



Hugh Rogers State President

June 2011

SRC SENIORS BALL

The Annual Ball this year will be the "The Pearl Ball" a Seniors Recreation Council event, to be 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 are limited so phone early to book your place as this is an event not to be missed.

ABORIGINAL SENIORS ACTIVITY/INFORMATION DAY.

On 10th May an Aboriginal Seniors Activity/Information day was held at "Lake Leschenaultia" Chidlow.

The morning started off quite cool and windy which made setting up marquees etc a challenge which was ably met by the Mundaring Shire staff.

Once the Aboriginal Elders arrived they enjoyed some morning tea and a chat then the activities organized by Noongah Sports got underway with some group exercises followed by games of bocce which they all enjoyed.

The BBQ Lunch consisted of Lamb & Beef sausages and chicken breasts with some lovely healthy salads and fruit for desert.

Thank you to everyone who helped make this a very successful day.

The day is supported by DSR Indigenous Sports, Mundaring Shire, Healthway & Dept for Communities our thanks to these supporters without their contributions these days would not be possible.

The next Aboriginal Seniors Activity/Information Day will be held in Bunbury on 21st June at the Bunbury Power Boat Club. For further details and call Dawn on 9492 9773.

[HAVE A GO DAY AT BURSWOOD PARK 9TH NOVEMBER 2011](#)

Registration is now open for clubs/groups and organisations that cater for Seniors to attend the 2011 Have a Go Day at Burswood Park.

To register your interest and request an application form contact Dawn on 9492 9773.

On Wednesday 4th May, I had the privilege of opening the Regional Have a Go Day in Rockingham, held at Warnbro Aqua Jetty.

It was a pleasure to see so many participants having a go at the wide variety of activities and collecting information from many static displays.

This event was organized by the newly formed Rockingham Branch and it was very successful. I would like to congratulate Denise and the Rockingham Branch on a job well done and look forward to the event again next year.

Included in these jotting is a report from Denise Benison, President of the Rockingham Branch:

[MINI HAVE A GO DAY ROCKINGHAM BRANCH SRC - 4 MAY2011](#)

The Rockingham Branch of SRC presented the inaugural mini Have a Go Day held at the Warnbro Aqua Jetty on 4th May and it was a resounding success, an estimated 700 people attended on the day. The wide range of activities included, various styles of dancing, Chi Ball, Pole Walking, Rock climbing, abseiling, indoor golf, Tai Chi, Wii fit, water sports and much more. The variety of static displays ranged from clubs/groups, Senior agencies, banking opportunities to care agencies and assisted living equipment. There was a comfort tent and a variety of food vendors available all day who looked after the needs of the participants.

SRC Rockingham Branch would like to thank all of the SRC Board and other SRC committee members for their support in presenting our first mini have a go day at the Warnbro Aqua

Jetty. A big thank you goes to all the volunteers who helped make this day such a success from the organizing committee to the hands on volunteers who worked from 6.30am to approx 3pm ensuring the day ran smoothly. Also a big thank you to all the Aqua Jetty & City of Rockingham staff who worked alongside the volunteers throughout the day.

Considering the nine committee members including myself were mere novices you can imagine the trepidation with which we approached this project in the short time available. My only regret was that I did not have the time to participate in most of the events. I intend to rectify this next year. It was noted that the SRC administrator demonstrated her skills in abseiling!

We managed to raise \$1,025 from the raffle and my thanks go to the committee members who took on this onerous task including Jackie, Elaine and Jan. Thanks to Jan who made and embroidered the sashes for the volunteers. Thanks also to Elaine who co-ordinated the comfort tent.

As you may guess our treasurer was kept busy on the day.

Geoff took on site planning which was his expertise and Mary very ably monitored the food vendors. Frances was superb in getting extra sponsorship from Coates hire and providing lots of little extras.

Our secretary Peta was excellent in pulling the day together despite the many hurdles she had to jump over in the weeks leading up to the event. Our vice president Lesley proved herself a great organizer in directing the volunteers, no doubt drawing on her experience as a teacher over many years.

We had 35 stall holders in the hall and 21 outside.

I can honestly say that everyone of our committee members pulled out all the stops to make this the successful day it was.

This event would not have been possible without the magnificent sponsorship of; YMCA Aqua Jetty, City of Rockingham, National Lifestyle Villages, Have a Go News, Coates hire, Rockingham Shopping Centre, Cape, Simply Swing, Bendigo Bank, Weekend Courier, Noble Real Estate, Blue Bay Party Hire, Tru Blu Group, IGA, Dept of Sport & Recreation & Dept for Communities.

Denise Benison

SRC Rockingham Branch President

Hugh Rogers

[“Remember “Find thirty minutes of physical activity everyday for good health”](#)