

DECEMBER 2015

Issue 51

## CHRISTMAS 2015

Wishing all our readers a happy, healthy and fulfilling festive season. And may it rain again soon.

As we look forward to 2016 your newsletter will focus on health and welfare for all seniors and on the value of volunteering. **Our January newsletter will highlight the work of local volunteers, their value to seniors in the community and the benefits of being a volunteer..**

Other things to mention include:

- No **morning tea** in December this year because Christmas day falls on the last Friday of the month.
- Our legendary **Quiz Nights** will continue with some developments in 2016. The inclusive nature of the community quizzers will be a feature.
- In the **Men's Shed** James is hoping to implement some simple home maintenance classes. And don't forget that the Men's Shed is able to accept torch batteries and phone batteries for recycling.
- Our **Exercise Groups** will resume in the first week of January. And a big thanks to Prue and Lynne who kept both groups going while Darryl was away in November. Keep stretching and honouring your core.
- Our popular **bus trips to Darwin** will be as popular as ever.

But before we leave 2015, if you are in Batchelor on the evening of **Wednesday 23 December**, come out and join the throng watching the annual **Christmas Pageant**. And enjoy a sausage sizzle afterwards at the Men's Shed.

*Darryl Butler*

*Editor*

89760160

[cotacoomalie@gmail.com](mailto:cotacoomalie@gmail.com)

### Regular Events

#### Bus to Darwin

Monday 21 December 2015

Monday 25 January 2016

Call Terry on 0455257771

#### Morning Teas

None in December

Friday 29 January 2016

#### Quiz Nights

7.30pm Saturday 5 December

7.30 Saturday 2 January 2016

Rum Jungle Bowls Club

Bring Food to Share

\$10/\$5 to play

#### Men's Shed

2 Cutler Place Batchelor

Tuesdays 8.30-2.00

Holiday season recess to be advised.

Call James Wright on 0488195410

#### B3 Exercise Group

Tuesdays 5.00pm-6.15pm

Research Building BIITE

Last session for 2015 is 15 December

First Session for 2016 is 5 January

Call Darryl on 89760160

#### Adelaide River Exercise Group

Wednesdays 3.30pm

Library, Adelaide River School

Last session for 2015 is 16 December

First session for 2016 is 6 January

Call Darryl on 89760160



7th Annual

Christmas Dinner & Dance



**Rum Jungle Tavern, Batchelor**  
**6.30 for 7.00pm**  
**Saturday 12 December 2015**

Drinks at bar prices  
DJ for Dancing

For those 50 and over, their friends, family and supporters  
Traditional Christmas Roast \$30

Door Prizes  
Bookings have been strong  
Don't miss out  
call  
Jan Jewell on 89760255