

# Neighbourhood News

OCTOBER 2023



*it's going to be a*  
**CONNECT  
FEST** **OCT 2023** QUEENSLAND  
SENIORS  
MONTH



## Acknowledgement of Country

**'In the spirit of reconciliation, the Marlin Coast Neighbourhood Centre acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to elders past and present and extend that respect to all First Nations Peoples today.'**



### The Marlin Coast Neighbourhood Centre

205 Reed Road Trinity Park

P: 4055 6440

PO Box 260 Smithfield Q LD 4878

E: [admin@mcnc.org.au](mailto:admin@mcnc.org.au)

#### MONDAY

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

*Cairns Early Years Centre:* Move Baby Move 1 - 2pm  
Free; bookings essential Ph: 4034 6800

*Food Relief:* Support for people experiencing financial hardship; appointments necessary. 1pm - 3pm.

Please call 4055 6440 on previous Thursday or Friday for an appointment.

*AI-Anon:* 6pm - 7pm. Ph Neil: 0429 569 512

#### TUESDAY

*Line Dancing:* Fun for everybody! 10am - 11am  
Members \$3 Non-Members \$5

*Tuesday Club -* Guest speakers, activities and lunch.  
Members \$10 Non-Members \$12

*Cairns Chess Club:* 6.30pm - 8.30pm on Tuesdays of school terms. E: [CairnsChess@gmail.com](mailto:CairnsChess@gmail.com)

#### WEDNESDAY

*Playtime:* For families with children under school age, 9 - 11 am. Free. Bring a piece of fruit to share.

*Bridge:* for experienced players, 9am - 12 noon.

Members \$3 Non-Members \$5

*Shed Mosaics:* Putting Pieces in Place.

12.30pm - 3.30pm. Members \$3 Non-Members \$5

*Food Relief:* Support for people experiencing financial hardship; appointments necessary. 1pm - 3.30pm.

Please call 4055 6440 on previous Monday or Tuesday for an appointment.

*Yoga with Suzanne* 6pm—7pm Ph: 0421 076 244

#### THURSDAY

*Community Garden:* Enjoy working in the edible, organic garden. Volunteers welcome! From 9am.

*Creative Care for Carers:* Free art therapy for carers.  
Ph: 4044 0130

*Book Club* The 1st Thursday of the month.

From 10.30am. Members \$3 Non-Members \$5

*Toastmasters Club:* 1st and 3rd Thursday of month.

7pm - 9pm. Ph: 0401 585 767

#### SATURDAY

*Free Seniors Fitness Class* 10.30 - 11.30am

Ph: 0421 672 284

*High Fire Ministries* Church Service 12 noon—2pm

Ph: 0428 884 286

#### SUNDAY

Trinity Baptist Church: Religious Service

4.30 - 7.30pm Ph: 0407 127 204



## Connecting People of All Ages, Cultures, and Abilities

Queensland Seniors Month is a celebration that brings people together to connect with others, share experiences, discover supports and services, and create new memories.

We are pleased to continue working with the Queensland Government to plan and coordinate the state's third annual Seniors Month, to be held in its sixty-third year, 1-31 October 2023.

Beginning on Sunday 1 October, the United Nations International Day of Older Persons, **Queensland Seniors Month** will include **National Grandparents Day**, on Sunday the 29<sup>th</sup> before ending on the 31st.

We are continuing to celebrate with the theme of ***Social Connections***. As we age, our social connections become increasingly important. To enable this, we need communities that foster and support these connections through spaces, places, and activities.

For some older Queenslanders, social isolation can lead to depression and other health problems. However, maintaining strong social connections can have a profound impact on our health and wellbeing.

These connections can come from a variety of sources including friends, family, community groups, and by taking part in Seniors Month events and activities. Through these connections people may find emotional support, a sense of belonging, reason to stay active and engaged, or a sense of purpose and meaning.

## Queensland Seniors Month we aim to:

1. **Change** traditional perceptions on ageing. Advancements in medicine and technology have enabled seniors to live longer with the opportunity to contribute to their communities.
2. **Connect** older Queenslanders to inclusive events and activities by producing culturally inclusive, intergenerational or lifestyle events/activities for Queenslanders in their communities.
3. **Create** opportunities for older Queenslanders to continue to participate in activities beyond Queensland Seniors Month.
4. **Encourage** older Queenslanders to live active and healthy lives with improved physical and mental wellbeing.
5. **Enhance** opportunities for older Queenslanders to continue to learn through community education, lifelong learning, and digital literacy.

