

## ***Want to feel great and live longer?***

### **Looking for Volunteers and Members for the The Scotland Island Recreation Club (SIRC)**

SIRA has been awarded a grant of \$8,260 by the Northern Beaches Council to assist with the development of the SIRC. The grant covers:

- Table tennis tables and associated equipment;
- Coffee machine;
- Financial assistance for the running of music concerts, folkdance evenings, newcomers' welcomes and other community events.

#### **Activities**

1. We are **starting table tennis sessions** in the Community Hall on Thursday 17 October. Program: 4.30 -5.30pm will be for 12-17 year olds, 5.30-6.30pm 18 and over. A young islander, Quentin Willman, will be coordinating the sessions. Come along and have some exercise and fun. Saturday afternoon sessions will also be available if there is a demand.
2. We have already held 4 **international folk dance nights** (hosted by Branco and Annabelle Kristevic). They were very much enjoyed by a solid core of dancers.
3. We held another **Young Musicians' Concert** in June and are planning for our 6<sup>th</sup> Concert in November/December 2019. David Richards and Robyn Iredale organise these.
4. An evening of 'Jazz and Dance' with the **Jeremy Denison Quintet** will be held on 30 November, 2019. The international folk dance group will demonstrate a couple of the dances that they have learned. **We need help with organising.**
5. Our first **Newcomers' Welcome Brunch** is planned for 10<sup>th</sup> November 2019, 10.30 to 12.30. Rosemary Haskell and Gail McKenzie are organising. Information on emergency water, the bush fire brigade, wharves, kindy, etc will be provided. Entertainment in the form of island tales will be enliven the session, along with refreshments.
6. A **2-group coffee machine** has been purchased and Maddy Banfield has agreed to coordinate its use for Kindy cafes etc. We need a few volunteers to be trained on how to use the machine.

There are a range of opportunities to contribute to the health and well-being of both yourself and the community, as well as to get out and meet new people. If you are willing to assist with any of these activities, please contact Sue Armstrong ([suearmstrong\\_SIRA@outlook.com](mailto:suearmstrong_SIRA@outlook.com)) or Robyn Iredale ([rriredale@gmail.com](mailto:rriredale@gmail.com)).