



Neighbourhood News June 2026



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 11am - 12 noon.
Cairns Early Years Centre: Move Baby Move 1 - 2pm
Free; bookings essential Ph: 4034 6800
Trinity of Style Dance Studio: 4.30pm - 5.30pm
Ph: Mayumi 0432 820 579
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, 9am - 11.30 am. Free. Bring a piece of fruit to
share.
Mosaics: Putting Pieces in Place.
12.30 - 3.30pm. Members \$3 Non-Members \$5

THURSDAY

Fitness for Seniors: 9.45am - 10.45am \$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. Members \$3 Non-Members \$5
Canasta: 1pm - 4 pm Members \$3 Non-Members \$5
Toastmasters Club: 1st and 3rd Thursday of month.
7pm - 9pm. Ph: 0401 585 767

FRIDAY

Community Cuppa: - it's all about connecting.
10am - 12 noon All are welcome. Free!

SUNDAY

Trinity Baptist Church: Religious Service
9.30-12.30pm and
4.30 - 7.30pm 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 emerging, and honour those whose culture and customs have nurtured and continue to nurture this land.



Understanding Changes in Behaviour

Training held at Stratford Community Hall (Next to Stratford Library – at end of the carpark) on Kamerunga Road



Date

**Wednesday,
10 June 2026**

Time

**9:30am-
12:30pm AEST**

Location

Cairns QLD

This session provides an introduction to dementia and changes to the brain, effects on behaviour and the impacts of changed behaviour. It will introduce problem solving models, including strategies to minimise and respond to changed behaviour.

For more information and bookings please visit the website: dementia.org.au or call: 1800 100 500

Membership

*It's that time of year when
Membership is due...*



**For just \$10 a year, membership of the
Neighbourhood Centre offers you**

- **The opportunity to connect with other people and make new friends;**
- **Laughter and fun times;**
- **The chance to be involved in Centre activities and learn new skills;**
- **Up-to-date information and interesting newsletters;**
- **The right to give input into who is responsible for overseeing the operations of the Association through the election of a Management Committee.**

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 9 June 2026

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

Garden News.....



"I want to grow my own food but I can't find bacon seeds"

The rain has finally gone and we have started to plant our seedlings into the garden; we are already harvesting cucumbers and our herbs are powering away in their new bed. We are planting an array of flowers amongst our vegies to encourage beneficial insects and hopefully deterring the baddies - we want our garden to look beautiful.

we were very pleased to welcome members of the Tuesday Club to visit our garden and perhaps gain some inspiration.

Pruning is complete and our members took advantage of the free green waste with several trips to the tip.

Our tea this month is "Thyme". It does have a strong flavour, is antiseptic and is great for sore throats and coughs. You can combine it with ginger and honey for a refreshing taste.

Happy Gardening!



Tuesday Luncheon Group

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

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

Guest Speakers commence at 11.00am

Lunch is served at 12.00 noon

Members \$10 Non-Members \$12

Tuesday Group Luncheon upcoming events:

- June 02 Queensland Day Celebrations
- June 09 Guide Dogs
- June 16 Cultural Day - Iceland
- June 23 Bingo
- June 30 Trivia

| June 2 | June 9 | June 16 | June 23 | June 30 |
|--|--|---|---|--|
|  BBQ Queensland Day Celebrations  |  Guide Dogs with Bernardine McKean | Cultural Day Iceland  |  with Gail | Birthdays  04 - May 15 - Gail Trivia  |
| July 7 | July 14 | July 21 | July 28 | |
|  BBQ NAIDOC Celebrations weaving with Suella  | Bastille Day  |  Christmas in July | Birthdays  Art Therapy with Sarah Ayache  | 3 |

QiGong - Tai Chi

Marlin Coast Neighbourhood Centre
205 Reed Road, Trinity Park

Call 4055 6440
to express your interest

**EXPRESSIONS
OF INTEREST**

Are you interested in attending a intergrated QiGong - Tai Chi class at MCNC.
EITHER FRIDAY 7AM OR SATURDAY 11AM

Contact us with your preference

COMMUNITY PRESENTATION

ACCOMMODATION OPTIONS

- Staying in your current home
- Downsizing
- Renting
- Living in a Retirement Village
- Living with family

A Services Australia Financial Information Service (FIS) Officer will be providing this information

205 Reed Road,
Trinity Park

Thursday 25 June

10.30am - 1pm

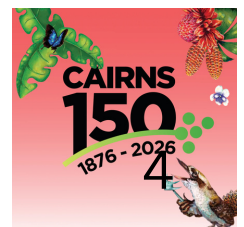
Cairns is 150 years young!

