



Hugh Rogers State President

September 2011

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

Have a Go Day 2011 is celebrating the Year of the Volunteer +10 and is on 9th November at Burswood Park and what a year this will be.

The photographic competition conducted by the WA Camera Club last year is on again with Camera Electronic sponsoring the prizes. Remember bring your camera and visit their site to collect the registration form and happy snapping. The Beverley Soaring Society will also have one of their gliders on display and are looking forward to encouraging everyone to have a go at this activity after the day. There will also be a large size chess set on the grounds so if you feel like playing chess, maybe just one or two moves or a whole game look out for the Curtin University site as they are supplying the chess set.

Featured on the day will be the 10th Light Horse static display and displays by the 10th Light Horse Bunbury troop involving musical displays on horseback in full battle dress with historical presentations. Another one to visit for all things medieval is "The Society for Creative Anachronism" Many new and some unusual groups will be attending so mark this date in your diary.

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

We are pleased to announce that the day will be formally opened by the Minister for Seniors the Hon. Robyn McSweeney.

Application forms are now available for clubs/groups, not for profit sector and commercial agencies to showcase what they have to offer to the over 45's.

Have a Go Day is a free day organized to attract older adults to come and try many different activities and have the opportunity to collect a wide variety of information, available in one place.

SRC would like to express its appreciation for the continued support of the Have a Go Day Coordinators and volunteers who spend the better part of a year planning this event.

Volunteer bus drivers are needed on the day, if you are a bus driver and would like to volunteer to be part of a team of drivers to drive the shuttle bus at Have a Go Day please contact the SRC office on 94929773 for further details.

Have a Go Day would not be possible without the magnificent support and partnership of its Sponsors which include:- Burswood Park Board, Burswood Entertainment Complex, Lotterywest, Channel 7, Healthway, Have a Go News, Department of Sport & Recreation, Department for Communities, 6PR882, Phoenix Insurance, Curtin fm 100.1, PACE BM, Kings Tours and Travel and Scarborough Toyota.

Peel Seniors ChiBall



Jan McGlinn, SRC Peel Branch President has initiated the Peel Seniors ChiBall class under the guidance of accredited ChiBall instructor Karen Nurse. There are currently 78 seniors registered for the classes and they are enjoying doing something just a little different. ChiBall is based on Tai Chi principles and utilizes a small perfumed ball in rhythmic exercises to music. Recognizing the potential of this for the Peel Region, the Branch were fortunate in obtaining the services of Karen Nurse, accredited ChiBall instructor, one of only two in Australia at the moment, and six in the world.

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