

NEW YEAR'S EVE *Dance* All that Sparkles

Tuesday 31st December 2019

Arrivals from 7.30pm (Qld time)

Program 8pm - Midnight (Qld time)

- ❖ Wine on arrival
- ❖ Lucky Spot prizes
- ❖ Bring a plate for shared supper
- ❖ BYO drinks
- ❖ New Vogue Program suitable for all
- ❖ Theme dress (optional)

Members \$10, Visitors \$12

Ticket sales close 10th December

Bookings: Call Carol Smith 0413 001 910

Sound Journey Renewal



Come on a fantastic journey, boost your energy, resilience, and state of being.

Two sessions:

Sunday 24th November & Sunday 15th December both sessions 4.30pm (Qld time)

Location: Cooly Rec Club and Cost: \$25 pp

BYO: Please bring a comfortable mat or mattress, a light blanket, pillow, water bottle and anything else you may require.

Be prepared to meet your new self as you experience soul touching sound!

It's never too late to try Dragon Boating!

- Claire Irving

Dragon boating is a great team sport for people of all ages and fitness levels. My husband and I have been members



of Tweed Dragons Inc for around 5 years. We train 2 to 3 times a week in the Broadwater behind Seagulls Club in Tweed Heads. We compete in Senior B (over 50s) and Senior C (over 60s). Tweed Dragons had a very successful 2018/2019 season culminating in winning gold at the Australian championships held in Canberra at Easter. I was fortunate enough to be part of teams winning 1 gold, 4 silver and 1 bronze medal. These were in Senior B women's and Senior C mixed. Not having been a sportsperson throughout my life, I am very proud of these achievements. We are never too old to learn and try new things. If you would like to try, we train Saturday and Sunday mornings behind Seagulls at 8.00 for an hour.

Visitors & Guests very welcome

Christmas Showcase Spectacular

Volunteer & Member Xmas Party

Thursday 5th December 2019

9am – 12 noon

Gold Coin Entry

Bring a plate to share (no access to oven)

Free tea/coffee supplied

NOT TO BE MISSED!!!

PRESIDENT'S REPORT

Dear Members & Visitors,

Thank you for supporting this great club. I am still trying to get around to some of the activities we run and introduce myself to members. Be assured that your Management Team is working hard on focusing on governance and making sure the centre's charitable purposes are met. Well done to our treasurer as our second quarter financials show we are on track with budget at this mid-year point. I wish to acknowledge and thank all our staff and volunteers who contribute to the day-to-day running of our club.

Our new street signage was installed at the end of October. It stands out, it's modern and will serve us well for many years to come. There has been a mixture of feedback about the new business name "Cooly Rec Club". For those concerned about losing the Coolangatta Senior Citizen's Centre name, it has not been tossed aside. It is and will remain our legal name. It still takes its place on our street signage and marketing. In all respects it's business as usual for the club just with a new name out the front. Our new website is under construction and will be live soon.

I would like to say that anonymous letters slipped under doors is not the way I or the committee operate. I would like members to acquaint themselves with the Code of Conduct which is posted on the noticeboard. If you have a grievance the first step is to approach and discuss concerns with the Centre Coordinator. If you feel your concern has not been addressed then, you may write to the Secretary of the Management Committee. Please put your name to your concerns so we can at least have the opportunity to talk about the matter together.

2020 Membership is now open. The membership price is now \$10. This was voted in by members at the Annual General Meeting back in June. Several financial members have been fined for parking in the front carpark. You must attach your member sticker to the rear window so it can be easily seen by the inspectors. The presence of the inspectors has stopped locals and workers

parking on our site. We hope you have found the parking a little better.

Our herb gardens are coming along with many donations from members courtesy of the Woolies seedlings. Painting works have commenced on the exterior to blend in with our new signage and colour scheme. We have applied for a grant to assist with the cost of undertaking sewer repairs needed in the ground under the mens toilets. In the interim we experienced problems with the ladies toilets. The floor had to be lifted so the underground work could be done. Thank you for following our directions. The Committee is in the process of applying for Deductible Gift Recipient Status. Should we be successful this will make us eligible for more grants than currently. Your Committee will also be reviewing the Centre's Strategic Plan early in 2020. Our Centre Coordinator is leaving in January 2020. We have commenced the recruitment process. Three of your Committee will sit on the recruitment panel with Renae our current Coordinator. Renae has seen us through 4 financial audits, 2 aged care audits and made countless improvements to the centre's appearance and administrative operations. Please join me in thanking Renae for all her hardwork and effort over the last 4 years, she will be hard to replace.

Thank you to Noela Irwin for organising and all those from the Mahjong group for donating the Christmas raffle prizes again this year. Please support this club fundraiser. You can purchase tickets from reception. Tickets \$2 each or 3 for \$5. The raffle will be drawn at the Members Christmas Party on 5th December. I encourage you come along to our Volunteer & Members Christmas Party 2019 on Thursday 5th December 2019. It will run from 9am – 12 noon here at the centre. We already have a stunning line up of groups ready to put on the showcase spectacular. You don't want to miss this. I wish you all a safe and enjoyable time with whatever activity you choose to take part in at this great establishment.