This beautiful city of ours is celebrating 150 years - yes Cairns is officially a city - it was formally granted city status by the Queensland Government in 1923.

Do you have any stories, photos, articles etc., particularly from the Cairns North Side - we would love a copy to share with our community. Please give your items of interest to Philippa at the Centre or email - seniors@mcnc.org.au

Further information - 4055 6440

In recognising 150 years since the establishment of the colonial township of Cairns, we acknowledge the Gimuy Walubara Yidinji, Buluwai, Djabugay and Yirrganydji peoples as the traditional custodians, and that their histories extend far beyond 1876.



Marlin Coast Neighbourhood Centre

4055 6440

admin@mcnc.org.au



CONNECTIONS

A space to make, hang and be.

This is what happened in our Connections Youth Engagement Group here at the Centre last Tuesday!



Under the guidance of Destiny, our youth leader, we all tie dyed t-shirts.

Thank you to QIFVLS for funding the program.

Our after school program is a drop-in space for teens aged 13 - 17 years old; this is an opportunity to make some connections and break the routine of heading home and maybe being bored!

Connections is on at the Centre - Tuesdays from 2.30pm to 5.30pm.

ArmChair Yoga

Hi, I'm Rike, and I've been sharing Armchair Yoga at Marlin Coast Neighbourhood Centre every Monday for the past few years. It's a joyful way to come together, move gently, and nurture wellbeing in a caring local community.

Come and join our warm and welcoming group, connect with friendly local people, and enjoy a gentle guided class that can leave you feeling refreshed, supported, and inspired.

What to expect:

BREATH, MOVEMENT, RELAXATION

These classes offer a safe, inclusive, and uplifting space where people of all abilities can move, breathe, relax, and rediscover the joy of feeling well together.

Enjoy gentle strengthening and restorative movements that can help you feel more mobile, balanced, and energised—while sharing uplifting moments with others in a caring and encouraging environment.

Each week, I'll guide you through a practice that supports mobility, strength, balance, and wellbeing in a relaxed and friendly setting, helping you build confidence and enjoy each step of the journey at your own pace.

We have spaces available again—come and be part of something uplifting, supportive, and inspiring.

- Class times: Monday 9:30 am to 10:30 am
- Second class: Monday 11:00 am to 12 noon

Wishing you a wonderful week. I'd be delighted to welcome you to a class and share a gentle, uplifting experience that helps you feel stronger, brighter, and more connected.

Namaste, Rike
(m) 0401 164 202
(e) rikekullack@gmail.com



JUNE 15
WORLD ELDER ABUSE AWARENESS DAY #WEAAD
elderabuseawarenessday.org.au | seniorsrights.org.au



Respect is not a matter of age.

MOSAICS

putting pieces in place

Marlin Coast Neighbourhood Centre
Wednesdays: 12.30 to 3.30pm
members \$3 /non members \$5

4055 6440
admin@mcnc.org.au

EVERYONE WELCOME



The man who fell into an upholstery machine is fully recovered!



Marlin Coast Neighbourhood Centre

Outreach Services

Do you know about our onsite outreach services?

Financial Counselling & NILS (No Interest Loan Scheme)

SHAC - Shelter Housing Action Cairns provides free, confidential **financial counselling** to help people manage money worries and improve their financial wellbeing. Financial Counsellors can assist with budgeting, debt issues, bills, fines, credit problems, and negotiating with creditors. Their service is independent, non-judgemental, and focused on supporting you to understand your options. Financial counselling is available to anyone experiencing financial difficulty.

SHAC - Shelter Housing Action Cairns also offers NILS (**No Interest Loan Scheme**) applications. NILS loans are small, safe loans with no interest, no fees, and no charges, designed to help people on low incomes pay for essential items such as household appliances, medical costs, education expenses, or car repairs. Who is eligible? NILS is generally available to people on a low income, including those receiving Centrelink payments or earning below a set income threshold, who can show an ability to repay the loan.

