

Neighbourhood News



NOVEMBER 2024

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



MONDAY

Armchair Yoga: Gentle exercise 9.30 -10.30am. \$8 pp
Cairns Early Years Centre: Move Baby Move 1 - 2pm
Free; bookings essential Ph: 4034 6800
AI-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

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: the 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

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—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 future, and honour those whose culture and customs have nurtured and continue to nurture this land.



Supporting the community since 1990

Marlin Coast Neighbourhood Centre

MELBOURNE

Cup



Join us to celebrate the Race that stops the nation

- 3-Course Lunch
- Live Streaming of the Race
- Sweeps
- Best Dressed Prize
- Lucky Door Prize

members
\$15
non-members
\$25



Tuesday, 5 November 2024 / 11.30am
205 Reed Road, Trinity Park



Bookings - 4055 6440



Mayor's Christmas Charity

Cairns Regional Council is again supporting the community through the Mayor's Christmas Charity 2024, and Marlin Coast Neighbourhood Centre is pleased to be part of the food hamper program.

To be eligible you must reside in the Cairns Region, have a health card Card and be:

- a family with a minimum of 2 adults and 2 children over the age of 1 and under 16
- a single parent with a child/children under 16
- a foster family caring for one or more children under 16
- a carer who cares for one or more children, or adult/s with a disability
- a senior over the age of 65 years with a Concession Card

All individuals and families must have a valid concession card

Contact Marlin Coast Neighbourhood Centre on 4055 6440 for further information on registering for a Mayor's Christmas Charity food hamper.



**APPLICATIONS ARE NOW OPEN
CLOSING: MONDAY 11 NOVEMBER 2024**



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

CENTRE CHRISTMAS CLOSURE

The last week of activities and programs at MCNC for 2024 will be:

Monday 9 December to Friday 13 December

**The Centre will close Friday 20 December 2024
and reopen Thursday 2 January 2025**





Building new relationships in your older years

As we enter our golden years, the importance of building new relationships becomes increasingly clear. Social connections play a vital role in our overall well-being, helping to combat feelings of loneliness and isolation that can often accompany aging. New friendships can enrich our lives by providing companionship, support, and opportunities for shared experiences.

Engaging with others not only boosts our mood but also stimulates our minds, fostering a sense of purpose and belonging. In a time when many face significant life changes—such as retirement, relocation, or the loss of loved ones – cultivating new relationships can open doors to new adventures, enhance our mental health, and create a more fulfilling life. Embracing the opportunity to connect with others can transform our later years into a vibrant chapter filled with joy and connection. Once you've identified the opportunities for social engagement, the next step is to focus on building relationships. Making friends in your older years may feel daunting, but it is definitely achievable.

Tips for making new friends

Making new friends often requires stepping out of your comfort zone. Here are some effective tips for forging new relationships:

1. Don't hesitate to introduce yourself and start conversations.
2. Participate actively in group activities to increase your interactions.
3. Be open and approachable; a warm smile and a kind demeanor can go a long way.
4. Consider finding a companion to join you in activities, reducing the initial pressure of socializing alone.

Remember, many people are eager to make friends and share experiences. Your openness can encourage others to reciprocate, leading to meaningful connections.



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

1800 818 338



Local craft market—Sunday 10th November 2024 held at the Fred Moule Pavilion, Cairns Show-grounds. Lots of lovely locally made items, great for Christmas, birthday gifts etc.

Come down and see what these lovely stall holders enjoy making! Enjoy some food and a coffee .

**Why you
should give
Wordle a go!**



Discover the mental and social benefits of playing Wordle

If you enjoy daily crosswords and word games, Wordle might just be the daily challenge for you. Wordle has become an overnight success, with over 2 million users are playing Wordle globally – As people everywhere have realised that a) it's great and b) it's an easy way assert their mental superiority over others. Wordle is free. No apps. You just need internet connection

The simple word game is a great 5-minute daily brain-teaser you can do over breakfast, in between TV shows or better yet, compete against your friend(s) or partner. And best of all, it's 100% free, it keeps your memory active, and allows you to keep social and have fun with your friends and family.

Wordle can be played on any smartphone, tablet or computer – you just need an internet connection. The website where Wordle lives is entirely free of ads and can only be completed once each day. There's just one puzzle a day, and everyone completes the same one.

The basics – How does Wordle work?

The rules are simple. Wordle is an online 5-letter word game.

Each day a new word is released and players have six attempts to guess what the word of the day is. During the guesses, tiles will change colour to help players get the word.

