



COOLANGATTA SENIOR CITIZENS CENTRE NEWSLETTER

ISSUE 22 -MAY/JUNE 2018

Rock n Roll Dance Party 2018!

All accounts received this years' event held 8-9 June 2018 was a great success. We enjoyed two terrific nights of dancing to live music. The bands Route 66 and



the Mustangs rocked the centre. The numbers were down on what we expected but our patrons were more than happy that gave them more room for dancing. Big shout out to Chay and Carol who helped Renae with the decorations giving the night sparkle and to Stephanie for running the free dance workshops and partner dances during the band breaks. The bar and snacks were wonderful thanks to the amazing duo on the bar / food David (Treasurer) and Noela Irwin (volunteer) and Merryl (Committee) and Sue (Committee) in the kitchen. The front of house Lynelle (volunteer) welcomed our patrons and did a marvellous job, Brian (President) escorted guests to their assigned seats. Amazing effort by all the helpers and our two paid staff who went above and beyond to make sure it all went off without a hitch. Thank you to all our local members who supported the events and our photographer on Friday night. More photos available to view on our website: www.coolangattaseniors.com.au

5 mins with Deneese



Which activities are you attending at the centre?

Tap Dance on Monday and Jazz Dance on Tuesdays.

Why did you choose those activities?

My neighbour and cousin told me about them. I did tap and ballet when I was 15-20, I'm now 77. I had become less active so I was looking to exercise and get stronger.

What benefits have you had since joining the centre?

Improved memory, mobility and circulation, I can feel my toes again. My range of movement has improved especially in my arm which I tore the ligament in last year. I am stronger, I can sit down and get up with more ease than I used to. Plus, I'm sleeping better and I'm happier.

What do you love about the classes you attend?

Cherie is a great teacher, she always makes sure we warm up and she makes sure our posture is correct throughout the class. She gives us a lot of direction. I enjoy learning the routines, improving my health making new friends and having a lot of fun. My health professionals have noticed a change in me too.

DID YOU MISS THE AGM?

It was held on 21st June 2018 at 9am. We had just under 60 members attend the Annual General Meeting of the centre this year that is about 5% of the membership. The members present enjoyed some light refreshments before the official proceedings commenced. Plenty of audit statements were on hand and the strategic plan was on display. The President, Brian Finch was the chair of the meeting and opened with a welcoming address. The meeting ran to the agenda. We heard the Presidents Report, the Treasurers Report. The findings of the Financial Auditor followed by the 4 special resolutions on the agenda. All resolutions were passed with a majority vote. The 2017/18 Committee stepped down. The 2018/19 Committee were nominated candidates were elected unopposed and nominations were opened from the floor for vacant positions.

2018/19 Management Committee

President – **Brian Finch**

Treasurer – **David Irwin**

Secretary – **Sue Pearson**

Committee Member – **Claire Irving**

Committee Member – **Merryl Lane**

Each was congratulated into the role with a round of applause. We thank the outgoing Committee members who worked so well as part of the team. Be sure to congratulate our new Committee members when you see them. Minutes will be posted on the noticeboard when complete.

COOLANGATTA
FOLK
CLUB

Thursday 26th July
4.30 pm – 6.30 pm

Have you registered with My Aged Care?

Through the Commonwealth Home Support Programme older people can receive support in their home and daily life. Including help with housework, personal care, meals and food preparation, transport, shopping, allied health, social support and planned respite (giving your carer a break). **We are funded to provide social support and help with transport to and from the centre's activities.. Please see our centre coordinator for more information.**

Coolangatta Senior Citizens Centre Inc.

