



Hugh Rogers State President

AUGUST 2019

LiveLighter Seniors Activity/Information Day Peel

Thursday 20th June 2019, in excess of 95 seniors attended the LiveLighter Activity Information Day at the Furnissdale Masonic Lodge Mandurah. The purpose of the LiveLighter Activity Days is to encourage seniors remain active and connected in their community. The event was a resounding success and well attended. Our Executive Officer Dawn Yates welcomed everyone to the event, thanked the Sponsors and opened the day.

Then it was straight into a warmup activity facilitated by Jan McGlinn and Peer Leader Phyllis O'Shay from the very successful "Strong on Your Feet" program run by the branch throughout the Peel region.

Static displays and information included Advocare, Alibabe's Scrappin Hearts, Apia, Arcadia Waters Retirement Communities, Australian Hearing, Breastscreen Wa, Home Instead Senior Care Australia, Masonic Care WA Peel Harmony Chorus, Peel Community Legal Services, Silver Chain Group, SRCWA, and Unicare Health.

People also visited the onsite Australian Hearing van for a free assessment and advice on hearing aids.

Activities on the day included Carpet Bowls, Strong on Your Feet, Exergaming, Skittles, Bean Bag Toss, Pole Walking, Giant Darts, Totem Tennis Game of Bob and Bocce . Alibabes Scrappin Hearts was on hand to help participants to make greeting cards, their handy work resulted in many smiles of satisfaction, thank you Alison. It was wonderful to see so many seniors "Having a Go" at the many activities on offer.

SRCWA Peel Branch volunteers and the Mandurah Lions Club provided a lovely lunch; a wide choice of hearty and healthy soups and a sausage sizzle.

A wonderful medley of songs by Peel Harmony Chorus had people dancing after the activities during the lunch break.

Congratulations to SRCWA volunteers and staff, Peel Branch president Jan McGlinn and her dedicated volunteers on a magnificent event. We sincerely thank the static displays, the team from Wooroloo Prison Farm who helped set out and pack down the day, and to our sponsors LiveLighter Healthway, Department of Local Government, Sport and Cultural Industries and Department of Communities who helped to make these events a great success.

LiveLighter Seniors Activity Information Day Mundaring

On Thursday 3rd July SRCWA conducted a Seniors LiveLighter Activity/Information Day at the Brown Park Recreation Centre. Around 120 enthusiastic and active seniors came along and enjoyed a morning of activities and information sharing.

The event was opened by Cr Green from Shire of Mundaring who was very impressed with the event and the number of activities and displays on offer.

20 Static Displays attended; Advocare, Apia, Audio Clinic, Bladder & Bowel Health Australia, BreastScreen WA, Cancer Council WA, C Si Bon, Cura In-home Care, Dept of Veterans Affairs, Juniper, Lions Club Mundaring, Mission Australia, Mundaring Bowls Group, Retirees WA, RISE, Seniors Housing Advisory Centre, Dept of Mines, Industry Regulation & Safety, Shire of Mundaring, SRCWA / LiveLighter Healthway, TransWA, and WA Seniors Card Office.

Activities on the day included Air Soccer, Pool, Table Tennis, Exergaming, Carpet Bowls, Seated Hockey, Skittles, Bean Bag Toss, Pole Walking and Giant Darts. It was wonderful to see so many seniors "Having a Go" at the variety of activities.

The Swan and Districts Lions club provided a wonderful BBQ lunch including vegetarian options and the Midland Mens' Shed Band "The Shedows" entertained seniors throughout the day and through lunch with a range of familiar tunes which people also danced to.

Thank you to SRCWA volunteers and staff, Shire of Mundaring staff and a team from Wooroloo for helping to make this event a success.

Sponsors of this event were LiveLighter Healthway, Shire of Mundaring, Dept of Local Government, Sport & Cultural Industry, Dept. of Communities and Have a Go News.

VOLUNTEERS NEEDED:

Seniors Recreation Council of WA is conducting a LiveLighter Aged Care Games event at Buncer Sports on 9th September 2019 in Joondalup and is looking for some volunteers to assist with tea/coffee serving, scoring, assisting seniors to their places and generally enjoying a day out with other like minded people helping at an event specifically for seniors in care. If you are interested in volunteering please call Dawn on 94929773

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.

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