

Neighbourhood News

March 2018

Happy Easter!

Closure over Easter...

The Centre will be closed on Good Friday March 30, and Easter Monday April 2. The Management Committee and staff wish all members and supporters of the Centre a very happy Easter!



**Welcome to the Marlin Coast
Neighbourhood Centre**

205 Reed Road Trinity Park

P: 4055 6440

PO Box 260 Smithfield Q 4878

E: admin@mcnc.org.au

www.mcnc.org.au

Calendar of events

Monday

Armchair Yoga: Gentle exercise
10 to 11am. \$5 pp

Emergency Relief: Support for people
experiencing financial crisis; appointments
necessary.

Tuesday

Ukulele class: Lots of fun for experienced
players, 8.30 to 10.30am

Line Dancing: Fun for everybody!
10.30 to 11.30am

Seniors Day: Guest speakers, activities
and lunch. \$6 per person

Wednesday

Playtime: For families with children under
school age, 9 to 11am

Social bridge: card game 9.30am to 12

Shed Mosaics: putting the pieces together.
You'll be surprised at your skills 12.30pm

Thursday

Community Garden: Enjoy working in the
edible, organic garden. Volunteers welcome!

Book Club: The first Thursday of the month
10.30am (First meeting February 1)

Friday

Tai Chi: Great for balance and health.
9.30 to 10.30am \$12.50pp

Marlin Coast Neighbourhood Centre Inc.

OFFICE HOURS: Monday to Thursday 9am to 4pm Friday 9am to 1pm

OUR MISSION STATEMENT

The Marlin Coast Neighbourhood Centre is an incorporated community-based organisation. Our vision is to be widely recognised as an organisation dedicated to promoting, supporting and enhancing community, family and individual well-being.

We operate within the Social Justice Principles of equity, access, equality and participation through professional support, a friendly safe and inclusive meeting place, respect for the individual, a commitment to the community and integrity throughout the organisation. The Centre receives core funding through the Queensland Government's Department of Communities.

Supporting the community since 1990

Emergency Relief

The Centre receives limited funding through the Australian Government's Department of Social Services to deliver limited assistance to people experiencing financial crisis.

Support is available each Monday morning by appointment. People living in the area bounded by the Barron River and north to Ellis Beach, as well as Smithfield, Caravonica, and Lake Placid, are eligible. Phone on Wednesday for an appointment on the following Monday. Appointments are available every 3 months.....

Appointments can only be made every 3 months. Depending on our resources, family food parcels are available for those who cannot secure an appointment.



Money Management Workshop



You're invited to a fun workshop about how to handle money!

Let's have a yarn about:

- What is a budget? How to make a budget?
- Helpful tips about money management

All Welcome...

9.30am — 10.30am

Friday 23 March 2018

Financial Literacy Education

Free service to help you with:

- ◇ Basic money management skills
- ◇ Budgeting
- ◇ Access to hardship programs (eg. Ergon, Telstra, Optus, etc)
- ◇ Referrals to other services (e. financial counsellors, gambling help, etc)



- "One on One" appointments available every Friday morning from 9.30am.

Senior's Program Information

Tuesday Older Person's Group Luncheon

13 March 2018 @ 11.40 a.m.

Guest Speaker: James Keightley, Aged and Disability Advocate,

**“Aged Care Rights”**

Group commences 10.30 a.m. for Line Dancing or just a cuppa and chat. Admission is free—You are welcome to join us for luncheon after the Speaker/activity (approx. 12.30 p.m.) at a cost of \$6.



This Photo by

A very big “Thank you” to Rita Salter for kindly donating a keyboard to our Senior's Tuesday Group. We have already enjoyed a singalong, with the talented Janice “tinkling the ivories”. See Calendar (below) for more musical interludes planned.

06/03	13/03	20/03	27/03
BBQ GAMES  	“Aged Care Rights” Guest Speaker: James Keightley, Aged and Disability Advocate, Cairns 	Bus Trip to Cairns Aquarium Book early Places are limited! 	“Share your Stories” PNG DAY - bring photos, stories mementos, to share. + Birthday celebrations  
3/04	10/04	17/04	24/04
BBQ Games  	Guest Speaker: Kylan Evans, CDO, Dementia Aust. 	Australian Hearing free hearing tests 10.30 am.– 1 pm  Jane 4052 3700	Birthday Celebrations  Singalong 



Dementia Australia are offering the following free courses in

Cairns:

March 8 Dementia: Know the Facts

March 15 Family Carers Course

March 22 Living with Memory Loss

April 12 Considering Residential Care

** Note: Courses are NOT being held at the Marlin Coast Neighbourhood Centre*

For further information or to book for any of the above please call

Kylen on 0413 504 215 or email kylen.evans@dementia.org.au

FAMILY COMMUNITY NOTICEBOARD



T 07 4034 6800

F 07 4045 6855

www.benevolent.org.au or

www.facebook.com/CairnsEYC

Monday

Play & Grow at Yorkeys Knob -

Speech therapy from Talk Time

Occupational Therapy /Physio

Move Baby Move at Marlin Coast – 12.30 – 13.30

Baby's like to explore and learn through what they see, touch, taste feel and hear. En some time with your baby in a supportive environment and make new friends 0-12 months

Thursday

Explorers Play and Grow at Yorkeys Knob -

Speech for Term weeks 2-9

Physio - 1st & 15th February and 1st & 15th March.

