



## Hugh Rogers State President

### APRIL 2020

To all our friends and colleagues in these times of uncertainty, SRCWA would like everyone to try to keep physically and mentally active as much as possible. Where possible eat fresh fruit and vegetables or frozen vegetables and remember use different coloured vegetables to make your meals interesting and good for you.

Keep in touch with each other via the many electronic avenues that are available, especially by phone, a phone call or face time messaging will mean the world to all our family and friends, and this is especially important when observing the social and physical distancing that has been advised by the Government.

Some easy activities that can be done around the home are:- sitting and standing using a sturdy chair, if balance is a problem use poles to enhance and keep your balance, those who are able, use steps to keep your joints active, use canned goods, one in each hand for light weight lifting, try to get up and move around every 30 minutes to improve circulation. Whilst we are restricted as much as possible to our homes except for essential outings we all must try to be active.

SRCWA will try to assist WA Seniors with advice or try to locate answers if we are able. During this time SRCWA will continue to operate and serve WA Seniors, there may be delays in responding to your queries but if you call the office 9492 9773 and leave a message we will return your call as quickly as possible.

#### LiveLighter Aged Care Games - Avon

The LiveLighter Aged Care Games were held on 5th March at the Northam Recreation & Aquatic Centre. Picture the hall where 12 teams of Seniors in Care, dressed in their team colours or theme along with Carers and Volunteers came together for an exciting games event. The games played were seated hockey, seated passball, bean bag toss & skittles, the games were played with great enthusiasm and lots of laughter and congratulations after each game. The Seniors in Care practice these games throughout the year and on games day they all enjoy the atmosphere of competition once again.

Cr Chris Antonio, Northam Shire President, attended and opened the games he encouraged all the teams to have a great time and may the best team win. Caitlin Morris, a student from Northam Senior High School, sang the National Anthem unaccompanied, she sang beautifully. Phil Paddon SRCWA Vice President was the MC and explained the rules of the games to the volunteers and ensured the games ran smoothly. Volunteers from SRCWA Avon Branch, SRCWA Perth & a group of volunteers from fresh start assisted with the games. SRCWA was very grateful to the staff at the Northam Recreation Centre for all

their assistance in setting up the event. The volunteers welcomed all the players and assisted teams as they arrived, scored and packed down the event at the end of the day.

Entertainment was provided by Jim & Jenny's Country who entertained everyone before the games and during the lunch break and had the participants singing and dancing along with their beautiful rendition of the many songs they sang. Speed Skater Alan Eades again amazed all those at the Games with a demonstration of his sport In-Line Skating.

Lunch was provided by Avon Branch and Earth Solutions and it was a lovely healthy lunch of sandwiches, fruit and muffins.

The Perpetual trophy & Gold medal winners with 353 points were Cunderdin Health Centre, WAGS team, the Silver medal winners with 333 points were All Stars York team 2 and the Bronze medal winners with 313 points were Goomalling Twilight Club. All remaining participants were presented with a participation medal for taking part in the games, some participants hang these medals in their rooms or homes as they are so proud of being presented with a medal.

The winner of the Best dressed team Plaque was York All Stars Combined teams who were all dressed as blue or gold Minions, it was very bright and colourful.

The oldest competitor in these games was Roma Leers 97 years young and from the Moora Frail Aged Lodge.

Congratulations to all participants for making the day so memorable filled with so much fun.

Our thanks to all the volunteers who assisted on the day, without their support the LiveLighter Aged Care Games would not be possible. We would also like to thank our partner LiveLighter Healthway, the Northam Shire and Department of Local Government, Sport and Cultural Industry.

### **SRCWA Programs and Services Postponed.**

In response to COVID-19 Pandemic recommendations from the Australian Government and to keep everyone safe at this time, the following events and programs have been postponed till further notice.

Rockingham Have a Go Day, a LiveLighter Event, 25<sup>th</sup> March 2020

LiveLighter Aged Care Games – Bunbury, 2<sup>nd</sup> April 2020

Peel Double Dip Saltwater Aerobic and Exercise program (concluded)

Peel Move & Groove program (concluded)

Peel Strong on Your Feet Program (all classes)

Peel Fit & Flexi program (all classes)

LiveLighter Seniors Activity/Information Day, Leederville, 25<sup>th</sup> May 2020

Annual Seniors "High Society" Ball, 3<sup>rd</sup> June 2020

LiveLighter Seniors Activity/Information Day, Peel, 18<sup>th</sup> June 2020

LiveLighter Seniors Activity/Information Day, Mundaring, 24<sup>th</sup> June 2020

**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)**