



A Night of Black & Red

Our Black and Red Theme night had great attendance. Many thanks to all for getting in the spirit, dressing in the theme colours. It all added to make the night a success. Many thanks to Colin & Elizabeth for their assistance with the Door & Supper.



UPCOMING DANCE EVENTS:

Friday 14th September

The Spring Ball
6.30 - 10.00pm

Tickets: Carol Smith 0413001910

Saturday 15th September

We welcome Len & Beth Pearson, who in Malcolm's absence will be in charge of the program and music. Join us from 6.30pm

COOLANGATTA FOLK CLUB



NEXT MEET:

Thursday 27 Sept (4.30 - 6.30pm)

Our First Show



In just 6 months, these ladies have learnt many tap steps and memorised a whole routine under Cherie's instruction. Determined not to give up, they come week after week. Recently they were invited to perform for a group of 60+ at the Red Cross social morning. Well done ladies! Interested? All welcome. Come join the fun, Mondays 9.15am

Volunteer Meeting & Refresher Day

Monday 24th September 9.30 – 12 noon
Morning tea provided

Compulsory for all volunteers

A fun morning for getting to know each other, to discuss some of the challenges in our roles, to refresh our knowledge of important procedures and processes. We will finish the morning celebrating achievements & highlights of the team.

Coming together is a

BEGINNING

Keeping together is

PROGRESS

Working together is

SUCCESS

Henry Ford

**This is compulsory
for all volunteers**

Please RSVP
directly to

Centre Coordinator

Ph: 0755364050

President – Brian Finch 0755241648**Treasurer** – David Irwin**Secretary** – Sue Pearson 0412 764 185**Centre Coordinator** – Renae Barron 075536 4050**PRESIDENT'S REPORT**

Once again, a BIG hello to all our members and visitors. I wish to thank our visitors for supporting our club during their vacation on the Tweed and Gold Coast. Their feedback has been very complimentary about the friendliness of the club members, volunteers and staff. Comments have also been received in appreciation of the many varied activities available to them. Well done to all involved. We recently had a visit from our local councillor Gail O'Neill as part of Qld Seniors Week. The good sport she is saw Gail buckle on a pair of spare tap shoes and participate in the tap class on 20th August. After some fun tapping with the



ladies, Gail spent time with management discussing club matters. We thank Gail for her involvement and support of our club. Well done to our

Thursday morning dancers who dressed in yellow for their dance during Seniors Week. They dug deep to raise \$205.45 for Daffodil Day (cancer research). I also thank our staff and volunteers who put in some extra work to offer some variety to our light refreshments during Seniors Week. We are lucky to have so many talented volunteers and this enables us to keep adding to the program. I called in to checkout the new Thursday afternoon Broadway Dance after hearing good reviews. The music was wonderful and the participants were having a ball. Anyone wanting to learn to play the card games 500 or Pony join us Thursdays 9.30am. Last, but not least, our Drumming Circle has taken off. BYO drum, grass skirts and headdress optional!!! I've got the next Folk Club pencilled into my diary. If you haven't participated so far, I strongly encourage you to come along, it's always a great night. We look forward to getting our volunteers together on 24th September for our meeting and refresher day. This training will be informative and assist us to conform with necessary regulations. We thank all members for complying with the fee increases put in place from 1st September to ensure compliance with our government contract. We have submitted 3 grant applications this month being a Divisional Grant, Volunteer Grant and a program grant for "Get Online Week" 15-21 October 2018. Take care and keep enjoying yourselves.

Brian Finch (President)

Dear Members & Visitors,

Welcome to all our new members this month. Our current financial membership is sitting at 1150 and growing. The 2019 membership will open 1st November so if you were thinking of submitting an image for next year's card, don't delay. I wanted to thank all the members who approached me about becoming a funded customer. This change will assist with our reporting and help us keep our grant. Our line dancing tutor, Anne, is taking some time off this month and we welcome on board Lindy who has volunteered to fill in. We welcome Bill and Judy who will be running our "learn to play cards" 500 or Pony on Thursday mornings. I wanted to acknowledge our digital tutors who are helping you all "Be Connected" with computers and all things technology. To our digital tutors Linda, Geoff, Lynne and Sharon, well done! On Monday 24th September we will be having our first compulsory volunteer meeting/refresher day. It will be informative and fun, please RSVP to me directly. **The centre will be closed on Monday 1st October Queens Birthday Public Holiday**, no activities. **Day Light Savings** will start Sunday 7th October in NSW putting clocks forward 1 hour. The centre operates on QLD time but some activities will change slightly including: Monday Mahjong starting 8.30am and Poets & Writers will drop back to 12.30 – 2.30 on Tuesdays. I am taking leave 5-19 October and Peter and Brian will manage the day to day. See you around the halls. **Renae Barron (Centre Coordinator)**

