



CANELAND CENTRAL

55 PLUS CLUB

ISSUE 17 CANELAND CENTRAL NEWSLETTER JUL - SEP 08

Words of Wisdom

"Character isn't something you were born with and can't change, like your fingerprints. It's something you weren't born with and must take responsibility for forming."

Jim Rohn

COMMUNITY NOTICE

Leukemia Foundation Door Knock Appeal

19th July – 1st Aug

Seniors Week

Mon 25th Aug – Sat 31st Aug

Disability Action Week

14th Sep – 20th Sep

Daffodil Day

Fri 22nd Aug

Legacy Week

31 Aug – 6th Sep

What's Happening

A big hello to all members!! As you're all well aware Winter has finally arrived... time to dust off those beautiful dressing gowns and slippers! Caneland Central has embraced Winter as you all would have received in the mail our Winter Fashion Catalogue showcasing our retailer's best offers for the season. It's been a busy few months, with our annual "Girls Night Out" promotion, Crusty Demon Appearance and welcoming a new member to the team, Nicole Watson as Mall Merchandising Executive. We have also welcomed waves of young American Students as part of the Contiki "People to People Student Ambassador Program" and in the process of opening a brand new retailer to the Centre – The Shaver Shop.

I am also pleased to advise that the "Just Walk it" program now called "Heart Foundation Walking" has started up again at Caneland Central. For further information please contact Daphne Neilson on M: 0429 407 625 or Nicole Watson on P: 07 4944 7102.

Senior's Week is fast approaching with many Mackay community groups hosting a variety of activities. This annual community event is to celebrate the valuable contribution older people make to our society and will be celebrated from 23rd -31st August. All the community is encouraged to join in on the festivities and help to appreciate the contribution that seniors make in Mackay and surrounding districts. For further information about Seniors Week and some of the activities being held please contact Lyn Smart on 4955 7739.

A message from Mackay Whitsunday Safe Communities!

Walking is a great way for seniors to enjoy regular physical activity. Seniors who participate in regular physical activity experience improved cardiovascular health, better balance and increased joint mobility. Even seniors with mobility difficulties can enjoy the benefits of being a pedestrian, including a sense of well-being that is associated with getting out and about in the neighborhood.

Some Tips for Senior Pedestrians

- Never assume that drivers have seen you when you're crossing the road.
- Use a pedestrian crossing or refuge whenever possible.
- Wait for a suitable gap in traffic.
- Avoid crossing between parked cars or in front of buses.
- Look around carefully at intersections. Cross with a group if possible.
- Use a footpath where provided, rather than risk walking on the road.



DIARY

EVENT	DATE
Mid Year Sale	03 Jul
Senior's Week	23 Aug
Father's Day	7 Sep
Shop Swap N Save	13 Sep
River to Reef Festival	5 Oct

Senior's Week Activities

Older and Bolder Over 50's Physical Activity - "Come and Try" Days:

Tuesday 26th Aug, 9am-11am
Northern Beaches Community Hall,
Wallace St, Bucasia.

Friday 29th Aug, 9am-11am
Senior Citizens Centre, Macalister St.

Saturday 30th Aug, 3pm-5pm
Andergrove Community Centre,
Celeber Dr.

These are FREE activities!

Seniors Week Sausage Sizzle

Sunday 24th Aug, 9am-12.30pm
Non stop entertainment. Outside area of
Senior Citizens' Centre, Macalister St.
General public invited. Jumping Castle
for children.

UPCOMING EVENTS

SENIOR'S WEEK - 55+ CLUB MORNING TEA

As a way of celebrating Seniors Week, Caneland Central will be hosting a morning tea, with a special guest presenter. Please come and join us In celebration of YOU and the chance to win some great lucky door prizes!

FREE MORNING TEA!

When: **Tuesday 26th August 2008**

Where: **Coffee Club Caneland Central**

Time: **8.00am**

RSVP: Please RSVP to the Customer Service Desk on 07 4944 7112 or personally; Please note numbers are limited to 90 people, **MEMBERS ONLY.**

SUPER SALE

The next upcoming event for Caneland Central is the annual "Super Sale."

Don't miss out on the bargains at this year's Super Sale. Check the mail for your "Discounts" flyer or see the team at the Customer Service Desk for further details.

PLUS, spend \$25 or more at any Caneland Central retailer during the 3 day Super Sale 3rd - 5th July for your chance to WIN \$1000 in Caneland Central Gift Vouchers!