



Merry Makers Central Coast Inc.

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

Volume 7
June 2015

"Let's Dance" – Quarterly Newsletter

Welcome to the seventh 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 June 13th 2015 – Dinner Dance.
- ❖ Sunday July 12th 2015 – Games at Toukley.
- ❖ Sunday August 9th 2015 – Lunch at Maitland.
- ❖ Saturday September 12th 2015 – Dinner Dance

Last Quarters Outings

Light Rail at Toronto

On Sunday the 17th of May we all boarded our buses & we did not have to be up as early because Toronto was not such a long distance away. We were blessed with a lovely fine day.

We went straight to the venue which was a nice drive up and back. Morning tea was served and then our folk took turns in groups to board the old steam train. They all loved the smell of the coal and reacted to the whistle. The train enthusiasts who maintain



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these old engines & carriages do a marvellous job keeping them all in A1 condition, everything clean and shiny.

Lunch was bought in and Darby's cakes were a surprise and went down well. After relaxing in the nice warm sun & enjoying the countryside we all boarded our buses and left for McDonalds for our usual ice-cream.

Thanks to all involved for making our day so pleasant. Next month is our June dinner dance, 3 months comes around so quickly. See you all there!

Morpeth Outing

In April we visited the quaint little village of Morpeth. What a glorious day weather wise which made our visit very pleasant. We stopped for morning tea in a lovely park at Kurri, the big Kookaburra was of great interest and we had a group photos taken in front of it.

After morning tea we moved onto Morpeth where we were dropped off to meander along the street looking at the beautiful old buildings and very interesting shops. I think the lolly shop was very popular. We then drove up to a lovely park where we Subway for lunch, relaxed and socialised for a while. The ducks which visited us were of great interested while others went for a walk around a huge pond & chatted to people along the way.

Everyone arrived home tired after such a nice day. A big thank you to our bus drivers & those who organised the day - what would we do without you.

March Dinner Dance

Our first dinner dance for the year held in March was a huge success with over 90 people attending. We had a Gwandalan caterer who did a great job. No-one knows what goes on behind the scenes when arranging these functions, but several things did go wrong (not our fault) & panic set in which

thanks goodness was overcome & sorted just before the starting time.

The caterer did a great job getting the meal organised in time and everyone enjoyed the feast they provided. Elvis stepped in at short notice to provide the entertainment. Our clients always enjoy the Elvis show.

Thanks again to our volunteers who help with the many chores that have to be completed to make these occasions such a success & enjoyable for our clients.

Isabel's Corner

Our president, Michael Wildman, has left for a 4 month holiday with wife Hazel. They are going to Canada and then on to England to visit relatives. A well-earned holiday & safe return. In his absence Michael Gleeson will take over as M.C. at our functions, thanks Michael, we know you will do a great job.

A welcome to Merry Makers family to Pia, Joe's wife. She has settled in well & we already have her working hard.

A shock to us all was the sudden passing of Rex, who was the gentleman who brought in the knick-knacks for prizes each week and also his job was to cut the cake. He was a very interesting man and could put his hand to anything. He loved giving people things and making our clients happy. He will be greatly missed.

Also we lost Tony, he came to us by Chris Parker. Tony was a lovely gentle man & loved the dancing. He went into hospital for a serious operation & unfortunately he didn't make it. He was only 57 years old.



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A get well wish to Jenny Dixon who had the misfortune to slip in the wet and has fractured her femur. Jenny has been in hospital for weeks now and still has a lot ahead of her. A visit from her sister Susan from Tasmania would have picked her spirits up. Also our thoughts and get well wishes to Therese, the daughter of Charles Marshall, who is recovering from fracturing her foot. Therese and Delene (her sister) worked behind the scenes for Merry Makers for years, our thanks to them.

Ben Watson is off for a holiday to Shelley Beach with his carer. He is also going to join in the Fun Run from Woy Woy to Gosford for the third time. We hope you win Ben.

Nice to have Barry back driving the bus while Mike Wildman is away, thanks Barry.

A get well also to John Crocker, one of our clients who is back with us after having his eye removed from cancer. Quite a nasty operation but he is coping well. Welcome back John.

One of our clients had a stroke of good luck recently, Michael Hales was in Penrith with his parents visiting a club, had lunch then decided to play the pokies. Michael pulled off a \$6000 win - he couldn't believe it. I told you last letter is there nothing this fellow can't do?

Two of our hard working carers have returned fresh and relaxed after a well-earned break. Deanna went to Hamilton Island and Paula went to Bali. Now they have to settle back to the real life.

Winter is now with us so keep warm and try to avoid the dreaded flu. Please do not come to Merry Makers if you are not well as viruses spread very quickly. A group of our people went to Illawarra Club Challenge of NSW for ten pin bowling. Michael Hales won a 1st and 3 3rd places. Cheryl got 2 1st places

and 2 2nd places. Bryce won 2 1sts. Lynette won a 1st and Semone 2 3rds and Sean won 2 1sts. Congratulations, they have arrived home weighed down with a number of beautiful medals & all exhausted after a wonderful weekend away.

Isabel Ridgewell – 31st May 2015

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.