



Merry Makers Central Coast Inc.

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

Volume 8
September 2015

"Let's Dance" – Quarterly Newsletter

Welcome to the eight edition of "Let's Dance", the Quarterly Newsletter for Merry Makers Central Coast. We are continually 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 September 12th 2015 – Dinner Dance
- ❖ Sunday October 11th 2015 – Picnic at Gwandalan
- ❖ Sunday November 8th – Manly Ferry
- ❖ Saturday December 12th – Xmas Dinner Dance

Last Quarters Outings

June Dinner Dance

Our mid-year dinner dance was well attended with 90+ people enjoying the night. Thanks you once again to all those who work behind the scenes getting it all together and those who willingly work to make the night a success. Once again the meals was most enjoyable and the band kept everyone on their feet, so the cold night was no problem.



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Games at Toukley

Our get together in July wasn't a very pleasant day so we were at the Senior Citizens Club in a comfortable heated room and what a most enjoyable social day we had. Our members played carpet bowls and what champions we have. Also some participated in coits – no cheating of course. The fish and chips shop nearby made up individual packs of lovely hot fish and chips followed by a Darby's cake selection. After a chat and relaxing we braved the elements and headed home.

Chinese Lunch at Maitland

We were blessed with a perfect day when we headed to Maitland for the day. Over 50 of us stopped at Warners Bay Lions Park on the lakeside for our usual, very welcome, cuppa and biscuits for morning tea. Afterwards we went for a casual walk along the lake edge, hundreds of people were out doing all kinds of activities and enjoying the fresh air. Then we boarded our buses and headed to Maitland where our hosts welcomed us for our yearly Chinese meal. The restaurant has been re-furbished and looks lovely. Our meal was a banquet of different Chinese dishes and rice finished off with fruit platters. We all left very satisfied. At Thornton we stopped for our usual ice cream at McDonalds then on home. Thanks to those who put time and effort into arranging these outings and our bus drivers who have a very long day.

Isabel's Corner

Here it is September already and our year has been very busy and dances and outings have been well attended.

Just as the newsletter went to print last time we lost one of our early volunteers Val Poole, who had not experienced good health for some time. She was 88 and mother of one of our members, Brian.

Also Sharon Lockyer's father, Ron, passed away recently after a long illness. Our thoughts are with you Sharon, at this sad time.

Charles Marshall who celebrated with his twin brother recently had his 80th birthday. At about that time he had the misfortune to trip on the wheel of his walking frame and has had some complications, and as a result has been in and out of hospital. Hope you are now on the mend and back with us soon.

Our Treasurer Lloyd, also had a special birthday in June, his 70th and has now gone on a lovely overseas holiday.

Sandra Lowers mum Joyce had a nasty fall whilst showering. She wasn't well for a while but is now on the mend.

Great to have Jennifer back after breaking her leg and what a wonderful recovery she has made, now back at Merry Makers and dancing around. We also had a visit from her sister Susan who always comes to dancing and catches up with us. Eileen has been missing for a few weeks as she had a cataract operation. Hope all has gone well.

A big welcome to the Beckhaus family, Ray, Jan and their son Brian (with rosy cheeks). They have settled at Lake Munmorah and bring Brian each Thursday night. Also welcome to young Tim who comes with his carer, also from Lake Munmorah. Tim loves his dancing and the faster the music, the faster he goes.

Elizabeth House has been missing from dancing for a while now. Some weeks ago when she had the flu, that was the first night she had missed in 28 years. What a record, which will take a long time to be broken, probably never.

Our President Michael and his wife Hazel are still away enjoying a well-earned break.



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To anyone who is not well, we hope it won't be long before you are 100% again and we are thinking of you.

To any new clients and carers, a big welcome and we hope you enjoy your time with us.

Isabel Ridgwell – 5th September 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.