ICAN - Indigenous Consumer Assistance Network helps people understand their consumer rights, make informed financial choices, and access fair and safe products and services. They provide free, confidential **financial counselling, consumer advocacy services and support, and financial literacy.**

AT MARLIN COAST NEIGHBOURHOOD CENTRE:

ICAN

THURSDAY

11 JUNE 2026

9am - 12 noon

1800 369 878

SHAC

FRIDAY

26 JUNE 2026

9am - 12 noon

4080 7400

Prefabricated homes: the \$150k fix to Australia's housing crisis?

Widow Christine Szajer dug herself out of grief and financial difficulties after the passing of her husband, managing to secure a roof over her head with a tiny, prefabricated home.

It's something experts say could solve Australia's housing crisis - if governments thought more about the process and time it took to produce new housing.

After the passing of her beloved husband to a rare cancer six years ago, Ms Szajer opted to sell the four-bedroom home and downsize, leasing a block of land in South Australia's Barossa Valley, and gained a new lease on life.

Housing affordability was a key issue in the May 12 federal budget with changes to negative gearing and capital gains tax, but some Australians say a simple solution could be found in prefabricated houses.

These homes are manufactured off-site in advance, usually in standard sections that are then shipped and assembled.

Ms Szajer told *The Senior* she was left with a "big house and no money" because her husband's cancer treatment had been so expensive.

"I needed to pay off debts, and get myself sorted," the 65-year-old said. "I had years of worry." Ms Szajer said her prefabricated home cost roughly \$150,000 and includes one bedroom and study, a bathroom, kitchen and lounge. She's added her own renovations, including a balcony, and said she couldn't be happier.

Ms Szajer described it as a "wonderful option", subsequently leasing land in the town of Lyndoch. "The biggest challenge was what do you keep, and what don't you keep," she said.

Calls for more government change

Shed House Australia director Dave Penfold claimed its homes can be built for around 20 per cent less than conventional builds and reach lock-up stage within four to eight weeks.

He said both major political parties continued to focus heavily on supply and demand measures without confronting deeper structural issues facing the construction industry.

"We're seeing incentives and funding, but there is not enough focus on how homes are actually built," he said. Mr Penfold said labour shortages, lengthy construction times and outdated building methods were all slowing the delivery of desperately needed homes.

"Without changing how we build, those targets will remain difficult to achieve," he said.

According to peak industry group *prefabAUS*, prefabricated building currently accounts for only 3-5 per cent of Australia's \$150 billion construction industry.

Mr Penfold argued future housing policy needed to place greater emphasis on modern construction methods rather than tax changes.

"If we keep building homes the same way we have for decades, we'll keep seeing rising costs and limited access," he said.

Different states have different rules

Housing Industry Association executive director of planning and development, Sam Heckel said that a lack of uniform rules was actively stalling progress in prefabricated homes.

"Inconsistent regulations across state and local government boundaries add complexity, and introduce additional costs which often do not improve outcomes," Mr Heckel said.

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BREE JAMES MP

MEMBER FOR BARRON RIVER

It's been another busy month across Far North Queensland, with several Ministers visiting our region to deliver important announcements and hear directly from our community.

I recently hosted two fantastic events connecting Ministers with young leaders and local businesses. It was great to see student leaders from across the electorate, including Smithfield State High School, Holy Cross School and Newman Catholic College involved to meet the Minister for Youth, Sam O'Connor MP. Thank you to everyone who attended, shared their questions and of course, to JCU Ideas Lab for hosting us and to the teachers and staff who attended.

May was *Small Business Month* and I thank every business that reached out to be part of our celebrations. Over the month I shared 30+ businesses to my social media and would love to continue to 'shout-out' our local small and family businesses throughout the year. If you are a small business owner, please scan the QR code to share a little bit about your business with me.



I also hosted a Small Business Event with Minister for Small Business, Steve Minniken MP where several businesses in the Barron River shared their concerns with the Minister. Community safety remains a priority, with several key announcements this month. We also launched our petition calling for bail reform. These reforms are designed to close the revolving door of the youth justice system. We have created tough new laws, the police are enforcing them, but the courts keep giving these young criminals bail. Our proposed Breach Bail, Go To Jail laws will end Labor's Youth Crime Crisis merry go round. If you agree it's time to end the revolving door: support breach bail, go to jail - sign the petition and back stronger laws. Scan here to add your support.



