



COOLANGATTA SENIOR CITIZENS CENTRE NEWSLETTER

ISSUE 25 - OCT/NOV 2018

Learn French and travel with Friends



In February of this year a new French group for beginners was started with Jacqui Posener and some very keen students. Some people had always wanted to learn French and jumped at the opportunity. The group has been wonderful, dedicated and friendly. So friendly, in fact several of us are going on a cruise to New Caledonia to put into practise what we've learned in class. Bon voyage!

Profiter de vos vacances mesdames !
(enjoy your holiday ladies!)

Did you

#try1thing

Well done to the team who ran the Get Online Week event held on Friday 19th October. Our 3 digital mentors

Sharon,
Lynne
and Linda
were
assisted
by Brian,
Judy,



Merryl and Claire from the Committee. Members and visitors tried a wide variety of things from you tube, apps, facebook, marketplace, itunes, password and photo management. It was great to see members from different groups coming along to this event.



If you need help to get online or know someone else who does. Remember we can also help with technology such as using your new phone, ipad, tablet or laptop. Bookings for 1:1 or group lessons are taken through reception or phone 075536 4050.



November will be the last meet for the year so.... We'll be hitting it hard and pulling an all-nighter!

Thursday 29 November 2018

From 4.30pm till late

Gold coin entry

BYO snacks, drinks for sale



the biggest & best ever CHRISTMAS PARTY

We've been waiting for this all year for this.

This year will be a non-stop showcase of performances by your talented fellow members from many groups including: singing, ukulele, guitar, drumming, jazz, tap, Broadway, line dancing and much more...

Friday 7th December 2018

9am - 12 noon

Bring a plate of food to share

tea & coffee provided

"NOT TO BE MISSED"



COOLANGATTA SENIOR CITIZENS' CENTRE

PH: (07) 55 36 4050

www.coolangattaseniors.com.au

President – Brian Finch

Treasurer – David Irwin

Secretary – Sue Pearson

Centre Coordinator – Renae Barron 075536 4050

PRESIDENT'S REPORT

Another newsletter, with plenty of positive feedback from our first volunteer session on 24th September.

A great deal of information was shared including safety regulations, procedures, legislation and responsibilities. Volunteers also took part in a fire drill exercise ensuring the safety of members should the occasion arise. Well done to all. We look forward to our next session to cover the volunteers who were unable to attend. We have erected a gate at the east side of the building to prevent access to the side area. Please note the cycle racks have now been moved close to the front of the main entrance for those who rides bikes to the centre. Well done to all involved in the 'GET ONLINE WEEK' event held in October. Thank you to the members who came along to #try1thing. The Folk Club continues to provide something new each month. September we had the Broadway dancers open the show and in October our drumming circle performed for the crowd. I recommend the night and by all accounts November's night is not to be missed. As 2018 races to an end we are making preparations for our Members and Volunteers Christmas Party. It will be a great morning to see the talents of your fellow members. Don't miss getting your tickets for our Christmas raffle - they are on sale at reception. Acknowledgement goes to our Mahjong group who generously provided the raffle prizes through their own fundraising efforts. Also, we thank Tweed Kitchenware who donated some goods for the raffle. I acknowledge the wonderful team of staff, management committee, volunteers and all our helpers. Without you the members we have no club so thank you for your loyalty and support.

Brian Finch (President)

COORDINATORS REPORT

Dear Members & Visitors,

Well done to Brian, Peter, our Committee and volunteers who managed the day to day in my absence. My family and I enjoyed a driving holiday to Cairns and back. We can't wait to get back on the road. The 2019 Membership has now opened. This year's card is a picture taken by Merryl Lane of the Kirra point. Peter our maintenance / activity officer will be going on leave 19-27 November so Ukulele, Guitar classes are cancelled during this time. We have a replacement worker from Nortec coming along to fill in. On Thursday 22nd November the Aged Care

Accreditation Agency will be here to conduct quality review. This is a review of the services provided to our funded customers. November's folk club is set to be something special so come along. Table tennis and indoor bowls will be cancelled Friday 7th December to accommodate our Members and Volunteers Christmas party. Join us from 9am – 12 noon as we enjoy an interesting and entertaining showcase of your fellow members talents. Our new activities are attracting new members. Cards (500) on Thursdays 9am, welcome. We cannot forget to mention Ted Marchwicki who celebrated his 98th birthday with his friends at the centre on Sunday 2nd September 2018. He was caught wearing a cheeky shirt only he could get away with. Ted is a regular at our Table Tennis activity and ready to challenge you in a game of two. Our \$1000 Bingo Jackpot went off in September, here are the two lucky winners who shared the prize. We pay some of the best cash prizes on the coast. If you enjoy bingo come along and join our friendly group, every Tuesday. Sequence / New



Vogue Dancers please note that 30mins of dance revision is offered from 6 pm on Friday nights. The breakup dates for 2018 will be posted on the noticeboard in the coming weeks. The centre will be closing over Christmas. last day is Wednesday 19th December and we reopen Wednesday 2nd January 2019. However, there will be a New Years Eve Dance held for our dancers, arrivals from 7.30pm till midnight. See you around the halls. **Renae Barron (Centre Coordinator)**



SHAPE OUR FUTURE



Pictured (left right) Sue Pearson (Secretary), Judy Ensor, Merryl Lane, Claire Irving, Brian Finch (President) and David Irwin (Treasurer).

