

CDSCA Senior Citizens



To Care - To Share - To Trust

Newsletter Sept 2024

New Members

We currently have 260 members. Welcome to all our new members – *may you make new friends and enhance your well-being.*

Management Committee

Welcome to Bill Brennan who has stepped into a vacant committee member position. Bill will be responsible for maintenance. He will also be our Senior Fire Warden. Bill is ex-SES, worked as a coast guard-emergency service and has been a Chief Fire Warden.

Alison Worrell President will be away on Holiday in October. Carole Logan will be acting President in Alison's absence 26th Sept – 30th Oct

Volunteers

Sadly, we said goodbye to Christine Rose who passed away on Sat 7th Sept Christine started with us on 6th June 2024. Christine worked at reception for the weights classes. Prepared morning tea with lots of TLC, for Thursday's yoga class. Christine was a delight to have

around and could work our coffee machine too! Christine will be enormously missed.

A well-deserved BBQ for our volunteers held on the 28th August at Botanic gardens pavilion. Great weather, great food (catered for by Eve Prince) good company and friendship which ended up in a jam-session from our muso's, and everyone joined in

CDSCA committee cannot thank our volunteers enough for their commitment and dedication.

Donations-

5th July 2024 - Thanks to the RSL for their furniture received, as RSL replaced their tables and chairs and bequeathed us with their used furniture

50th Anniversary- Donations.

Michael Healy paid for the plaque

Marquees from AFL

Tarpaulins loaned by Heather Johns and Denise Neuman

COTA

Queensland X-ray Grant

Senator Anita Green

Donation by Raffaele De Pinto of special chocolates from Brisbane, for the late musician Kris Kristofferson-contribution at seniors.



Volunteers at our thank you lunch



Alison with Mayor Amy Eden & Yolonde Entsch



Susan Bill with her Award

Our 50th Celebrations



Our Music Afternoon in Sept



Wendy accepting the chocolates that were donated

BUS PETITION for Gatton Street

Michael Healy MP and Brendan Gallagher (Trans Link) met with CDSCA committee members, & some members with transport issues. Yolande Entsch was present. Michael Healy MP, proposed that he would work on CDSCA towards getting our own bus but required more data from CDSCA. A Transport survey was therefore conducted swiftly from 30th August to 6th September 2024. A 63% response was received, collated and sent to Michael Healy & other officials on 12th Sept 2024. The survey did demonstrate our need for transport. Unfortunately, this did not include members who cannot attend because of transport issues & ex-members pre-covid who face the same problem. This was because of our urgent time frame to get this information to Mr. Healy MP.

CDSCA wish to thank those of you who responded so quickly. The summary of the survey is just that - CDSCA have all the details of the survey for those of you who note your response has not been included in the summary. All information is important and will be used as reference. ***The Bus Stop at 271 Gatton St is still on our agenda.***



Members at the meeting for the Bus Petition

Forums.

June 5th 2024 - COTA'S CEO Darren Young (Yolande Entsch invited) met with the committee to discuss our transport action and also our urgent need of admin support.

John -Paul Langbroek MP also met with us shortly after, and the same points as above were raised.

20th June 2024 - Aged Care Service at Brothers. Alison Worrell did a presentation here on CDSCA, which was favourably received.

1st Aug 2024 - Sports Go Club Forum- M. Healy MP. – key speaker on grants attended by A. Worrell, useful information gathered towards our grant applications

10th September 2024 - A. Worrell did a presentation at the ARRCC- Climate for Justice Action at the environment hub at St Monica's, to represent seniors.

16th August 2024 -CDSCA held a stall at CPAC on Positive Ageing, with good attendance & response with 10 new members

Activities.

Our weights class has increased to twice a week and doing well with Tanja Richter

Thursdays yoga class – A farewell to Gabi our instructor, for over 3 years, was held on 12[/] 9/ 24.

Tanja Richter will now replace Gabi and will conduct Hatha Yoga classes on Thursday's.

These are great classes for seniors at all levels of fitness. All our other activities are on the timetable.

ADA – Aged Disability Advocates started a free weekly service in our library from 15th July 10 am – 12 midday.

2 great care finders, Tenille Davis and Arief Hudson, provide this service. Excellent help and advice given re your needs. ***they also provide legal services. Just pop in or book.***

Musical Afternoons, continue to be very popular with excellent vocalists.

Our old group of “***off the record***”, will perform for us on Wednesday 16th October.

FREE Digital Monday's class continues from 3pm to 4.30pm with afternoon tea, an instructor and mentors. ***Beginners are encouraged to attend***, and get help on one to one.

Events

17th July 2024 -50th-year anniversary celebration held. A lot of work was put into this event with great success.