I also want to congratulate Smithfield Shopping Centre on the launch of the All-Ages Community Engagement Initiative at Smithfield Shopping Centre. This first-of-its-kind model brings people together from all stages of life, strengthening social connection and community wellbeing. Thank you to everyone involved, including Matt Smith MP, Councillor Rhonda Coghlan, Smithfield Shopping Centre, Life Bridge Community Chaplaincy, Thrive & Connect, The Benevolent Society, QIFVLS and Centacare for bringing this vision to life.



As always, I'll continue to stand up for our region, supporting local jobs, safer communities, and a stronger, more connected Northern Beaches. If you want to share any key issues or concerns, you have in our region scan here: By sharing your feedback, you will automatically be entered into the draw to win a \$250 Gift voucher.

Until next month
 Ms Bree James, MP Member for Barron River
 07 4229 0100
 barron.river@parliament.qld.gov.au



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In his 2026 federal budget speech, Treasurer Dr. Jim Chalmers announced new changes to negative gearing which will begin in July 2027.

He argued the federal government needs to take the lead on uniform design standards to "remove the need for costly, bespoke planning processes".

What are the downsides to prefab

Prefabricated houses are not without pitfalls.

The financial system remains heavily stacked against off-site manufacturing, with many banks reluctant to finance homes while they are still being built in factories.

Resale values can also be weaker compared to traditional homes.

In addition, the promised savings can quickly erode once the hidden costs of transporting large modules using heavy machinery are factored in.

Sound advice

A *Master Builders Australia* spokesperson told The Senior consumers should seek advice before purchasing - including what the local council's and state government's rules are, and to understand the future financial implications.

"Housing innovation is only one part of solving Australia's housing shortage," the spokesperson said. "It is not a substitute for the barriers to supply being removed."

"Australia needs to see a material uplift in supply, and governments at all levels must focus on policies that encourage investment, improve efficiency, cut unnecessary red tape and grow the construction workforce while delivering enabling infrastructure."

An article from The Seniors

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

Whenever I try to eat healthy, a chocolate bar looks at me and snickers!

SENIORS FITNESS CLASS

with Imogen

THURSDAYS 9.30AM



GREAT FOR:
BALANCE.
CO-ORDINATION
STRENGTH
FLEXIBILITY
MEMORY
WELL BEING
CONNECTION

join the class and feel the energy

MARLIN COAST NEIGHBOURHOOD CENTRE
205 Reed Road, Trinity Park
4055 6440 or



Marlin Coast Neighbourhood Centre

CONNECTIONS

A space to make, hang and be.

Are you looking for an after-school hang-out space?

Our new after school program has commenced!

Join us for an activity or just hang with your phone charging and headphones on, its up to you.

A drop-in space for teens aged 13 - 17 years old

An opportunity to make some connections and break the routine of heading home and being bored!

TUESDAYS: 2.30 - 5.30PM

Tuesday 2 June

Mocktail Bar

Looks fancy. Tastes good. A chill session to mix your own drinks with fresh flavours and fun garnishes. No rules, no pressure – just good vibes, tasty sips, and a little bit of “wow, I made this”, in an insta worthy 'Sip, Mix, Flex' kinda way.



Tuesday 23 June

Kitchen Chaos Take 2

How are your cooking skills?

Are you a sweet or savoury lover?

Come bake and create muffins and snacks to fill you up over the holiday break.

Tuesday 9 June

Toastie Lab

Hot. Crispy. Worth it. Drop in to make your own toastie with classic and chaotic combos.

Come hungry, leave happy. That's it.

Tuesday 16 June

Beady Creations

Looks cute, feels creative!

Learn how to handmade your own beads and create a personalised lanyard or keyring.



Program initiative proudly supported in partnership by MCNC & QIFVLS. For further information please contact MCNC on 4055 6440 or support@mcnc.org.au



SUNDAY, 14 JUNE 2026

CHANGED TRAFFIC CONDITIONS

HOW TO PLAN YOUR TRAVEL

Cairns Airport IRONMAN Cairns is coming to town, and we're proud to welcome athletes and visitors to our community.