Whether by personal interest or by twisted arm the 6 individuals pictured above make up your Management Committee. Look! They are all smiling! Being part of the centre's management committee brings great personal satisfaction. Collectively the Committee uses its power to do good for others. A good committee is the backbone of a great association and we are so lucky to have willing and able members on our committee. There are 3 vacant positions still on this year's committee, so the call goes out to you. Think it over, and have a chat to one of this fellow committee members or our Centre Coordinator about what's involved. Help us shape the future of the centre.



Caring for Carers: a new program to reach carers for people with dementia

The *Caring for Carers of People with Dementia Project* links carers of older people with dementia to other carers living in regional and rural Australia. The chat-based group program allows carers to chat with other carers in similar circumstances. Carers join a weekly group videoconference meeting from their home and connect with other carers in a relaxed and informal atmosphere. Carers have the opportunity to share information, experience and skills. The program is available to primary carers of a person with dementia.

The information and chat meetings are led by an experienced facilitator, Dr Annie Banbury, and run for six weeks. Group programs have now started and will be offered through to May 2019. Carers need to be connected to the internet. The program is free, apart from charges from the internet service provider for data usage in the videoconference sessions. Carers are encouraged to use their own desktop computer, laptop, tablet or smart phone; the project can loan a tablet for the sessions, if needed. Carers do not need to stop any other programs or services that they are involved in. Carers will be offered \$50 voucher to cover internet charges at completion of their involvement in the project. They will also go into the draw to win one of five tablets.



The Caring for Carers program is being offered by Central Queensland University's Caring for Carers of People

with Dementia Project which has received Australian Government Dementia and Aged Care Services funding. The project will gather information about the response of isolated carers of older people with dementia to a videoconference based, outreach, information and peer support program. A summary of the information gathered from the project will be available for participants when the project is finished.

The project team is keen to hear from carers who would like to participate. To register or find out more, please contact the project by email carers@cqu.edu.au or phone **Karen Nixon** on 0427 812 156 or **Kristen Forster** on 0437 579 695.

Tweed Kitchenware



New Year Eve

Dance

MONDAY 31st December 2018

7.30pm – midnight

- ❖ New Vogue Program
- ❖ Lucky Spot prizes
- ❖ BYO drinks & nibbles

Usual low price
\$7 members and \$9 non-members
No Bookings Required



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twin share

Cruise departs 24th March, 2019



Pre-Cruise Itinerary

21/03 Fly Australia to Los Angeles hotel, own way to hotel
22/03 Day Trip to Tijuana
23/03 Los Angeles at leisure
24/03 Own way to port, embark Ruby Princess

Cruise Itinerary

24/03 Los Angeles, California, USA Depart- 04:00PM
29/03 Hilo Hawaii 09:00 AM 06:00 PM
30/03 Honolulu, Hawaii 07:00 AM 11:00 PM
31/03 Nawiliwili Kauai, Hawaii 08:00 AM 05:00 PM
01/04 Lahaina Maui, Hawaii 07:00 AM 06:00 PM
07/04 Ensenada, Mexico 08:00 AM 05:00 PM
08/04 Los Angeles, California, USA 06:15 AM

Post-Cruise Itinerary

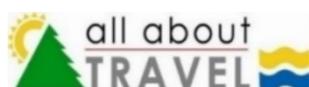
08/04 Own way to airport, fly Los Angeles to Australia
10/04 Arrive Australia



Special is valid until
13th December 2018



More information
or to book:



Stateroom Type	Rate PP
OZ - Oceanview (Obstructed View)	\$4,139
IF - Inside Stateroom	\$4,139
BF - Balcony Stateroom	\$5,119
ME - Mini-Suite with Balcony	\$6,249

Ph (07) 5513 1433
Direct email:
joanneat@bigpond.com
PO Box 922 BANORA Point NSW 2486
Suite 15/8 Corporation Circuit
TWEED HEADS SOUTH NSW 2486
ATAS A10619 I ATA 0235976

USEFUL CONTACTS FOR CARERS

If you're caring for someone, there are a range of organisations and programs around Australia that may be able to help you.

Organisation or resource	What they do	Contact
Carer Gateway	Online and phone service that provides practical information and resources	1800 422 737
Commonwealth Respite and Carelink Centres	Help at home and in the community, including short-term and emergency respite services	1800 052 222
Carers Australia	Information, support, education, training and counselling.	1800 242 636
Carer support groups	Carer support groups are sometimes organised around specific conditions. Call My Aged Care to find out more.	1800 200 422
Department of Human Services - financial assistance for carers	Carer payments and allowances are available for some carers.	132 717
Department of Veterans' Affairs	The Department runs a variety of support groups and training sessions for carers of veterans and veterans who are carers.	133 254
Independent Living Centres	Products and equipment to help with day-to-day living activities.	1300 885 886
National Continence Helpline	Information, education and advice to callers with incontinence or who are caring for someone with incontinence.	1800 33 00 66
Dementia Behaviour Management Advisory Service	Clinical support for people caring for someone living with dementia .	1800 699 799

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