



# Neighbourhood News SEPTEMBER 2026



**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.



**The Marlin Coast Neighbourhood Centre**  
**205 Reed Road Trinity Park**  
**P: 4055 6440**  
**PO Box 260 Smithfield QLD 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 \$10 pp  
 9.30 - 10.30am

**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! 9.15am - 10.15am  
 Members \$3 Non-Members \$5

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

**Connections:** A drop-in space for teens aged 13 - 17  
 2.30pm - 5.30pm. Free!

## WEDNESDAY

**Playtime:** For families with children under school age,  
 9am - 11.30 am. Free. Bring a piece of fruit to share.

**Tech Help:** on-on-one technical help for phones,  
 computers and tablets 10am - 12 noon.

**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 4.30pm - 7.30pm  
 Ph: 0407 127 204

# Community Fun Day

Held on August 1 this year, the Centre's Community Fun Day was another great success. Thank you to Cairns Regional Council who awarded us a grant to put the day on for the community.

Cake Stall - \$244.00 to Seniors bus trip

Craft Stall - \$92.00 to ER pantry

Raffle - \$206.05 to Playgroup toys

Scones - \$188.75 to Teen Connections

Garden group - \$984.60 to the Garden

Sailability ran the BBQ this year - all proceeds will help support people with a disability to sail.

We also had a petting zoo, jumping castle, face painting, balloon artistry, along with local community service organisations.

Thank you to the following:

- both Bunnings and Bluewater who each generously donated \$50 vouchers for the lucky door prizes.
- Everyone who volunteered their time and support to help make the day a success.
- To the community for showing up to enjoy the day.

## WE WANT YOUR FEEDBACK!

Cairns Libraries is planning for the future, and we want to hear from you! Have your say between 7 August and 4 September and help shape the future of your libraries.



Scan the QR Code to tell us what you think!

LET US KNOW WHAT YOU THINK!





# Tuesday Luncheon Group

Line Dancing starts at 9.15am, and finishes at 10.15am.  
The Lunch Group commences at 10.30am 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:

- September 1

Bingo with Gail
- September 8

Women’s Health Week
- September 15

Where am I?
- September 22

Stroke Foundation
- September 29

Greg’s Talk on Russia

| SEPTEMBER 1                                                                                                                                                                                                                                                    | SEPTEMBER 8                                                                                                                                                                           | SEPTEMBER 15                                                                                                              | SEPTEMBER 22                                                                                                                                                                                                                                 | SEPTEMBER 29                                                                                                                                                                                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div> BBQ</div> <div></div> <div>with Gail</div>                                           | <div>Women’s Health Week</div> <div>Do it Anyway</div> <div>with Beryl Broadbent</div> <div></div> | <div></div> <div>Where am I?</div>     | <div>Stroke Foundation</div> <div>with Letisha (online)</div> <div></div>                                                                                | <div>Birthdays </div> <div>Dorothy – 22<br/>Rhonda – 26</div> <div>My travels through Russia with Greg Tate</div> <div></div> |
| OCTOBER 6                                                                                                                                                                                                                                                      | OCTOBER 13                                                                                                                                                                            | OCTOBER 20                                                                                                                | OCTOBER 27                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                         |
| <div> BBQ</div> <div>My travels through Russia continues with Greg Tate</div> <div></div> | <div>Mental Health Week</div> <div></div> <div>with Diana Pettersen</div>                          | <div></div> <div>with Nicky Jurd</div> | <div>Birthdays </div> <div>Seniors Month Bus Trip</div> <div></div> |                                                                                                                                                                                                                                                                                                         |

# TECH HELP

**FREE** Device Help For Everyone

Phones, Tablets & Laptops

Wednesdays - 10 am to 12 noon

By Appointment only

☎ 4055 6440 ✉ admin@mcnc.org.au 📍 205 Reed Road, Trinity Park



Do you have a tech question, or need help with your device?



Marlin Coast Neighbourhood Centre

Sharing our Strength - Community Event

Thursday 24 September | 5:30-8:00pm

Narrow Tracks Distilling,

60-70 Magazine Street, Stratford

FREE EVENT

## SHARING OUR STRENGTH

*Moving forward  
after jasper*

THURSDAY  
24 SEPTEMBER 2026  
5:30PM-8:00PM

NARROW TRACKS  
DISTILLING  
60-70 MAGAZINE ST.  
STRATFORD

LIVE MUSIC BY  
TESSA DEVINE

FOOD  
PROVIDED

CONNECT  
REUNITE  
SHARE STORIES



## NEW CLOTHES FOR NEW BEGINNINGS

Brand New Clothing Available for Our Community!

