

Central  
Coast  
Council

# GOALL

*Growing Older And Loving Life!*



Summer Edition | 2018

FREE

# 2019 Seniors Festival

**13 - 24 February 2019**

Central  
Coast  
Council

The 2019 Seniors Festival calendar will be available in January for all your Senior Festival activities and events.

Pick up your copy from your local library,  
Senior Citizens Centre, 50+ Leisure & Learning Centre,  
or from **[centralcoast.nsw.gov.au/seniors](http://centralcoast.nsw.gov.au/seniors)**



# From the Editor

## Welcome to the Summer edition of GOALL.

If you love reading our magazine, you'll love this edition, it's jammed packed with stories on centre activities, keeping active and connected this summer.

We meet the Golden Girls of Gwandalan and find out about what they get up to every Tuesday and Friday at the Gwandalan Hall. We also learn about Creative Folk Art, which runs at Ettalong, and the Gosford 50+ Camera Group's recent Canon Day Out.

Our all-time favourite contributor Betty (a.k.a Bettybee) profiles the Long Jetty Senior Citizens Centre and all the wonderful activities they have available, and if indoor bowls interests you, be sure to read co-convener Bob Legge's take on the activity which he attends at Gosford, and the wonderful story on how the Golden Hind Women's Bowling Club began.

In February the 2019 NSW Senior Festival will take place here on the Central Coast with an array of activities and events for those aged 50 years and over. Keep your eye out for the Central Coast Council 2019 Seniors Festival Calendar which will be available in January next year.

The next edition of GOALL is due out in March 2019. If you have a story idea or activities of interest for our readers, contact the editor on [melissa.metcalf@centralcoast.nsw.gov.au](mailto:melissa.metcalf@centralcoast.nsw.gov.au) or 4304 7065.

I hope that you enjoy our Summer Edition of GOALL.

*Glenn*

**Glenn Cannard**

Unit Manager

Community Partnerships



# The Golden Girls of Gwandalan

Central Coast Council's Community Partnerships intern Hayley O'Grady met with Suzanne Bridge (Suzie), Sylvia Westerman and the Golden Girls of Gwandalan to talk about their sewing group who meet every Tuesday and Friday at the Gwandalan Hall.

## **Q: Can you talk a little bit about what you do here?**

We just sew and chat. A lot of girls aren't able to do as much as other groups because a lot of us have never done sewing before. If people can't sew they are always welcome to join our group because we will teach them to quilt. Sometimes the ladies don't feel like sewing and bring their knitting instead. Friday's group concentrate more on sewing and knitting, but the Tuesday group is a bit more diverse with card making, knitting or crocheting.

We contribute to a number of charities with raising of funds or donating items we have. We raised \$110,000 for the hospital to refurbish the rooms for the children who have mental health issues and were invited to a morning tea when it opened which was lovely. We also give to the Ronald McDonald

house and have also contributed to the Wallsend Hospital along with many other sewing groups.

We make quilts for the Swansea refuge for women and also give to a couple of refuges in the north, and we've just been put in contact with a foster group on the Central Coast.

Di makes little teddy bears, sleeping in little beds. They go into the Samaritans boxes which are then sent overseas for Christmas. Did we tell you about Sylvia and her OAM? We nominated Sylvia because she has made 100s of quilts for Westmead Hospital, so we nominated her and she got it!

## **Q: How did the group start?**

It was only the CWA (Country Women's Association) at first. Then the CWA hall was damaged and the girls couldn't use the hall. So we looked around for a place and we found Gwandalan Hall and so that is how we came here! It's a lovely group and we all support each other. We get help from different groups that give us materials, different ladies outside who aren't sewing anymore, and the Swansea Cottage supports us with material, they are wonderful to us.



**Q: Do you have a name for your group?**

Yes, The Golden Girls of Gwandalan!

The ladies in this group are just amazing. No matter what your age is, no matter what your skill is, they are just so welcoming and lovely. We all stop and have lunch together. It's a very community thing to have lunch and makes it nice for us.

**Q: What would you say to people who are thinking of joining a group like this?**

Come! Bring your hugs with you. If we can help you, we'll help you. You get a lot more than sewing out of it. If anyone wants to join we are not the quilting police here! We choose the easiest path. With some groups, because of the competitions they are very strict. But this group we don't have any rules or regulations, anything goes and anything is possible.

We are often cutting curtain up for bags for the children. Colleen does the bags for the children that go to court with their parents. We do the bags and the Court puts a colouring book and pencils in so that when the parents are in court the children have something to do.

We have two machines in the cupboard which can be borrowed by people that don't have machines.



# A Canon Collective Day

The Gosford 50+ Leisure and Learning Centre Camera Group were fortunate to have had the opportunity to hold a Canon Collective Day during August. We welcomed guests from the Central Coast Leagues Club Camera Group and the Long Jetty Camera Group to come along and enjoy a day of photography with Canon Australia.

Canon Australia provided two wonderful members of their team, Scott and Patrick, who brought along with them around 20 years' experience in photography plus lots of wonderful Canon equipment for everyone to try out. Sharing their knowledge was magic.

