



President's Jottings

Seniors Recreation Council of WA Inc.



Hugh Rogers State President

FEBRUARY 2020

Tech Savvy Seniors, Don't Get Ripped Off - workshop

Seniors Recreation Council of WA in partnership with NBN are conducting a FREE SCAMS information session on Wednesday 19th February 2020 at the Stirling Community Centre Scarborough Hall. Light afternoon tea will be provided compliments of NBN. Scams are a growing concern for Seniors and there seems to be a new one every week, come along and find out how you can take steps to protect yourself. For catering purposes registration is essential - please phone Martin on 9492 9774 (if you are unable to speak to Martin please leave a message and he will return your call. Also if you would like to be put onto the Tech Savvy mailing list you can do this by calling Martin on the above number.

SRCWA ROCKINGHAM BRANCH, HAVE A GO DAY, a LiveLighter Event

On Wednesday 25th March 2020, Seniors Recreation Council of WA's Rockingham Branch is conducting a Have a Go Day at a NEW venue – Mike Barnett Sports Center, Cnr Dixon Road and Goddard Street, Rockingham - 10am to 2pm.

This FREE event will showcase club/groups, Not for Profit agencies and Commercial entities who have a Senior focus from Rockingham and surrounding areas. There will be a wide variety of activities to "Have a Go" at with many static displays.

If you are a Club, Group, Community organisation or Business and you would like to attend on the day please contact Carole Overington email: srcwarockingham@gmail.com or phone: 0412 715 173 for further details.

This event is Sponsored by Aqua Jetty, City of Rockingham, Have a Go News, LiveLighter Healthway, Telstra, Kennards Hire, Simply Swing, IGA – Chelmsford Ave, Dept of Local Government, Sport & Cultural Industry & Dept of Communities.

Add Life to Your Years 21st Edition

Seniors Recreation Council of WA is now calling for all Clubs/Groups with a senior component to contact the SRCWA office on 9492 9773 to request a new entry or update form so that your club/group can be included in this directory for older adults. The listing in the book is provided FREE of charge and when the books are available they are also distributed to Seniors for free.

SRCWA ANNUAL SENIORS BALL 2020

The theme for the 2020 Annual Seniors Ball is “High Society” and it will be held in the Astral Ballroom, Crown Perth on Wednesday 3rd June, 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 \$37.50pp. There will be a door prize and many 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.

POLE WALKING

The purpose of this exercise is to use two poles, often called hiking or trekking poles, to add a new dimension to walking as an exercise.

Pole Walking is an easy, efficient and low stress activity that engages the whole body in a total body workout.

You get a greater increase in muscle endurance and toning in your shoulders, back, chest, upper arms and abdominals.

The poles provide stability and add more “spring” into your steps as you push along.

The use of poles helps to reduce stress in the knees and other joints.

Pole Walking loosens up tensions in neck and shoulders which is beneficial if you have a job where you sit in one position most of the day.

Your posture improves with right technique and arm motion and it is up to 40% more effective as an exercise than regular walking.

Your oxygen intake increases significantly, and your heart rate is 5-17 beats more per minute, compared to when regular walking.

To organize an individual or group demonstration call the SRC office on 9492 9773.

Key Diary Dates for 2020

3rd to 8th February	SRCWA Annual Seniors Camp at Quaranup
3rd June	Annual Seniors Ball, Astral Ballroom, Crown Perth.
25th March	Rockingham Have a Go Day, a LiveLighter Event, Mike Barnett Sports Centre
8th to 15th November	WA Seniors Week
11th November	Have a Go Day, a LiveLighter Event, Burswood Park, Great Eastern Highway, BurswoodHave a Go Day, a LiveLighter Event,

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