We're excited to welcome you to access brand new clothing through our partnership with Thread Together.

👕 A wide range of high-quality clothing is available for men, women, and children. Whether you're after something warm, something new, or just a fresh start.

📍 Location: 205 Reed Road  
Marlin Coast Neighbourhood Centre

📅 Date: Friday 4<sup>th</sup> September 2026  
🕒 Time: 8.30am - 10.30am



No referral needed. Just come as you are.

## Cairns is 150 years young!

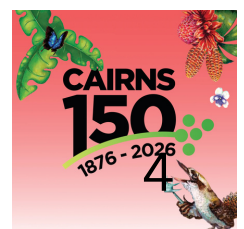
This beautiful city of ours is celebrating 150 years - yes Cairns is officially a city - it was formally granted city status by the Queensland Government in 1923.

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

celebrates

# SENIORS MONTH

**MEMBERS**  
**\$60**

A history tour through  
150 years of the  
establishment of the  
colonial township of Cairns

- Cairns Gallery
- Court House
- Cairns Post
- Boland Centre
- Central Hotel
- St Monica's Cathedral
- Cairns Pioneer Cemetery
- Herrie's House
- Freshwater Station
- Red Beret (Lunch)
- Smithfield Village
- Cairns Indigenous History
- Kuranda Range
- Early Explorers



Cairns  
150 yrs

**WITH LUNCH AT THE RED BERET**

**TUESDAY 27 OCTOBER 2026**  
**9.15 AM TO 2 PM**

non-members

**\$75**

pickup 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

**BOOKINGS - 4055 6440 | LIMITED SEATS AVAILABLE**

*Marlin Coast Neighbourhood Centre*

# Outreach Services

Do you know about our onsite outreach services?

## Services Australia (Centrelink Support)

**Services Australia** staff visit once a month to help people navigate, access, and manage Centrelink and Medicare services. They can assist with educating about the agency's payments and services, provide an understanding of letters and decisions, connect and guide with online services via MyGOV and answer questions about entitlements.

## 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 negotiation 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.

## AT MARLIN COAST NEIGHBOURHOOD CENTRE:

**Services Australia**

**Monday**

**28 September 2026**

**11.30am - 1.30pm**

**0459 914 180**

**SHAC**

**Friday**

**25 September 2026**

**9am - 12 noon**

**4080 7400**



# Help shape a more accessible Cairns

Have Your Say on Council's *Disability Access and Inclusion Plan*

## We want to hear from:

- People with disability
- Carers and support people
- Service providers
- Advocates
- Community members

## Share your feedback about accessibility across Council's:

- Places and spaces
- Services
- Events
- Programs and activities

There are two ways to participate:

1. Complete the survey online by scanning the **QR code** or visit [www.cairns.qld.gov.au](http://www.cairns.qld.gov.au)
2. Pick up or return a printed copy of the survey at Customer Service at Cairns Regional Council, Hambledon House Community Centre in Edmonton, or Marlin Coast Neighbourhood Centre in Smithfield.



Survey closes 20 September 2026



## Free tax help at MCNC

Do you earn \$70k or less and need a hand with your tax return?

Marlin Coast Neighbourhood Centre (MCNC) is again partnering with the Australian Taxation Office (ATO) to offer Tax Help appointments with an ATO-trained volunteer.

Appointments are free and confidential

**Available July–October**  
**To book, contact MCNC on 4055 6440**

Learn more: [ato.gov.au/taxhelp](http://ato.gov.au/taxhelp)



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 8 September 2026**  
**9.00 am to 12.00 pm**

To book your appointment please call  
Marlin Coast Neighbourhood Centre on 07 4055 6440

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

**Build your money skills with Saver Plus**



[saverplus.org.au](http://saverplus.org.au)



**Ask Izzy**  
[askizzy.org.au](http://askizzy.org.au)

**FIND THE HELP YOU NEED, NOW AND NEARBY.**

When you're looking for support, **Ask Izzy** can help you to find the services you need, now and nearby. It is free and anonymous, and you can search over 360,000 services to find housing, meals, healthcare, counselling, legal advice, addiction treatment and a whole lot more.

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 (NQPHE) through the Australian Government's PHN Program.



