



Hugh Rogers State President

## March 2011

### NEW SRC BRANCH

Great news, Seniors Recreation Council of WA Inc has a new Branch in Rockingham. The Rockingham Branch was formed following a forum on 16th February which attended by 143 Rockingham Seniors. The forum was held at the Gary Holland Centre to introduce SRC to Rockingham and from the enthusiastic response a Branch was formed. Denise Benison took on the position of President, Leslie Robson, Vice President, Margaret Forbes, Treasurer & Peta Green from Aqua Jetty is the Secretary there were 5 committee members elected giving Rockingham a committee of 9 but with all the support from many other Rockingham seniors this looks like being a very lively Branch. It is great to have support from the "Y" Aqua Jetty and the City of Rockingham. The first event for the Rockingham Branch with the support of Aqua Jetty & the City of Rockingham will be a Mini Have a Go Day to be held on 4th May at Aqua Jetty. There will be lots of activities & static displays available. If any club/groups, not for profit organisations or commercial agencies wish to take part in this event please contact Peta Green 9593 9915 or Denise Benison 9593 4802 for further information.



Denis Benison, Rockingham Branch President, Hugh Rogers State President, Jan Mcglinn Peel Branch President



Photo from the Seniors Forum held on 16 February 2011.

## BE ACTIVE AGED CARE GAMES BUNBURY REGION

On the 2nd March we held the Bunbury Region Be Active Aged Care Games at the South West Sports Centre, Hay Park, Bunbury.

It was a fabulous day with 16 teams competing, the teams came together from Nursing Homes, Aged Care Facilities and Day Centers to compete in games specifically designed for people in care.

Picture the South West Sports centre with over 200 Seniors all dressed in team colours plus carers and supporters, representing their agency and over 20 volunteers. Kate Hindle a wonderful young lady from Collie entertained the participants during the lunch break, Kate sang a wide variety of Country music and also had the audience singing along to some of them..

The games were opened by Sergeant Stephanie Smith, Community Liaison, Bunbury Police Dept, She commented it was great to see so many seniors having a great time. The Mayor of Bunbury, Dave Smith was also in attendance.

The MC for the day Phil Paddon explained all the rules and then the games commenced, the games played were seated hockey, seated pass ball, beanbag toss and skittles with the Staff game at the end of the day had representatives from each team competing in a fun event which was enjoyed by everyone.

The winners were Shire of Manjimup, HACC with 287 points with Morrisey Day Care team coming second with 276 and Regis Forrest Gardens coming 3rd with 268 points. The best presented team was Cape Care Ray Village.

A big thank you to the of Department of Corrective Services access program for supplying the volunteers to set up and pack down the sports centre, their help was appreciated. Congratulation to all the participants for coming and having a go and a big thank you to all the Bunbury Region branch and all the volunteers from Bunbury & Perth who helped make the day such a great success.

Hugh Rogers

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