



Hugh Rogers State President

## JUNE 2019

### LiveLighter Seniors Activity/Information Day, Belmont

Approximately 154 people attended the SRCWA LiveLighter Seniors Activity - Information day at Belmont Oasis on 15th May 2019. This event was sponsored by LiveLighter Healthway, organised by SRCWA in partnership with the City of Belmont. The event showcases agencies and activities in the local Belmont area and also gave participants the opportunity to try different recreational activities. Static displays with a variety of information were on hand from; Advocare, Alzheimers WA, Apia, BallroomFit, Belmont Senior Citizens Club, Bladder & Bowel Health Australia, Chung Wah Community & Aged Care, City of Belmont, City of Belmont RSL Sub-Branch, Faulkner Park Retirement Estate, Harman Park Community Centre, Hearing Life, Home Instead, Seniors Care, Mens Shed, Mole Patrol, Silver Chain, Southern Plus, SRCWA, Transwa, Umbrella Multicultural Community Care, Unicare Health and WA Primary Health Alliance (My Health Record).

SRCWA Executive Officer Dawn Yates introduced City of Belmont Seniors & Disability Engagement Officer Helen O'Sullivan to open the proceedings and then invited the participants to take part in Pole Walking, Exergaming, Giant Darts, Bob (Table Billiards), Heart Sport Activities, Seated Hockey, Indoor Bocce, Carpet Golf, Carpet Bowls and more.

After a morning of engaging activities participants were treated to a healthy lunch of sandwiches, hot food and fruit. During the lunch break participants were invited to join an interactive demonstration of "Ballroom Fit" followed by Dance Sport and Para Dance Sport which had the audience mesmerised with their moves. Para Dance Sport is an elegant, graceful and stylish sport which includes athletes with a physical impairment and was amazing to watch.

SRCWA would like to thank Helen from the City of Belmont, City of Belmont Staff, and SRCWA's hard working volunteers and staff for helping to make this event a great success. We would also like to make a special thank you to the trustees from Wooroloo Prison Farm for their outstanding assistance throughout the day.

SRCWA would also like to thank LiveLighter Healthway for their magnificent sponsorship, the City of Belmont for hosting this event, the Department of Local Government, Sport and Cultural Industries & Department of Communities for their support.

Remember to eat healthy meals and exercise daily to LiveLighter

## WA Volunteer Service Awards

SRCWA would like to Congratulate our State President Mr Hugh Rogers on receiving a volunteering service award at the Department of Communities WA Volunteer Service Awards held on Wednesday 22nd May 2019...Hugh has volunteered continuously in different capacities with the Council for over 27 years. Hugh, along with a host of amazing individuals from our community, received recognition at a brunch thanking them for their contributions as a volunteers for over 25 years with the one organisation. The Hon Mick Murray MLA Minister for Seniors and Ageing; Volunteering; Sport and Recreation, presented the awards to the many volunteers at the event. Congratulations to all the recipients on their awards, your dedication and commitment over the years is an integral part of our society.

## 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.

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.

**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)**