



Hugh Rogers State President

October 2011

Have a Go Day 2011 – A Be Active Event in Burswood Park

Seniors Recreation Council of WA presents Have a Go Day 2011, A Be Active Event, 9th November at Burswood Park.

This year we are celebrating the Year of the Volunteer +10 and wish to thank all volunteers for their dedication and service to the community.

The day commences at 8.30am with music based activities starting at 9.00am. The official opening at 9.25am (site 126), will include a Welcome to Country by Vivienne & Morton Hansen. The Hon Robyn McSweeney, Minister for Seniors and Volunteering will officially open the day. At 10am the 10th Light Horse Bunbury troop will conduct a musical display on horseback in full battle dress with historical presentations in the main arena. There is something for everyone at this years Have a Go Day:-

Photographic competition– bring your camera, snap some shots on the day, then send 2 6x4 (standard postcard) prints to Seniors Recreation Council office for judging by WA Camera Club. Entry forms available on the day from WA Camera Club, site 89, Camera Electronic, site 88 & Information Booth, site 120. 1st prize \$300.00 in store voucher 2nd prize \$150 in store voucher sponsored by Camera Electronic.

Tech Savvy Seniors marquee site 68 will include Exergaming, Nintendo Wii and Xbox Kinect activities, Geocaching is an activity involving held hand GPS units to locate items hidden in the park, come and have some fun with technology based activities.

The Beverley Soaring Society will have one of their gliders on display and are looking forward to encouraging everyone to have a go at this activity after the day. Giant chess will also be available visit Curtin Stadium Active Seniors to give it a try.

Another one to visit for all things medieval is "The Society for Creative Anachronism", many new and some unusual groups will be attending..

Come and try activities such as canoeing, archery, exercise to music, Tai Chi, Zumba Gold, Swing and many other dance styles, to mention just a few.

Information available on the day:- Travel, Caravanning Seniors Card, Stay on Your Feet, Government agencies and much more.

Channel 7 Personalities will be in attendance, so join them for a chat and a cuppa in one of the free hospitality marquees, sites 110, 154 & 21. The hospitality tents are manned by volunteers and consumables are compliments of Have a Go News.

Onsite broadcasting provided by 882 6PR and Curtin fm 100.1 radio stations, visit their sites and meet the personalities.

Seniors Recreation Council of WA thanks all its Sponsors, supporters and volunteers involved in putting this magnificent event together for the Seniors of Western Australia.

Thanks to Have a Go News full details and a comprehensive lift out of the event are contained in this edition.

Be Active Aged Care Games – Belmont Oasis

Just imagine a gymnasium filled with 345 aged care Seniors, 54 carers and support staff and 36 volunteers all in different costumes, uniforms or vests, it was a truly amazing sight.

The oldest person, a lady from Jacaranda Lodge was 100.5 years old and very spritely when walking to receive her recognition.

The games commenced with the National Anthem and were officially opened by Deputy Mayor of Belmont Phil.Marks. It was great to have Phil and Councillor Robert Rossi attend the opening and judge the best presented team.

It was a great day full of excitement and cheering when all 24 teams played against each other in the events. There were banners on the walls and teams dressed up in all forms of costumes from Card players and fancy hats with matching costumes to nuns and novices. Congratulations to everyone who took part.

The volunteers on the day came in great numbers to assist with scoring, ball placement, marking out and let's not forget the tea ladies who were so busy they ran out of almost everything just as the day came to a close. Once again a huge thank you to all the volunteers for without you this event just would not be possible.

The entertainment was provided by the Square Dance Society who twirled and weaved their way around the floor in a flourish of colours and fancy petticoats. Thank you to the dancers who also provided a good number of the volunteers for the day

The winners were Ritcher Lodge with 328 points, Jacaranda Lodge coming second with 325 points and Southcare Inc coming 3rd with 310 points. The best presented team was Craigcare Maylands .

Thank you to the Sponsors of the Aged Care Games:- Auscare, Dept. Of Sport & Recreation, Dept for Communities & Healthway

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