From fitness classes, art and craft workshops, technology courses, social events, concerts, excursions, expos and so much more, the activities and events on offer can assist in staying active, engaged, and connected.

Both COTA Queensland and the State Government value the contributions older people have made and continue to make—whether as volunteers or in the workforce, community leaders or carers, grandparents, or advocates and we take this opportunity to invite you to join in the celebrations.





MARLIN COAST NEIGHBOURHOOD CENTRE

# SENIORS MONTH



MEMBERS  
**\$80**

NON MEMBERS \$100

## RAINFORESTATION NATURE PARK, KURANDA

**TUESDAY 24 OCTOBER, 2023**  
**9.00AM TO 4.00PM**

pick up and drop off from Trinity Beach Sports Club  
1 Nautilus Street, Trinity Beach

N.B. parking is available for the day under the trees at the club

price includes bus,  
admission, morning  
tea, tours and lunch

bookings: 4055 6440  
limited seats available



Reed Road Trinity Park | PO Box 260 Smithfield 4878  
P: 4055 6440 | ABN: 27 072 688 710  
E: admin@mcnc.org.au | W: www.mcnc.org.au

# Invitation

The Management Committee and Staff of the  
*Marlin Coast Neighbourhood Centre Inc.*

invites

**Members and Friends**  
to attend the

## **Annual General Meeting**

to be held at the Marlin Coast Neighbourhood Centre,  
205 Reed Road Trinity Park on

**Thursday, 23 November 2023**

**commencing at 2 pm**

Light refreshments will be provided following the meeting.  
For catering purposes RSVP to 4055 6440 by close of business  
Thursday, 16 November 2023.

**MANAGEMENT COMMITTEE NOMINATION FORMS  
ARE AVAILABLE AT RECEPTION**



# Mayor's Christmas Cheer Appeal

Cairns Regional Council is again supporting the community through the Mayor's Christmas Cheer Appeal 2023, and Marlin Coast Neighbourhood Centre is pleased to be part of the food hamper program.

To be eligible you must reside in the Cairns Region, have a health card Card and be:

- a family with a minimum of 2 adults and 2 children over the age of 1 and under 16
- a single parent with a child/children under 16
- a foster family caring for one or more children under 16
- a carer who cares for one or more children, or adult/s with a disability
- a senior over the age of 65 years with a Concession Card

All individuals and families must have a valid concession card

Contact Marlin Coast Neighbourhood Centre on 4055 6440 for further information on registering for a Mayor's Christmas Cheer food hamper.



FNQ Family Law Pathways Network Presentation:

## Young People and Vaping

Presented by *Dovetail* – Cameron Francis

*Dovetail* is a Statewide service that provides clinical advice support to workers who engage with young people affected other drug use. The “Young People and Vaping” presentation will cover the very latest in up-to-date information on vaping, how to respond to young people who vape, and harm reduction information. The presentation will close with where to find further vaping resources and an open Q & A session.

1.30 – 4pm Tuesday, October 31, 2023

Cairns Sheridan Hotel 295 Sheridan Street

Cairns North (free parking on-site and on adjacent streets)

1.30: Afternoon Tea/Networking

2.00: Presentation & Q & A.

\$20pp (includes afternoon tea)



and professional by alcohol and

For **BOOKING FORM** please email [mfriganiotis@raq.org.au](mailto:mfriganiotis@raq.org.au) ASAP Registrations close on 24 October

## Build your money skills with Saver Plus

saverplus saverplus.org.au



### Saver Plus

Join Australia's longest running financial education and matched savings program. Build financial skills, develop life-long savings habits, and receive up to \$500 to assist with education costs.

#### Now offering information sessions in 6 languages.

Attend an online ZOOM session to learn more about the program, the eligibility and how you can join. You will also have the opportunity to ask questions via the interpreter should you wish to.

We have information sessions with a translator available in; Arabic, Mandarin, Vietnamese, Karen, Burmese and Dari.

#### What is Saver Plus?

Saver Plus is a free program for people on lower incomes. It's about boosting financial skills, so you can develop (and keep) good savings habits.

At its heart, Saver Plus is about steering people towards sustainable, life-changing savings habits that set you up for a brighter future.

It is the world's largest and longest-running financial education and matched savings program:

- helping people to hit their **savings goals**,
- develop life-long **savings habits**, and
- receive up to \$500 in **matched savings** to assist with education costs.

