



Hugh Rogers State President

## NOVEMBER 2019

**VALE: Leigh Davis 16.03.1944 – 03.10.2019**

Leigh joined SRCWA in 2002 and became our Vice President in 2008 and served on the SMAC committee in 2014 - 2016, he was a Board Member till he retired from the Council in 2018. Leigh was instrumental in providing sound advice to the organisation and developed its Risk Management documents. Leigh was a valued member of the Have a Go Day Committee and he also spent many years coordinating the Fremantle Masters Games where the Aged Care Games events for seniors was reintroduced and currently has 8 competitions held during the year. Leigh will be sadly missed and our condolences go to his wife Betty and all the family.

**Have a Go Day, a LiveLighter Event,  
in Burswood Park, Wednesday 13th November "Age is No Barrier"**

### **Dress to Participate**

Have a Go Day, a LiveLighter Event IS ALMOST HERE, Have a Go Day is an activity/information event for over 45's and last year attracted an attendance of 16,000 participants and this year has 235 exhibitors.

The theme this year is "Age is No Barrier", there will be a wide variety of activities to have a go at, some of the new ones are, Boomerang Throwing, Walking Hockey, Trishaws for Seniors, Walking football, Lazer Pistol Shooting and many more, also remember to keep hydrated at the hospitality tents 96 after 10.30am, 109 & 118 from 8.30am, providing free tea, coffee & bottled water for participants to relax and socialise in, plus entertainment throughout the day. Entertainment will include, the WA Police Pipe Band, Terry Bennetts, Wayne Pride, Jim Drysdale, Phil Wilson, The Haze Band, WA Bush Poets & 2 demonstrations by Prime Movers throughout the day. Please see the full lift out regarding Have a Go Day, a LiveLighter Event in the Seniors Week lift out which was included in the October edition of Have a Go News.

Further information: visit [www.srcwa.asn.au](http://www.srcwa.asn.au) for a full list of Exhibitors and site map or call 9492 9771 if you have any questions.

## **LiveLighter Activity Information Day Bunbury**

The LiveLighter Activity Information Day for Bunbury was held on Friday 13th September 2019 at the South West Italian Club with an estimated 900 people in attendance. Around 50 metro and regional businesses/organisations provided information and activities for those who attended. A big thankyou goes out to the South West Italian Club who supported the event which was held at their facility. A wide range of activities were available to try out including, Zumba Gold, Heart Sports, gardening workshop and Pole Walking to name a few.

After a few songs from the “Serenading Singers” Mr Don Punch MLA for Bunbury officially opened the Event, thank you Don for your continuing support.

Sol y Sombra – Spanish Dancer Nicole Kostezky sponsored by South West Women’s Health and Information Centre wowed the crowd with her Flamenco dancing. Local Zumba legend Betty McCleary ran a few pop-up Zumba classes and the Rusty Nails Band provided entertainment throughout the day.

SRCWA thanks and acknowledges all the hard work of, the SRCWA Bunbury Branch under the guidance of Branch President, Barbara Fleay with her team of dedicated volunteers who made this event a great success. Special mention to the MC for the day Fiona Hinds, thank you to Bunbury Regional Corrective Services staff and trustees for setting up and packing down the event and to the Southwest Italian Club, City of Bunbury, Red Cross & Bunnings for their valuable support for this event.

Our thanks and appreciation goes to LiveLighter Healthway, for Sponsoring this event and to Government of WA for their continued support.

## **LIVELIGHTER PEEL AGED CARE GAMES 2019**

On Tuesday 8th October 2018 the SRCWA LiveLighter Aged Care Games were held in the Peel region. SRCWA Peel Branch president Jan McGlinn and her group of dedicated volunteers were supported by Alcoa Australia Staff and volunteers and staff from SRCWA State Office to present an event for seniors in care which was enjoyed by all. Twelve teams competed in a specially modified range of activities.

The games were opened by, Councillor Mike Walmsley, Waroona Shire President.

Swing and Sway performed dance routines for our lunch time entertainment. Everyone enjoyed their colourful and well-polished performance. Best presented team on the day (as awarded by our independent judge) was Coolibah Colts and Fillies , in third place was Silver Chain Happy Galahs, second place was Alzheimer’s WA Ella’s Heroes and first place by a small margin was the Bedingfeld Lodge Mexicans . Our oldest competitors on the day was 102 years old, Vivienne Ferguson, from Wearne House.

SRCWA thanks and acknowledges the hard work by SRCWA Peel Branch, the team from Alcoa Australia, SRCWA State Branch volunteers and staff who helped to make this a most enjoyable event for the participants and such a great success. Remember LiveLighter by eating a rainbow of Fruits and Vegetables.

Thank you to LiveLighter Healthway, ALCOA, Shire of Waroona and Government of Western Australia for their generous support of the games.

**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)**