



Merry Makers Central Coast Inc.

Providing social activities for people with an intellectual disability living across the Central Coast since 1987

Volume 5
December 2014

"Let's Dance" – Quarterly Newsletter

Welcome to the fifth edition of "Let's Dance", the new Quarterly Newsletter for Merry Makers Central Coast. We are undergoing changes at Merry Makers to help improve the services we provide for you. One thing that we realise is that unless you attend one of our dances or outings, you probably won't hear about our upcoming events. This newsletter is the first step in rectifying this problem.

Please fill out your details on our mailing list so that we can post or email you a copy each quarter.

Please Spread the Word

We would love to have more clients join Merry Makers so they can enjoy our dances and outings. Please spread the word to friends, housemates, family etc. about Merry Makers.

About Merry Makers

Merry Makers Central Coast is a non-profit organisation that is run by a group of passionate and dedicated volunteers with the aim of bringing fun and enjoyment into the lives of adults with intellectual disabilities.

The main event that Merry Makers Central Coast hosts are the **Thursday Night Dances** which are held at the Entrance Public School hall between 7pm and 9pm.

The evening usually starts with everyone's favourite dances, the hokey pokey and the chicken dance followed by a variety of music and dancing.

Dance games with prizes are often a feature of the evening and fun is always had dancing the limbo or the Scottish reel. The evening finishes with some refreshments and a bit of a chat.

Once a month Merry Makers Central Coast hosts an outing or a dinner dance. Our day outings, usually held on the second Sunday of each month, have taken

the Merry Makers group to many places including ferry rides, train museums, animal parks, sports events etc. Our dinner dances, which are usually held every 3 months, are held at the Toukley Senior Citizens club hall and include a live band and a smorgasbord feast.

A Message from Mike

Hello Everyone,
As another Christmas looms upon us and another year will draw to a close.

In this year Charlie Marshall stepped down as president due to health issues. Our founder Gordon Homes has retired from behind the camera both, have worked tirelessly for Merry Makers over a number of years. I must say a Big Thank You to both.

I Thank You to All of the volunteers, without these people Merry Makers would not function. I also thank all of the carers for attending Merry Makers with their clients.

Last but not least I thank all the members for bringing a smiling face to our gatherings and assisting other members to enjoy the evening.

Merry Makers 2015 have some great surprises for you. This year's Christmas Party is on December 13. Last meeting is on the 18th December. We start back in the New Year on January 15th 2015.

I wish everyone a very Merry Christmas and a Happy Healthy New Year, look forward to seeing you all in 2015.

Best wishes Mike 😊



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Our Website

Merry Makers now has a website at merrymakerscentralcoast.org.au. It is pretty basic at the moment but will continue to grow and improve. Some of the features of the website are the Calendar showing the upcoming events, the Outings page showing details of the previous and future outings and the Photo Gallery with lots of pictures of our dances and outings.

Save These Dates

- ❖ Saturday Dec 13th 2014 – Xmas Dinner Dance.
- ❖ Sunday February 8th 2015 – Dolphin Watch Cruise
- ❖ Saturday March 14th 2015 – Dinner Dance.
- ❖ Sunday April 12th 2015 – TBA.

What to expect in 2015

Merry Makers is planning to bring you some exciting new outings in 2015. We are going to start the year by taking everyone on a Dolphin Watch Cruise from Nelsons Bay on Sunday the 8th February 2015. As the cost of this cruise is a lot more than we normally allow, we will be charging \$12 per member and carer, but this is still an amazing price for an amazing day out. We will be going on a 1.5 hour cruise starting at 10:30am with Moonshadow Cruises. On our return we will be having a nice lunch of fish and chips in a nearby park. This is going to be a fun outing and we hope to see you all there.

Last Quarters Outings

Games at Kulnura Pioneer Memorial Hall

Everyone was up bright and early ready to catch their transport (mustn't keep the bus drivers waiting). The weather was kind and the trip out to Kulnura village was most interesting and pretty. We used to go orange picking but now the people grow vegetables so we chose the Kulnura Pioneer Memorial Hall as a

place for a nice change. On arrival at the hall, morning tea was served. This was followed by some fun games in the hall, and some nice socialising. Everyone had fun with the ball games, and musical chairs, and some socialising is always good to catch up with carers and members who we hadn't seen for a while.

Lunch was hot dogs and some Darby's yummy cakes – everyone seemed well satisfied and enjoyed the outing.

Lions Club Picnic

On the 19th October all vehicles lead to Gwandalan where the Lions Club put on their annual picnic day for Merry Makers. Several days before the weather was shocking, come Sunday though and the God's put on a glorious day for us. Then Monday the weather turned nasty again, how lucky were we?