OT will be visiting this group, however no dates are set as yet

techKNOW@CairnsLibraries

FREE technology training

Learn new skills, get connected and take the first step to better tech knowledge!

Bookings Essential : Ph 4044 3727

Storytime

Smithfield Library

Date : Tuesdays

Times: 10.30 - 11.30

Baby rhyme times

2nd Thursday of the month

10.30—11.00

TANKS ARTS CENTRE

Nature discovery for children under 5 years of age -

The little taccas program gives young children an appreciation for nature and gardening through arts and crafts, storytelling, singalongs and garden discovery walks.

When: Thursday fortnightly

Time: 10.00 - 12.00 noon

Where: Meet on the deck near Tank 3

FREE EVENT

For more information -

Phone: 4032 6650

Email: gardens@cairns.qld.gov.au



children's playtime

Playtime group has grown! There are great friendships forming for young and old. It is a real pleasure to see the children laughing and playing and

Mums chatting together. If you have small children from birth through to around 4 years, why not come along? No need to book - just turn up for some well-deserved social therapy for you and your children.

Every Wednesday from 9am



The Centre's

Ukulele group

The Ukes Group has now been meeting at our Centre for four (4) years, with usually more than 30 senior people attending.

The Ukes Group performs in many Aged Care Homes in Cairns and they all thoroughly enjoy playing ukulele, singing and making friends.

Meet at the Centre each Tuesday morning at 8.30am.

\$2 per person

Phone 4055 6440



Kundalini Yoga



Kundalini Yoga is known as the yoga of awareness and is the fastest growing wellness practice world-wide. It is a dynamic blend of mantra, mudra, meditation, breath work, stretching and physical postures which are combined beautifully in order to improve your general wellbeing. If you attend regular classes you will experience increased energy levels, be more relaxed and with a calmer mind. Kundalini Yoga classes will be happening every Monday and Wednesday at the Marlin Coast Neighbourhood centre Monday and Wednesday nights at 6pm. All ages and fitness levels are welcome as Kundalini Yoga is for everyone. Casual classes are \$15 and 5 and 10 class

Line Dancing For Fun

Every Tuesday 10.30 - 11.30 am



Get those feet moving with fun and easy dances to some great music.

Line dancing is a fantastic way to socialise and stay fit!

\$2 per person



Thank you to Grill'd Restaurant in Cairns for supporting our Garden group this month... They have donated \$100 which has enabled us to participate in their fundraising efforts in the last 3 years...Thank You.....



The Week at a Glance

Monday

Emergency Relief

Financial Relief for individuals and families experiencing financial crisis.

Appointments are limited; Bookings are essential; phone after noon on Wednesday to make the appointment.

Ph: 4055 6440

Armchair Yoga

Gentle exercise

10am to 11am

Ph: Beryl 4055 7603



Early Years Learning Centre

12.30—1.30 pm

Move Baby Move

Ph: 4034 6800

Early Years Learning Centre

2.00 — 3.00 pm

Infant Massage (5 week block)

Starting 22 January

Ph: 4034 6800

Kewarra Kundalini

Yoga 6.00 — 7.00 pm

Ph: Danielle 0456 487 908

Tuesday

Ukulele class

8.30am to 10.30am

\$2 per person

Ph: 4055 6440



Line Dancing

10.30am to 11.30am

Gold coin donation

Ph: 4055 6440 \$2 per person

Seniors' Day

Guest Speakers, Morning Tea,

Lunch and Activities

10.30am to 2pm

Ph: 4055 6440

Weight Watchers

4.30 to 7pm

www.weightwatchers.com.au



Wednesday

Bridge

Social bridge for the Experienced Player

9.30am to 12 noon

Playtime

Each Wednesday morning

9am to 11.30am. Families with children under school age.

\$2 per family

Shed Mosaics

12.30pm to 3.30pm

Cold coin donation

Ph: 4055 6440

Kewarra Kundalini

Yoga 6.00 — 7.00 pm

Ph: Danielle 0456 487 908

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The Centre receives core funded through the Queensland Government's Department of Communities, Child Safety and Disability Services.