# BREE JAMES MP

## MEMBER FOR BARRON RIVER

The recent criminal incidents across Barron River, including the tragic death of a young woman in Smithfield, have understandably left our community angry and hurting. I hear loud and clear from local families that they have had enough of the revolving door, where serious repeat offenders are released on bail and go on to offend again. Our police are catching these offenders. Our justice system must back them up. That is why I am pushing for stronger breach of bail laws for both youth and adults. If you are given the privilege of bail and then commit another serious offence, there must be serious consequences. Breach bail, go to jail. Residents deserve to feel safe in their homes, on our roads and in their neighbourhoods, and I will continue fighting for the tougher laws and stronger consequences our community expects.

I'm pleased to share that Smithfield business Skyscape has received a Secure Communities Partnership Grant to help strengthen security measures at its Smithfield premises through improved surveillance and detection technology. I congratulate the team at Skyscape on successfully securing this funding and taking proactive steps to enhance safety for their staff, customers and business. Grants like this play an important role in supporting local businesses to deter crime and improve community safety. I encourage eligible businesses to keep an eye out for the next round of funding and consider applying.

Another exciting project progressing in our region is the continued development of the Smithfield Mountain Bike Park. The Master Plan has now been completed, with construction set to continue over the coming years and the project expected to be completed in late 2028.

We're also delivering improvements to local walking infrastructure through a \$429,000 investment in the Earl Hill Walking Track. The project will be delivered by local trail design company Contour Works and is expected to be completed before the start of this year's wet season. The new section of trail will connect with the existing network, creating a continuous walking link between Trinity Beach and Trinity Park and providing another fantastic recreational asset for residents and visitors to enjoy.

Finally, I want to congratulate the team at Marlin Coast Neighbourhood Centre on the successful Community Fun Day last month. It was a wonderful day and great to see so many families and community.

Until next month  
Ms Bree James, MP Member for Barron River  
07 4229 0100  
[barron.river@parliament.qld.gov.au](mailto:barron.river@parliament.qld.gov.au)



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!



# TAI CHI

with Renee

**Starts Oct 10th**

**Saturdays 11am-12pm Only \$10**

Marlin Coast Neighbourhood Centre, Trinity Park

**Its Official.... Tai Chi and Qigong are coming!**

**Starting Saturday October 10**

we welcome Renee to the Centre

Classes are on Saturdays

11am - 12 noon - **\$10**

205 Reed Road, Trinity Park

## Garden News.....

Our Fun Day has been and gone and it was quite a success. The Weather was beautiful and all in all a very good turnout. Our plant sale went well as did the trash & treasure.

I would like to say a big thank you to Kay from the Tuesday Club for donating the most wonderful plants for our sale. Our vegies are looking fabulous and vibrant with growth. Tomatoes are growing very well now and should give a bountiful harvest.

So far no fruit fly, but we do have bait stations that have been very successful.

Recipe for Fruit Fly -

1 cup orange juice

1 tablespoon cloudy ammonia

Use a plastic drink bottle with a small hole each side half way down and hang near your plants; change weekly.

**Happy Gardening!**



Marlin Coast Neighbourhood Centre  
SUPPORTING COMMUNITY

# COMMUNITY CUPPA

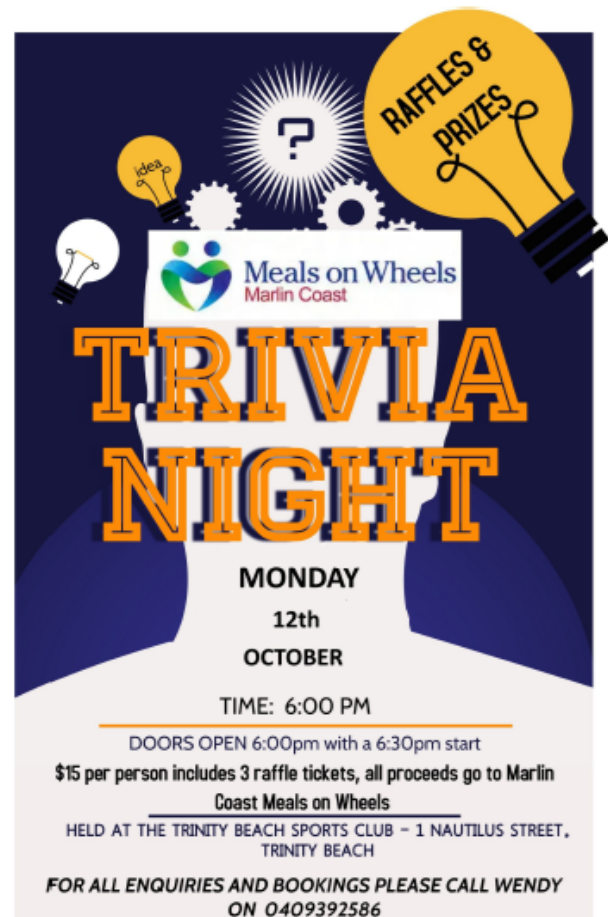
it's all about connecting  
bring your craft...or just a smile for a morning of connecting over a cuppa and some cake.