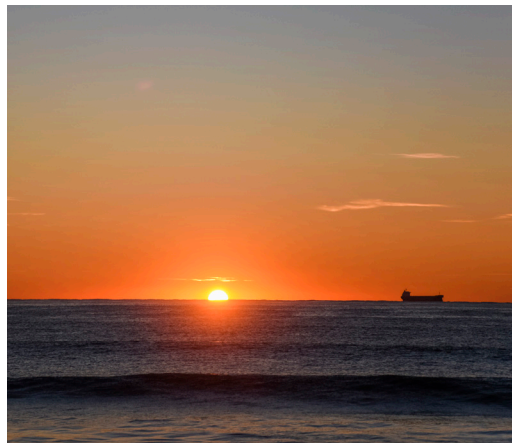
We started our day with the sunrise at Catherine Hill Bay, followed by breakfast at Swansea and then on to Caves Beach for a morning of photography. We then returned to the Gosford 50+ Leisure and Learning Centre to a lovely afternoon tea.

Scott and Patrick set up their Canon Print Centre and printed everyone's favourite photo from the day. Their wonderful Canon Printer would be an asset to any group. As we all know - you don't see how good a photo is until you see it in print.

Everyone enjoyed the day immensely and we all thank Canon Australia, Easy Tours and the Gosford 50+ Leisure and Learning Centre, who without their support this day could not have happened.

Roz Fitzsummons

Gosford 50+ Leisure and Learning Centre Camera Group



# Creative art – the new folk art

The folk art group at Ettalong 50+ Leisure and Learning centre are a talented group who meet every Thursday to create their works. The members of the group usually find an artwork that inspires them, which leads them to pick up the paint brush and keep their heads down until it's done!

Each member has their own style of painting and a way of doing it - which leads to individual works that are beautifully painted and unique in their own way. The art of folk art follows a pattern or picture usually found online, in folk art painting magazines or books. However, due to the modern times they are moving from folk art and going towards a painting group that can be of any painting style.

It was a pleasure to see the group supporting each other, following their passions and inspiring each other in the process! Thank you to Maryann, Liz, Janet, Pamela, Heather, Dinah, Maxine, Lesley and Lorraine for your time and for showing your beautiful works.



# Are mid-meals and snacks important for older people?

Older people have the same requirements for most vitamins and minerals as younger people. Some nutrient needs are actually higher. These include protein, calcium and vitamin D. SO:

- If your appetite is poor
- You fill up fast
- You miss meals
- Food doesn't taste as good as it used to
- You just don't enjoy meal time

## IT IS IMPORTANT TO:

- Have nutritious mid meals (morning and afternoon tea and supper)
- Have healthy snacks throughout the day

Small frequent meals throughout the day may mean more food is eaten if compared to a traditional three meals a day eating pattern. Studies have shown that older people who have healthy mid meals and snacks have a higher intake of protein, fat and calories. Healthy snacks throughout the day can provide almost a quarter of calorie intake as well as significant amounts of protein.

## WHAT ARE NUTRITIOUS SNACKS AND MID-MEALS?

- Enjoy high protein/high calorie drinks, usually milk-based drinks, between meals. Suppertime may be the best time, so as not to interfere with appetite for other meals.
- Enjoy ice-cream, flavoured yoghurt, custard, cake, hot buttered raisin toast, crumpets, muffins, scones or pikelets with jam and cream or even chocolate biscuits, apple pie and ice-cream and other dessert items.
- Plain biscuits, such as Saos, with nutritious toppings such as cheese, cream cheese, cold meat or hard-boiled egg are fine.
- Canned creamed rice, canned soups and canned fruit are all ready to eat without much preparation.
- However, a cup of tea or coffee and a plain biscuit for mid-meals will not enable you to meet your nutritional requirements.

Rudi Bartl - Central Coast Local Health District Nutrition Department



Health  
Central Coast  
Local Health District





# Keeping fit and healthy with Council facilities!

Feel like improving your fitness but not sure where to start? Council has a great range of facilities that can satisfy all of your exercising needs.

Gosford Olympic Pool and Toukley Aquatic Centre run Active Over 50 aqua fitness classes.

The Peninsula Leisure Centre and Lake Haven Recreation Centre also offer targeted fitness programs for the 50+ including those with health conditions or those who are new to exercise. It's a great way to meet like-minded people and make new friends who can help you on your fitness journey.

**Gosford Olympic Pool:**  
42 Masons Parade, Gosford

**Toukley Aquatic Centre:**  
Heador Street, Toukley

**Peninsula Leisure Centre:**  
243 Blackwall Road, Woy Woy

**Lake Haven Recreation Centre:**  
Goobarabah Ave, Gorokan

For class timetables at each of these centres visit [centralcoast.nsw.gov.au/leisurecentres](http://centralcoast.nsw.gov.au/leisurecentres)



# Accessible water fitness

Exercising in the water provides a great way to keep active as we age, as the buoyancy provides reduced pressure on the joints and reduces risk of injury. The water also acts as a form of resistance for strength exercises without heavy weights – which is why it is a recommended form of exercise for rehabilitation.

Council are committed to improving the physical and social wellbeing of the whole community and provide the following facilities for water based fitness – each with accessible features and over 50s fitness programs.

