



## FRIENDSHIPS MATTER

Thanks to all those who participated in the feedback survey held during November. The results show that friendships and connection are the biggest things you value in our club. Our staff and volunteers rated highly with the overall average rating of 9 out of 10 for their friendly, helpful service. Well done team! Here's a snapshot of some of the findings:

- 43% of the members who completed the survey were members for 1-3 years and 28% were members for 10+ years
- On average members visit the centre twice per week for activities
- Members suggested more dancing, arts, bingo, languages, trivia, Pilates and day tours
- 45% of the members use the library and free newspapers and 39% are using the hair/beauty salon
- 20% of our members said they have been assessed by My Aged Care
- 76% of the membership say they read our newsletter and 47% read it in printed format
- Only 4% of the membership like or follow us on Facebook
- 62% prefer news and announcements via the newsletter
- 43% told us they liked the friendships, friendly atmosphere, staff, volunteers and facilities and 35% said the activities and services
- 32% had an issue with space and noise and 29% said there was nothing they didn't like about the club

## CASHED UP FOR CHRISTMAS



Gwyneth Clarke won the \$1000 Jackpot on Tuesday 27<sup>th</sup> November. At half time Gwyn hadn't even had a win, but managed to turn around her luck and win the big one. She will split the winnings with her sister. What a Christmas gift. Congratulations Gwyn!!!

Try your luck at Bingo,

Tuesdays, eyes down 9.30am.

## Finalising a 5 year long project

It's been over 5 years since the Acoustic Room Dividing walls were installed. The two walls cost over \$10,000 so a significant expense. Over the last year we have attempted utilising the spaces by closing the wall. In the current state the wall is nothing more than a great visual barrier between rooms. In order for the wall to do what it's designed to, the upper area above the wall must be closed in. The Management Committee are excited to announce that in December the project is going ahead. We have contracted Harper Homes to build the wall. We will spend a little over \$10,000 to complete the project. As the need for expansion is now upon us, we are investing our capital into this project. We are counting on you the members to help us build up our attendances in Yoga and Qi Gong attendances after the project is complete. If our projections are correct we should recoup our investment in less than 12 months. There will be minor disturbances to activities using the space so we thank you in advance for your cooperation and understanding.



## LEDGER TAKES OUT THE COMPETITION

Pictured is Roger Ledger accepting the trophy from Brian Finch (President). Roger defeated John Byron three to one. We welcome new players to join us for 8 ball on Thursdays and Fridays.



**Coolangatta Senior  
Citizens Centre Inc.**

**President** – Brian Finch  
**Vice President** – Claire Irving  
**Treasurer** – David Irwin  
**Secretary** – Sue Pearson  
**Centre Coordinator** –  
 Renae Barron 075536 4050

**PRESIDENT'S REPORT**

A warm hello everyone! What a busy year with many changes taking place within our club, such as the refurbishment. One other significant change will be the sound proofing above the dividing wall in the hall. This will enable us to accommodate more activities. I wish to thank all the members and visitors for their continued support of the club. I especially thank Renae, our Coordinator for her tremendous organisational skills, her dedication, enthusiasm and positive attitude. Also, Peter, the everything man, from maintenance to music, always with a great can do attitude. Congratulations to Claire Irving who has been appointed Vice President of the committee and I look forward to her assistance. A big thank you to the dedicated volunteers, including all of the committee. A merry Christmas and a happy new year.

**Brian Finch (President)**

**COORDINATORS REPORT**

Dear Members & Visitors,  
 Our Quality Review was rescheduled to 10<sup>th</sup> January 2019. Funded customers that wish to be interviewed please see me. Qi gong classes will be starting at Thursdays 10am next year, in the bigger area. So, it is no longer full and welcomes you to join. Yoga will also have room to grow in 2019 so tell your friends. Cards (learn to play pony) will move from Wednesday to Tuesdays 12.30pm next year. Don't forget to renew your memberships! Thank you all for making this centre a vibrant and fun place to be. See you in 2019!

**Renae Barron (Centre Coordinator)**

**Activity Break Dates  
Christmas-New Year**

Centre closes 3pm Wednesday 19<sup>th</sup> December  
 Reopening at 8am on Tuesday 2<sup>nd</sup> January 2019

Activity or Service	Last Day	Starting Back
8 Ball	18/12	3/1
Bingo	4/12	8/1
Broadway Dance	6/12	17/1
Cards - Wednesday	5/12	8/1 moving to tue
Cards - Thursday	6/12	10/1
Cards - Friday	14/12	11/1
Drumming Circle	12/12	9/1
Dutch Conversation Group	17/10	17/1
Folk Club	29/11	28/3
French Conversation – Mon	17/12	7/1
French Beginners - Wed	12/12	9/1
Light Exercise - Tue	11/12	15/1
Guitar Lessons	3/12	21/1
Indoor Bowls	19/12	2/1
Jazz Dance	18/12	8/1
Ladies Friendship	13/12	11/1
Latin Fitness	17/12	14/1
Line Dancing	13/12	10/9
Mah Jong - Monday 8.30am	17/12	7/1
Mah Jong - Thursday 12.30pm	13/12	3/1
Mah Jong - Monday 12.30pm	17/12	7/1
Mini Bus Trips		Late Feb/Mar
Poets & Writers	11/12	15/1
Qi Gong	6/12	17/1 new time 10am
Rock n Roll	12/12	9/1
Scrabble	19/12	2/1
Singing Group	5/12	16/1
Tuesday Night Dance	18/12	15/1
Thursday Morning Dance	13/12	3/1
Friday Night Dance	21/12	11/9
Saturday Night Dance	22/12	5/1
Table Tennis	19/12	2/1
Tai Chi - Mon	17/12	14/1
Tai Chi – Sat	15/12	12/1
Tap Dance	17/12	7/1
Ukulele beginners Tue	27/11	22/1
Ukulele intermediates Fri	14/12	25/1
Yoga	18/12	2/1
Hairdresser	19/12	2/1
Computer Tutoring	See reception for bookings	

# A RECIPE FOR A **CHERRY** CHRISTMAS! Coconut Cherry Cubes



This just might be the easiest - and yummiest - Christmas party treat you'll make!