This event was officially opened by Mayor Amy Eden. Cairns Local News was present, and placed an article in the local paper. Catering was done by Stratford Deli and Yarrabah Bakery, Music by Eddie Elias and his group.

Well attended, held outdoors with Marquees, great weather too.

Awards were presented for:

- ***Commitment and Long Service*** to Susan Bill and Kaylene Davies.
- ***Entertainment*** to- “***Off the Record***”,
- ***Advocating for Seniors*** – Richie Bates-

- **Management – Tony Taylor** (exemplary secretary) **and Alison Worrell-** For her visionary leadership as President.

31st July 2024 – ***Aged Care Conversation workshop*** held from 10am -12.30pm

Presenters were:

- Debbie Thomson- My Aged Care packages- head office 56/26 Florence St. Ph. 42816771- ph. to make app if issues not resolved.
- 10 Year Younger- local service provider
- ADA – aged and disability advocates.
- Trilogy Managers from Brisbane- offers self- managed HCP

Morning tea and a delicious lunch was served, catered by Eve Prince. Funded by Trilogy.

Events Coming-Up.

Celebrate Seniors Month in October – Thanks to a COTA grant- “**Stepping out Together**” for a full day bus trip. Full tour of Tolga’s Historic Museum in Tolga- Lunch at Atherton International Club & Conversation with James Keightley(ADA) re issues seniors face with My Aged Care. Ice

cream stop on the way back –This trip is fully booked. Deadline for payment is 14th October.

You can put your name down on a waiting list.

Celebrate Seniors month with FREE Digital Class- Thanks to Good Things Foundation Grant received.

Friday 18th OCT 2024. 1.30pm to 4.30pm

‘Plan your own virtual holiday’ - learn how to search for necessary information re your holiday plans, get your tickets, visa etc. online.

Great afternoon tea and prizes offered.

Beginners are invited. Mentors at hand to assist.

You can work in a group or independently, you can start planning now and bring these resources with you.

Celebrate Melbourne Cup with us. “Bring a plate” for our Grazing Table. Canapés and champagne on arrival. Prizes for Fashion in the field. Sweeps, a comfortable seat and good company to view the race. Bring family and friends along. Only \$15 for members and \$25 for non-members

Our Raffle was drawn at the Musical afternoon in Sept and here are our lucky winners. Congratulations

1st prize- Beth Dobson –

Paranella park family pass- guided tour, unlimited pass w/overnight camping value \$168^{SEP} 2 adults & 2 children

2nd prize - David Callerame

the Australian butterfly sanctuary Kuranda. one adult and one child entry. guided tour, breeding lab, museum value \$146

3rd prize- Heather Pannack

Hartley's crocodile adventures 1 x family entry pass, 2 adults & 2 children value \$112.50

4th prize - Glenda and Nelson Barnes-

1 x family entry pass for friends in the rainforest (entry to Kuranda koala gardens & Birdworld Kuranda worth \$112

5th prize - Margaret Lannigan

Mamu tropical skywalk 2 adults & 2 children loyalty pass value \$93

6th prize - Janet Hansen –

Flinders restaurant at the casino value \$50 gift card

7th prize – Alma Thompson

L'unico Trattoria Italiano. Trinity Beach value \$40 gift card

8th prize- Heather Powers

Dan Murphy Smithfield value \$25 voucher

Feeling stressed, need a break, want to relax.

A Weekend Retreat is being planned for early next year. Tai chi with Renee/ Yoga with Tanja Massage/ Relaxation- in blissful surrounds! CDSCA is fundraising towards this retreat which includes accommodation, all meals and exercises with morning and afternoon tea provided. You can pay in instalments, easier on the pocket.

This retreat is for anyone, at whatever level of fitness. A great way to boost up your immune system and improve your wellbeing.

AGM planned for Monday 25th November. Guest Speaker (to be announced).

VIP's. Great Afternoon tea. Please attend and update yourselves on what the management committee has done during the financial year.

Have your say for future plans? Put your hand up to be on the committee too.

A big thank you to our dedicated volunteers on services provided.

Keep in touch. Participate in our classes and improve your wellbeing.

Contact us on-

Check out our **Facebook** 
<https://www.facebook.com/cairnsseni>
orcitz

and our **Website** on-

<https://www.cairnsseniors.com.au/>

Alison Worrell

President

20th September 2024.

Alison Worrell

President



Richie Bates receiving his award



Award recipients from the FNQ
Volunteers awards



John-Paul Langbroek Mp with
Yolonde, Alison and Carol



Volunteers at the 60th celebration



Yolonde Entsch and Margaret
cutting the cake at the 50th
celebration