DUTCH GROUP MAKES DONATION TO THE CENTRE

At the August Dutch Conversation Group one of the ladies brought some lovely needlework she had recently completed. Each piece took about a week of dedicated time to complete. The scenes depicted nursery rhymes and included a hand-stitched Dutch phrase. We thank you for this kind donation to the centre for display or to raffle/sell in the future. Are you of Dutch heritage? Our Dutch Conversation Group meets on the 3rd Thursday each month from 9am – 11am.

Be Connected program for older Australians

The program is aimed at increasing the confidence, skills and online safety of older Australians when they use the internet.



We are here to help

book an appt at reception or phone 07 5536 4050

Already confident, checkout the free learning portal, it has many useful topics to keep you safe online

www.becconnected.esafety.gov.au.

Come ride the Alpha waves!

Alpha waves can be increased through drumming or even by just listening to drumming regularly. Increased alpha waves induce a natural “high” helping calm you. It can also produce feelings of well-being and even euphoria, which may help people who suffer from mental illness, such as [depression and anxiety](#).

Therapeutic drumming can retrain the brains of people who have some level of damage or impairment, such as with Attention Deficit Disorder (ADD), after a [stroke](#), or where there is neurological disease such as Parkinson's. Drumming is a great workout for your brain and actually can make you smarter because when you drum you access your entire brain. **Our drumming circle meets weekly on Wednesdays 3.30-4.30pm. BYO drum or box/bowl anything can be a drum.**



If you find yourself (like Bob Marley) wanting to “Hold Onto This Feeling” after drumming, stay a little longer, join Sue for a Yoga Nidra session from 5pm. Experience deep rest and relaxation that isn't found in your average meditation practice. This too is therapeutic and acknowledged to be the best therapy for PTSD, depression and anxiety sufferers.

Referenced from <https://www.drnorthrup.com/health-benefits-drumming/>

SO MANY OPTIONS

We are a friendly place of fun, learning and activities for adults.



Monday

Latin Fitness, French Conversation (adv), Tap Dance, Mahjong, Tai Chi (beginners), Guitar

Tuesday

Yoga, Jazz Dance, Bingo, 8 Ball, Ukulele (beginners), Gently Does It Exercises, Poets & Writers, New Vogue Dance (incl Lessons),

Wednesday

Indoor Bowls, Table Tennis, French (Beginners) Social Scrabble, Singing Group, Rock n Roll Lessons, Drumming Circle, Yoga Nidra

Thursday

8 Ball, New Vogue Dance, Yoga, Cards (learn to play), Qi Gong, Friendship Group, Line Dancing, Mahjong, Broadway Dance

Friday

Indoor Bowls, Table Tennis, 8 Ball, cards, ukulele (intermediate), New Vogue Dance

Saturday

Yoga, Tai Chi (advanced), New Vogue Dance

Sunday

Indoor Bowls, Table Tennis

Hairdressing Mon-Wed & Fridays 8-12

Computer Access & Wifi (office hours)

Library (easy borrow)

Be Connected – free digital lessons

Be Connected – Smart phone basics group

Monthly **Folk Club**

Monthly **Dutch Conversation** (3rd Thursday 9am)

Mini Bus Trips

Transport to and from centre

Do you have an idea for a new activity? Let's talk, see our Centre Coordinator.

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DON'T STOP PLAYING

The importance of play can't be overstated. In fact, scientific studies continue to show that play and fun activities—for older adults or people of any age—can have several major benefits. For example, play has the power to help:

Improve how your brain works. Playing and having fun—on a regular basis—can help you avoid memory problems and enhance your creativity and mental sharpness.

Heal, establish, or maintain relationships. Our social lives are incredibly important for our overall well-being. However, a lot of seniors are lonely. But fun and play can enable seniors to make new friends or improve existing relationships.

Improve your mental and emotional well-being. Engaging in fun and playful activities can expand your optimism, multiply your moments of joy, and reduce your stress. It can even help you prevent depression.

Extend your life and improve your physical vitality. Creating plenty of fun moments in your life can be a good way to boost your immune system, reduce your risk of illness, and minimize your perception of any existing pain you might already have.

As you can see, play should be a major part of life for everyone. We can all probably use many more experiences of pure child-like joy. It's who we are, no matter our age.



Referenced from <https://www.greatseniorliving.com/articles/fun-activities-for-seniors>

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