President – Brian Finch 0755241648

Secretary – Sue Pearson 0412 764 185

1st Vice President – vacant

2nd Vice President – vacant

Treasurer – David Irwin

Centre Coordinator – Renae Barron 075536 4050

PRESIDENT'S REPORT

A big HELLO to all our Members and Visitors, May I take this opportunity to thank you all for allowing me to represent the Coolangatta Senior Citizens Club as President along with your elected Committee for the coming year. We will endeavour to progress during the year ahead inline with our "vision for the future" as highlighted at the AGM. The last few weeks we have seen a steady increase in membership along with visitors from NZ and the southern states. We would like to welcome you all and thank you for supporting our club. I personally want to thank all who were involved in the running of the Rock n Roll Dance Party for their hard work. It was great to see so many volunteering their time for this club fundraising event and many of our members supporting it by attending. Welcome back to Suzie and Ivan our hairdressing tenants who have just come back from a big holiday. We acknowledge mixed feedback after the change to Life Membership benefits were announced. We wanted to remind you of the correct way to raise concerns with the running of the centre. Bring your questions or concerns to the Centre Coordinator in the first instance, secondly put the matter in writing addressed to the Secretary of the management committee.

Brian Finch (President)

Dates to Remember

Thursday 12 July – Mini Bus Trip – Mt Tamborine

Thursday 19th July – Dutch Conversation Group

Thursday 26th July – Reminiscing Morning Tea

Thursday 26 July – Mini Bus Trip – XMAS in July

Thursday 26th July – Folk Club from 4.30pm

COORDINATORS REPORT

Dear Members & Visitors,

The minor renovations have certainly been a talking point. We wanted a more welcoming entry and looks like we pulled it off. It was a team effort, staff and management committee, but we must acknowledge Peter (and Brian who has gone toe to toe with Pete on many occasions) for completing the hard labour to get the project almost to the point of completion. We appreciate the patience of members and groups who

are now using the new rooms while we relocate some surplus furniture. Also, our receptionists who have been working in changing conditions. In other news we have two new hall hire groups joining us on a regular basis: **Tuesdays all day** – Board Room – Australian Unity Home Care **Sundays all day** – old library - Presbyterian Church Group. (If you play indoors bowls or table tennis on Sundays please be aware this group is in the building all day.) **Seeking Expression of Interest** for Rummy-o, cards including beginners & ladies pool groups, please leave your details at reception. Also, we have something new for members this month with the **Young At HeART** – **Journey Workshops** starting 18th July and continuing over 4 weeks. If you want to participate in this experimental art journaling register at Reception. Welcome back Jacqui your French for beginners tutor. This group will now revert back to Wednesdays at 9am. **Tai Chi beginners class** started last week on Mondays at 11am with Michael Dungate leading the group. Cherie our Tap and Jazz tutor will be away 16-17 July so the classes are cancelled on these dates. We had a lovely gathering for the first **Reminiscing group** on the last Thursday in May. The participants shared their stories, we had people from different countries so it was great to hear the different perspectives. We will host another reminiscing meet up on Thursday 26th July 9.30am – 11am. Please register at reception for catering purposes by 24/7/18. Lastly thank you to all our wonderful volunteers whose commitment and dedication to our centre and its members is outstanding. See you around the halls.

Renae Barron (Centre Coordinator)

Beware of scammers impersonating energy and telecommunications companies

New South Wales residents reported the highest number of incidents of the fake billing scam, with 1779 households reporting being victims, compared to 1275 in Queensland in the 12 months ending in April 2018. If you receive a bill outside of your normal billing cycle, or don't expect to receive an overdue notice, call your provider to check whether it is legitimate.

- If you are not a customer of the company simply delete the email.
- Never click on links or open attachments in an email from an unverified sender – they may contain a malicious virus.
- Never send money or give credit card details, online account details or personal information to anyone you don't know or trust and never by email or over the phone.
- Keep your computer secure – always update your firewall, anti-virus and anti-spyware software, and only buy from a verified source.

<https://www.scamwatch.gov.au/news/beware-of-scammers->

SINGLES CHAMPIONSHIP WINNER



The finals of the singles championship went to Robert (Bob) Murphy. In a very exciting and close game, he downed last year's triple champion Bill Coleman. *Pictured handing the perpetual trophy to Bob is our Centre Coordinator, Renae Barron*

Reminiscing Group –

Indulge in enjoyable recollection of past events with new friends and old
Thursday 26th July 2018
9.30 – 11.00am
Gold Coin Entry
Light refreshments provided
RSVP – Reception by 24/7/18



Winter Ball

Saturday 21st July 2018

arrivals from 6pm

Tickets \$15 includes welcome drink & supper

Ph: Carol 02 6674 4734 | 0422 644 471

Is someone in your family taking drugs and/or alcohol? Are you looking for practical down to earth information and support?