## **Peninsula Leisure Centre**

*243 Blackwall Rd, Woy Woy*

The indoor aquatic centre features a 50m pool, warm water hydrotherapy pool, sauna, spa and steam room. Accessible features include accessible ramp access to program warm water pool, with pool wheel chairs available, lifting hoist for access to lap pool, accessible change rooms with hoist and adult change table, accessible parking, and hearing loop.

## **Gosford Olympic Pool**

*42 Masons Pde, Gosford*

This facility features a 50 metre heated outdoor pool, and 25 metre heated indoor pool with accessible parking and lifting hoist for access to program warm water pool and lap pools.

## **Toukley Aquatic Centre**

*Heador St, Toukley*

Toukley Aquatic Centre has a 25-metre indoor pool and hydrotherapy pool which features accessible parking, lifting hoist for access to the lap pool, accessible ramp access to program warm water pool, with pool wheel chairs available.

## **Wyong Olympic Pool**

*Ithome St, Wyong*

Wyong Olympic Pool is open seasonally from October to March and has a 50m outdoor pool with accessible parking and lifting hoist for access to the lap pool.



# Ageing-in-place

Staying in your own home or “ageing-in-place” is a priority for the majority of older people.

Ageing-in-place is generally understood to mean that people remain in their home of choice as they age for as long as they choose.

## What can you do to improve ageing-in-place?

- Plan well in advance for your housing needs.
- Consider a location that is close to; shops, doctors, services, facilities, friends and family.
- Consider downsizing.
- Research options and discuss with your family.
- Seek financial and legal advice before making a decision.

- If you can no longer drive, think about your options;
  - Can you use public transport and what other transport is available?
  - Can you safely walk to the bus stop?
  - Are footpaths and pedestrian crossings in the area?
  - What is the street lighting like?
  - Does your local supermarket do home deliveries?

For assistance to help you age-in-place contact the My Aged Care hotline on 1800 200 422 or visit **[www.myagedcare.gov.au](http://www.myagedcare.gov.au)**.

For in-home senior services, like help with shopping, bathing, laundry, cleaning, gardening, transport, meals and general wellbeing visit the Senior Services Guide at **<http://www.seniorservicesguide.com.au>**.



My Home



# You're never too old!

Long Jetty 50+ Leisure and Learning Club will prove to all those "oldies" out there that the adage "You're never too old" is very true. In fact, we've got nearly 1,000 local "oldies" who can't get to the club soon enough to get involved in their own particular brand of keeping fit.

The club runs such a wide range of activities, it's hard to choose which is most embraced by the locals, but the sight of 50+ bodies lying shoulder to shoulder in the hall, gives an indication of just how popular yoga is. Walk over to the Bowls hall, and yes, you've found the Darts mob. Then there's the gentle exercise group, being commanded to 'walk faster' or 'stretch those tendons' by their trainer. Just watch them all entering into the spirit of the moment with enjoyment clear on each and every face.

Ever tried to be an artist? In our group there are so many different styles of "art" being practiced, it makes the mind boggle. Such a relaxed atmosphere prevails; it's hard to think that the word "stress" is ever known to this group. It's like every artist is held within their own world – a world of colour, design and atmosphere. Each person sees their world in their own way, and the result is wonderful

and colourful and delightful. The group's mentor gently guides them to the next great art piece, critiques their work, advises where he feels is necessary, but overall makes each person feel they are an artist in every sense of the word.

Wander a bit further and you might become involved with the digital camera group. If you've got a camera, you might be tempted to join them. After all, wouldn't it be great to find out just what some of those little buttons and icons on your camera can be used for? You'll quickly realise that there is more to a good photograph than just 'point and press'. It's very much a hands-on activity with a tutor who is knowledgeable, but who has a canny knack of knowing the answers to nearly every one of your questions.

For those of us who like to stretch our brains a little more there is Mah-Jong, Canasta or Rummy-Kub. These activities offer you the possibility of out-strategizing your opposition, meeting new friends, and socialising over a cuppa. What a great way to pass a few hours! Even better than this, is to come and be part of our monthly 'Bingo and Beyond'. It's only been running a couple of months, and attendances have grown exponentially. And why not? Bingo for all those devotees, a super



morning tea, orchestrated by the canteen volunteers, and then the most interesting part of all an additional mystery activity every month. It could be trivia, or musical interlude, or perhaps a guest speaker with a great subject, even a short exercise programme for all to try out. It has amazed me just what a wide range of entertainment has been presented.

If none of these activities strike a note with you, that's no excuse not to come and visit us, because there is also Tai Chi. It will challenge both your mind and body and yet be gentle in its application. You will feel refreshed when you finish and eager to learn more about those gentle yet stylised movements that mean so much. If you want more vigour in your exercise, Zumba Gold is waiting for you every Wednesday or Friday. This will get your blood and heart pumping and your feet moving to the beat of the music. Listen to the trainer as she moves you into another set of steps and you'll feel your body respond to the rhythm. And when it's all over, what better than to sit and talk over a cup of tea and a biscuit with new and old friends?

So 'old' is just a state of mind. Let the word dictate your retirement years, and you'll enjoy what is a new and quite wonderful part of your life. A part of your life that is all yours to do with as you wish.