**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



Meals on Wheels  
Marlin Coast

# TRIVIA NIGHT

**MONDAY 12th OCTOBER**

**TIME: 6:00 PM**

DOORS OPEN 6:00pm with a 6:30pm start

\$15 per person includes 3 raffle tickets, all proceeds go to Marlin Coast Meals on Wheels

HELD AT THE TRINITY BEACH SPORTS CLUB - 1 NAUTILUS STREET, TRINITY BEACH

**FOR ALL ENQUIRIES AND BOOKINGS PLEASE CALL WENDY ON 0409392586**

## How to protect yourself from the key mistake many women make.

An Article by The Senior

After losing her fortune following a devastating divorce and her life plunged into chaos, Marcia Griffin knew she had to take control. Eight years on from being forcibly made to sell her house, she had rebuilt her life and finally bought a place to call home.

"I lost everything," Griffin told The Senior. "It was like a can of worms opening up."

In her new book, *Step Up & Wear the Damn Shoes*, the 70-year-old tells the story of rebuilding her life after losing her home and fortune after divorce. Griffin, who had been working for 15 years as an economist, said strain over debt accelerated her split from her husband in the early 1980s. They were forced to sell their large home in an affluent Melbourne suburb, along with a holiday home they had jointly owned. "That was a big wake-up call to step up and take control of my financial life," she said. "I had done the thing that women mustn't do, and that is leave their financial life to someone else."

Many women lack confidence managing their own finances. Carolyn O'Reilly, financial adviser at Perpetual, said women often lack confidence in managing their own personal finance, and often have not had access to financial education. "The financial literacy piece is really deficient in a lot of women, even women from wealthy backgrounds," O'Reilly said. This could be because many women took on more traditional household roles, including caring for the children, and spent time out of the workforce. Many couples also choose to let the higher earning partner, usually male, manage the household budget.

The gap in knowledge may be impacting women's super balances. Men consistently hold higher superannuation balances than women, when national data is crunched as an average or median. Men consistently have more in super across all age groups, except for women aged 70 to 74, whose median balances inch slightly higher, according to data from The Association of Superannuation Funds of Australia (ASFA).

A gap in financial knowledge is easy to fix. But the gap is nothing to be embarrassed about, and most women will find they can quickly become masters of their own financial future.

"Everyone's been given different exposure to financial literacy, and a lot of women have not had the opportunity to be the primary decision makers for their finances," O'Reilly said. Anyone looking to take control of their finances should seek out personalised advice, O'Reilly said. A landmark gender pay gap report reveals which Australian private companies have the largest disparity. The Workplace Gender Equality Agency report released on February 27, 2024, found every Australian industry has a pay gap skewed in favour of men. Once a professional explains the options, women can start planning how to structure their spending, tackle debt, and work on ways to grow their nest egg. "Women are very keen to learn about finances ... They just need to access the information," she said. "The most empowering thing that you can do is actually not worry about the fact that you don't have the experience, but look for opportunities to make the situation better."

continues on page 12



BreastScreen is coming to  
**Smithfield**  
**28 Sept - 22 Oct 2026**

Located at the Marlin Coast  
Rec Centre, Leisure Park Drive

- ☒ Free breast screening for women aged 50-74
- ☒ No doctor's referral needed

Women aged in their 40s and over 75 also eligible  
for free breast screening



Scan to  
book

Call **13 20 50** or visit  
**[breastscreen.qld.gov.au](https://breastscreen.qld.gov.au)**

**DELIVERING**  
FOR QUEENSLAND



**Queensland**  
Government



Our Sailability Cairns community makes sailing inclusive and fun, giving people of all ages and abilities the opportunity to experience the freedom and joy of sailing!

Welcoming people with physical, sensory and intellectual disabilities — no sailing experience necessary.

Supported by passionate volunteers, with Hendo pontoon cruises and a fleet of specially adapted boats.

**Sailing is free**  
Tuesdays & Saturdays, 12–4 pm

To learn more and get involved please visit:  
[www.sailabilitycairns.com.au](http://www.sailabilitycairns.com.au)  
Come sail with us!