## Ingredients

2 ½ cups Milk Choc Melts (450g)  
24 fresh cherries (300g)  
¼ cup desiccated coconut, toasted  
2 tablespoons thickened cream

## Method

1. Remove and reserve stems from cherries. Pit cherries. Discard stones.
2. Reserve ¾ cup of the chocolate. Place remaining chocolate in a medium heatproof bowl. Sit bowl over a saucepan of simmering water. Stir until melted. Remove. Transfer chocolate to a jug.
3. Pour chocolate evenly into two x 12-hole silicone ice-cube trays. Working quickly, sprinkle with coconut, and then insert a cherry into each hole.
4. Combine reserved chocolate with cream in a medium heatproof bowl. Sit bowl over a saucepan of simmering water. Stir until smooth. Remove.
5. Transfer to a disposable piping bag. Twist top. Snip tip. Pipe chocolate around cherries to secure, then fill holes where stones were removed. Insert reserved stems. Refrigerate until firm.

[https://www.newideafood.com.au/coconut-cherry-cubes?category=easy\\_christmas\\_recipes](https://www.newideafood.com.au/coconut-cherry-cubes?category=easy_christmas_recipes)

## Entering Heaven

Three men died on Christmas Eve and were met by Saint Peter at the pearly gates.

"In honor of this holy season," Saint Peter said, "You must each possess something that symbolizes Christmas to get into heaven."

The first man fumbled through his pockets and pulled out a lighter. He flicked it on. "It represents a candle," he said. "You may pass through the pearly gates," Saint Peter said.

The second man reached into his pocket and pulled out a set of keys. He shook them and said, "They're bells." Saint Peter said, "You may pass through the pearly gates."

The third man started searching desperately through his pockets and finally pulled out a pair of women's glasses.

St. Peter looked at the man with a raised eyebrow and asked, "And just what do those symbolize?"

The man replied, "They're Carol's."

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

# THE HEAT IS HERE – KEEP HYDRATED

Dehydration is a common cause of hospitalisation in people over 65. Here at the centre we have had several medical incidents related to dehydration and we've had to call 000. Dehydration is dangerous and hydration is also very important for certain medications to work. Here are 6 ways to consume more water this summer:

## 1. There are many sources of fluids

Coffee, tea, fruit juice, sweetened beverages, fruits, and vegetables all contain water. If you really hate drinking fluids, eat more [foods with high water content](#) to increase your hydration such as cucumber, lettuce, celery, cabbage, zucchini, broccoli, watermelon and mangoes.

## 2. Keep water easily accessible

Put a lightweight pitcher of water and a cup near your favourite seat.

## 3. Experiment with beverages at different temperatures

Experiment, try warming up juices, making decaf iced coffee with cream, iced teas or adding soda water to make drinks bubbly.

## 4. Try something savoury

Those who like savoury foods may enjoy drinking hot soup broth. The broth can come from a can, box, or powder.

## 5. Make popsicles

Homemade popsicles made from fruit juice or a mix of juice and water are a great summer treat. But they're also a great way to get fluids.

## 6. Experiment with smoothies, milkshakes, or sports drinks

Shake it up with smoothies, milkshakes or sports drinks. Play with flavour and textures.

## Remain home safely for longer

MIPS Program is an interactive website offering you home safety advice to help you remain at home safely, for longer. MIPS takes you on a tour of a 'Virtual Home', where you will explore the rooms and yard, and gain insight into areas of concern for safety such as possible slip and trip hazards, and options for safety improvements.

The MIPS program is FREE, and their friendly and fun team would love to come demonstrate the MIPS website, it will be 1 and half hour session with refreshments. **Please register your interest at reception, if we get the numbers the session will be booked in 2019.**

## HULA YOUR WAY TO HAWAII - PRIDE OF AMERICA

FREE AT SEA^^ 10 Night Fly, Cruise & Stay package from

**\$4,049\*** per person  
twin share

Cruise departs 04th May, 2019



### Itinerary

#### Pre-Cruise Itinerary

Day	Date	Port	Arrive	Depart
1	03/05	Fly from Sydney to Honolulu		
1	03/05	Own way from Airport to Hotel & Check-in		
2	04/05	Own way from Hotel to Port & Embark Pride of America		

#### Cruise Itinerary

2	04/05	Honolulu, Hawaii		07:00 PM
3	05/05	Kahului-Maui, Hawaii	08:00 AM	overnight
4	06/05	Kahului-Maui, Hawaii		06:00 PM
5	07/05	Hilo Hawaii	08:00 AM	06:00 PM
6	08/05	Kailua Kona, Hawaii	07:00 AM	05:30 PM
7	09/05	Nawiliwili Kauai, Hawaii	10:00 AM	overnight
8	10/05	Nawiliwili Kauai, Hawaii		02:00 PM
9	11/05	Honolulu, Hawaii	07:00 AM	

#### Post-Cruise Itinerary

9	11/05	Own way from Port to Hotel & Check-in		
10	12/05	Enjoy Waikiki Beach at own leisure		
11	13/05	Own way from Hotel to Airport & Fly to Australia		

\*\* Itinerary may vary by sailing date.



Stateroom Type	Rate PP
Inside	\$4,049
Outside	\$4,269
Balcony	\$4,859

Special is valid until  
31st December 2018



**For Bookings:**

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