The Long Jetty 50+ Leisure and Learning Centre is a community organisation run by its members that offers such a wide variety of activities. You will be hard put not to find something that picks piques your fancy and gets you involved. Why don't you come on in and try something new?

### **Long Jetty 50+ Leisure and Learning Centre**

6 Thompson Street, Long Jetty  
(02) 4332 5522

Betty Brown

Secretary, Long Jetty 50+ Leisure and Learning Centre



# Bob's take on indoor bowls at Gosford 50+

Bob Legge is an easy to talk to, gentle style of a man. Previously Convenor and now Co-convenor to the Gosford 50+ Leisure and Learning Centre Indoor Bowls Group, Bob loves to play and watch the game played by others in the auditorium.

With a background in competitive indoor bowls, Bob like to share his skills and experiences in indoor bowls with others, which has given him so much enjoyment.

Participation in indoor bowls is kept casual. Just make contact with Bob, or the convenor for the day, and depending on numbers present you may get a game with a team. There are anywhere from 20 to 40 potential bowlers who turn up for a game on any of three full-length mats. Teams are made up before starting with the size of each team dependant on the numbers of people there to play.

The emphasis is on having fun, with capital letters!. The chatter as players greet each other is warming to hear with obvious long term friendships there. It was surprising to me to hear some members have been frequenting the centre for more than 30 years, while others have only just begun. New and old everyone playing,

or attending the Centre, are having FUN, FUN, FUN!

The structure of the game (as in *proper* carpet bowls, a *lead*, *skip* and so on), is equal numbers on each team, but there the structured formality ends with a surprising high level of ability shown by some of the participants. Many games end with the winning team leading by just one point, usually scored in the either of the last two ends.

Walking frames and sticks are constant supplements and of no hindrance to others or the mobility of players as they progress through their games from end to end. Jocular remarks go back and forth often met



with giggles and bursts of laughter. As the improved ability or the use of *illegal performance enhancing supplements in ones' breakfast is questioned by* a trailing opposition player. It is also surprising how useful a walking stick can be when retrieving bowls at the turn of an end.

One of the three mats was donated to the Centre by the Central Coast Leagues Club when they were fortunate enough in upgrading their own equipment. The donated mat still requires an underlay "*which has the rarity of feathers from an airborne pig in comparison to find*", but Bob has not given up on the search for this very important part.

Morning Tea is observed with a lemming-like procession from the auditorium to the dining room and toilets. Most popular discussion is often around the bus, the Centre's pick-up service, which rounds up the 'usual suspects' for their morning games and returns them home at the end of the scheduled exercise. Then just like that, one body rises from the table and the motion triggers a reaction and the bowlers all swell as a wave and empty cups and plates are stacked on the collector tray and players head for the mats.

All the players watch out for each other and are sharp to notice if someone is a little wayward or unsteady in their game. A query is answered affirmatively and then eyes return to the coloured, wobbling, spherical object propelled down the mat. By games end numbers are collated and compared and declarations of placing made, bowls are collected and boxed, barricades are folded and mats rolled and manoeuvred onto trolleys to disappear under the stage as players again become persons and walk away having enjoyed another morning of camaraderie and a cuppa. Some players wait for the second run of the bus, an hour or so away, by having a hot lunch in the dining room before taking their ride home.

Indoor bowls is played at the Gosford 50+ Leisure and Learning Centre on Tuesdays and Fridays from 9:30am. If you are interested in playing indoor bowls or making new connections come on in and join in.

Written by

William J. Ray ASM

# If you were diagnosed with a terminal illness, how would you choose to leave your mark on this world?

Faced with his own mortality, local artist and much loved community member Graeme Balchin chose to share his story through a very powerful exhibition of works that he titled 'Dying to See' before he passed away in July 2018.

Known for his mastery of figurative painting, Graeme was one of the Central Coast community's most talented painters. He was an art teacher at Gosford Regional Gallery for many years, a regular finalist in the prestigious Gosford Art Prize, winning the Viewers' Choice Award in 2009 and 2012, and a finalist in the 2007 Doug Moran Portrait Prize. He was inspired by European old masters, using glazing techniques that produced luminous images with luxurious surfaces.

In this special, strongly autobiographical display of his final works, Graeme reflects on the emotional turbulence of his diagnosis, while continuing his deep appreciation for the beauty of the natural environment.

Graeme explores themes of life and death, light and shadow, atmosphere and symbolism, nature and beauty, vulnerability and inner power, and

when you visit the exhibition you will see one piece in particular – 'Mortality' – a self-portrait that epitomises his curious state of mind.

As you walk through the exhibition you will notice the common appearance of ravens or crows in a number of the artworks which can be interpreted symbolically as 'harbingers of death' but also as a personal reference to Graeme's own childhood pet.

Gosford Regional Gallery invites you to share in Graeme's beautiful story. 'Dying to See' will be on at Gosford Regional Gallery from 1 December 2018 to 3 February 2019.





# Throughout the years at Golden Hind Women's Bowling Club

In the beginning there was Nell and Clarrie Huxley (pictured). Our founding president Nell Huxley met with Pauline Ford, a founding member. These two, with Clarrie (The Coach), discussed the procedure for starting a new club.

