



Merry Makers Central Coast Inc.

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

Volume 6
March 2015

"Let's Dance" – Quarterly Newsletter

Welcome to the sixth edition of "Let's Dance", the 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.

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 March 14th 2015 – Dinner Dance.
- ❖ Sunday April 12th 2015 – Morpeth Trip.
- ❖ Sunday May 17th 2015 – Richmond Rail.
- ❖ Saturday June 13th 2015 – Dinner Dance

Last Quarters Outings

Dolphin Cruise at Nelsons Bay

Sunday, 8th February we were all up with the chooks, as early as 5am for some, to be ready for a very pleasant day. The trip on the bus was interesting with so much to see and a lot to make conversation about. We had time to relax near the water before we all boarded the boat.



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Once we were on board we were all served a very welcome morning tea. The day was perfect on the water and everyone was thrilled to see the dolphins swimming alongside the boat. We even got to see them swimming under the boat through the underwater camera showing on a TV screen.

After a 1.5 hour cruise we alighted and walked down to the lovely picnic area where we all ate fish and chips for lunch. The caterer even delivered them to the park for us.

After leaving we travelled up the road to McDonalds where we stopped for our usual ice-cream. We all arrived home very tired, but a good day was had by all. Our thanks to the bus drivers, volunteers and the carers who made a great effort to get their clients there.

Checkout some pictures of the day on the Merry Makers website.

Christmas Dinner Dance

The Xmas Dinner Dance was on the 13th December 2014 at the Toukley Senior Citizens club. A big thank you to all of our volunteers who put the event together.

Over 100 attended and once again an enjoyable meal was provided by Mark, Kylie and their daughters. Pink Cadillac supplied the music which had everyone up and dancing.

A visit from Santa who brought gifts for everyone. The new jackets are popular and a stroke of good luck, they all fit. Thanks Esma and Lloyd for doing such a good job.

Isabel's Corner

Welcome back and hope 2015 is a good year for all. Everyone has settled back to dancing and great to see so many happy faces each and every week.

Everyone I asked said they enjoyed Christmas and the 3 week break was very welcome.

On our outing to Port Stephens we were held up for some time waiting to get on the boat, all because the captain could not identify who were Merry Makers and who weren't. In future when we have an away group outing can you please wear ID such as shirts, hats etc with the Merry Makers logo on them as it will make it much easier to enter the venues.

Michael Hales did a great job as MC at the Discobility Christmas Party. He was flat out getting around the various functions going on in each of the rooms. 300 attended and all ran smoothly. He has been invited back next year. Now he is having lessons for his driver's license, is there nothing he can't do?

Congratulations also to Michelle's son James who leaves school this year and is training in basketball to represent at the Special Olympics.

A big welcome to 2 new volunteers, Gabby and Arthur (who is Elvis). They have fitted in very well, which we appreciate.

Brian Poole, his sister Janet, and nephew Leslie are all off next month on a cruise. It will be a well-deserved break for them, so we hope all goes well for them and the weather is kind.

A welcome also to Bethany's mum Jennifer who now brings Bethany from Morisset as she is living back at home with her.

A get well wish to all our friends who are not well. We do think of you all. Hope to see Joe back with us soon. Thanks to Eladio for stepping in and organising the Music while Joe has been away. We are also very pleased to have Rex back as the clients enjoy the prizes that he brings for them.

Coming soon is the first Dinner Dance for the year. It will be a Country and Western night. Save you money too as the Easter Show is coming at the end of March.

Isabel Ridgewell – 4th March 2015



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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.



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