Stepping Forward is running 3 free sessions in September. These sessions are designed to give you something of value to take away to help you on your journey. All welcome to attend one or more sessions. Full details on the noticeboard or to Book Call Dee at FDS 0484 000 806.

4 Steps for Lifelong Energy excerpts from [Deepak Chopra, M.D.](#)

Despite all the standard advice about exercise—much of it is very worthwhile—the issue of having energy all your life runs deeper than just *getting more exercise*. But there's a steady decline in the exercise habits in older groups. The age group that benefits the most from physical activity are people over 70 and well up into their 80s and 90s, but these are also the most sedentary groups in society. To have more energy today is very desirable but having abundant energy for life should be your highest goal. Here are steps to help you cultivate lifelong energy.



1. Abandon Sedentary Habits

Get in the habit of standing, walking, dancing, doing yoga, and generally moving every hour. The actual amount of time is secondary; even a few minutes is helpful. If you can do 10 minutes, that is even better. The point is to activate messages from your brain to the rest of your body that sitting around is no longer the program.

2. Try New, Fun Exercise Routines

Unfortunately, repetition is boring for almost everyone (excluding the minority who can't wait to do repetitions at the gym). To counter the boredom, try movements that you really enjoy. Half an hour dancing to the radio is better than a marathon if you love it and feel enthusiastic about repeating it. Try new things all the time, though.

3. Build Psychological Resilience

People who stay young and energetic for life endure the same setbacks and frustrations as everyone else. Their secret is that they bounce back from setbacks. To do this, requires a sense of self that is centered and unshakable. In addition, resilience means not getting stuck. Stuckness in old grievances, self-judgment, unhappy relationships, and an unsatisfying job sounds like a complex matter—and it is. But life can unfold without getting stuck if you dedicate yourself to presence, the source of renewal.

4. Dedicate Yourself to Presence

A life in flow—a life that focuses on the present moment. You can't work on flow; you allow it. The process comes from deep within. Which is why meditation is so critical. Closing your eyes, and going inward gives rise to more energy. Seeing life anew every day, your enthusiasm for life inspires you to move, play, explore, and express yourself. It's not about feeling younger, because the real essence is to feel alive. The only time you can be alive is here and now. That's the challenge at any age but also the greatest joy.

COTA is coming to town-Have your say!

They want to make sure the voices of older people are valued and heard. Here's your chance to make sure our government and decision makers know the issues that matter most in your community.

Join COTA's policy team for an informal discussion about a range of issues affecting older people. **26th July 2018 11am – 1pm**
RSVP by 20 July 2018
By phoning: 02 9286 3860 or 1800 449 102

Caring for someone living with dementia?

Caring for someone living with dementia can be challenging physically and emotionally. If you're caring for someone living with dementia, it's important to understand that if their needs and behaviour change, it may not be anyone's fault. It can be a good idea to talk to a health professional. You can call the National Dementia Helpline on **1800 100 500** for free and confidential information and emotional support. Visit the <https://www.dementia.org.au/resources/help-sheets> for carer help sheets.

Life starts at sixty

For many people, life really does begin at 60. You've got more time for the things you've always wanted to do – visit new places, take up hobbies, or see more of friends and family. However, some things can seem a bit harder. We start losing people close to us. Friends and family are often far away. Our bodies can slow down a bit, and we might have more health issues to worry about. These changes can increase the risk of [anxiety](#), [depression](#) and [suicide](#) in older people. But you don't have to put up with doing it tough – [support](#) is available. <https://www.beyondblue.org.au/get-support/get-immediate-support> or Ph: 1300 22 4636



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For Bookings:

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