



Hugh Rogers State President

## SEPTEMBER 2019

### LiveLighter Aged Care Games Belmont

A fine but cold morning saw twenty teams from Perth's Metropolitan Aged Care facilities take part in the Annual Metro LiveLighter Aged Care Games held at the Belmont Oasis on the 1st August 2019. SRCWA Executive Officer Dawn Yates welcomed everyone then handed over to the Hon. Matthew Swinbourn MLC member for East Metropolitan Region to officially open the Games.

Then the winner of the LiveLighter Aged Care Games Champions of Champions trophy for 2018-2019 was announced and presented with a trophy, the winner was Aegis Balmoral, "Balmoral Royals" congratulations to the winning team for 2018/19.

Teams competed in a range of games which were organised and facilitated by staff and volunteers from SRCWA. It was amazing to see people well into their 90's willing to Have a Go at Seated Hockey, Pass Ball, Bean Bag Toss and Skittles.

The team taking out First Place was "Hamersley Hurricanes", Second Place was "Umbrella's Mouseketeers" and closely followed in Third Place by "Saint Andrews". The oldest competitor at the games was 97, Bettie Scarff from Acacia Living Group. The best presented team was Rosewood's "Rosewood Vigilante" who went to a lot of trouble theming the whole team as Super Hero's wearing masks and capes.

This year we welcomed back a team of volunteers the from Aggreko Western Australia, our thanks go out to the many volunteers from The Over 55's Walking Association, and Square Dance group who helped set up and officiate at these games, a special thank you to participating centres staff who train and support participants. SRCWA gratefully acknowledges the support by trustees from Wooroloo who provide all the heavy lifting during set up and pack down, scoring and helping out during the event.

Many thanks to our entertainers Jim Drysdale and Jenny Cole who sang before the event and during the lunch break, everyone loved the music and enjoyed taking part in the sing-along.

Thankyou to LiveLighter Healthway, Dept of Communities and Dept of Local Government, Sport & Cultural Industries for supporting the LiveLighter Aged Care Games events.

## SCAMS Workshop

On Tuesday 13th August 2019, eighty-four seniors gathered at McLarty Hall – McLarty Rd, Shoalwater for a free SCAMS information session as part of SCAMS Awareness Week.

The free information sessions held by Seniors Recreation Council of WA Inc in partnership with Consumer Protection provided a forum for seniors to learn latest trends, ask questions about the prevalence of scams and how they can take steps to protect themselves. Presenters on the day were Martin Yates SRCWA Tech Savvy Seniors Project Manager and Merinda Willis from Community Education Team Consumer Protection Division.

Once the presentation on Scams was concluded there was some lively question time with advice provided by both Martin Yates and Merinda Willis.

The main message from these sessions is maintain a healthy level of scepticism and keep at the forefront of your thoughts “if it’s too good to be true then it definitely is”. Think before you click is another top hint, read any email message or link before you click on any links in web pages, emails or pop ups.

After the presentation a there was a magnificent afternoon tea provided by the SRCWA Rockingham Branch. Thank you to SRCWA Rockingham Branch President Valma Sulc, Branch secretary Carole Overington and the team of volunteers who worked so hard to make this event possible.

Should you believe you or someone you know have been implicated in a scam call Consumer Protection WA on 1300 304 054 for advice.

## Notice of Meeting

### SRCWA ANNUAL GENERAL MEETING – Wednesday 25th September 2019

Seniors Recreation Council of WA is holding its Annual General Meeting on 25th September at the Dept of Local Government, Sport & Cultural Industries building. The meeting will include election of officers, reports from SRCWA Branches and project officers and a guest speaker. This meeting gives SRCWA Accredited Volunteers the opportunity to share information and anecdotal evidence regarding the programs SRCWA is conducting in Metropolitan and Regional WA and how they impact on the senior demographic.

### DIARY DATE

#### HAVE A GO DAY 2019, a LiveLighter Event

Have a Go Day 2019 a LiveLighter Event, 13th November at Burswood Park 9am to 3pm

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.

**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)**