

# NEIGHBOURHOOD NEWS

## MARCH 2025



### 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)

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

#### MONDAY

*Armchair Yoga:* Gentle exercise 9.30 -10.30am. \$10 pp

*Cairns Early Years Centre:* Move Baby Move 1 - 2pm

Free; bookings essential Ph: 4034 6800

*Al-Anon:* 6pm - 7pm. Ph Carl 0403 669 893

#### TUESDAY

*Line Dancing:* Fun for everybody! 9.30am - 10.30am

Members \$3 Non-Members \$5

*Tuesday Club:* Guest speakers, activities and lunch.

Members \$10 Non-Members \$12

*Strictly Street Salsa* 6.30—7.30 Ph:0423 218 929

#### 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

#### THURSDAY

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

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

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

*Canasta:* 1 – 4 pm Members \$3 Non-Members \$5

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

7pm - 9pm. Ph: 0401 585 767

*Man Kind Project* 2nd & 4th Thursday of month

7.00—10.00pm Ph: 0421 901 202

#### FRIDAY

*Community Cuppa* - it's all about connecting.

10am—12 noon All are welcome. Free!

#### SATURDAY

*High Fire Ministries* Church Service 11.30am—1.30pm

Ph: 0428 884 286

*Free Acting Class for Adults:* 3pm—5pm 0447 451 936

#### SUNDAY

Trinity Baptist Church: Religious Service

9.30—1.00pm and 4.30 - 8.00pm Ph: 0407 127 204

**Our vision** is to be widely recognised as an organisation dedicated to promoting, supporting and enhancing community, family and individual well-being.

**Our mission and objectives** are to provide a welcoming, safe and inclusive environment open to the community irrespective of race, religion, gender, politics or marital status, and to establish a community service for the relief of poverty, distress, sickness and helplessness.

### Acknowledgement of Country

In the spirit of reconciliation, Marlin Coast Neighbourhood Centre acknowledges the Yirrganydji people, the Traditional Custodians of Djabugay country that runs northwards from Trinity Inlet to Port Douglas. We pay our respects to their Elders past, present and future, and honour those whose culture and customs have nurtured and continue to nurture this land.



Supporting the community since 1990

# JOIN THE DRIVE

In line with International Womens Day in March, we are holding a drive to assemble dignity packs for Women who are experiencing homelessness and financial hardship.

Packs will be distributed though the Centres Emergency Relief Programme.



## Donations can be made to the Centre.

shampoo, conditioner, body wash, toothpaste, tooth brush,  
hair brush, wet wipes, facial wipes, tissues (pocket size),  
razors, toiletries bag.

**Marlin Coast Neighbourhood Centre**  
205 Reed Road, Trinity Beach  
4055 6440



PLEASE LOOK CAREFULLY .....

LOST GLASSES AND CASES—these are still awaiting collection at Reception!



**Tuesdays & Thursdays**  
**at the Marlin Coast**  
**Neighbourhood Centre**  
**from 9am**

**FREE BREAD!**

205  
REED ROAD  
TRINITY  
PARK







Bree  
**JAMES** MP  
MEMBER FOR BARRON RIVER



14 months ago, the Jasper floods hit us hard, and our region and our roads are still a long way from recovery. I know many of you are still doing it very tough.

During the month of February, Far North Qld saw some of the worst road closures that I've seen in my 20+ years of living in Cairns and it had serious impacts on supply to our region:

Hundreds of trucks stranded with food spoiling before it could reach FNQ.

Thousands of people unable to make nutritious school lunches or meals for their families.

Finding household items and food was like pirates searching for treasure, but that treasure was a tomato or a lettuce and sadly many of us didn't find any treasure for weeks. If you found a loaf of bread, you were literally the bread winner for the day.

As I write this, the rain has settled. Our roads have opened. Our grocery store shelves are full again. But this isn't a once-in-a-lifetime thing, this happens every year. This year though gave us the worse food shortages we've had in the region for an extended amount of time, and it showed how vulnerable we are in the North.

Last week I took these concerns to Parliament during our first Parliamentary sitting for 2025. You can access my full speech via social media.

Fixing the roads leading into our city is something I will continue to fight for.

On a more light-hearted note, I also shared some exciting news about Double Island, travelled to Cardwell to assist with the disaster recovery plan and met with several Ministers in Cairns to discuss youth crime, the Wangetti Trail and sporting opportunities in our region. Head to my website to read more –

**[bree4barronriver.com](http://bree4barronriver.com)**

Until next month,  
Bree James  
Member for Barron River

## Garden News...

February in our community garden has been all about renovating our garden beds. Green manure crops were sown and dug in, mulched and left to brew during our rainy time. Fruit trees are being fed and mulched and we are getting ready to plant in April.