A 'ladies' bowling club was needed as single or widowed women could only become associate members, not full members, because they had no husband to support them.

Pauline, who had friends at the Francis Drake Bowling and Recreation Club, suggested Golden Hind as an appropriate name. And the rest, as they say, is History...

## How did it start?

October, 1968

- Approval was gained for a new Women's Bowling Club at Bateau Bay.
- The call went out 'NEW CLUB RECRUITING!'
- The newly formed women's bowling club for The Entrance District had begun.
- Clarrie Huxley said the new club had the support of the District Association and other bowling clubs in the area.
- She said the club had applied for land in the Bateau Bay area for the construction of greens and clubhouse. The Land Board Court granted a special lease of 2.95 acres with a 99 year lease.

- While waiting for the greens and club house to be built an application was made to Ourimbah –Lisarow RSL Club for use of rinks by the Golden Hind Women's Bowling Club.
- Then finally in 1971 the club held their first meeting in their own club house.
- In 1977 the greens were named Huxley Green in honour of both Nell and Clarrie.

And that is how 'Golden Hind Women's Bowling Club' came into being.

For information regarding membership please contact the Vice President, Jennifer Paton at [jmpaton1@hotmail.com](mailto:jmpaton1@hotmail.com)

Jennifer M Paton  
Vice President  
Golden Hind Women's Bowling Club



May 1977 - The Huxley Green was named to honour both Nell and Clarrie

# Seniors on the Coast - *What's On*

## Ettalong 50+ Leisure and Learning Centre

5-7 Broken Bay Rd, Ettalong Beach,  
4304 7222

### **Creative Folk Art Group**

Every Thursday, 12:30pm-2:30pm  
Do you like Folk Art but want to take it to the next level? Come along and collaborate with likeminded peers and see what Creative Folk Art is all about. Free (*must bring own supplies*)

### **Friday's Social Painting Group**

Every Friday, 9am-12pm  
Come along and paint while making new connections, or plan your next great masterpiece for the 2019 Grandma Moses Competition. Free (*must bring own supplies*)

## Gosford 50+ Leisure and Learning Centre

217 Albany Street North, Gosford,  
4304 7065

### **Men's Group BBQ Luncheon**

First Wednesday of every month  
Want a day out with the blokes to nut out today's rights and wrongs? Then Men's Group BBQ Luncheon every month is the place to be. Every month is a new location to enjoy the great

outdoors with a snag or two on the BBQ, while the men get to taking about 'Men's Business'.

Costs: \$5.50. Places are limited and bookings are essential – 4304 7065

### **Darts**

Every Thursday, 9:30am-12pm  
Want a social game of darts? Then come on in and have a game in a friendly and relaxed atmosphere with other enthusiasts. Free

## Toukley 50+ Leisure and Learning Centre

1 Hargraves Street, Toukley, 4396 5075

### **BBQ plus Entertainment**

Saturday, 16 February 2019  
12pm, Club Auditorium  
A delicious BBQ lunch will be served at 12:30pm  
Tickets: \$10.00 each, on sale from Club Reception (*For catering purposes, tickets must be purchased by Wednesday, 13 February*)

### **Seniors Week 2019 Concert**

Thursday, 21 February 2019  
A concert will be held in the Club Auditorium. Further details will be available early February.



## Terrigal 50+ Leisure and Learning Centre

*Cnr Terrigal Drive & Duffys Avenue,  
Terrigal, 4384 5152*

### **Mini Market**

Monday, 18 February to Friday, 22 February, 9am-2pm

Items for sale will include craft, jewellery, plants, cakes and preservatives.

Handmade greeting cards, mosaics and Devonshire teas will also be available.

### **Seniors Festival Open Days at Terrigal 50+**

Monday, 18 February to Friday, 22 February, 7:30am-3:30pm

We extend an invitation to persons 50 years of age and over to view and participate in activities free of charge during the 2019 Seniors Festival.

Come on in and visit our centre to enjoy morning tea or lunch with friends at nominal cost. Select from our varied menu. Lunches need to be ordered by 11am and can be ordered by phone and in advance.

### **Terrigal 50+ Seniors Festival Concert**

Thursday, 21 February, 11am

Featuring internationally famous magician/comedian, Brendan Mon Tanner, supported by our very own, and very popular, Chris Anthony (Klassic Black).

Tickets \$15.00 incl. show and buffet lunch, tea and coffee. Places are limited and bookings are essential – 4384 5152

## Wyong and District Philatelic Society

*Canton Beach Sports Club, Canton Beach, 4392 3610*

The Wyong and District Philatelic Society meet twice a month:

- 1. Maid Meetings** are held on the 3rd Tuesday of each month at 7:00pm at the Canton Beach Sports Club, and
- 2. Day Meetings** are held on the 1st Wednesday of each month at 1:00pm at the RFBI Hall, Masonic Village, Stan Gregory Cres., Lake Haven.

The Society is an informal and friendly club with new members and visitors most welcome. A lot of people have stamp collections they have not 'touched' for some time. Why not get them out and renew your interest and join in the social "fun".

