



President's Jottings

Seniors Recreation Council of WA Inc.



Hugh Rogers State President

MAY 2019

LiveLighter Aged Care Games Bunbury Region

The South West Sports Centre came alive once again for the annual SRCWA Bunbury LiveLighter Aged Care Games on April 11th 2019. The atmosphere was electric full of Seniors all dressed in team colours plus carers and supporters, competing and cheering.

It was a fabulous day with 12 teams competing, the teams came together from Nursing Homes, Aged Care Facilities and Day Centres to compete in games specifically designed for people in care. SRCWA would like to thank Bunbury Branch president Barbara Fleay and her team of dedicated volunteers along with the volunteers and staff from Perth head office for helping to make this event possible. Students from the Bunbury regional TAFE and their instructor volunteered on the day which was greatly appreciated. The games were officially opened by Federal Member for Forrest, Western Australia Ms Nola Marino MP. Our lunch time entertainment was provided by local councillor Betty McCleary who had people moving and shaking to Zumba Gold.

The games were played in great spirit and included seated hockey, seated pass ball, beanbag toss and skittles. The carers game at the end of the day had representatives from each team competing in a fun event which was enjoyed by everyone.

Best Presented team was awarded to "Community Home Care Collie", third place "Bethanie Super Force", second place "Community Home Care Collie" and first place "Community Home Care Donnybrook". Our oldest competitor was 98 year old Bob Bowlden from the "Bethanie Super Force" team.

A big thank you to the Bunbury TAFE Students and the Department of Corrective Services Access program for all their assistance at the event.

SRCWA would like to thank LiveLighter, Healthway for Sponsoring the LiveLighter Aged Care Games and to Dept of Local Government, Sport & Cultural Industry and Dept of Communities for their valued support.

SRCWA ROCKINGHAM BRANCH HAVE A GO DAY a LiveLighter Event

Wednesday 17th April 2019. While the weather threatened the day before, an estimated 850 seniors were treated to a lovely day out at 9th SRCWA Rockingham Branch Have a Go Day, a LiveLighter Event held at Aqua Jetty in Warnbro. There were more than 80 sites and activities spread across the main hall and the grassed area showcasing Clubs, Groups, Agencies and Businesses from the Rockingham and surrounding areas.

The Official Opening commenced at 10.00am with an introduction by SRCWA Executive Officer Dawn Yates, to the Leader of the opposition Hon. Dr Michale Naharn, who was followed by the City of Rockingham Mayor, Barry Sammels, who officially opened the event with Cr. Joy Stewart who MC'd throughout the day and did a fantastic job.

Activities included, Aqua Jetty Zumba, Janies Boys Choir, Simply Swing, Swing n' Sway & Prime Movers who entertained the crowd at the outdoor dance floor. Curtin FM 100.1 Radio Broadcasting, Petanque, RAD Walkers & Heart Foundation, Specsavers - Hearing Tests, SRCWA Rockingham Pole Walking, Sing Australia Rockingham, Step Forward Orthotics and Tai Chi - Rockingham Taoist Tai Chi Society.

Thanks to the hard work of the SRCWA Rockingham Branch volunteers lead by Branch President Valma Sulc, the day was a resounding success and ran extremely smoothly. We also thank the crew from Wooroloo Prison Farm who's hard work was invaluable in making this a great event.

This event would not have been possible without the magnificent sponsorship of; City of Rockingham, Aqua Jetty, Have a Go News, Kennards Hire, IGA, LiveLighter Healthway, Government of WA, Simply Swing, Telstra Warnbro, and Cockburn Party Hire.

Healthy Lifestyles Expo 55+, LeisureFit Melville, 29th March 2019

There was a diverse range of exhibitors at the Healthy Lifestyles Expo 55+, ranging from clubs/groups, Not for Profit organisations and Commercial entities. The information and activities offered were specifically relating to seniors and their requirements. There was a good attendance of about 750 people throughout the day and with very positive feedback from both participants and exhibitors.

Throughout the event everyone was provided with free tea, coffee, sandwiches & fruit which was very much appreciated by those who attended.

The support from Staff, volunteers and a team from Wooroloo Prison Farm at the event was very much appreciated by everyone.

This event would not have been possible with out the magnificent support of City of Melville, City of Cockburn, City of Fremantle and Seniors Recreation Council of WA.

FREE 2019 LiveLighter Seniors Activity/Information Days

The LiveLighter Seniors Activity/Information Days are a free event for Seniors, the event provides seniors the opportunity to visit a range of static displays and take part in a variety of activities, morning tea and a light lunch will be provided free.

If you would like to attend any of the scheduled events please call 9492 9773 for further information, registration is essential for catering purposes. The time of the events are 10am to 1.30pm and the venues are listed below.

Belmont: 15th May, Belmont Oasis, Progress Way, Belmont

Leederville: 27th May, Loftus Recreation Centre, Loftus Street, Leederville

Furnissdale: 20th June, Peel Masonic Hall, 16 Furnissdale Road, Furnissdale

Swan View: 3rd July, Brown Park Recreation Centre, Swan View

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

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