On arrival morning tea was ready – then the Lions cooked us bacon and egg sandwiches which were soon devoured. At lunch we were served BBQ'd sausage & onion sandwiches which were most enjoyable accompanied by a cool drink. This was all topped off with a nice ice-cream at the end. A big thanks to the Lions Club for looking after us so well.

Elvis was a great attraction and kept us well entertained, even teaching some of us some hip shaking dance moves. Many also enjoyed taking the Mic and having a sing. There was also a game of cricket and other ball games for everyone to enjoy.

The day was another great outing and everyone left well satisfied.

Masquerade Ball

This years September Dinner Dance was well attended and, as usual, held at the Toukley Senior



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Citizens Hall. The date also happened to be a celebration of 29 years for the Merry Makers organisation. How lucky are we to still have Gordon House well enough to still be able to attend as well as each and every Thursday evening. Gordon started Merry Makers all those years ago. As well as organising everything, Gordon also travelled many miles each week to pick up members and fought hard to bring it all together. So here he is at 94 still overseeing, making sure we are keeping the good work going. We still have a few of the parents involved and we love catching up with them.

Our members arrived with their masks on, ready for a happy night of dancing. A few came dressed up as well and it took a while to work out who some of them were. Eladio had everyone confused and Linda was another one. Some people have great imaginations. "Thanks" to all our volunteers who arrived early to prepare the hall. Rhonda keeps coming up with original and pretty ideas appropriate for the occasion. This time we had a spring flavour.

The band, the Remixes from Penrith, were good and everyone up and dancing to exhaustion. A delicious meal was served by Kylie and her girls – we are always well satisfied.

Don't forget to check out the website for some photos from the night.

Isabel's Corner

A big welcome to our newest volunteer Gabby, who has settled in well and enjoys dancing. She goes home after each night exhausted.

Leanne Wright, Elaine, Kim and Sister-in-law are all off to the Gold Coast for a well-earned break away – Leanne very keen to see the dolphins. Have a great holiday and a safe return.

To any of our members who are not well, we think of you and hope you will be back with us soon.

Our next outing is to Kulnura, a very nice drive and hope everyone enjoys the day.

If anyone has suggestions for suitable outings, we would only be too pleased to hear about them. As we have been going 28 years we are having trouble coming up with new ideas.

Not long now till Xmas!!

Isabel Ridgewell – 21st October 2014

Lloyd (our hard working Treasurer) and his lovely wife Esme are away enjoying a well-earned holiday. They have gone on a cruise where they can leave the world behind and just eat, sleep and do whatever they wish. We wish them both a safe return.

A get well wish to Colleen (Michael Gleeson's lovely wife) who is recovering after breaking a couple of ribs – hope you are on the mend and ready for your holiday. Our thoughts are also with Hazel (Michael Wildman's lovely wife) who is also coping with some medical problems. We hope you get well soon.

Lisa, one of our members, has had the misfortune to fall in the bathroom, slipped on the wet floor. She hit the door and broke two bones in her foot, then trying to break her fall, broke two bones in her wrist. She arrived at dancing in a wheel chair, but the following week she walked in just with a surgical slipper on, how good is that!

Bob had a fall at home – caught his foot on the edge of the cement and whilst trying to save himself, ripped the skin off his arm. It was very nasty and Dr had to dress it every second day. However it has now healed and lucky to avoid infection.

Charles Marshall has had a few visits to the hospital recently – keep well, we need you.



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Congratulations to Chris and Glenda on their wedding anniversary which they celebrated with a few wines and a picnic on the beach near their home at sundown. How romantic is that? And didn't cost too much but was most enjoyable.

This will be my last column for the year – I have enjoyed keeping you all informed and hope you have all enjoyed reading our Newsletter which Chris Parker started this year. Any news and ideas are always welcome.

See you all in 2015

Isabel Ridgewell – 19th November 2014

See Isabel's previous other posts on the [Isabel's Corner page](#) on the website.

Volunteers

Merry Makers Central Coast is run by a team of passionate and dedicated volunteers. If it wasn't for the hard work carried out by these volunteers, Merry Makers would not be able to operate.

We are always in need of more help. If you are interested in helping us out, or know someone who may be able to, please do not hesitate to contact Volunteering Central Coast or contact us direct on 4396 1808.

At the moment we are looking for help in these areas:-

- ❖ Dance Volunteer (To assist and join in dance on Thursday nights. 7pm to 9pm.)
- ❖ Driver for Coaster or Sprinter (Drive a community transport vehicle on Thursday nights to pick up intellectually disabled clients to transport to and from a weekly dance evening. Pick up 5pm and drop off at 10.15pm.) Note: must have a LR or greater license to be able to drive the Central Coast Transport buses.