us:

Friday 13th April – Autumn Ball

Saturday 21st July – Winter Ball

Friday 14th September – Spring Ball



Have you heard our promotional ads on 4crb? Listen out during February and March and let's encourage others to join us.



LOOKING FOR NEW PLAYERS

Come and try, learn the game of indoor bowls. Fun & Friendship.

MON, WED, FRI, SUN

8.30am arrival for 8.45am start

Remember the 4 key messages to keep you and others healthy in the heat

It is a good idea to prepare for the heat before it arrives. You can prepare yourself on a personal level as well as your house or apartment. Remember to have a chat with a neighbour or relative/close friend about keeping in contact during a heat wave in case you or they need any help.



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HIGHLIGHTS OF NEW ZEALAND AND AUSTRALIA - MS NOORDAM
 16 Night Fly, Cruise & Stay from
\$3,469* per person twin share

Cruise departs 08th November, 2018

Fly Cruise and Stay inclusions:

VIEW & VERANDAH UPGRADE EVENT^^

Book on a select sailing before 28 February 2018

& receive these valuable offers:

- ❖ FREE Stateroom upgrades
- ❖ BONUS Credit per stateroom (inside & outside up to US\$200, balcony up to US\$400 & suite up to US\$500)
- ❖ Up to 10% off select shore excursions when booked before 15 March 2018
- ❖ PLUS....Book a suite & receive pre-paid gratuities (hotel service charges)!

HIGHLIGHTS OF NEW ZEALAND AND AUSTRALIA Fly, Cruise & Stay package includes:

- One way economy airfare with full service carrier from Sydney to Auckland
- 2 nights 4 star accommodation in Auckland
- Afternoon Auckland City Express Tour - Please see website for details
- 14 night cruise aboard ms Noordam ex Auckland to Sydney
- All shipboard main meals (excluding specialty restaurants)
- All port/govt. charges
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Stateroom Type	Rate PP
Inside	\$3,469
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Are you up to speed with **smoke alarms**

Since 1 January 2017 legislation has specified the type, positioning, and interconnectedness of smoke alarms for Queensland homes.

All these are critical factors for an early warning and quick escape during a house fire.

Photoelectric smoke alarms see smoke and will alert you early, so you can escape.

Interconnected alarms will alert you no matter where you are, or where the fire starts.

Additionally, alarms should also be **hard-wired to the 240v power** supply or powered by a **non-removable 10 year battery**.

As Queensland residents become more familiar with the smoke alarm legislation and its 10-year timeline for implementation, they should continue to maintain their current smoke alarms and practice their fire escape plans.

FOR MORE INFORMATION:

<https://www.qfes.qld.gov.au/community-safety/smokealarms/Pages/default.aspx>

COOLANGATTA SENIOR CITIZENS' CENTRE

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www.coolangattaseniors.com.au