



President's Jottings

Seniors Recreation Council of WA Inc.



Hugh Rogers State President

AUGUST 2020

**Have a Go Day a LiveLighter Event,
"NOW OPEN FOR REGISTRATIONS"
11th November 2020, Remembrance Day**

The Have a Go Day event this year will focus on Remembrance Day, we are planning to have all the Remembrance Day observances as part of the event. Registration forms are now available to all clubs/groups, Not for Profit organisations and businesses who wish to register as a site holder or to present an activity or entertainment. This is the ideal event to promote your organisation, recruit volunteers and encourage the over 50's to enjoy a fuller lifestyle. We look forward to seeing everyone out and about at the event. Please contact the SRCWA office on 94929773 or email dawn.yates@srcwa.asn.au for further information and/or a registration form.

SRCWA ANNUAL SENIORS BALL 2020 "Re scheduled"

The theme for the 2020 Annual Seniors Ball is "High Society" and it will be held in the Astral Ballroom, Crown Perth on Wednesday 16th September, 1pm to 4.30pm. A three course afternoon tea is provided with the entertainment featuring the live band "Satin Doll" and afternoon floorshow, tickets cost \$38.00pp. There will be a door prize and other prizes donated by Crown Perth and Have a Go News. To book your tickets or for further information call 9492 9773.

This event is proudly sponsored by Crown Perth & Have a Go News.

LIVELIGHTER AGED CARE GAMES PROGRAM

SRCWA is pleased to announce that registrations for the LiveLighter Aged care Games are now open and will be conducted as per the list below providing the COVID-19 restrictions allow.

METRO GAMES..... 13th August 2020, Belmont Oasis Recreation Centre

ROCKINGHAM GAMES.....27th August 2020, Baldivis Recreation Centre

JOONDALUP GAMES.....07th September 2020, Bouncer Sports Centre

PEEL GAMES.....13th October 2020, Murray Leisure & Aquatic Centre

ALBANY GAMES.....26th November 2020, Albany Leisure & Aquatic Centre

If your organisation wishes to register to attend any of the above games please contact 9492 9773 or email; dawn.yates@srcwa.asn.au.

OVER 55 WALKING ASSOCIATION (OFFWA)

On Tuesday 14th July SRCWA joined the Over 55 Walking Association (OFFWA) at Whitman Park for their weekly walk, these walks are an excellent way for over 55's to come together to socialise and walk as far and as fast as they can with the opportunity to share lunch as a group at the end of the walk. Martin Yates, SRCWA's photographer was on hand to produce a short video promoting the groups activities. Martin interviewed Shirley Lizza, OFFWA's President and Phil Paddon, SRCWA Vice President and OFFWA member, who both spoke about the benefits of walking as a group and the immense satisfaction they get from being part of a well organised and attended group. Congratulations to the Over 55's Walking Association for helping seniors to come together and enjoy the wonderful West Australian outdoors. If you wish to contact the Over 55 Walking Assn. please call 0400 577 738

SRCWA PHOTO WALK BACK WITH ENTHUSIASM!

Earlier this year we had to postpone a planned Photo Walk to a later date due to COVID-19

On Friday 3rd July 2020 a small group of enthusiastic and active seniors took part in a Photo Walk at Tomato Lake facilitated by SRCWA Photographer Martin Yates, and supported by the Perth Pentax User Group. Due to current restrictions outdoors at Tomato Lake provided an appropriate location to observe social distancing and enjoy a beautiful winters day. Tomato Lake is a beautiful venue to conduct our photo walk giving our participants the opportunity to socialise and share experiences whilst having all their questions answered. On our walk there was an abundance of bird life, interesting patterns in the bark of trees and reflections on water captured. A leisurely stroll of 1 km around the lake whilst taking photographs provided the chance to learn new techniques and take in the raw beauty of the surrounds. Once the walk and photographs were taken everyone enjoyed

Thank you to all those who attended for observing physical distancing and helping to make the walk most enjoyable.

For details of events and programs run by Seniors Recreation Council of WA visit our website www.srcwa.asn.au