- a **Green** letter which means it's in the word and in the right place
- a **Yellow** letter signals it is in the word but in the wrong position
- A **Grey** letter means it isn't in today's work

HARTLEY'S CROCODILE ADVENTURES — 22 OCTOBER 2024





The Mayor's Christmas Charity 2024

Make a donation

"Locals helping locals"

The annual Mayor's Christmas Charity is a vital initiative that raises funds to buy food hampers for local families and older community members who need help making their Christmas festive.

Your extremely generous contributions are crucial in spreading Christmas joy to our community members who need it the most. Your support is greatly appreciated. Donating is easy and convenient.

You can donate online at <https://www.cairns.qld.gov.au/experience-cairns/events/annual-events/mayors-christmas-charity/make-a-donation>

You can also donate:

- over the counter with cash, credit card, cheque or money order at Council's customer service offices
- by posting a cheque or money order to Council at PO Box 359 Cairns QLD 4870. All cheques should be made to the Mayor's Christmas Cheer Appeal

Please note that NO FOOD OR TOYS can be accepted for the Mayor's Christmas Charity.

Note: Any donations received after 1 December each year will be added to the following year's Mayor's Christmas Charity target.

More from Hartley's Crocodile Adventures



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 1300 727 957



School Student Broadband Initiative

An Australian Government initiative
powered by nbn®

SCHOOL STUDENT BROADBAND INITIATIVE

We can support your child's education with **free home internet**.

This is an Australian Government program for families and carers with school age children who are struggling with bills.

Eligible parents and carers have until 31 December 2024 to register for School Student Broadband Initiative and sign up with a participating internet provider.

Contact our team to see if you qualify and for help getting your house connected Student NBN enquiry form <https://forms.monday.com/forms/embed/270b584c392994760f63849bc81b358a?r=apse2>

The goal is for all School Student Broadband Initiative households on Fibre to the Node (FTTN), Fibre to the Basement (FTTB) and Fibre to the Curb (FTTC) technology, to be provided with a broadband service based on nbn's 50/20 wholesale speed tier.

What's included in the School Student Broadband Initiative offer?

- ✓ Free nbn home internet via a participating School Student Broadband Initiative internet provider until 31 December 2025 - with no lock in or rollover contract
- ✓ Free Wi-Fi router - (that does not have to be returned)
- ✓ Unlimited data
- ✓ 50/20 plan

Sponsored by:



Australian Government

Department of Infrastructure, Transport,
Regional Development, Communications and the Arts

For more information contact the initiative provider directly on: **1800 954 610**

or check out the FAQs: <https://www.anglicarevic.org.au/student-internet-faqs/>



Tuesday Luncheon Group

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

The Lunch Group commences at 10.30am for a cuppa and chat.

Guest Speakers commence at 11.30am

Lunch is served at **12.30pm**

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

Tuesday Group Luncheon upcoming events:

- November 5: Melbourne Cup
- November 12: Cairns Historical Society
- November 19: Bingo
- November 26: Christmas Craft

November 5	November 12	November 19	November 26	
<p>Melbourne Cup</p> 	 <p>with Dr Sandi Robb and Dr Clive Skarott</p>	<p>Deanne Hellsten <i>Clinical Nurse Consultant</i></p> <p>Voluntary Assisted Dying Unit Cairns and Hinterland Hospital and Health Service</p>	<p>Birthdays </p> <p>Alma 2/11 Jan 5/11 Margaret 14/12 Frances 20/12</p> <p>Christmas Craft with Dee</p> 	
December 3	December 10			
<p>Christmas BBQ with music by:</p> <p>Trinity Beach State School & Smithfield State High School</p> 	 <p>Seniors Christmas Lunch Trinity Beach Sports Club 1 Nautilus Street Trinity Beach 12.30pm</p>			

Marlin Coast Neighbourhood Centre



TUESDAY

10

AT 12.30 PM

DECEMBER

\$29

includes a two-course traditional Christmas lunch
dietary options available

TRINITY BEACH SPORTS CLUB
1 NAUTILUS STREET TRINITY BEACH

BOOKING & PAYMENT BY - 26 NOVEMBER 2024
4055 6440- admin@mcnc.org.au



VOLUNTEER INFORMATION SESSION

Mercy Health
Care first

Exciting opportunities at
Mercy Place Cairns (Bethlehem)



Mercy Place Cairns (Bethlehem) is welcoming new volunteers to our team.

Join us for an informative session, where you can enjoy some afternoon tea while discovering how you can contribute to your community.

Join us!

Wednesday,
31st October
1.30pm - 3pm

257 Gatton Street
Westcourt

For more information phone Wyanita on 4046 1900

Greetings from Cairns Libraries



A trail of discovery awaits you at Cairns Libraries

It is time for our annual November Exhibition Trail at Cairns Libraries. Throughout the month of November each of our eight library branches hosts a unique display from local artists or community groups. Pick up a map from your local library to see what's on at each location. From pottery to pony club, sketching to surgery, artwork to anthropology, every display has something unique for you to discover.

