



## A HAPPY CROWD



Marion and Paul McGuinness celebrated their 50<sup>th</sup> Wedding anniversary on Saturday 10<sup>th</sup> February, they bought a lovely cake to share with us. In their own words “their wonderful friends” at Seniors. These two are very young at heart, full of life, and can’t speak highly enough of the centre. These are some of the “younger” seniors.... wonderful rock & rollers and fabulous advocates of the centre. In a twist of tradition, they swapped the Anniversary Waltz, to a Jive for us.... Oh boy, what a performance..... everyone enjoyed the floor show. Never say never, come learn to dance: New Vogue, Rock n Roll or Line Dancing. Pickup our latest activity flyer for full details.



**NEW VOGUE DANCE - BEGINNER LESSONS**  
**Every Tuesday 5.30pm**

### DANCE DATES TO REMEMBER:

- 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

**Coolangatta Senior Citizens Centre Inc.**

**President** – Brian Finch 0755241648  
**Secretary** – Sue Pearson 0412 764 185  
**1<sup>st</sup> Vice President** – Pete Lawson  
**2<sup>nd</sup> Vice President** – Victoria Houghton-Ward  
**Treasurer** – David Irwin  
**Centre Coordinator** – Renae Barron 075536 4050

## LET’S CELEBRATE –

Our 2018 90<sup>th</sup> Birthday Members are: Graham Imeson, Frank Walker, Florence Davenport, Mavis Carey, Gwen Blackburn, Patricia Knox and Reginald Hall. Join us for a luncheon in their honour. **PLEASE NOTE:** Bingo activity will commence at 9am on this day and finish by 11.15am. Gently Does It – Stretch and Dance is cancelled on this day.

### *Pot Luck Luncheon* **Tuesday 27<sup>th</sup> March**



11.30 am – 1 pm

*RSVP: Reception for seating*

**P: 07 5536 4050**

Please bring a dish or plate of food to share.

Cake and, tea/coffee supplied by centre

## Which glass are you?

**PESSIMIST**  
 “My glass is half empty.”



**OPTIMIST**  
 “My glass is half full.”



**REALIST**  
 “My glass needs a refill.”



Positive emotions - like joy, gratitude, contentment, inspiration, and pride - are not just great at the time. Recent research shows that regularly experiencing them creates an 'upward spiral', helping to build our resources. So, although we need to be realistic about life's ups and downs, it helps to focus on the good aspects of any situation - the glass half full rather than the glass half empty.

The 20<sup>th</sup> March is **International Day of Happiness** Will you take the Action for Happiness pledge? "I will try to create more happiness in the world around me" <http://www.dayofhappiness.net/#join>

## **PRESIDENT'S REPORT**

Dear Members & Visitors,

A very WARM! Hello to all our members (excuse the pun). This report brings some mixed news of minor operational changes with steady progress being made with our new alternation/development programme. We are happy to announce that we are using an interior designer to assist us with the project.

New activities are progressing with tap dancing taking off with vengeance, although no sign of our Fred Astaire yet! Monday morning is our day for tap dance. Scrabble has been introduced we look forward to meeting more members at this new venture. We regret some inconvenience to our members due to maintenance problems with our sliding walls in the hall and the upper wall in the back of the hall. These are being remedied with urgency, we look for your understanding.

Since our last newsletter we have had a few changes in your committee. Cathy Summers has resigned and Victoria Houghton-Ward was elected as our 2<sup>nd</sup> Vice President at our February meeting. Your committee and coordinator have been busy. Happily, we can announce we were successful in our application to become a "Be Connected" Partner. We will receive an activation grant of \$1400 to use within the program guidelines. Don't forget to support our Easter Raffle now on sale, thank you to Joy Boden who donated the prizes again this year.

One particular activity, I would like to highlight is the annual tribute to our NONAGENARIAN'S, yes our 90 year old members achieving this marvellous milestone. On the 27<sup>th</sup> March 2018 we will be holding a presentation event in honour of their achievement. In a break from tradition we will be hosting a Pot Luck Luncheon and ask everyone to bring a plate, cooked chicken, cold meats, salads, bread rolls, sandwiches and the like. The centre will contribute disposable plates/cutlery, a large sponge birthday cake and light refreshments. We request you support our older members on this special day. Come hear their tips of living into your 90's. Extra volunteers to help on the day would be appreciated please see our Centre Coordinator. I look forward to sharing news on future projects as more information comes to hand.