<https://www.bsl.org.au/services/saving-and-managing-money/saver-plus/>

#### Could you use an extra \$500 for education items?

If you save up to \$50 a month for 10 months, Saver Plus will double it.

**\$500 saved + \$500 matched = \$1000** (in 10 months)

Participants can put that **money towards education expenses** for themselves or their children, including:

- Computers, laptops, and tablets
- Books, uniforms & shoes
- Sports & music, camps, excursions, and more...

Our next available information session is in Arabic Friday 8th December 12pm-1pm online.

If you would like more information about Saver Plus please get in touch. We look forward to hearing from you.

E: [saverplus@bsl.org.au](mailto:saverplus@bsl.org.au)

P: 1300 610 355



Australian Government  
Australia Taxation Office

TAX HELP

Get Tax Help your way

Free help with your tax return – online, in person or by phone. There have never been so many ways to talk to a Tax Help volunteer.

Where: Marlin Coast Neighbourhood Centre  
205 Reed Road, Trinity Park  
When: Tuesdays 9am to 3pm  
Call for an appointment: 4055 6440  
[ato.gov.au/taxhelp](http://ato.gov.au/taxhelp) | 13 28 61

Come along to the  
Marlin Coast Neighbourhood Centre  
on Wednesdays from 9am for some  
**FREE BREAD!**

205 REED ROAD TRINITY PARK DONATED BY  
Baked TRINITY

Cairns Early Years Centre  
"Move Baby Move"

Enjoy time with your baby in a supportive environment and make new friends.  
**Monday's**

Marlin Coast Neighbourhood Centre  
1.00pm to 2.00pm

Bookings Essential  
4034 6800

benevolent SOCIETY

Find us on  
**Facebook**





## Tuesday Luncheon Group

Group commences at 10am for Line Dancing or a cuppa and chat.




Guest Speakers commence at 11.30am

Lunch is served at **12.30pm**

Members **\$10** Non-Members **\$12**

### Tuesday Group Luncheon upcoming events:

- 3 Oct: Philippa's Holiday Snaps
- 10 Oct: World Mental Health Day
- 17 Oct: Get Online Week
- 24 Oct: Queensland Seniors Month
- 31 Oct: Birthdays/ Grandparents Day/Movie

03/10	10/10	17/10	24/10	31/10
 <p><b>BBQ</b></p> <p>Philippa's Holiday Snaps</p> 	 <p><b>World Mental Health Day</b></p>	 <p><b>Celebrations</b></p>	 <p><b>Queensland Seniors Month</b></p>	<p><b>Birthdays</b></p> <p>Gwen - 1/10 </p> <p>Jeff - 27/10</p> <p><b>Grandparents Day Celebration</b></p> <p><b>Movie: The War with Grandpa</b></p> 
07/11	14/11	21/11	28/11	
 <p><b>BBQ</b></p>  <p><b>Melbourne Cup</b></p>	 <p><b>Mikki Rhoades</b></p> <p><b>Community Engagement Librarian</b></p>	<p><b>Disaster Management Resilience Officer</b></p> <p><b>"Being Prepared for Emergencies"</b></p> 	<p><b>Birthdays</b> </p> <p>Alma - 2/11</p> <p>Jan - 5/11</p> <p>Noelene - 10/11</p> <p>Mary - 24/11</p> <p><b>Gnome Craft</b></p> 	




## Conversation Corner

Join us for some good company each month, where we have interesting conversations on a variety of topics. Everyone welcome!

**4th Wednesday of the month**  
**10.30am**  
**Smithfield Library**

 cairns.qld.gov.au/library 

# Queensland Government concession information and contact details



The Queensland Government provides a range of concessions to eligible concession card holders. These concessions help you save on your household costs, energy, medical, travel and leisure costs.

This information sheet highlights some of the principal concessions. Further information is available at [www.qld.gov.au/concessions](http://www.qld.gov.au/concessions)

The information was correct at the time of printing and is subject to change. Please check the website for the most up-to-date information.

## Managing hearing loss may help prevent dementia

A new report published by the Lancet Commission suggests that hearing loss is a significant modifiable risk factor against dementia. In fact, moderate hearing impairment can increase one's dementia risk 3-fold<sup>1</sup>. Hearing loss could lead to lowered mental stimulation and isolation. It is thought, managing hearing loss may help protect against cognitive decline by keeping the brain actively engaged in everyday life.

