



President's Jottings

Seniors Recreation Council of WA Inc.



Hugh Rogers State President

April 2011

ROCKINGHAM BRANCH – HAVE A GO DAY,
WEDNESDAY 4TH MAY 2011

Exciting news the new SRC Rockingham Branch is planning a Have a Go Day to be held on Wednesday 4th May 2011 at the YMCA Aqua Jetty, 87 Warnbro Sound Avenue, Warnbro. There will be many different activities to “Have a Go” at eg; Tai Chi, RockNRoll dancing, Seniors Exercise programs, Zumba Gold, Golf, Patonque, Pole Walking and more. There will be Static displays with Senior specific information. Keep a look out for next months jottings as there will be a comprehensive list of what will be found at the Rockingham Have a Go Day.

If you are a Club, Group, Community organisation or Business and you would like to get involved in the day please contact Peta Green 9593 9915 for further details.

This event is Sponsored by City of Rockingham, YMCA Aqua Jetty, CAPE Australia, Have a Go News, Dept of Sport & Recreation and Dept for Communities.

SRC SENIORS BALL

The Annual Ball this year will be the “The Pearl Ball” a Seniors Recreation Council event, held in the Astral Ballroom at Burswood Entertainment Complex on Wednesday 6th July 2011.

We are again proud to announce that the Burswood Entertainment Complex is the major Sponsor of this event and due to their support, we are able this year to offer tickets for a cost of \$32.50 per head. As usual parties booking a table of 10 will have an added saving, (book for 10 pay for 9 \$292.50).

The Ball will commence at 1pm finishing at 4.30pm with a live Band “Offspring”, a variety of styles of dancing with something for everyone, afternoon tea and floorshow starring

Kate Hindle, a young Country singer from Collie. There will be a door prize and many other prizes donated by Burswood Entertainment Complex and Have a Go News.

For further details and to book your tickets phone Mary on 9492 9772. Tickets will be limited so phone early to book your place as this is an event not to be missed.

ABORIGINAL SENIORS ACTIVITY/INFORMATION DAY A SENIORS RECREATION COUNCIL EVENT



The Belmont Oasis Leisure Centre opened its doors to the Aboriginal Seniors Activity/Information Day on Tuesday 15th March. This event was sponsored by South Metro Health, DSR Indigenous Sport Unit, Dept for Communities and supported by Noongar Sports. Static displays in attendance were; SRC, South Metro Health, Aboriginal Alcohol & Drug Service, Derbarl Yerrigan Health Service, Australian Hearing, Independent Living Service & Aboriginal Legal Service.

The event started with morning tea as participants arrived followed by the official opening by Hugh Rogers acknowledging the static displays, sponsors & volunteers and welcoming the Indigenous participants. The Noongar sports unit conducting some low impact exercise to music followed by coordinated skills program in teams of 6. Then the participants tried their hand at a variety of activities such as, Carpet Bowls, Nintendo Wii, Golf putting, Skittles, Bean bag toss, Seated Hockey, Game of Bob (table golf), Vision impaired skill game, Indoor Bocce. The indoor bowls, seated hockey, Nintendo Wii & the sports activities by Noongar Sports unit were very popular.

At 12 noon a lunch of Roast Beef, vegetables and gravy followed by apple crumble with custard was served and enjoyed by everyone.

Hugh Rogers

“Remember “Find thirty minutes of physical activity everyday for good health”