



# Merry Makers Central Coast Inc.

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

Volume 1  
December 2013

## "Let's Dance" – Quarterly Newsletter

Welcome to the first 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.

### Our New Website

Merry Makers now has a website at [merrymakerscentralcoast.org.au](http://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.

### Xmas Dinner Dance



Christmas is almost here and our annual Xmas Dinner Dance is only a few weeks away. It is being held at the Toukley Senior Citizens hall on Saturday 14<sup>th</sup> December at 6pm. Please make sure to let us know if you are attending by the 5<sup>th</sup> of December. Attendance forms are available at the weekly dances or phone 4396 1808. The cost is \$12\* which helps go towards the hire of the hall, the Xmas feast and the live music.

Transport may be able to be arranged if required.

\* Note: staff and carers of clients are required to pay to attend to.

### Save These Dates

- ❖ Saturday Dec 14<sup>th</sup> – Xmas Dinner Dance.
- ❖ Sunday Feb 9<sup>th</sup> – Outing to the Reptile Park.
- ❖ Saturday Mar 8<sup>th</sup> – Dinner Dance.
- ❖ Sunday Apr 13<sup>th</sup> – Outing to Featherdale.



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## Christmas Break

Merry Makers will be having a short break over Christmas with the last Thursday night dance being held on the 19<sup>th</sup> of December and the first dance back in the New Year being held on the 16<sup>th</sup> of January.

We would like to thank all our clients and their families, staff or carers for supporting Merry Makers throughout the year and want to wish everyone a very Merry Christmas and a Happy New Year.

## Last Quarters Outings

### Anniversary Dinner Dance

The Merry Makers Anniversary Dinner Dance was held on Saturday the 14<sup>th</sup> of September at the Toukley Senior Citizens Hall. The night was a great success with well over 100 clients, volunteers and carers attending.

The theme for the night was Rainbow Colours and many of the clients and volunteers came dressed in multi-coloured outfits. The entertainment was courtesy of a music duo, the Remixes, who did a great job getting everyone up and dancing.

The food was a wonderful as usual and everyone had a great feast.

The evening was topped off with some lucky door prizes being given out to some very lucky clients.

### Picnic at Gwandalan

On Sunday the 13<sup>th</sup> of October a picnic was held at the Gwandalan Bowling Club Foreshore. The day was sponsored by the Lions Club of Gwandalan and a lot of fun was had by all.

Gwandalan's own Elvis impersonator turned up to entertain everyone.

### Tennis & Bowls at Norah Head

On Sunday the 10<sup>th</sup> November Merry Makers started the day by meeting at 10am at Jenny Dixon Reserve, Norah Head, for morning tea.

After morning tea moved on to Norah Head Bowling & Sports Club.

Around 60 clients, staff and volunteers soon made themselves known at the quiet sports club. Bowls was a big hit and the sports club staff did a great job showing everyone how to play. A few of the more athletic people also had a lot of fun on the tennis court.

But of course it was lunch that was the highlight of the day, it's amazing how quiet the once noisy bunch becomes when the food hits the table.

Make sure to check out the Photo Gallery on the website for some highlights of the day.

## 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.)
- ❖ Hall Set-up Person (To set up hall for dance every Thursday nights – start 6.30pm until 9.15pm)
- ❖ 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.)