To support a safe and enjoyable event, there will be temporary changed traffic conditions whilst Cairns Airport IRONMAN Cairns is taking place. Please scan the QR code below for helpful travel information and tips on getting around.

Road closures will be enforced on race day to ensure everyone's safety.

Thank you for your patience and support, we appreciate our community's role in making this event possible.



For more information visit Ironman.com/races/im-cairns/traffic-impact or phone 1300 761 384



Medical Dictionary

Laughter really is the best medicine!

| | |
|------------------|-----------------------------|
| ARTERY | The study of paintings |
| BACTERIA | Back door of the cafeteria |
| CAESAREAN | The neighbourhood in Naples |
| CAT SCAN | Searching for kitty |
| COMA | a punctuation mark |
| DILATE | To live longer |
| FESTER | Quicker |
| FIBULA | Small lie |
| NITRATES | Cheaper than day rates |
| MORBID | A higher offer |
| OUTPATIENT | A person that has fainted |
| PELVIS | A cousin of Elvis |
| POSTOPERATIVE | A letter carrier |
| SECRETION | Hiding something |
| SEIZURE | Roman Emperor |
| TABLET | A cheap iPad |
| TERMINAL ILLNESS | Getting sick at the airport |
| TUMOR | More than one |
| URINE | Opposite of "you're out" |
| VEIN | Conceited |



Line Dancing

TUESDAYS 9.30 - 10:30 AM

MEMBERS \$3
NON-MEMBERS \$5

4055 6440
adminemcnc.org.au

Thank you Ron for this funny!

Do you have an article, something funny, a family recipe etc. that you would like to share in our newsletter - if so, bring it into the Centre and give it to Philippa or email it to seniors@mcnc.org.au.



Your aged and disability advocates

Helping Queensland seniors and people with disability speak up for their rights and needs.

1800 818 338

Creative Teen Labs!
SCHOOL HOLIDAYS

Free • No bookings • Ages 12 years & up!




Free • No bookings • Ages 12 years & up!




COMIC BOOK MONTH



SCHOOL HOLIDAYS



COSPLAY MEET-UP & DISCOVERY
 FRIDAY 10 JULY - CITY - 10AM

Calling all anime, manga, and cosplay fans—join our relaxed Cosplay Meet-Up to connect with others, showcase your cosplay, discover new favourites, and enjoy a safe, inclusive space with optional photoshoot opportunities.

CHECKMATE
 INTRO TO CHESS

MONDAY 29 JUNE
 SMITHFIELD - 10.30AM

BIKE WORKS
 LEARN BIKE MAINTENANCE

WEDNESDAY 1 JULY
 SMITHFIELD
 9.30AM & 2.30PM

CREATIVE CARTOONING
 LEARN, DRAW & ILLUSTRATE

THURSDAY 2 JULY
 STRATFORD - 10.30AM

ZANEY ZINE
 MAKE YOUR OWN LITTLE MAG

FRIDAY 3 JULY
 CITY - 10.30AM

ZENTANGLES

RELAXING, MINDFUL, PATTERN-DRAWING

TUESDAY 7 JULY
 EARLVILLE - 10.30AM

CONCRETE POETRY
 WRITE, EXPRESS, RHYME

WEDNESDAY 8 JULY
 SMITHFIELD - 10.30AM

MAKE UP & FACE ART
 LEARN TO DO YOUR MAKE-UP!

FRIDAY 10 JULY
 GORDONVALE - 10.30AM

COSPLAY MEET UP
 CALLING ALL ANIME, MANGA, & COSPLAY FANS

FRIDAY 10 JULY
 CITY - 10AM

FREE. NO BOOKINGS REQUIRED.




DRAW YOUR ALTER EGO HERO
 1 - 31 JULY - ALL LIBRARIES - OPEN HOURS

If you could be a superhero today, who would you be? Design your own alter ego and add it to our growing wall of heroes in the library. Choose your powers like super strength, invisibility, or something totally unique. Drop in anytime and get creative!

IF YOUR LIFE WAS A COMIC...
 1 - 31 JULY - ALL LIBRARIES - OPEN HOURS

Get creative this Comic Book Month—if your life were a comic, what would it be called? Create your own comic title and add it to our interactive Wall of Heroes in the library for your chance to win a prize!