Cairns Cruising Yacht Squadron, Tingira St, Portsmith



continued from page 10

## 'We have to step up': How Marcia rebuilt her fortune

For Griffin, after losing her home, she began renting, and focused on slowly rebuilding her nest egg. After becoming a sales associate at cosmetic business Pola, she began working her way up, and would eventually become the company's chief executive. "Week by week, month by month, I saved up money," Griffin said. Eight years after the divorce, she was able to put down a deposit on her own home. "We have to step up and take control of the finances," she said.

"Unless we really know where we're up to financially, if a partner dies, or there's domestic violence, or some other event, we may be just left out in the cold."

## Line Dancing

TUESDAYS 9.15 - 10.15 AM

MEMBERS \$3  
NON-MEMBERS \$5

4055 6440  
[adminemcnc.org.au](mailto:adminemcnc.org.au)



**Do you have an article, something funny, a family recipe etc. you would like to share in our newsletter.**

**Please bring it into the Centre and give it to Philippa or email it to [seniors@mcnc.org.au](mailto: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**

# A WEEK AT A GLANCE

| MONDAY                                                                                                                                                                        | TUESDAY                                                                                                                                                                         | WEDNESDAY                                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Armchair Yoga</b></p> <p>Gentle exercise</p> <ul style="list-style-type: none"> <li>• 9.30am - 10.30am</li> </ul> <p>ph: Rike - 0401 164 202</p> <p>\$10 per person</p> | <p><b>Line Dancing</b></p> <p>9.15am - 10.15am</p> <p>members \$3</p> <p>non-members \$5</p> <p>ph: 4055 6440</p>                                                               | <p><b>Playgroup</b></p> <p>Each Wednesday morning</p> <p>9am - 11.30am for families with children under school age.</p> <p>FREE</p> <p>ph: 4055 6440</p>     |
| <p><b>Cairns Early Years Learning Centre</b></p> <p>"Move Baby Move"</p> <p>1pm - 2pm</p> <p>(during school terms)</p> <p>ph: 4034 6800</p>                                   | <p><b>Tuesday Lunch</b></p> <p>Guest Speakers, Activities and Lunch from 10.30am</p> <p>members \$10</p> <p>non-members \$12</p> <p>ph: 4055 6440</p>                           | <p><b>Tech Help</b></p> <p>Bring your phone, tablet or laptop. FREE device help for everyone.</p> <p>10am - 12 noon.</p> <p>4055 6440 for an appointment</p> |
| <p><b>Trinity of Style Dance Studio</b></p> <p>Dancing 4.30pm - 5.30pm</p> <p>ph: Mayumi 0432 820 579</p>                                                                     | <p><b>Connections Youth Engagement</b></p> <p>A space to make, hang and be!</p> <p>A drop-in space for teens aged 13 - 17 years</p> <p>2.30pm - 5.30pm</p> <p>ph: 4055 6440</p> | <p><b>Mosaics</b></p> <p>12.30pm - 3.30pm</p> <p>members \$3</p> <p>non-members \$5</p> <p>ph: 4055 6440</p>                                                 |
| <p><b>Alcoholics Anonymous</b></p> <p>6pm - 7pm</p> <p>ph: 0487 192 938</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><b>Community Garden</b><br/>Mornings from 8.30am<br/>ph: 4055 6440<br/>free Morning Tea</p> <p><b>Fitness for Seniors</b><br/>9.45 - 10.45am      \$10 pp</p> <p><b>Book Club</b><br/>First Thursday of the month<br/>11am - 12.30pm<br/>members \$3<br/>non-members \$5<br/>ph: 4055 6440</p> <p><b>Canasta</b><br/>Card playing group activity.<br/>1 - 4pm<br/>ph: Barb 0408 609 618</p> <hr/> <p><b>Toastmasters Club</b><br/>6pm - 7pm<br/>1st &amp; 3rd Thursday<br/>of the month<br/>ph: 0487 192 938</p> | <p><b>Community Cuppa</b><br/>10am - 12 noon<br/><br/>It's all about connecting!<br/><br/>Bring your craft...or just a smile<br/>for a morning of connecting<br/>over a cuppa and some cake.<br/><br/>Everyone is welcome.<br/><br/>FREE</p> | <p><b>SATURDAY</b></p> <hr/> <p><b>SUNDAY</b></p> <p><b>Trinity Baptist Church</b><br/>Religious Service<br/>9.30am - 12.30pm<br/>4.30pm - 7.30pm<br/>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*.

*Supporting the community since 1990*