

MARCH
26

Office Hours:
Monday - Friday
8am - 4pm
Ph.: 07 4758 1506
M.: 0418 539 032
info@micare.org.au
www.micare.org.au
MI Care Centre:
7 Apjohn Street
Horseshoe Bay



MI Care
Magnetic Island Community Care

March



TALK TO US

0418 539 032

*we now have a dedicated
office mobile for when the
landline is not working*

WELCOME TO MI CARE'S MARCH NEWSLETTER

From My Desk – March 2026

March arrives with a real sense of momentum for MI Care. In just a few short months, our membership has grown from under 50 to more than 150 members, a clear sign that the island is ready for a stronger, more connected approach to community care. Every new member brings fresh energy, new stories, and a shared belief that we can look after one another in practical, meaningful ways.



MARCH NEWSLETTER

Our recent Membership Information Briefing was a turning point. More than fifty members filled the Community Room at 7 Apjohn Street, and the atmosphere was warm, relaxed, and genuinely encouraging. The feedback was overwhelmingly positive. Members expressed relief that the property remains in community hands, pride in what has already been achieved, and confidence in the plans we are putting in place. It was one of those rare gatherings where you could feel the island leaning in together.

Behind the scenes, our volunteers continue to strengthen MI Care's foundations—updating governance documents, refining systems, and building partnerships that will support us well into the future. With only one paid staff member, everything we accomplish is powered by the generosity, skill, and commitment of volunteers. It's a model that demands trust and transparency, and I'm proud of how consistently we are living those values.

As we move through March, we'll keep building on this momentum: welcoming new members, deepening our connections with local groups and businesses, and continuing the quiet, steady work that makes MI Care a reliable presence in people's lives.

Thank you for your patience, your humour, and your willingness to show up for one another. Together, we're shaping something strong, sustainable, and deeply rooted in the spirit of Magnetic Island.

With care and community,

Phill Stephenson
President



MARCH NEWSLETTER

Helen Taylor's Aquafit Welcomes My Aged Care & NDIS Members with a Special Offer



Helen Taylor will be offering the following Special, starting Monday 2nd of March. FYI

“SPECIAL OFFER FOR AQUAFIT WITH HELEN TAYLOR!

MI Care is thrilled to share a fantastic new opportunity for members receiving My Aged Care or NDIS services – starting Monday 2nd March, you're invited to join Helen Taylor's 10.00am Aquafit class for just \$10 per session!

Held at the Magnetic Island State School Pool, Helen's Aquafit sessions are full of movement, music, and connection – perfect for older adults and anyone seeking gentle, supported exercise in a refreshing, welcoming environment.

Helen brings her signature energy, great playlists, and inclusive spirit to every class, making it easy to stay active, confident, and connected.

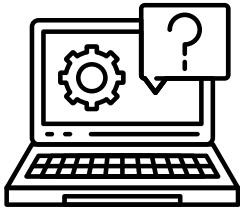
This special rate reflects Helen's commitment to inclusive wellbeing for all members of our community.

If you're eligible and keen to join, just come along on Monday mornings or contact MI Care for more details.

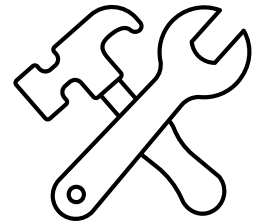
Let's keep moving – together, in and out of the water!”

MARCH NEWSLETTER

Mr Fix It Is Back – With a Special Rate for



MI Care Members



MI Care is delighted to welcome back Lonnie from Mr Fix It MI, who is once again offering his trusted support for odd jobs and basic IT solutions – now at a significantly reduced rate for MI Care members.

Whether it's moving data from an old phone to a new one, setting up devices, troubleshooting tech issues, or tackling small household tasks, Lonnie brings patience, skill, and a practical touch to every job.

Special Member Rate

Lonnie's standard rate is \$85 per hour, but he's generously offering his services to MI Care members for just \$50 per hour – a major saving for our community.

This is a wonderful opportunity to access reliable help at a fair price. If you or someone you know could use a hand, don't hesitate to reach out to Lonnie directly.

Let's keep supporting one another with practical care and community spirit.

SERVICES INCLUDE:

- **PHONE AND DEVICE SETUP**
- **DATA TRANSFER AND BASIC TECH HELP**
- **MINOR HOUSEHOLD REPAIRS AND ODD JOBS**

CONTACT DETAILS

MR FIX IT MI

+61 403 871 765

FIXERLONNIE@GMAIL.COM

ABN: 93783604082

MARCH NEWSLETTER

Expression of Interest – Ukulele Class with Gary Smith

MI Care is looking to launch a weekly one-hour Ukulele Class at our Community Hub in Horseshoe Bay – and we'd love to know if you're interested!

Led by local musician Gary Smith, this class will be beginner-friendly, relaxed, and full of community spirit. Whether you're picking up a ukulele for the first time or returning after a break, all are welcome.

Class Details:

Saturdays morning

- Duration: 1 hour per week
- Cost: \$10 for MI Care Members and \$15 for non-members
- Location: MI Care Centre, 7 Apjohn Street, Horseshoe Bay
 - Style: Gentle, inclusive, and beginner-friendly
- Start date & time: To be confirmed based on member interest

Minimum Numbers:

To make this class viable, we need at least 15 MI Care Members registered per session.

Register Your Interest

Call Eliska on 07 4758 1506 to register your interest or ask for more information.

MARCH NEWSLETTER



Calling All Green Thumbs – Help Grow Our MI Care Plant Sale This April!

