



Hugh Rogers State President

## OCTOBER 2019

**Have a Go Day, a LiveLighter Event,**

**in Burswood Park, Wednesday 13th November 2019**

**"Age is No Barrier" 9am to 3pm**

Have a Go Day, a LiveLighter Event is an activity/information event for over 45's and last year attracted an attendance of 16,000 participants and 220 exhibitors.

The theme this year is "Age is No Barrier", there will be a wide variety of activities to have a go at, a couple of the new ones are, Boomerang throwing, walking hockey and football, Trishaws for Seniors, Lazer Pistol Shooting and many more, also remember to keep hydrated at the hospitality tents 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, country music artist Terry Bennetts, The Haze Band and a variety of other artists during the day. Please see the full lift out regarding Have a Go Day, a LiveLighter Event in the Seniors Week lift out which is included in this edition of Have a Go News.

Further information is available by calling 9492 9771.

### **LiveLighter Aged Care Games Rockingham**

The 2019 SRCWA Rockingham LiveLighter Aged Care Games were held at the Baldivis Recreation Centre off Fifty Road on Thursday 29th August. Despite the inclement weather, eight teams enthusiastically took part in a range of games developed specifically for seniors who may require care.

The Hon Pierre Yang MLC Government Whip and Member for South Metro Region officially opened the games, Pierre was impressed with the event and the participants enthusiasm. Graham Bennett the games MC took the volunteers through the rules and managed the teams throughout the games he invited all team to take their positions at the fields, shake hands and begin playing. The games were played with a lot of cheering and excitement from all the teams and supporters throughout the day.

The results were- third place went to "Waters Warriors"- Bethanie Waters, Second place going to "The Stirrers" (Silver Chain Rockingham) and first place was taken out by Dalmacia (Villa Dalmacia Aged Care). Medals, trophies and plaques were presented by MC Graham Bennett & Rockingham Branch President Valma Sulc.

The best presented team award went to Warriors (Fremantle Social Centre Silver Chain) dressed as a tribe of American Indians. This year our oldest competitor, was 97 years young Nancy Bourne, of the Warriors.

The participants were treated to a dance show performed by Swing N Sway during the lunch break, thank you Swing N Sway for a most enjoyable performance.

A huge thank you and acknowledgment for the hard work by the SRCWA Rockingham Branch committee and volunteers, the Team from Wooroloo, SRCWA State volunteers and staff and those who helped to make this event so enjoyable for the participants and such a great success.

Thank you to the Supporters LiveLighter Healthway and Government of Western Australia.

### **LiveLighter Aged Care Games – Joondalup**

The 16th Joondalup LiveLighter Aged Care Games was held on Monday 9th September 2019 at Bouncer Sports Centre. 14 teams competed during the event with everyone having a wonderful time with lots of good competition.

The Local Member for Joondalup Ms Emily Hamilton MLA opened the games, once the National Anthem had been sung, Ms Hamilton was very please to attend the games and enjoyed meeting the teams taking part. Graham Bennett was the MC for the day and encouraged all the teams to have a great time he also instructed the volunteers in the rules and scoring of the games and managed the team movement throughout the day.

Jim and Jenny's Country provided entertainment before the games and at lunchtime, many thanks Jim and Jenny for their wonderful entertainment.

The Best presented team on the day was Edgewater Glamorous Guys and Girls. In third place was Ritchee Lodge, second place was RAAFA Red Devils and first place was Myvista. Our oldest competitors on the day, both centenarians, sprightly 103 year old, Angela De Mori of Mercy Care All Stars and 102 year old May Grant from Castledare, both were give chocolates.

SRCWA thanks and acknowledges the hard work by the team of SRCWA volunteers, Aggreko, Over 55 Walking Assn and individuals who helped to make this memorable event a great success. Also I would like to make special mention of the support by the trustees from Wooroloo Prison Farm for their invaluable support of this event and all the events that they come along to and support SRCWA with.

Thank you to the Supporters LiveLighter Healthway and Government of Western Australia.

### **SRCWA ANNUAL GENERAL MEETING –**

SRCWA Annual General Meeting was held on 25th September 2019, State President Mr Hugh Rogers welcomed everyone to the meeting and handed over to SRCWA Executive Officer Dawn Yates to open the meeting and address those in attendance. Dawn thanked all the volunteers for their dedication to the organisation and for the hours of work they all do on behalf of SRCWA, she also thanked the Wooroloo Trustees who help out a numerous events, and welcomed representatives from the SRCWA Branches.

A minute silence was observed for long-term dedicated Board Member and Have a Go day volunteer, Quentin Smyth who sadly passed away earlier in the year, Quentin will be sadly missed, but his spirit lives on in the council.

The following SRCWA Board of Management members were re-elected unopposed for further two year term; Congratulations to Graham Bennett – State Vice President, Michael Thomas – Treasurer and Jan McGlenn – Branch Presidents Representative.

The SRCWA Annual Report 2018/19, Strategic Plan (2020-2023) and Audited Financial Report for 2018/19 were presented at the meeting, the reports were well received and congratulations were given to all those who worked so hard during the year.

The guest speaker at the SRCWA AGM was Coleen Wright Robot Buddy Team Leader. Robot Buddy is specially tailored with dance styles and music that appeal to an aged care audience. There were many questions and much interest from those in attendance who participated in the Robot Buddy demonstration.

Thank you to all those who attended the meeting and for your continuing support..

**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)**