The Week at a Glance

Thursday	Friday	Saturday/Sunday
<p><i>Community Garden</i> Morning from 9am Phone the Centre - 4055 6440</p> <p><i>Book Club</i> First Thursday of each month 10.30am to 12 noon Ph: 4055 6440</p> <p><i>Tai Chi</i> Each Thursday evening 6pm to 7pm Call Yoshie on 0407 341 916</p> <p><i>Narcotics Anonymous</i> Each Thursday evening 7.30pm to 8.30pm Phone: 0478 078 456</p>	<p><i>Tai Chi</i> Each Friday morning 9.30am to 10.30am 12.50 per class Call Julie on 0427 054 132 for further information</p> <p><i>Al-Anon</i> Support for families And friends 6.00-7.30 Phone Emma 0422 235 280</p>	<p><i>Northern Beaches Seventh-Day Adventist Church Group</i> Every Saturday 9am to 2.30pm Ph 0421 856 790</p> <p><i>Cairns Free Reformed Church</i> Sunday Services 9.30am to 2.30pm Julie and Mathew: 4034 3475 Email: mcbyl@westnet.com.au</p>



Free computer for use during business hours Monday to Thursday 9am to 4pm and Friday 9am to 1pm

VENUE HIRE VENUE HIRE VENUE HIRE

We have wonderful air-conditioned facilities for hire -

large function rooms, kitchen facilities, computer room, covered patio, children's playground - so why not hire the *Marlin Coast Neighbourhood Centre* for your next gathering, whether it be a one-off celebration eg Birthday, Christening, Anniversary Party or for an ongoing regular activity – club or church meetings, craft, sporting and leisure activities.

Free Reformed Church of Cairns

Our group uses the Marlin Coast Neighbourhood Centre every Sunday from 9:45 till 14:30.

We are a Church group of about 40 members. On Sundays we use the Centre to our great satisfaction. The Centre, for us, is a great safe place for the kids to play, with excellent kitchen and toilet facilities.

We often have visitors from the greater Cairns area or even from New Zealand, Canada and Europe.

We worship together and sing with each other.

Free Reformed Church is a reformed church with sister churches in New Zealand, Canada, Singapore and South Korea. There are strong relationships with PNG, especially Port Moresby and Lae, where we have mission activities. We also have ties with Indonesia.

Please feel free to come along and join us!



Seventh Day Adventist Church Group

We are a prayerful, Scripture-based, Christ-centred fellowship who aspire to create an inclusive, loving, and family-friendly environment that encourages spiritual growth within both ourselves and our community. Whoever you are and wherever you are from, we know you will feel welcomed into the presence of God as you worship and fellowship with us.

Our services begin on Saturdays when we meet for small group adult Bible studies and kids programs at 9.40am and family worship service at 11 am. In Sabbath School your kids will be kept busy with songs, crafts, quizzes, games, and Bible stories in classes suited to the age of your children— Kindy (ages 3 - 4), Primary (ages 5 - 9) and Juniors/ Teens (ages 10 - 14). We present a blended style of worship service catering for children, youth and our older members — singing a combination of old hymns and new songs, providing time for personal testimonies as well as a children's story for the young and young at heart.

After the Service each Sabbath we share in a fellowship lunch, which involves each member bringing a plate of food to share with guests and church family, making this a very special part of the Sabbath day. At the end of each quarter, we have a themed lunch which fits in with our Sabbath school mission country, and we also have special lunches for Father's Day and Mother's Day!

Vaccinations don't stop at childhood Herpes-zoster (Shingles) is a painful blistering rash caused by reactivation of the varicella zoster virus – the same virus that causes chickenpox. Once you have had chickenpox, the virus can stay in your nervous system for many years. For reasons that are not fully understood, the virus may become active again and give you shingles. Shingles can spread through direct contact with an uncovered rash. 1 in 3 people will develop shingles in their lifetime. As a person gets older, the risk of getting shingles and post herpetic neuralgia (PHN) increases. Sometimes pain in the affected region can be severe and prolonged. When it lasts more than 3 months it is called PHN. Other less common complications may include scarring, skin infections, loss of vision or hearing, pneumonia, or neurological complications. Shingles is a vaccine preventable disease and immunisation against shingles is achieved by a dose of the Zostavax® vaccine which can be given to adults 50 years and over. The shingles vaccine is provided free for people aged 70 years under the [National Immunisation Program](#). There is also a five year catch-up program for people aged 71 – 79 years until 31 October 2021. To receive the immunisation visit your local doctor or vaccination provider. It is important to note that although the vaccine is provided at no cost, a consultation fee may apply. People who are not eligible to receive the free vaccine are able to purchase the vaccine on the private market.

Bus Trip:



The New Cairns Aquarium

Tuesday 20 March 9.00 am — 2 pm

\$60 per person (includes bus, entry to venue and lunch @ Mystery Location)



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Expression Of Interest...



BOOK CLUB!!



Commencing March 15,
On the 3RD Thursday of
the month

Interested in reading and discussing books?

Come along to Book Club to share opinions and meet new people.

Book selection ensures a wide range of titles and lively discussion.

Morning Tea available.

CONTACT PERSON:

JANARNIE FARMER

MOB: 0476 195 194