Displays, workshops, stamp sales and exchange are meeting features. Advice on stamp collecting, stamp values, selling of stamps is freely given. For more information/enquiries call on 4392 3610.



# Terrigal 50+ Leisure and Learning Centre

CRN DUFFYS ROAD AND TERRIGAL DRIVE

***PROUDLY PRESENTS***

## **Brendan Mon Tanner's Magic Show**

Seniors Festival 21 February 2019 @ 11am

\$15 includes a buffet lunch

As seen on the footy show, Australia smashes world records, four weddings and more, Brendan Mon Tanner comedy magician delivers side splitting performances, his non-stop, adrenaline flowing entertainment is ideal for all types of events and features world class magic with hilarious comedy and illusion. Brendan Mon Tanner has received 14 awards for best speciality act and comedy magician live entertainment excellence.



Supported by  
Chris Anthony

The supernatural power of his magic will fool you, shock you and amaze you and his outrageously funny humour that will leave you in stitches. The combination of comedy and magic is dynamite action that is unforgettable. Brendan Mon Tanner's dangerously hilarious comedy show is magic to the max entertainment. The show is filled with action packed magic that will have you on the edge. Witness hilarious audience participation, comedy, magic and outrageous dare devil stunts that will totally have you shocked, amazed and holding onto your sides! For laughs that never end, good clean fun and an experience of a lifetime.

**MAGIC TO THE MAX**

**BRENDAN MON TANNER**  
MASTER OF THE GAME

**MAGIC TO THE MAX**

HELL FOOL YOU SHOCK YOU & AMAZE YOU

# Let's have some fun

The Ettalong 50+ Leisure and Learning Centre Choir Group was established two years ago for seniors as a fun loving choir where they could sing songs that seniors can easily identify with. Calling ourselves "Companions Choir" it wasn't long before we were travelling the Central Coast with our love for signing.

Last year we were invited to sing at the Umina Country Women's Association's Christmas Concert, and was so enjoyed we were again invited to sing at their 2018 Christmas in July Luncheon. We have also sung at the Bazaar By the Sea, Ettalong 50+ Leisure and Learning Centre annual fete day, where we sang all the old time favourites, and we have also had the privilege to sing at an Open House Day at the Sydney Practical Philosophy School in Wahronnga.

Recently, we performed at the Woy Woy Blue Wave Retirement Centre with a guest conductor, Doreen Van Bree.

The Companions Choir attends many cultural and interesting outings like the River Boast Postal Cruise and the Recycling Plant Tour.

Choir practice is held every Friday from 12pm to 2pm on the stage at Ettalong 50+ Leisure and Learning Centre. So, if you want to join in come along and sing with the Companions Choir. Never mind if you do not have a magnificent singing voice, as long as you can stay on the note and enjoy singing, you are most welcome. You might even choose your own songs.

Lonny Edge  
Convenor, Companions Choir  
Ettalong 50+ Leisure and Learning  
Centre



# There's always a reason to visit The Art House



The Art House, Wyong is known as the Central Coast's home for creators, performers and lovers of great theatre. With a 500-seat theatre, a 150-seat studio, an exhibition space, café and function facilities, it's the Central Coast's premier performing arts space and has become known as a must-visit destination on the Central Coast.

Opening in 2016, the brand-new theatre was built on the site of the old Memorial Hall on the corner of Anzac and Margaret Streets in Wyong by the former Wyong Shire Council. Utilising state-of-the-art technology inside and out, the Central Coast theatre is designed to cater for all patrons. The theatre is fully accessible, with a full row of flat-floor seating, a hearing loop and friendly and knowledgeable staff.

The Central Coast has embraced The Art House, with regular sell-outs and rave reviews from audiences. The Art House has hosted some of the biggest names in music, opera and drama, with Sydney Symphony Orchestra and Opera Australia last winter making their first trips ever to the Central Coast to tread the boards in front of sell-out audiences.

Also, in a coup for the Central Coast, The Art House will be presenting all-star musical and quadruple Tony Award Winner, 'In The Heights' this January, in an exclusive premiere season before the show opens at Sydney Opera House.

Despite the big names gracing the stage, the theatre is not just for professional performers. The Central Coast has a vibrant and exciting creative community which The Art House is proud to support. As the Central Coast's professional theatre for the community, the community themselves made up 73% of performers on the stage in 2017.

Many shows run during weekends and evenings but during week-days you can pop in to see the local art which is regularly on display in the huge, airy foyer space, have a light lunch or sweet treat in the Art House café, or drop by the box office to pick up a newspaper, magazine or What's On Guide.

So, whether you're a lover of great theatre, fine art, or just a really good coffee and a chat, there is always a reason to visit The Art House in Wyong.