Our native bee hive is doing well and we ensure there are flowers for them to enjoy. Our resident green tree frog 'Frankie' must be on holiday as we haven't seen him in his home in our tool shed for some weeks.

We are all looking forward to nicer weather to come and beautiful produce to share.

marlin coast neighbourhood centre  
supporting community

## 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](mailto:support@mcnc.org.au)



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

# 10 everyday habits to keep your brain sharp after 60

## Simple, science-backed ways to maintain mental agility and cognitive health

As we get older, staying mentally sharp is just as important as staying physically active. Cognitive decline isn't inevitable—research has shown that the brain continues to form new neural connections throughout life, a concept known as *neuroplasticity*.

The key to maintaining brain health lies in daily habits that challenge, nourish, and protect cognitive function. According to a 2020 study published in *The Lancet*, up to 40% of dementia cases could be delayed or prevented by addressing modifiable lifestyle factors such as diet, social engagement, and mental stimulation.

Here are **ten (10) proven strategies** to help keep your mind sharp, engaged, and resilient after 60.

**1. Stay Curious – Keep Learning Something New** Your brain thrives on novelty. Learning new skills or engaging in mentally stimulating activities strengthens neural pathways and helps delay cognitive decline.

### The Science:

A 2014 study by the *University of Texas at Dallas* found that seniors who learned new and complex skills – such as quilting or digital photography – showed **significant improvements in memory** compared to those who engaged in passive activities like watching TV.

### Real-Life Example:

Margaret, 67, decided to take an online Spanish course. At first, it was challenging, but after a few months, she noticed improvements in her memory, problem-solving abilities, and even confidence.

### 💡 Try This:

- Enrol in a course (U3A, TAFE, library) or an online course (Udemy, Coursera, or local community centre).
- Take up a new hobby like painting, colouring, gardening, birdwatching or calligraphy.

**2. Challenge Your Mind with Puzzles and Games** Brain exercises such as crosswords, wordle, Sudoku, and chess enhance problem-solving skills and memory retention.

### The Science:

A 2019 study in the journal *BMJ* found that adults who regularly engaged in puzzles and word games had **better cognitive function equivalent to people 10 years younger**.

### Real-Life Example:

John, 72, spends 30 minutes each morning on word puzzles. He credits this routine for keeping his mind sharp and focused.

### 💡 Try This:

- Play chess or Scrabble with friends.
- Download brain-training apps like Lumosity or Elevate.



**3. Move Your Body, Move Your Mind** Exercise isn't just for physical health—it's crucial for brain function too.

### The Science:

A Harvard Medical School study found that regular aerobic exercise increases the size of the hippocampus, the part of the brain responsible for memory. Exercise also reduces the risk of dementia by up to 30%.

### Real-Life Example:

Linda, 69, started a daily 20-minute walking routine. Over six months, she noticed improved clarity, mood, and better sleep quality.

### 💡 Try This:

- Aim for at least 150 minutes of moderate exercise per week.
- Activities like dancing, yoga, or swimming combine coordination with movement, offering even greater cognitive benefits.



mental

4. **Socialise and Stay Connected** Human interaction is a powerful cognitive booster. Conversations challenge memory recall, problem-solving, and emotional intelligence.

**The Science:**

A 2021 study published in *The Journal of Gerontology* found that **socially active seniors had a 70% lower risk of cognitive decline** compared to those who were socially isolated.

**Real-Life Example:**

Paul, 75, joined a community garden club. Not only did he make new friends, but discussing gardening techniques and local history kept his mind engaged.

💡 *Try This:*

- Schedule regular meetups with friends or family.
- Join a book club, volunteer group, or travel club.



5. **Eat Brain-Boosting Foods** A healthy diet fuels the brain just as much as the body.

**The Science:**

The *MIND Diet*, a blend of the Mediterranean and DASH diets, has been shown to **reduce Alzheimer's risk by up to 53%**, according to a study published in *Alzheimer's & Dementia* journal.

**Real-Life Example:**

Helen, 68, switched to a diet rich in berries, leafy greens, and nuts. Within a few months, she felt more energized and mentally sharp.

💡 *Try This:*

- Eat fatty fish (salmon, sardines) at least twice a week.
- Snack on walnuts and blueberries for brain-boosting benefits.