Yours

Greg Talbot (President)

COORDINATORS REPORT

Dear Members & Visitors,

Now that the news is out about my resignation, time seems to have sped up somehow. I will finish in January and have training period with the new Coordinator. I am very grateful for the experience I have had over the last 4 years. I thank all past and present for sharing this journey with me. I am happy to be here for one last Christmas Party. After the success of last year's event we will run the same format a "Showcase Spectacular!" Bring your friends and/or family, all welcome! Please don't bring food that needs heating as the oven will be off limits. Peter will be on leave 18-29 Nov and we have a temporary worker Garry coming from Nortec. Activity shutdown dates will come out early December. The entire centre will be closed 20/12/19 – 6/1/2020 with the exception of New Years Eve Dance. See you around the halls!

Renae Barron (Centre Coordinator)

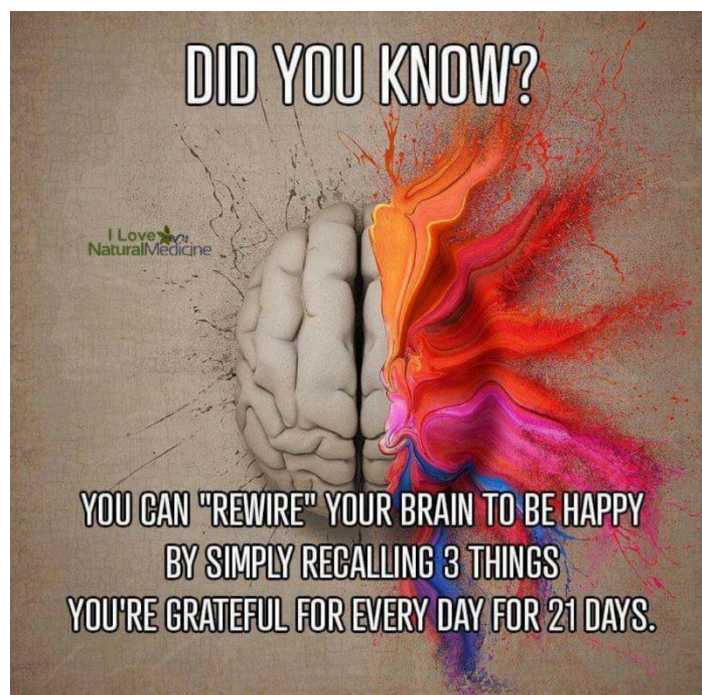
\$50 FUEL CARDS & POLICE CHECKS FOR VOLUNTEERS

We plan to commence issuing one-off \$50 fuel cards to current volunteers from the 1st December. The volunteer grant also gave us funds to conduct police checks on all our volunteers. So, volunteers when you come to collect your fuel card, please bring 100 points eg. (passport, licence, bank card, medicare card) of identification and make sure you have a few minutes to spare to fill out the police check forms. We will not give out fuel cards without the police check requirements being fulfilled. We value all our volunteers and appreciate your contributions to our centre and the community. We wish you all a Merry Christmas and Happy New Year!

What's your "inside" age?

Research has shown that most people's subjective age – the way you feel inside – is very different from the number of years you have been alive. "Age inside" is the age of the inner self or individual personality. It varies for each individual. A young person often feels older than their age. An older person feels younger. Even if you are dealing with different illnesses your 'age inside' can still be decades below your chronological age. A recent study overseas with participants who were living with 2-6 different illnesses still say they felt at least 20 years younger than their age. Some said they felt like 17. So what would you say about your inside age?

Forgetting body age and focusing on your 'inside age' opens you up to a new world of joyful connections. Look around, we have 90 year olds playing table tennis with 60 year olds. In another room we have 80 year olds practicing yoga in the same class as 20-60 year olds. Forget your age and live your best life!



Benefit Concert For Wedgetail

Two of the Cooly Rec Club's familiar faces Peter (staff member) and Sue (Yoga Teacher) have joined forces to create a benefit "concert for Wedgetail" at the Regent Cinema Murwillumbah. Collaborating over the last 18 months, they've created lyrics and music for 16 original songs. They have interwoven their songs with a historical narrative of the Northern Rivers of NSW between World War One through to the 1980s. It's a kind of folk, blues, ballad, spoken-word mix. The benefit 'Concert for Wedgetail' will be held on Sunday the 8th December between 2pm-4pm NSW time (1pm-3pm QLD) The tickets are only \$20 per person, so we invite you to come along with friends to support this very worthy cause. **Tickets** available at trybooking.com/559751 or at **The Regent Cinema, Murwillumbah**. We are aiming for a sellout concert of (210) seats with ALL proceeds going directly to Wedgetail Retreat to further their good work. Thank you all!

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Adults only accommodation with breakfast daily & bonus pack

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Ex BNE: \$1529.00 per person



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Priced from TWIN SHARE
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**Terms and conditions apply for full details bookings or enquiries
contact Joanne Brookes**



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