As you visit the displays, remember to get a stamp on your map. Turn in your stamped map to go into the draw for one of three \$50 book vouchers from Cairns Books. You only need a minimum of one stamp to enter the draw for a prize, so stop into your local library branch to pick up your map today. Check out our website or our Facebook page for more information about our November Exhibition Trail.

In other library news, we welcome local author Lynne Sturrock at Smithfield Library on Wednesday 6th November at 10.30am. 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.

In our final Songs in the Library event for the year, we welcome master violinist Kirtley Leigh accompanied by pianist Katrina Pring at City Library on Friday 15th November at 10.30am. Immerse yourself in the timeless appeal of classical music by composers including Bach, Mozart, Kreisler and Piazzolla. Our beautiful City Library is the perfect backdrop for this special event.

As we move into the warmer months, remember the air conditioning is always on in your local library. Drop in for a cool quiet read, or get some work done using the free wi-fi. Come alone or come with friends... the library is a friendly and welcoming space to escape the heat. [We look forward to seeing you at your local branch soon!](#)



 The advertisement features a background image of an indoor badminton court with a wooden floor and a high ceiling. A green semi-transparent box on the left contains the following text:

**MARLIN COAST
FITNESS CENTRE
BADMINTON
GAME**

Every Wed 6:00-7:30pm
 First week \$12 per person
 Second week and after \$10 per person
 no experience required
 no booking required. pay as you go

 In the background, several people are playing badminton on the court. A blue banner with the text "GRAND SLAM" is visible on the right side of the court.

COTA AGED CARE NAVIGATOR SERVICE

QUEENSLAND

Are you overwhelmed or struggling to understand My Aged Care and Aged Care services? Don't have anyone who can help you with this?

Our team of Aged Care Navigators are here to support you to access the Aged Care services you need. Our service is free and independent and can be provided at a location that suits you.

Call us for more information or to make an appointment for us to assist you.



Contact Us

☎ 1800 716 696

✉ agedcarenavigator@cotaqld.org.au



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

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

FREE BREAD!

205 REED ROAD
TRINITY PARK



Children's Play Time
Volunteer wanted

MCNC runs Children's Play Time each Wednesday morning from 9am to 11.30am. We are looking for a reliable volunteer who holds a current *Working with Children Card* (Blue Card) or is able to obtain one (MCNC can help you with the application).

Duties will include (but not limited to):

- setting up toys
- preparing morning tea
- connecting with parents

For further information call Helen on: 4055 6440




Marlin Coast Neighbourhood Centre
205 Reed Rd, Trinity Park



OPEN PANTRY

fresh food

Open Thursdays from 2pm to 3pm
(while food lasts)

FREE fresh produce from OzHarvest & Second Bite.
FREE bread from local bakeries.

PEOPLE WHO USE THIS SERVICE MUST:

- live on Cairns Northern Beaches
- show ID with address
- have a Health Care Card

4055 6440

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

THE WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
<p>Armchair Yoga Gentle exercise 9.30am—10.30am Ph: Rike 0401 164 202 \$8.00 per person</p>	<p>Line Dancing 9.30am — 10.30am Member \$3 Non-Member \$5 Ph: 4055 6440</p>	<p>Bridge Social Bridge for the experienced player. 9.30am—12 noon 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 9.00am — 11.30am for families with children under school age. Free. Phone 4055 6440</p>
<p>Cairns Early Years Learning Centre “Move Baby Move” 1.00pm — 2.00pm Ph: 4034 6800</p>		<p>Shed Mosaics 12.30pm — 3.30pm Member \$3 Non-Member \$5 Ph: 4055 6440</p>
<p>A.A. 5.50pm — 7.10pm Ph: Carl 0403 669 893</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 9am Ph: 4055 6440 Free Morning Tea</p> <p>Book Club First Thursday of the month 10.30am to 12 noon Member \$3 Non-Member \$5 Phone 4055 6440</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>High Fire Ministries 11.30am—1.30pm Ph: Nev 0428 884 286</p> <p>Acting Classes for Adults 3pm—5pm Free! Ph: Ivor 0447 451 936</p>
<p>Canasta Card playing group activity. 1pm—4pm Ph: Barb 0400 490 215</p>		
<p>Toastmasters Club 1st and 3rd Thursday of each month 7.00—9.00pm Ph: 0401 585 767</p>		<p>SUNDAY</p> <p>Trinity Baptist Church 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. 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*.