**Brian Finch (President)**

## **COORDINATORS REPORT**

Dear Members & Visitors,

Another busy month ahead. Multiple opportunities for our dancers to get dressed up in the coming weeks. Your committee members have been busy meeting with the 90<sup>th</sup> Birthday members and taking some of their life stories. Some will share their story on the 27<sup>th</sup> March so don't miss it. As the activity program gets busier it becomes increasingly harder to fit new activities in and around what is existing. I want to thank you all for your cooperation when changes are needed. A new dance movement program "Move to Improve" will start on Monday 12<sup>th</sup> March, facilitated by Virginia Woods. French for Beginners will end on 18<sup>th</sup> April, it will be back later in June. Wear and tear on the unfold doors in the hall has caused damage, quotes are being obtained with repairs in the next few weeks. We are also waiting on quotes to come for repairs to the high wall in the back of the hall which was damaged in recent bad weather. Please kept out of the fall zone which has been sectioned off. The hot water solar systems on the roof were failing and had significant coastal damage. The two units were replaced by one new Rheem system on 1<sup>st</sup> March 2018. We continue to work with council regarding illegal campers and issues with people sleeping around the centre. We have staff taking leave on and off over the coming weeks so thank you for your understanding if activity setups are slightly different. Thank you to Bob who stepped up to play the music in Pete's absence for our Thursday morning dance and Colin & Elizabeth for stepping in. Contrary to recent rumors, we are not returning to paid entertainers at this time. Plans are underway for the June Long Weekend dances. We have secured two bands **Route 66** who will play on Friday 8<sup>th</sup> June and the **Mustangs** for Saturday 9<sup>th</sup> June 2018. The Centre will be closed Good Friday 30<sup>th</sup> March, no activities or access to the centre will be permitted. The centre we will remain open during the Commonwealth Games for your enjoyment. Remember to "*remain flexible life is always changing*" – unknown. See you around the Centre.



**Renaë Barron (Centre Coordinator)**



## **Happy Birthday!**

March Voucher	Free Winners	Activity are:
Les	- Member id	2608
Jan	- Member id	2702
Robyn	- Member id	2671

Protect yourself  
against **Shingles**  
A **FREE VACCINE** is now available  
for people aged 70-79 years old

## Be Connected

Every Australian online.

Be Connected is an Australian government initiative committed to increasing the confidence, skills and online safety of older Australians. Be Connected aims to empower everyone to use the internet and everyday technology to thrive in our digital world.

Through the Be Connected online resources, Australians will be able to learn the basics of using digital devices and engaging with the internet, including:

- being safer while online
- talking to or seeing family and friends who live far away
- finding new friends who share interests and hobbies
- connecting with old friends
- keeping up to date with what's happening in communities and around the world
- shopping and selling online, safely and securely.

**Coolangatta Senior Citizens Centre is a Network Partner we can assist you to be connected.**

<https://beconnected.esafety.gov.au/>

**TALK TO US TODAY!**

## Strong Backs Prevent Injury!

If there's one thing trainers hear about often it's sore backs. Not everyone knows that without proper posture and movements, your back is susceptible to injury. You've probably done it before; twisted the wrong way, didn't lift with bent knees, maybe even slept wrong. Suddenly, your back is in pain and you don't want to move from the couch. When you hurt your back you need to keep the muscles moving, barring your doctor saying you need to stay immobile for a while because generally speaking, sitting or lying around waiting for the pain to go away can actually cause the pain to last longer or even worsen. However, you will still need to be careful not to further irritate the injury.

### What causes back pain?

Back pain is normally triggered later in life as bone strength, muscle tone and flexibility begin to decline. Suddenly the spinal cord, ligaments and the discs between vertebrae don't have as much support as they need in order to function correctly. However, there are other ways to hurt your back apart from aging. One way is to have a weak core and back muscles. This may sound obvious, but many people don't strengthen their core, and suddenly their spine and ligaments don't have enough support. Even doing simple movements can pull something and, without a strong back, you can run into issues like slipped discs. And that is definitely not fun. Another way to hurt yourself is through improper movement. Trainers say 'Lift with your legs' for a reason. When you pick up something heavy, using your back muscles, you open yourself up to injury. If you're prone to injuries in your lower back make sure to tell anyone who trains your body—whether it be a dance instructor, a fitness trainer, a sports coach—so they can keep a close eye on what you're doing. If you use weights, bands or kettlebells incorrectly then you'll just end up recovering in physical therapy instead of working out. And, carrying too much extra weight on your body can hurt your back as well. Your spine is only meant to support so much weight and if you have excess fat on your body it can push the pelvis forward to compensate and this puts a strain on your back. In our Monday morning Get up N Go fitness sessions we aim to help eliminate the possibility of chronic back pain in the future. We use exercises which will help strengthen your back and prevent injury. These exercises target important areas like upper legs, core and lower back muscles which are all-important for a well-supported spine. No experience necessary, we work to your level. So come and join us for a safe workout under the supervision of a qualified trainer.