The exact reasons behind this link are still being studied, but one potential explanation researchers have suggested is overtaxing of the brain. When the ears receive sounds, they transmit them to the brain for processing. However, if the messages from the ears are unclear, the brain must work harder to understand them, which can lead to an overworked and weakened working memory. Additionally, social isolation, which is more common among people with hearing loss, could further heighten the risk of dementia.

[www.audika.com.au](http://www.audika.com.au)

## Line Dancing

TUESDAYS 10 - 11:30 AM

MEMBERS \$3  
NON-MEMBERS \$5

4055 4440  
[admin@mqds.org.au](http://admin@mqds.org.au)



## Celebrating Queensland Seniors

### Important contacts

Queensland Government, Seniors Card and Concession enquiries <b>13 QGOV (13 74 68)</b>	Seniors Enquiry Line <b>1300 135 500</b>
Police, fire, ambulance or emergency <b>000 (Triple zero)</b>	Elder Abuse Prevention Unit <b>1300 651 192</b>
Policelink <b>131 444</b> (to report non-urgent incidents)	DV Connect Womensline Call <b>1800 811 811</b>
Services Australia (Centrelink) <b>Seniors services 13 23 00</b>	DV Connect Mensline Call <b>1800 600 636</b>
	My Aged Care <b>1800 200 422</b>


[www.qld.gov.au/seniors](http://www.qld.gov.au/seniors) 

## Older Persons COVID-19 Support Line

# 1800 171 866

8:30am-6pm (AEST) Monday - Friday



  
**Lives Lived Well**  
**Breakthrough For Families**  
 Alcohol & Other Drug Information, Education and Support

### Concerned about a family member's drug or alcohol use? Want to play a more supportive role?

Families can access **FREE** support through attending information sessions or **individual counselling** (online and phone counselling available). No referrals required.

[www.liveslivedwell.org.au](http://www.liveslivedwell.org.au) Ph: 1300 727 957



## Helping seniors secure their homes



A new \$15 million initiative will be trialled in Cairns, Townsville and Mount Isa to help seniors with the cost of securing their homes.

The initiative will help subsidise practical home security improvements such as:

- strengthening window locks and shutters
- installing CCTV cameras
- addressing other security weaknesses.

Assistance of up to \$10,000 (GST exclusive) per household will be available to eligible customers to undertake security works.

For more information

visit <https://www.chde.qld.gov.au/about/initiatives/helping-seniors-secure-their-homes>

**Trust your instinct – call the Elder Abuse Helpline**  
**1300 651 192**

## COMMUNITY GARDEN

Do You:

- Enjoy gardening?
- Delight in the taste of fresh fruit/ vegetables?
- Like meeting new people and making friends?
- Volunteering?

Come along and join the Community Garden Group - learn organic gardening of fruit and vegetables in a tropical climate.



Thursday mornings from 9am  
 For more information - 4055 6440



## OCTOBER is Bowls Queensland's COME & TRY MONTH



MARLIN COAST BOWLS CLUB

Cnr Captain Cook Highway and Trinity Beach Road, Trinity Beach

SUNDAY 29TH OCTOBER 2023 10 AM

Come and enjoy a game of bowls. Children are Welcome.

marlincoastbowls@bigpond.com 4057 6931

**BOWLS—GET IN THE GAME AT A CLUB NEAR YOU!**

## FOOD DONATIONS

supporting people experiencing financial hardship

WE ACCEPT:

- canned food & pantry items
- personal care products
- baby care products
- pet food

ALL PRODUCTS MUST BE UNOPENED & IN DATE

Contact Us

☎ 4055 6440

✉ support@mcnc.org.au



Donations can also be made at our Centre: 205 Reed Rd, Trinity Park.









## TROPICAL WRITERS INC PRESENT

Free Event

### 8 OCTOBER 2023 10 – 11.30 AM

#### PLACES AND PEOPLE THAT INSPIRE OUR STORIES

City Library Meeting Room  
151 Abbott St, Cairns

Join us for a lively discussion about places and people and how they ignite the spark that sends our pens twitching. Hear from our authors and our guest speaker as they share tips and traps about researching for a book, rules to follow and what to avoid.

*Guest panellist:*  
Janine Evans, Researcher, JCU, Cairns



### ACVVS- AGED CARE VOLUNTEER VISITOR SCHEME

**IF YOU ARE ELDERLY, LONELY AND FEELING SOCIALLY ISOLATED. THIS PROGRAM IS FOR YOU!!!!**

If you are on a Home Care Package or in Residential Aged Care we are here to help find companionship for you.

