



Hugh Rogers State President

# February 2019

**VALE: Quentin Peden-Smythe, 1935 - 2018**

Quentin was a foundation member of Seniors Recreation Council of WA, during his time with the Council he held the roles of Board Member, Vice President, Treasurer, Mentor, friend and supporter. Quentin was involved in the planning and development of many of SRCWA's programs and services including, Have a Go Day, Club Management Awards, LiveLighter Activity Information Days and LiveLighter Aged Care Games. Quentin, through Have a Go News (Concept Media) was also a major sponsor of everything that SRCWA has produced and organised over the years. Quentin was a true Gentleman and was loved and appreciated by everyone, he will be greatly missed and will always live on in the hearts of the SRCWA family.

Our thoughts go out to Jen, Dingo, Tahlia and all the family at this sad time.

### **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](mailto: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.

### **POLE WALKING**

The purpose of this exercise is to use two poles, often called hiking or trekking poles, to add a new dimension to walking as an exercise.

Pole Walking is an easy, efficient and low stress activity that engages the whole body in a total body workout.

You get a greater increase in muscle endurance and toning in your shoulders, back, chest, upper arms and abdominals.

The poles provide stability and add more “spring” into your steps as you push along.

The use of poles helps to reduce stress in the knees and other joints.

Pole Walking loosens up tensions in neck and shoulders which is beneficial if you have a job where you sit in one position most of the day.

Your posture improves with right technique and arm motion and it is up to 40% more effective as an exercise than regular walking.

Your oxygen intake increases significantly, and your heart rate is 5-17 beats more per minute, compared to when regular walking.

To organize an individual or group demonstration call the SRC office on 9492 9773.

### **SRCWA ANNUAL SENIORS BALL 2019**

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.

### **TECH SAVVY SENIORS**

SRCWA in partnership with Telstra will be conducting some Tech Savvy workshops and a Tech Savvy Seniors Tech Expo during the year. If you would like to register your interest in these events please call the SRCWA office on 9492 9774 and give your contact details so that when these events are organized you will receive advance notice for registration.

### **Key Diary Dates for 2019**

- 29th March.....Healthy Lifestyles Expo 2019, Leisure Fit Melville
- 17th April .....Rockingham Have a Go Day, a LiveLighter Event,  
Aqua Jetty, Warnbro Sound Ave, Warnbro
- 5th June .....Annual Seniors Ball, Astral Ballroom, Crown Perth.
- 10th to 17th November .....WA Seniors Week
- 13th November .....Have 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](http://www.srcwa.asn.au)**