Emily Miller

Marketing & Box Office Manager

The Art House

[www.thearthousewyong.com.au](http://www.thearthousewyong.com.au)



Being Involved

**THE JOHN DENVER CELEBRATION  
CONCERT: A night of JOHN DENVER'S  
voice, songs, videos, and stories.**

Wednesday, 19 December, 8pm

A Reserve (Rows A-D) \$120.00, B Reserve  
(Rows E back) \$80.00, C Reserve (Balcony)  
\$60.00

**THE ITALIAN TENORS**

Thursday, 20 December 8

Adults \$69.00, Concession \$62.00, Groups  
10+ \$64.00

**IN THE HEIGHTS**

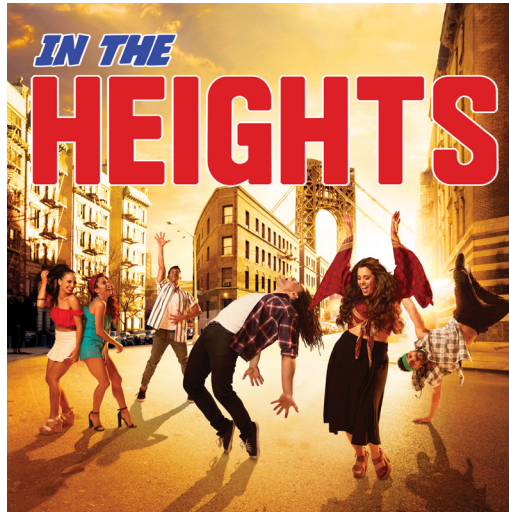
Thursday, 10 January 7.30pm; Friday, 11  
January 7.30pm; Saturday, 12 January  
2pm & 7.30pm

Adult \$59.00, Concession \$51.00, Group  
10+ \$51.00

**SENIOR MOMENTS**

Saturday, 2 February, 2pm and 7.30pm

Adult \$69.00, Concession \$65.00, Group  
10+ \$55.00



# We are all pedestrians at some stage of our journey

If we park our car and walk 10 metres to the shop, we are a pedestrian. If we walk across the road to talk to our neighbour, we are a pedestrian.

Pedestrians are 'vulnerable' road users because they are slower than other road users, have no protection, and are often difficult for drivers to see.

Research has shown that travelling at 5 km/h over the speed limit doubles the risk of an injury crash, and the risk doubles again for each additional 5km/h. Drivers travelling at higher speeds require more distance to brake and to a stop, have less time to react to dangerous situations and in the event of a crash are likely to receive more injuries. There are many injuries a pedestrian could sustain in a crash from minor to more severe.

There are a few things a driver can do to minimise the risk of having a crash; and if a crash unfortunately happens, minimise the impact to any pedestrian involved. Keeping the 3 second gap between cars, reducing stopping distances by setting the brakes, being aware of pedestrians and lower vehicle speed limits can go a long way in preventing and minimising these impacts.

There is no avoiding the fact, as people age they become more vulnerable on the roads. Changes in eyesight, hearing, movement, reaction times, and abilities to judge the speed of moving vehicles can cause confusion and anxiety for pedestrians.

What type of 'risky' pedestrian behaviours have you seen? Here's a few to jog your memory!

- Not looking as crossing
- Walking against red lights
- Coming out from behind a parked car
- Wearing dark clothing
- Crossing near – but not on the crossing
- Crossing from behind the back of a bus
- Standing too close to the edge of the footpath

Remember that drivers can experience moments of blind spots and limited vision, and the pedestrian's view of the oncoming vehicle may also be restricted. Pedestrians should never assume that drivers can see them or will stop for them as their vision may be impaired by sunlight, poor light or other obstacles such as parked cars.

For further information go to: <http://roadsafety.transport.nsw.gov.au/stayingsafe/pedestrians/index.html>







Visit  
[PrimaryEthics.com.au](http://PrimaryEthics.com.au)  
to learn more

Primary Ethics seeks volunteers to deliver weekly ethics classes to children across NSW. While close to 40,000 children in government primary schools currently benefit from ethics education, with more volunteers it could be made available to many more.

Primary Ethics is the not-for-profit organisation that is authorised to develop and deliver special education in ethics to children in NSW.

We rely on parents, grandparents and community-minded people to become volunteer ethics teachers in their local primary school. It is a rewarding way to be involved in your local community, learn new things and help children develop skills for life.

Comprehensive training, access to lesson materials and classroom support are all provided. Previous teaching experience is not required.

Opportunities are also available for behind-the-scenes roles including coordinators and regional managers.

**“In time, not very much time at all, it will be the decisions of the children we teach today that will shape the world.”**

*– Dr Simon Longstaff  
The Ethics Centre*

Do something life-changing today.

Apply at [PrimaryEthics.com.au/volunteer](http://PrimaryEthics.com.au/volunteer)

# Make a difference, make new friends, become a member of Red Cross

NSW Red Cross branches and clubs play a vital role in building an inclusive, diverse and humanitarian movement based on voluntary service. Anyone can apply to be a member of Red Cross. It is an excellent opportunity to meet like-minded people, make new friends and make a difference. No one knows local needs better than local people.

Our clubs are essential to the Red Cross footprint which enables us to support so many. We want to support people to take action to help their local communities, whilst equipping them with our knowledge and resources.

The contribution our members make is significant and the time and effort devoted to fundraising is greatly valued. Fundraising activities like **Red Cross Calling** in March, **Big Cake Bake** in October, annual golf days, fashion parades and stalls throughout the year offer excellent opportunities to get together and make a difference.