Your volunteer visitor will come once a week to share stories and a cuppa, or to play games/cards, or enjoy mutual hobbies.







**CONTACT US**

40417400  
www.fnovolunteers.org.au  
acvvs@fnovolunteers.org

**When: Every Saturday morning**  
**Where: Marlin Coast Neighbourhood Centre**  
**205 Reed Road, Trinity Park**  
**Time: 10.30—11.30am**



**FREE FITNESS CLASSES**

STAY ACTIVE AND MEET NEW FRIENDS

Fit For Seniors is a Local not-for-profit organisation providing FREE fitness classes for Seniors in the community. If you or someone you know would like to participate, get in touch and find a class near you. Sessions are 30 minutes long and are suitable for all fitness levels with seated and standing variations of every exercise.



**Fit For Seniors**  
Free Fitness For Life

- ✓ Improve Balance
- ✓ Improve Circulation
- ✓ Improve Joint Mobility
- ✓ Improve Memory

**FIND A CLASS NEAR YOU**  
PH: 0 421 672 284  
fitforseniors.com.au

Find us on  **facebook.**

## Bridie Hawkins

Let me introduce Bridie, an incredible 10-year-old. Bridie wanted to help people in our local community experiencing financial hardship, so the Hawkins family set up a “Go-Fund-Me Page” and shared it on Facebook where Bridie pledged to walk 10 kms for donations to mark her birthday and raise money for the Marlin Coast Neighbourhood Centre’s Food Pantry.

Raising a few hundred dollars for her efforts, Bridie donated the money to the Marlin Coast Neighbourhood Centre’s Food Relief Program. The Centre provides support for those in our local community experiencing financial hardship through Food Relief, Advocacy, and the Centre's Social Support Programs.

What an amazing achievement for a young person—she has such consideration for others. Bridie’s maturity and compassion are beyond her years.



**Bridie with MCNC Support Co-ordinator Helen**



## Teenage Depression

Young people go through many different feelings and moods as they're growing up and parents are often unsure about whether they should do something.

Young people can feel depressed for all sorts of reasons and their depression can vary from having moods and feeling a bit 'down' or 'blue' for a while, to feeling overwhelming sadness and hopelessness. Some will even feel suicidal.

Most young people have mood swings and times when they feel very unhappy in adolescence, but it is important to be aware that up to 24 percent of young people suffer a major depressive illness at some time. Being 'down' most of the time is not 'normal'. Depression in young people is often not recognised. The type of help and support young people receive can make a real difference.

Although it is often difficult to communicate with someone who is feeling very low and words may not come easily, it is important that you don't ignore your child's feelings or leave them to deal with their situation alone. Knowing that friends and family really care and are willing to give support can be the first vital step in getting better. For more information and support:

### Parentline:

[www.parentline.com.au](http://www.parentline.com.au) - 1300 30 1300

### Beyondblue:

[www.beyondblue.org.au](http://www.beyondblue.org.au)

### Lifeline:

[www.lifeline.org.au](http://www.lifeline.org.au) - 13 11 14

### Child & Adolescent Mental Health Service:

1800 629 354 (24hrs)

### Kids Help Line:

[www.kidshelp.com.au](http://www.kidshelp.com.au) - 1800 55 1800

### Social Media

Give us a thumbs-up and stay connected -

or check out our website at:

[www.mcnc.org.au](http://www.mcnc.org.au)

Follow us 😊



## WEDNESDAYS

9.30AM - 12 NOON

MEMBERS \$3 / NON MEMBERS \$5

Ph: 4055 6440



Marlin Coast Neighbourhood Centre Inc.

OFFICE HOURS : Monday - Thursday 9am to 4pm and 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, Child Safety and Disability Services.

