



Hugh Rogers State President

April 2019

SRCWA ROCKINGHAM BRANCH, HAVE A GO DAY, a LiveLighter Event

On **Wednesday 17th April 2019**, Seniors Recreation Council of WA's Rockingham Branch is conducting a Have a Go Day at the Aqua Jetty, 87 Warnbro Sound Avenue, Warnbro, 10am to 2pm. This free event will showcase club/groups from Rockingham and surrounding areas. There will be a variety of activities to "Have a Go" at and many static displays.

If you are a Club, Group, Community organisation or Business and you would like to attend on the day please contact Carole Overington email: srcwarockingham@gmail.com or phone: 0412 715 173 for further details.

This event is Sponsored by Aqua Jetty, City of Rockingham, Have a Go News, LiveLighter Healthway, Telstra, Kennards Hire, Simply Swing, IGA – Chelmsford Ave, Dept of Local Government, Sport & Cultural Industry & Dept of Communities.

LiveLighter Aged Care Games - Avon

The LiveLighter Aged Care Games were held on 7th March at the Northam Recreation Centre where teams of Seniors in Care, Carers and Volunteers came together for an exciting games event. This year 9 teams took part with participants playing seated hockey, seated passball, bean bag toss & skittles, the games were played with great enthusiasm and lots of laughter.

Cr Chris Antonio, Northam Shire President, opened the games with Caitlin Morris, a student from Northam Senior High School, singing the National Anthem unaccompanied, Caitlin sang beautifully. Phil Paddon SRCWA Vice President was the MC and explained the rules of the games to the volunteers and ensured the games ran smoothly. Volunteers from SRCWA Avon Branch, SRCWA Perth & a team of Trustees from Wooroloo assisted with the games, they set up the gymnasium, welcomed and assisted teams as they arrived, scored and packed down the event at the end of the day.

Entertainment during the lunch break was provided by Rum Jungles' Mark Schelfhout, he sang and played the guitar which had the participants singing and some dancing, everyone enjoyed his performance. Speed Skater Alan Eades amazed all those at the Games with a demonstration of his sport In-Line Skating, proving age does not need to be a barrier when doing an activity you love.

The Perpetual trophy & Gold medal winners with 356 points were Dowerin Gentle Gym, the Silver medal winners with 345 points were Killara Dragon Flies and the Bronze medal winners with 341 points were Dowerin Companion Club.

The winner of the Best Presented Plaque was Kalkarni Curlews.

The oldest competitor in these games was Patricial Messenger who is a sprightly 93 years young.

Congratulations to all competitors for making the day memorable and all the participants were presented with a medal and took home lots of fun filled memories.

Our thanks to all the volunteers who assisted on the day, without their support the LiveLighter Aged Care Games would not be possible.

We would also like to thank LiveLighter Healthway for sponsoring this event and the Northam Shire, Department of Local Government, Sport and Cultural Industry and Dept of Communities for their support.

SRCWA ANNUAL SENIORS BALL 2019 – SOLD OUT

The “Winter Wonderland Ball” will be held in the Astral Ballroom, Crown Perth on Wednesday 5th June, 1pm to 4.30pm. Afternoon tea is provided with the entertainment featuring the live band “Satin Doll” and afternoon floorshow, tickets cost \$37.50pp. There will be a door prize and many other prizes donated by Crown Perth, Have a Go News and Casey Australia Tours. To book your tickets or for further information call 9492 9773. This event is proudly sponsored by Crown Perth & Have a Go News.

HAVE A GO DAY 2019, a LiveLighter Event

Have a Go Day 2019 a LiveLighter Event, 13th November at Burswood Park 9am to 3pm

REGISTRATION OPEN

Have a Go Day, a LiveLighter Event is an activity/information sharing event for over 50’s and last year attracted an attendance of 15,000 participants and 230 exhibitors.

Registration forms are now available for Clubs/Groups, Not for Profit agencies and Commercial entities; forms can be obtained by calling 9492 9773.

KEY DIARY DATES FOR 2019

- 17th AprilRockingham Have a Go Day, a LiveLighter Event,
Aqua Jetty, Warnbro Sound Ave, Warnbro
- 5th JuneAnnual Seniors Ball, Astral Ballroom, Crown Perth.
- 10th to 17th NovemberWA Seniors Week
- 13th NovemberHave a Go Day, a LiveLighter Event,
Burswood Park, Great Eastern Highway, Burswood

For details of events and programs run by Seniors Recreation Council of WA visit our website www.srcwa.asn.au