



Hugh Rogers State President

JULY 2019

LiveLighter Seniors Activity/Information Day, Loftus Recreation Centre

Around 90 seniors attended the LiveLighter Seniors Activity -Information day sponsored by LiveLighter Healthway, organised by SRCWA in partnership with the City of Vincent. This event was organised to help showcase agencies and to give participants the opportunity to have a go at various activities. 14 Static displays with a variety of information attended the event. The group of seniors at this event were very active and engaging and all of them wanted to take part in the activities from the moment they commenced. Pole Walking, Carpet Bowls, Seated Hockey and the Air Soccer were particularly popular. The activities also included, Giant Darts, Bob (Table Billiards), Skittles, Heart Sport Activities, Carpet Golf and more. After a morning of activities participants were treated to a healthy lunch of sandwiches, sushi rolls, fruit & cake.

It was great working with Kendra from the City of Vincent in organising this activity day, also a big thankyou to SRCWA's hard working volunteers for helping to make this event a great success.

This event was sponsored by LiveLighter Healthway and supported by City of Vincent, the Department of Local Government, Sport and Cultural Industries and Dept of Communities.

Remember to eat healthy meals and exercise daily to LiveLighter

Annual Seniors Ball 5th June 2019

The SRCWA Annual Seniors Winter Wonderland Ball was a sell out once again with over 200 people in attendance. The floor show was performed by a "WA Police Pipe Band Piper and 3 Scottish Dancers", thank you for a captivating performance. Our live dance music was presented by "Satin Doll" Thank You, a perfect compilation of dance music was enjoyed by all. The dancefloor was filled with wonderful dancers as soon as the music commenced and they continued dancing right through to the close of the day.

SRCWA State Vice President Phil Paddon welcomed everyone and introduced Mr Matthew Hughes MLA who addressed the audience on behalf of the Hon Mick Murray MLA, Minister for Seniors and Ageing; Volunteering; Sport and Recreation. Thank you to the volunteers and staff who made this event so successful, a special thank you to Pat Paddon who made 22 snowmen that featured on the tables at the event and everyone wanted to take them home.

The prizes won during the afternoon were Overnight Accommodation package donated by Crown Club; Crown Gift certificate donated by Crown Perth; Travel Pass for two donated by Casey Australia Tours; 2 bottles of Moet Chandon Champagne donated by Have a Go News; A hand crafted Wooden Platter donated by MC Cabinets and a Canvas donated by Studio Twentysix Photography.

The photo booth was again very popular this year with everyone taking home printed copies of their ball photo's.

Our Special thanks go out to our sponsors Crown Perth, Have a Go News, Department of Local Government, Sport and Cultural Industries , Department of Communities, Casey Australia Tours, M.C. Cabinets and Studio Twenty Six Photography.

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.

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