**Written by Sue Pearson**

## NORFOLK ISLAND

### HIDEAWAY RETREAT – RELAX AND EXPLORE

Valid for travel until 31 December 18

**Package inclusions:** Return flights, All airport taxes, Airport meet & greet on Norfolk Island, 7 nights accommodation at Hideaway Retreat in a self-contained one bedroom Apartment, Car rental daily, including all compulsory charges, Half day Island Tour, Convict Settlement Tour, Progressive Dinner, Island Fish Fry (own transfers), Sound & Light Show and Glass Bottom Boat



Ex: BNE \$1376.00 p/p  
Ex: SYD \$1432.00 p/p  
Ex: MEL \$1745.00 p/p

### STAY AT JACARANDA PARK COTTAGES

Valid for travel 01 June – 31 August 18

**Package inclusions:** Return flights, All airport taxes, 7 nights accommodation in a self-contained one bedroom Cottage at Jacaranda Park Cottages, Return airport transfers, Car rental daily, including all compulsory charges, Half day Island Tour, Island Fish Feast (with Baunti Escapes), Farm & Industry Tour (with Baunti Escapes), Convict Kingston Tour (with Baunti Escapes)



Ex: BNE \$1712.00 p/p  
Ex: SYD \$1768.00 p/p  
Ex: MEL \$2079.00 p/p

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# Yoga Opens You

If you still think of yoga as “that thing the younger ones do to stretch” you might be surprised at the role yoga has medically and scientifically proven to play in health care for seniors. Yoga is being increasingly used across a wide-range of social settings to help alleviate suffering. Modern science really does validate the benefits of yoga. Here are some of them:



- It has been shown to reduce symptoms of serious and chronic illnesses.
- It has also been proven to decrease the pain of arthritis and other conditions related to joint inflammation. When our bodies enter a state of stress biochemical changes take place in our bodies and this exacerbates joint pain. Yoga breathing practices enhance a sense of well-being and help eliminate stress. Targeted yoga poses helps strengthen the muscles and joints as well as create more flexibility. We have seen incredible improvements in people in our classes.
- Our bodies tend to ‘shrink-wrap’ around any shape we hold for a long period of time in order to reduce the muscular effort required to stay there but with better flexibility and strength comes better posture and better posture ensures a better life. And better balance too.
- As people develop a regular practice of yoga, blood pressure lowers. The connection between yoga and heart health has gained so much acceptance in the medical community that yoga is part of the Medicare-recognised Dean Ornish Programme for Reversing Heart Disease.
- Yoga also helps patients who have undergone heart surgery cope with feelings of depression, stress and anxiety.
- In fact yoga is pivotal in the treatment of those with anxiety, depression, chronic pain and trauma and, in America it has been shown to be one of the most effective treatments for PTSD.

So yoga’s physical practice (the stretches which, incidentally, physios and exercise physiologists use on patients in their practices) the breathing and meditation (which we practise in every class at this Centre) offers a doorway for many people but the deeper benefits extend way beyond the mat.

Harvard- and MIT-trained physicist-physician, Dr Goel describes how yoga opens a person’s individual consciousness to a larger universal field of consciousness—scientifically known as the ‘quantum field’. Over time, with the practice of yoga, people find that their entire way of being begins to shift as they tap into a deeper part of themselves. Yogis of old knew about reprogramming the wiring of the brain and mind decades before scientists began discussing neuroplasticity. And by learning to go in and out of dual and non-dual states of consciousness via yoga, meditation, and yoga nidra (held on Wednesdays at 5pm) we gain access to intuition and wisdom to guide our day-to-day lives.

But please note that no single yoga pose or yoga class will function as a magical cure. It is regular practice which brings significant changes but we are *never* too old to start. Beginners very welcome and if you can’t get down to the floor, that doesn’t mean you can’t do yoga—if you can breathe, you can practise. So, yoga—when taught by professional, extensively-trained and scrupulous teachers, teaching from an authentic perspective—really can open you up to the possibilities of life!



Written by Sue Pearson

## APPLIANCE REBATES for Qld Residents

Applications are now open for the Energy efficient appliance rebate. The scheme will end when the funding is exhausted, so payment of a rebate is not guaranteed. Rebates will apply to purchases on or after 1 January 2018. Rebates range between \$200 and \$300 for eligible appliances. Limited to 1 rebate application per household. Eligibility and full terms and conditions available:

[https://www.dews.qld.gov.au/\\_data/assets/pdf\\_file/0003/1373745/appliance-rebate-terms-conditions.pdf](https://www.dews.qld.gov.au/_data/assets/pdf_file/0003/1373745/appliance-rebate-terms-conditions.pdf)

**CROWN  
CURRENCY  
EXCHANGE**  
**122 Griffith St,  
Coolangatta  
Ph 55368217**  
**SENIOR RATES**



**COOLANGATTA SENIOR CITIZENS’ CENTRE**

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**[www.coolangattaseniors.com.au](http://www.coolangattaseniors.com.au)**