

NEIGHBOURHOOD NEWS

NOVEMBER 2025



11 TH NOVEMBER
Remembrance Day

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.



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
www.mcnc.org.au

MONDAY

Armchair Yoga: Gentle exercise \$10 pp
9.30 - 10.30am and 11 - 12 noon
Cairns Early Years Centre: Move Baby Move 1 - 2pm
Free; bookings essential Ph: 4034 6800
Al-Anon: 6pm - 7pm. Ph 0487 192 938

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

WEDNESDAY

Playtime: For families with children under school age,
9 - 11.30am. Free. Bring a piece of fruit to share.
Shed Mosaics: Putting Pieces in Place.
12.30pm - 3.30pm. Members \$3 Non-Members \$5

THURSDAY

Fitness for Seniors 9.30—10.30am \$10 pp
Community Garden: Enjoy working in the edible, organic garden. Volunteers welcome! From 8.30am.
Book Club: 1st Thursday of the month.
From 11am -12.30pm. 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 -10pm Ph: 0421 901 202

FRIDAY

Community Cuppa It's all about connecting.
10am—12 noon All are welcome. Free!

SUNDAY

Trinity Baptist Church: Religious Service
9.30—1pm and 4.30 - 8pm Ph: 0407 127 204



Marlin Coast Neighbourhood Centre

MELBOURNE CUP

4 November, 2025

- *Live horse racing*
- *2 course lunch*
- *Fashions on the Field*
- *Sweeps*
- *Raffles & Prizes*

members

\$15

non-members
\$20

Doors open at 11:30 am
Race begins at 2:00pm

205 Reed Road, Trinity Park
Bookings Essential - 4055 6440



VALE - ALMA ISABEL GEORGE

Written by Janice McIntyre

On Friday 17 October 2025, I farewell my very dear friend, Alma Isabel George—aged 80 years.

Many of Marlin Coast Neighbourhood Centre's Luncheon Group have known and enjoyed Alma's happy, chatty company for many years. I have only had that pleasure for seven years, having moved to Cairns from the Darling Downs. As we lived in proximity to one another, we were able to share lots of quality times together.

Robert and Alma included me in most of their family activities, where I met their three lovely daughters. We shared lots of happy times over the years, the last being Rob's Surprise 80th Birthday pParty.

Sadness engulfed their lives when firstly Alma slipped while watering her much-loved plants, breaking her hip. After surgery she was greeted with the news that the same thing had happened to Rob and he was also admitted to hospital and undergoing a hip replacement. What a way to be near your wife!

Whilst both were in hospital, they were given the very tragic news of the loss of their granddaughter Toyah. This was a very difficult time for all; Alma and Rob were unable to be with their daughter for love and support as they were both still receiving the required treatment after their hip replacements. .

Alma loved people, and especially her Tuesday Lunches at the Marlin Coast Neighbourhood Centre, where she could catch up with everyone. Always beautifully groomed, Alma looked elegant—like a butterfly fluttering around chatting to everyone—sparkling with her exquisite jewellery.

Rob passed away on 2 October 2024; Alma's medical problems continued, which meant she was unable to reside in her home. Her daughters Michelle, Vanessa and Katrina, whom she loved dearly, were saddened that their mum joined their father one year later on the same date - 2 October 2025.

I am richer for the friendship of Alma; she was a caring woman with a heart of gold, and always giving.

R.I.P. dear friend.

Farewell Alma! thank you for your generosity and friendship, love, kindness and charity. The Centre is a little dimmer without your sparkle.
With love from all of us at MCNC





Bloom



A FREE Wellbeing & Empowerment Program for Teen Girls



Bloom

a three-week program designed to help teen girls build confidence, healthy relationships and practical life skills.

Benefits:

- Boost self-esteem and body confidence
- Recognise healthy vs unhealthy relationships
- Learn simple self-defence and boundary skills
- Create a personal self-care plan
- Meet new friends in a safe and supportive space



Marlin Coast
Neighbourhood Centre
SUPPORTING COMMUNITY



UNIQUE HEALING JOURNEYS



Saturdays 9am - 12noon
November 15th 22nd 29th 2025



205 Reed Road, Trinity Park
Marlin Coast Neighbourhood
Centre

****Registration required for the limited spaces available. Must be aged between 13 - 17 yrs.**

This workshop is part of Queensland Women and Girls' Health Promotion Community Seed Funding program supported by Queensland Health and Neighbourhood Centres Queensland

Contact the friendly MCNC team on:
P: (07) 4055 6440 E: support@mcnc.org.au

**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 noon**

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








Tuesday Group Luncheon upcoming events:

November 4: Melbourne Cup

November 11: Remembrance followed by COTA Queensland

November 18: Games & Gossip

November 25: SSHS & TBSS Band

November 4	November 11	November 18	November 25	
Melbourne Cup 	Kate Kleeman Changes to My Aged Care  COTA QUEENSLAND	Games & Gossip 	Birthdays  Tropical North Learning Academy Trinity Beach State School & Smithfield State High School Band 	
December 2	December 9			
 BBQ Christmas Carols Smithfield CDC Child Care 	Christmas Lunch 			

Council on the Ageing **Queensland**



Do you need support to understand Aged Care?

Council on the Ageing will be visiting:

Marlin Coast Neighbourhood Centre

Tuesday 11 November

Drop in anytime between 9.00 am to 12.00 pm

No booking required

For more info: 1800 716 696

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

Queensl and Seniors Month 2025

What a fabulous trip we had for Seniors Month this year. First a cruise up the Dickson Inlet and then lunch on the deck at The Tin Shed. Thank you to Marlin Coast Neighbourhood Centre who sponsored the bus to get us to and from Port Douglas, and thank you to everyone who attended. A great day!