WHERE DO I START MANGA?
 1 - 31 JULY - ALL LIBRARIES - OPEN HOURS

New to manga and not sure where to start? Our Starter Pack Manga Displays make it easy to find your next favourite read with hand-picked favourites across action, fantasy, romance, comedy, and more.

FREE. NO BOOKINGS REQUIRED.




FREE ONLINE ARMCHAIR YOGA PILOT CLASS
 STARTING ON WEDNESDAY 1ST APRIL AT 9AM

Email : beryljef@tpg.com.au

with your expression of interest, and I will forward the info needed to join.

The class is for 30 minutes - in your own home - no need to dress up - get wet or use your expensive fuel !!

Join me in the 21st Century by entering the techno world of zoom on line classes.

Want to chat first ?? call me on 4055 7603 or text 0403 644 166

TEENS

Multicultural Month

DRUMMING CIRCLE

Free • No bookings • Ages 12 years & up!




PLEASE JOIN US FOR A

Garden Party

LETS PLANT SOME FLOWERS

JUNE
 WEDNESDAY 24 10-11 AM
 2026

MARLIN COAST NEIGHBOURHOOD CENTRE,
 KIDS GARDEN



Marlin Coast Neighbourhood Centre
 SUPPORTING COMMUNITY

Marlin Coast Neighbourhood Centre

Bring a piece of fruit to share for morning tea

CHILDRENS PLAYTIME

WEDNESDAYS
 9-11.30AM

Parents and Carers can participate in children's activities and meet other parents and carers.

EVERYONE IS WELCOME

Marlin Coast Neighbourhood Centre offers a safe and friendly Playtime where children can play and learn together.



FOR MORE INFO: 4055 6440 | admin@mcnc.org.au
 205 Reed Road, 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

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EVERYONE IS WELCOME!

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

A 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 \$10 per person</p> <p>Cairns Early Years Learning Centre "Move Baby Move" 1pm - 2pm (during school terms) ph: 4034 6800</p> <hr/> <p>Trinity of Style Dance Studio Dancing 4.30pm - 5.30pm ph: Mayumi 0432 820 579</p> <p>Alcoholics Anonymous 6pm - 7pm ph: 0487 192 938</p> | <p>Line Dancing 9.30am - 10.30am members \$3 non-members \$5 ph: 4055 6440</p> <p>Tuesday Lunch Guest Speakers, Activities and Lunch from 10.30am members \$10 non-members \$12 ph: 4055 6440</p> <p>Connections Youth Engagement A space to make, hang and be! A drop in space for teens aged 13 - 17 years 2.30pm - 5.30pm ph: 4055 6440</p> | <p>Playgroup Each Wednesday morning 9am - 11.30am for families with children under school age. FREE ph: 4055 6440</p> <p>Mosaics 12.30pm - 3.30pm members \$3 non-members \$5 ph: 4055 6440</p> |

VENUE HIRE

The Marlin Coast Neighbourhood Centre (MCNC) has wonderful air-conditioned facilities for hire - large function rooms, kitchened facilities, covered patio, children's playground. So why not hire the 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).

A WEEK AT A GLANCE

| THURSDAY | FRIDAY | SATURDAY & SUNDAY |
|---|--|--|
| <p>Community Garden Mornings from 8.30am ph: 4055 6440 free Morning Tea</p> <p>Fitness for Seniors 9.45 - 10.45am \$10 pp</p> <p>Book Club First Thursday of the month 11am - 12.30pm members \$3 non-members \$5 ph: 4055 6440</p> <p>Canasta Card playing group activity. 1 - 4pm ph: Barb 0408 609 618</p> <hr/> <p>Toastmasters Club 6pm - 7pm 1st & 3rd Thursday of the month ph: 0487 192 938</p> | <p>Community Cuppa 10am - 12 noon</p> <p>It's all about connecting!</p> <p>Bring your craft...or just a smile for a morning of connecting over a cuppa and some cake.</p> <p>Everyone is welcome.</p> <p>FREE</p> | <p>SATURDAY</p> <hr/> <p>SUNDAY</p> <p>Trinity Baptist Church Religious Service 9.30am - 12.30pm 4.30pm - 7.30pm 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.

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 Families, Seniors, Disability Services and Child Safety*.