We're inviting our wonderful MI Care community to strike a cutting from one of your favourite pot plants and donate it to our April MI Care Plant Sale.

Even a single cutting, rooted or potted up, helps us grow a beautiful little fundraiser together.

Whether it's a hardy succulent, a tropical favourite, a herb, or something quirky from your garden – every contribution adds colour, life, and joy to the day.

And because no community fundraiser is complete without it...

Bunnings-Style Sausage Sizzle in April!

Alongside the Plant Sale, we'll be firing up the barbecue for a classic sausage sizzle fundraiser – island style.

Bring a friend, grab a snag, pick up a plant, and help support MI Care's programs and activities.

Your small cutting can make a big difference. Thank you for helping us grow something special for our community this April.



MI Care upcoming events

Upcoming Events



Mondays: “Ken’s Art Classes” with Ken Jones. Gold coin donations.

Tuesdays: “Zumba GOLD” 9.30am with Helen Taylor. Cost \$10 members, \$15 non members.

Wednesdays: “Chair Strength & Stretches” 11.00am with Helen Taylor. Cost \$10 members, \$15 non members.

Thursdays: “Debs Exercise Classes” 9.00am and 10.00am with Deb Jeacle. Cost \$10 members, \$15 non members.

Fridays: “Tuesday on Friday Club” (in honour of Vicky, our longest serving MI Care Member who started the Tuesday Club). Gold coin donations.



**STAY
ACTIVE**

Monthly

Lissy Loushay’s Poetry Slam. Gold coin donations.

Monthly Poetry Slam – Event Description



The MI Care Monthly Poetry Slam is a warm, creative gathering where words, stories, and community come together. Hosted by Lissy Loushay, this event offers a relaxed, judgement-free space for people of all ages to share poetry, prose, or favourite pieces – or simply sit back and enjoy the rhythm and resonance of others’ voices.

Held at the MI Care Community Hub, 7 Apjohn Street, Horseshoe Bay, the session runs from 12.30pm to 2.00pm and is proudly baby-friendly, making it easy for parents and carers to join in.

Participants are welcome to:

- Read their own poem or short prose
- Share a piece they love
- Listen, connect, and enjoy the atmosphere

Whether you’re a seasoned writer, a first-time reader, or a curious listener, this gathering is designed to be inclusive, gentle, and community-led.

Cost: Gold coin donation

WHO'S WHO AT MI CARE

MANAGEMENT COMMITTEE

PRESIDENT: Phill Stephenson

VICE PRESIDENT: Helen Mowat

TREASURER: Phil Landon

GENERAL COMMITTEE MEMBERS:

Simone Wall,

Monique Taylor

SECRETARY: Margaret Marty

PH: 4758 1506

MOBILE: 0418 539 032

EMAIL: info@micare.org.au

MI CARE bank details

QCCU

Account Number: 41518892

BSB: 654 000



**HALF-PRICE
MEMBERSHIP OFFER
\$7.50**

**Sparks a Wave of Interest-
and Phone Calls!**

**Please contact the office
for more information.**

**Please include your surname when making
payment for MEMBERSHIP to MI Care!**

MARCH 2026

MON	TUE	WED	THU	FRI
<p>2</p> <p>*Ken's ART 12.30-3pm @ MI Care Centre</p>	<p>3</p> <p>*Helen's Zumba GOLD 9.30- 10.30am @ MI Care Centre</p>	<p>4</p> <p>*Helen's Chair Strength & Stretches 11- 12pm @ MI Care Centre</p>	<p>5</p> <p>*Deb's STRENGTH 9&10am @ MI Care Centre</p>	<p>6</p> <p>*Tuesday on Friday Club 10-12pm @ MI Care Centre</p>
<p>9</p> <p>*Ken's ART 12.30-3pm @ MI Care Centre</p>	<p>10</p> <p>*Helen's Zumba GOLD 9.30- 10.30am @ MI Care Centre</p>	<p>11</p> <p>*Helen's Chair Strength & Stretches 11- 12pm @ MI Care Centre</p>	<p>12</p> <p>*Deb's STRENGTH 9&10am @ MI Care Centre</p>	<p>13</p> <p>*Tuesday on Friday Club 10-12pm @ MI Care Centre</p>
<p>16</p> <p>*Ken's ART 12.30-3pm @ MI Care Centre</p>	<p>17</p> <p>*Helen's Zumba GOLD 9.30- 10.30am @ MI Care Centre</p>	<p>18</p> <p>*Helen's Chair Strength & Stretches 11- 12pm @ MI Care Centre</p>	<p>19</p> <p>*Deb's STRENGTH 9&10am @ MI Care Centre</p>	<p>20</p> <p>*Tuesday on Friday Club 10-12pm @ MI Care Centre</p>
<p>23</p> <p>*Ken's ART 12.30-3pm @ MI Care Centre</p>	<p>24</p> <p>*Helen's Zumba GOLD 9.30- 10.30am @ MI Care Centre</p>	<p>25</p> <p>*Helen's Chair Strength & Stretches 11- 12pm @ MI Care Centre</p>	<p>26</p> <p>*Deb's STRENGTH 9&10am @ MI Care Centre</p>	<p>27</p> <p>*Tuesday on Friday Club 10-12pm @ MI Care Centre</p>
<p>30</p> <p>*Ken's ART 12.30-3pm @ MI Care Centre</p>	<p>31</p> <p>*Helen's Zumba GOLD 9.30- 10.30am @ MI Care Centre</p>			