Funds raised help us provide:

- Emergency preparedness training for at-risk communities
- Food preparation and budgeting skills for families on a limited budget
- A reuniting service for families torn apart by conflict
- A reassuring daily phone call to check on the wellbeing of an older or isolated person
- A regular phone chat with a socially isolated elderly person
- Shelter, food and medical treatment when disasters strike
- Clean water and sanitation facilities to people without a safe water supply

So, think about it, this could be a life-changing experience for you as well as those people Red Cross supports.

If you wish to join or establish a Red Cross club please contact Red Cross Gosford on 4324 3411.



# We are never too old to learn new things

Skills Training Australia is a Registered Training Organisation that offers nationally recognised qualifications under the Community Services umbrella, such as Certificate IV and Diploma in Leisure and Health, Certificate III in Individual Support and also Certificate IV in Ageing Support.

Our training is offered face to face where students are able to collaborate, share knowledge and experiences with one another. The classroom environment encompasses a safe and friendly environment for students to maximise their learning.

Students will also have the opportunity to learn in the field as all Qualifications require a certain amount of hours of work placement. This allows students to actively put into practice what they have learnt and gain real experience whether it is in a Community or in Residential Care setting.

Skills Training Australia takes pride in hiring the best Trainers and Assessors with industry knowledge and experience - they demonstrate "Passion" for having quality staff employed within the Aged Care Sector.

Commence your career path with us.

For further information regarding these courses, please contact Fiorella Anselmi, NSW Team Leader / Trainer & Assessor on the following details:  
M: 0428 682 471, E: fanselmi@skillstraining.vic.edu.au.



# Aged care - what you ought to know

Most people want to remain independent throughout retirement and to stay in control of where and how they live. But your ability to do so may depend on your health and physical well-being. As we age, some things become harder to do on our own.

If your ability to live independently starts to decline and you need help with daily living activities such as cooking, cleaning and personal care, you may need to move into residential care.

**Tip:** Residential aged care should not be confused with retirement villages which are independent living options and operate under very different fee structures

The costs for residential care are divided into three categories:

- Cost of accommodation
- Daily care fees
- Extra services

The daily care fees can be up to \$109,285 per year, but a large portion is paid by the government. The contribution you would pay is between \$18,491 and \$45,723 depending on your financial means (as assessed by the Department of Human Services - DHS).

For most people however, the biggest concern is how to pay the large amounts quoted for a room. These range from around \$100,000 to \$2 million but will commonly be between \$400,000 - \$600,000. These lump sum payments are called Refundable Accommodation Deposits – RADs.

Seeking financial advice on what options you have for payment and funding strategies may help to minimise your stress. Let's examine some of the facts around accommodation payments.

## **Fact 1 – this is not lost money**

The first thing to know about RADs (paid since 1 July 2014) is that they are fully refundable when you leave care, unless you allow the service provider to deduct other fees to help with your cashflow. Repayment is also guaranteed by the Federal Government if paid to an approved provider – an important thing to check when you are selecting a care provider.

## **Fact 2 – you don't have to pay the lump sum**

Accommodation payments are quoted as a lump sum but are also converted to an equivalent Daily Accommodation Payment (DAP). The interest rate used for this conversion is currently 5.96% (for entry from 1 July 2018 to 31 December 2018). For example, a RAD



of \$400,000 is converted to a DAP of \$65.32 per day.

If you accept a place in a residential service, you can choose whether to pay the full RAD, the full DAP or any combination of the two. You don't need to make this choice until 28 days after moving into care and the service is not able to pressure you to choose any particular option.

**Fact 3 – even if you have less assets than the published RAD it may be affordable**

If you don't have enough assets to pay the RAD the first step may be to see if you qualify for government concessions as a low-means resident – this would require your share of assessable assets to be less than \$166,707.20. If you don't qualify you will need to find a way to fund the full accommodation payment requested by the service. If you don't have enough assets, paying a part RAD and part DAP may help, but only if you have surplus cashflow to pay the DAP.

One further strategy option is to pay as much of the RAD as you can afford and then instruct the service provider to take the DAP (on the unpaid amount) out of the RAD you have paid. This option leaves your income to meet daily care fees and living expenses but reduces the RAD refunded when you leave. This can help you fund the accommodation

payment to access the care you need. Advice from a professional who is experienced in aged care can help you to make the right decisions.

Advice provided by:

Sophie Doyle (AR#000470612) is an Aged Care Specialist at Morgans Financial Limited (Morgans AFSL 235410 / ABN 49 010 669 726); with a passion for assisting people make informed financial decisions as they navigate their way through the aged care system.

Disclaimer: The information in this article is general and does not take into account your particular circumstances. We recommend specific tax or legal advice be sought before any action is taken and refer to the relevant Product Disclosure Statement before investing in any product. Rates current to 30 June 2018.

# Get your activities published or share your inspiring stories

in the next Central Coast GOALL magazine.  
Email: [Melissa.metcalfe@centralcoast.nsw.gov.au](mailto:Melissa.metcalfe@centralcoast.nsw.gov.au)  
or call 4304 7065.

We look forward to receiving your news,  
information and ideas.



## **Central Coast Council**

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*Connecting & Informing the over 50's*