BREE JAMES ^{MP}
MEMBER FOR **BARRON RIVER**



Last weekend marked one year since I was elected as your State Member of Parliament, and I am sincerely grateful for the community's support in celebrating this milestone.

We've had some wonderful wins across the Marlin Coast region including funding for Pace Project, Newman Catholic College, Marlin Coast Rangers Football Club, Trinity Beach State School and of course the Marlin Coast Neighborhood Centre.

I have been working hard behind the scenes to continue to advocate for better sporting facilities in this region, as well as reducing anti-social behaviour and crime across the electorate.

While I am proud of what we've achieved, I am even more excited about what lies ahead—including a new fence for Trinity Beach State School and the Northern Beaches Leisure Trails funding.

We have officially partnered with World Trail and Contour Works to deliver the Smithfield Mountain Bike Park design, and plans are moving forward with the Wangetti Trail.

One of the biggest highlights over the past year has been meeting members of the community. I've attended numerous events and meetings across the Northern Beaches hosted by the Marlin Coast Bowls Club, Centrals Trinity Beach Bulldogs, Marlin Coast Rangers, Holy Cross Catholic School, Smithfield State School, Newman Catholic College, Trinity Beach State School, the Marlin Coast Men's Shed, and the Marlin Coast Lions Club. I've had the pleasure of meeting students, teachers, sporting champions, and residents who care about this region just as much as I do.

I will continue to advocate for our region and greater support for small businesses, community organisations, schools, and families. I will also continue pushing for a Legacy House for FNQ. You can view all my current petitions and projects on my website.

Finally, I would like to extend my thanks to Phillipa, Prue, Alison and the team at *Marlin Coast Neighbourhood Centre* for your amazing support for our community. Thank you!

Until next week

Member for Barron River
Tenancy 2.2, 2 Chelsea Lane,
Redlynch QLD 4870
P: 07 4229 0100
E: barron.river@parliament.qld.gov.au



Garden News...

Hello Everyone,

The heat has finally arrived with a vengeance and our faithful members toil on!

Our blue pea flower plant has thrived in it's new bed. Beautiful deep blue double flowers and does make for a vibrant tea.

Another bed has been removed and now being planted with Sweet Potato. We have lovely Salvias planted for the bees and are looking lovely. Our Cape Gooseberry plant is now ready to be enjoyed. The fruit is about the size of a small marble and is encased in a little lantern which dries as it ripens. Quite yummy, tangy and delicious. A little treat to have when you pass by the plant.

Frankie frog was not at home this week and our bees are busy.

Did you know Tarragon makes an interesting tea. It has an aniseed flavour and is nice warm or over ice. It's anti-inflammatory, good for digestion, relieves gas and helps with water retention.

By the way, November 5 will be a Super Full Moon - which is when the moon is nearest the earth.

Happy Gardening!



Library



Did you know? MCNC has a **FREE Library** available to all Centre users and members of the local community. It is situated in the Reception/Welcome area of the premises and offers an air-conditioned cosy space with comfy chairs and access to the outdoor patio. Items for loan (and return at your convenience) include a wide range of books: fiction/non-fiction, biographies, nature and wildlife, children's and many more. Games and Jigsaw puzzles are also available.

Our Library operates on an honour system which embodies the spirit of community and connection. Donations of items in good, clean condition are always welcome. We look forward to seeing you soon!

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

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

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

FREE BREAD!

205 REED ROAD
TRINITY PARK





COMMUNITY BBQ BREAKFAST
7.00 AM - 9.30 AM
THE SALVATION ARMY
64-72 HOARE STREET MANUNDA



THE WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
<p>Armchair Yoga Gentle exercise</p> <ul style="list-style-type: none"> 9.30am—10.30am 11am—12 noon <p>Ph: Rike 0401 164 202</p> <p>\$10 per person</p> <p>Cairns Early Years Learning Centre “Move Baby Move” 1pm — 2pm (during school terms) Ph: 4034 6800</p>	<p>Line Dancing 9.30am — 10.30am Member \$3 Non-Member \$5 Ph: 4055 6440</p> <p>Tuesday Lunch Guest Speakers, Activities and Lunch from 10.30am. Member \$10 Non-Member \$12 Ph: 4055 6440</p>	<p>Playtime Each Wednesday morning 9am — 11.30am for families with children under school age. Free. Phone 4055 6440</p> <p>Shed Mosaics 12.30pm — 3.30pm Member \$3 Non-Member \$5 Ph: 4055 6440</p>
<p>Alcoholics Anonymous 5.50pm — 7.10pm Ph: 0487 192 938</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>Community Garden Morning from 8.30am Ph: 4055 6440 Free Morning Tea</p> <p>Fitness for Seniors 9.30—10.30am \$10 pp</p> <p>Book Club First Thursday of the month 11am to 12.30pm Member \$3 Non-Member \$5 Phone 4055 6440</p> <p>Canasta Card playing group activity. 1pm—4pm Ph: Barb 0408 609 618</p>	<p>Community Cuppa 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>SATURDAY</p>
<p>Toastmasters Club 1st and 3rd Thursday of each month 7 —9 pm Ph: 0401 585 767</p> <p>Man Kind Project Australia Support group for all kinds of men. 7 – 10 pm 2nd & 4th Thursday of month. Ph: 0421 901 202</p>		<p>SUNDAY</p> <p>Trinity Baptist Church 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*.