6. **Get Plenty of Restful Sleep** A well-rested brain processes and stores information more efficiently.

**The Science:**

Research from the National Institute on Aging found that **poor sleep can lead to memory issues and an increased risk of dementia**.

**Real-Life Example:**

George, 70, struggled with sleep. After reducing screen time before bed and keeping a consistent sleep schedule, his focus and recall improved.

💡 *Try This:*

- Maintain a consistent bedtime routine.
- Avoid caffeine late in the day.

7. **Manage Stress Through Mindfulness and Relaxation** Chronic stress leads to inflammation and memory decline.

**The Science:**

A study in *Psychosomatic Medicine* found that mindfulness meditation **can slow age-related cognitive decline** and improve focus.

**Real-Life Example:**

Joan, 66, started a 10-minute meditation practice. Over time, she noticed improved concentration and lower anxiety levels.

💡 *Try This:*

- Practice deep breathing exercises.
- Listen to calming music or nature sounds.

**8. Stay Organised and Keep Learning New Routines** Using lists, reminders, and calendars strengthens executive function.**Real-Life Example:**

Jim, 73, began using a daily planner and set reminders for important tasks, making his days feel more structured and his memory sharper.

**💡 Try This:**

- Challenge yourself to remember grocery lists.
- Rearrange furniture to create new spatial awareness challenges.

**9. Listen to Music or Play an Instrument** Music stimulates multiple areas of the brain, enhancing memory and mood.**The Science:**

A 2022 study in *Frontiers in Aging Neuroscience* found that **seniors who played an instrument had stronger cognitive function** than those who didn't.

**Real-Life Example:**

Mary, 65, picked up the ukulele. Not only did she improve her coordination, but she also found joy in learning something new.

**💡 Try This:**

Learn a new instrument or listen to classical music.

**10. Stay Positive and Keep a Growth Mindset** A positive attitude supports brain health and longevity.**The Science:**

A *Yale University* study found that older adults with a positive outlook on aging **lived an average of 7.5 years longer** than those with a negative view.

**Real-Life Example:**

Tom, 74, keeps a daily gratitude journal. He finds that focusing on the good improves his outlook and mental sharpness.

**💡 Try This:**

- Write down three things you're grateful for each day.

Keeping your brain sharp doesn't require drastic changes – just small, everyday habits. By challenging your mind, staying physically active, eating well, sleeping enough, and maintaining social connections, you can **protect your cognitive health for years to come**.

The key? **Stay curious, stay engaged, and most importantly – enjoy the journey!**

**An article by 60+ Club**



**AUSTRALIAN  
CARERS GUIDE**

SUPPORT, GUIDANCE & ADVICE FOR TODAY'S PRIMARY CARERS



Everything you need to know about  
caring for your elderly loved one

Click to claim your **FREE** digital subscription!



**FREE**  
Digital Subscription





**World Social Work Day occurs on 18 March 2025.** This year's theme is '**Strengthening Intergenerational Solidarity for Enduring Wellbeing**', which emphasises the importance of caring and respect across generations to build strong societies, sustain the environment, and share wisdom for a better future.

Joachim Mumba, IFSW President, stated: "This theme highlights the critical role of intergenerational care, respect, and collaboration in creating resilient communities and sustainable environments. It underscores the social work profession's dedication to building connections that value the wisdom of our elders while empowering younger generations to tackle today's challenges and envision a better future. Together, we can build a world where compassion and solidarity lay the groundwork for lasting well-being for everyone. As an African proverb says, '*If you light a lamp for someone, it will also brighten your own path.*' Our collective efforts to uplift one another ultimately illuminates the way forward for all."

Join us for a

## Neighbour Day Morning Tea

on Monday the 31st of March at 11:00 am  
Marlin Coast Neighbourhood Centre  
Reed Road, Trinity Park

RSVP: [mzhao@raq.org.au](mailto:mzhao@raq.org.au)  
by 26th Mar 2024



*Relationships Australia*  
QUEENSLAND

Belonging doesn't happen  
alone.  
We must invite others in.



**Neighbours Every Day** | *Relationships Australia*

**Beautiful  
Young  
People  
Are Acts  
Of Nature,  
But Beautiful  
Old People  
Are Works  
Of Art.**

The Fresh Quince

## Tuesday Luncheon Group

Line Dancing starts at 9.30am, and finishes at 10.30am.