# Health checks for women

Your guide to what you need and when

Blood pressure check	Every two years from age 18 or more often if at increased risk.
Cholesterol check	Every five years from age 45 (age 35 for Aboriginal and Torres Strait Islander women). May be earlier/more frequent depending on family history and personal risk factors – speak to your GP.
STI screening	For sexually active women of all ages, speak to your GP about how often to screen for sexually transmissible infections (STIs). Women under 30 may need screening at least once a year.
Pre-pregnancy care	As needed, when women are of childbearing age.
Breast self-check	Once a month for women of all ages. Get to know the normal look and feel of your breasts. Speak to your GP if you notice any unusual changes.
Breast cancer screening mammogram	Every two years from age 50-74. Women with higher risk or family history of breast cancer may need to screen earlier/more often – speak to your GP.
Heart health check	At least every two years from age 45 (age 35 for Aboriginal and Torres Strait Islander women).
Diabetes screening	At least every three years from age 40. May be earlier/more often for women at higher risk and those who are pregnant – speak to your GP.
Bone health (fracture risk) review	Once a year from age 45 or post-menopause. Depending on bone health and risk of fracture/osteoporosis, your GP may suggest a bone density scan (DXA) every two years.
Cervical screening (formerly Pap smear)	Every five years from age 25 to 70-74. If you started having sex after age 25, screening starts two years after you were first sexually active.
Bowel cancer screening	Every two years from age 50 for the general population. Women at higher risk may need to screen more often and with other tests – speak to your GP.
Skin check	Perform regular self-checks, looking for new/changed spots. Speak to your GP if you notice anything suspicious.
Mental health check	If you are experiencing symptoms such as sadness, irritability, fatigue or anxiety; have had changes to your eating or sleeping habits; or have any other mental health concerns, speak to your GP.
Dental check	At least once a year for women of all ages. Dentist to advise if more frequent check-ups are needed.
Eye test	From age 65 if you notice vision problems. Speak to your GP if you have a family history of glaucoma.
Hearing test	Once a year from age 65.
Vaccination review	At least once a year for women of all ages.

Regular health checks help to prevent and detect diseases early, often when they can be more easily treated. This information is provided as a general guide. You may need other or more frequent checks. If you notice blood in your poo or urine; pain or a lump in your breast; nipple discharge; bleeding after sex or between periods; or anything else unusual or concerning, don't delay – speak to your GP.

## Who can help?

Your GP  
National Cancer Screening  
Register: 1800 627 701  
BreastScreen Australia: 13 20 50  
Your pharmacist, optometrist  
and dentist



# The Week at a Glance

## Monday

**Food Relief** for individuals and families experiencing financial hardship.

Appointments are limited;

Bookings essential; phone on Thursday or Friday for Monday appointment.

Ph: 4055 6440

### Armchair Yoga

Gentle exercise

10am to 11am

Ph: Beryl 4055 7603

\$5 per person

### Cairns Early Years Centre

"Move Baby Move"

1pm - 2 pm

Ph: 4034 6800

### A.A.

5.50 - 7.10 p.m.

Neil Ph 0429 569 512

## Tuesday

### Line Dancing

10.00am to 11.00am

\*\* Member \$3/Non-Member \$5

Ph: 4055 6440

### Tuesday Luncheon

Guest speakers, activities & lunch from 10.30am

Ph: 4055 6440

\*\*Member \$10

Non-Member \$12

### Chess Club

6.30pm - 8.30pm on Tuesdays of school terms.

e: CairnsChess@gmail.com

## Wednesday

### Bridge

Social bridge for the

Experienced Player

9.30am to 12 noon

\*\*Member \$3/Non-Member \$5

### Playtime

Each Wednesday morning

9am to 11.30am. Families with children under school age. Bring a piece of fruit to share.

### Shed Mosaics

12.30pm to 3.30pm

\*\* Member \$3/Non-Member \$5

Ph: 4055 6440

**Food Relief** for individuals and families experiencing financial hardship.

Appointments are limited;

Bookings essential; phone on Monday or Tuesday for a Wednesday appointment.

Ph: 4055 6440

### Yoga with Suzanne

6.00pm - 9.00pm

Ph: 0421 076 244

## Marlin Coast Neighbourhood Centre Inc.

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

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, Child Safety and Disability Services.

# The Week at a Glance

## Thursday

### *Community Garden*

Morning from 9am  
Phone the Centre -  
4055 6440

### *Book Club*

First Thursday of each month  
10.30am to 12 noon

\*\* \$3 per member  
\$5 Non-Member

Ph: 4055 6440

### *Creative Care for Carers*

10.30am - 12.30pm

Art Therapy

Jacki ph: 4044 0130

### *Cairns Community Changemakers*

6.00pm - 8.00pm

2nd & 4th Thursday of each month

Ph: 4055 6440

### *Toastmasters Club*

1st & 3rd Thursday of each month  
7pm - 9pm

Ph: 0401 585 767

## Friday

## Saturday/Sunday

### *Saturday*

#### *Fit for Seniors*

10.30am - 11.30am

FREE gentle exercise

Tony Ph: 0421 672 284

### *Sunday*

#### *Trinity Baptist Church*

4.30pm - 7.30pm

Steve Ph 0407 127 204



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

## 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.