The Lunch Group commences at 10.00 am for  
a cuppa and chat.

Guest Speakers commence at 11.00am

Lunch is served at **12.00pm**

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

### Tuesday Group Luncheon upcoming events:

#### March 4: International Women's Day

*Lynne will share her adventures in life and love, her view of the evolving role of women over her lifetime, and her journey to becoming a published author.*

#### March 11: Right At Home

#### March 18: Cultural Day - Ireland

#### March 25: St John's Community Care

March 4	March 11	March 18	March 25	
<b>International Women's Day</b>  <b>with</b> <b>Lynne Sturrock</b>	 <b>Right at Home</b> In Home Care & Assistance  <b>Julia Moncrieff</b> Community Relations Manager	<b>Cultural Day IRELAND</b> <b>St Patricks Day</b> 	<b>Birthdays</b>  16 - Judy. M 26 - Janette   <b>ST JOHN'S</b> community care <small>(an activity of The Greek Orthodox Archdiocese of Australia)</small>  <b>Jesse Kay</b> Community Service Facilitator	
April 1	April 8	April 15	April 22	April 29
 <b>AT YOUR SERVICE</b> <b>HOME CARE</b> <small>HOME CARE DONE RIGHT</small>  <b>Remy Estepa</b> Executive Community Manager/ RN	 <b>Ozcare</b>  <b>Donna</b>	<b>Easter Celebrations</b> 	<b>Cultural Day PHILIPPINES</b> 	<b>Birthdays</b>  02 - Irene 10 - Pat. S 16 - Kay 20 - Marilyn 20 - Mavis 29 - Maureen   <b>BlueCare</b>  <b>Anita Moran</b> Neighbourhood Leader



Letter received by Marlin Coast Neighbourhood Centre from YAPS \_\_



# THANK YOU!

Just a short note to

For helping us raise over \$300 in less than three weeks. With the assistance of the Marlin Coast Neighbourhood Centre (through the donation of goods and raffle ticket sales), YAPS has been able to raise a total of \$313; \$168 of this total was raised directly through the Centre.

Without the help of community-minded people such as yourselves, we would not be able to carry out the vital work of helping and protecting our beloved animals at YAPS Animal Rescue Shelter.

Thanks to you, many of our 'success stories' are possible, and you can enjoy them by logging on to our website or our FACEBOOK page. Please keep in touch.

Sincerely yours  
Diana Pettersen (Networker & Marketing)  
Friends of YAPS

At right:

## WINNER OF THE YAPS RAFFLE

Patricia, Lucky Winner, with her grateful canine friend!

Drawn on Friday, 13 February 2025



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)

1300 727 957

## Council on the Ageing **Queensland**



### **Do you need support to understand Aged Care?**

**Kate from Council on the Ageing Queensland will be visiting**

**Marlin Coast Neighbourhood Centre  
205 Reed Road, Trinity Park**

**Tuesday 11 March, 2025**

**Drop in anytime between 9am-12 noon.  
No bookings required.**

**This program is no cost to seniors and  
is independent of any service provider**

Available for older people in the Cairns Local Government Area. This care finder service is supported by funding from the Northern Queensland Primary Health Network (NQPHN) through the Australian Government's PHN Program





## Position vacant

### Casual School Crossing Supervisor

A position exists for a Casual School Crossing Supervisor at Holy Cross School.

- A School Crossing Supervisor must be able to work in all-weather conditions,
- Morning and afternoon shifts (on a rostered basis).
- Relief opportunities on your rostered days off.
- Pay Rate \$37.10 per hour.

Commencement of employment for the successful applicant is dependent on:

- The favourable outcome of a health assessment.
- A Positive Notice Blue Card (you do not need to have a blue card to apply for the position).

Please call Kim at Transport and Main Roads for an application package on 0428 964 745



## SALSA AT THE BEACHES

### 6 WEEK COURSE

6:30PM

21 JANUARY 2025

MARLIN COAST COMMUNITY CENTRE  
205 REED RD, TRINITY PARK



Marlin Coast Neighbourhood Centre

## COMMUNITY CUPPA

it's all about connecting

bring your craft...or just a smile for a morning of connecting over a cuppa and some cake.

FRIDAYS  
10am to 12pm



Marlin Coast Neighbourhood Centre  
205 Reed Road, Trinity Park  
p: 4055 6440 w: mcnc.org.au

EVERYONE IS WELCOME!

a cup of tea is an excuse to share great thoughts with great minds





# Inquiry into Elder Abuse in Queensland

EDUCATION, ARTS AND COMMUNITIES COMMITTEE



## What's it about?

The Education, Arts and Communities Committee is conducting an inquiry into Elder Abuse in Queensland.

The Committee wants to learn about:

- the nature and extent of elder abuse
- how effectively current systems support older Queenslanders
- opportunities to improve responses to elder abuse in Queensland.

The Committee is especially interested in hearing from:

- people who have experienced elder abuse
- other stakeholders including families and support providers.

## Have your say

The Committee invites submissions on any aspect of the inquiry, from all interested parties.

At public hearings, the Committee will hear from invited witnesses and interested members of the public.

## Key dates

**Closing date for submissions**

10 April 2025

**Public hearings commencing**

February 2025

**Reporting deadline**

12 December 2025

For further information and to make a submission visit the [Inquiry webpage](#).

Contact the secretariat to discuss alternative means of submission, for example via audio or video.

Scan QR code



07 3553 6623



[secret@parliament.qld.gov.au](mailto:secret@parliament.qld.gov.au)



[parliament.qld.gov.au/eldersabuse](http://parliament.qld.gov.au/eldersabuse)

# THE WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
<p><b>Armchair Yoga</b> Gentle exercise 9.30am—10.30am Ph: Rike 0401 164 202 \$10.00 per person <b>Cairns</b></p> <p><b>Early Years Learning Centre</b> “Move Baby Move” 1.00pm — 2.00pm Ph: 4034 6800</p>	<p><b>Line Dancing</b> 9.30am — 10.30am Member \$3 Non-Member \$5 Ph: 4055 6440</p> <p><b>Tuesday Lunch</b> Guest Speakers, Activities and Lunch from 10.30am. Member \$10 Non-Member \$12 Ph: 4055 6440</p>	<p><b>Bridge</b> Social Bridge for the experienced player. 9.30am—12 noon Member \$3 Non-Member \$5 Ph: 4055 6440</p> <p><b>Playtime</b> Each Wednesday morning 9.00am — 11.30am for families with children under school age. Free. Phone 4055 6440</p> <p><b>Shed Mosaics</b> 12.30pm — 3.30pm Member \$3 Non-Member \$5 Ph: 4055 6440</p>
<p><b>Alcoholics Anonymous</b> 5.50pm — 7.10pm Ph: Carl 0403 669 893</p>	<p><b>Strictly Street Salsa Cairns</b> Latin dance class. 6.30—7.30pm Ph: 0423 218 929</p>	

**VENUE HIRE** The Marlin Coast Neighbourhood Centre (MCNC) has wonderful air-conditioned facilities for hire – large function rooms, kitchen facilities, 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, Family Party, or for an ongoing regular activity—club or church meetings, craft, sporting and/or leisure groups.

# THE WEEK AT A GLANCE

THURSDAY	FRI DAY	SATURDAY/SUNDAY
<p><b>Community Garden</b> Morning from 9am Ph: 4055 6440 Free Morning Tea</p> <p><b>Book Club</b> First Thursday of the month 10.30am to 12 noon Member \$3 Non-Member \$5 Phone 4055 6440</p> <p><b>Canasta</b> Card playing group activity. 1pm—4pm Ph: Barb 0400 490 215</p> <hr/> <p><b>Man Kind Project Australia</b> Support group for all kinds of men. 7.00—10.00pm 2nd &amp; 4th Thursday of month. Ph: 0421 901 20</p> <p><b>Toastmasters Club</b> 1st and 3rd Thursday of each month 7.00—9.00pm Ph: 0401 585 767</p>	<p><b>Community Cuppa</b> 10am—12 noon It's all about connecting! Bring your craft...or just a smile for a morning of connecting over a cuppa and some cake. Everyone is welcome. Free!</p>	<p><b>SATURDAY</b></p> <p><b>High Fire Ministries</b> 11.30am—1.30pm Ph: Nev 0428 884 286</p> <p><b>Acting Classes for Adults</b> 3pm—5pm Free! Ph: Ivor 0447 451 936</p>
		<p><b>SUNDAY</b></p> <p><b>Trinity Baptist Church</b> 9.30am—1.00pm 4.30pm—8.00pm Ph: Steve 0407 127 204</p>

Marlin Coast Neighbourhood Centre Inc.

Office Hours: Monday - Thursday 9am - 4pm    Fridays 9am - 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 Treaty, Aboriginal and Torres Strait Islander Partnerships, Communities and the Arts*.