



President's Jottings

Seniors Recreation Council of WA Inc.



Hugh Rogers State President

JANUARY 2020

Welcome to 2020 I hope everyone had a wonderful break over Christmas and New year and I look forward to an exciting year with all WA Seniors.

Seniors Recreation Council of WA gratefully acknowledges the invaluable support of a major grant from Lotterywest towards Have a Go Day 2019, a LiveLighter Event in Burswood Park, presented by Hon Mick Murray MLA. Lotterywest supports local community organisations and events via income from Lotterywest sales. Keep the money in WA and support local events and organisations by purchasing Lottery tickets from your official Lotterywest outlet.

The LiveLighter Aged Care Games in Great Southern were held on Thursday 28th November at the Albany Leisure and Aquatic Centre.

A huge vote of thanks to our Vice President Phil Paddon and his wife Pat who made the trip from Perth to facilitate the games with assistance from a variety of volunteers. Five teams took part in a range of games which have been modified especially for seniors in care. It was great to have the facilities staff who enthusiastically support the participants and theme their teams for the day. The teams were very competitive on the day and there was also lots of laughter, cheering and shaking of hands amongst the teams. State Vice President Phil Paddon welcomed the teams and introduced City of Albany Deputy Mayor Greg Stocks to open the Great Southern LiveLighter Aged Care Games. Entertainment was provided by "The 2 Premiers" who provided a medley of songs throughout the event. In third place was Denmark Health Service "Blue Wrens, second place Bethel Aged Care and in first place Walpole Stars. Best dressed team was Bethel Vikings our oldest competitor on the day Yvonne McVeigh who is 99 years young.

SRCWA Rockingham Branch Christmas Concert.

On Wednesday 4th December, SRCWA Rockingham Branch held their 2019 Christmas Concert at the Gary Holland Community Centre, a full house was treated to an afternoon of Christmas Carols and entertainment. During the concert the audience enjoyed a delightful afternoon tea and had great fun winning all the raffle prizes.

Congratulations to Valma Sulc and the Rockingham Branch committee and volunteers for an excellent Christmas Concert.

Tech Savvy Seniors, Be Connected Seniors Tech Expo

The TSS Be Connected Seniors Tech Expo was an excellent and exciting event where 76 seniors (participants) were invited to try1thing at the expo on Friday 18th October 2019, as part of the world wide movement “Get on Line Week” 14-20 October curtesy of a grant from the Good Things Foundation, the Expo was officially opened at 10.00am by Hon Pierre Yang MLC.

There were 12 exhibitors on hand to help and advise those in attendance, they included: Telstra, Camera Electronic, Trails WA, SRCWA TSS Be Connected station, Independent Living Centre WA, Consumer Protection WA, Guardian Safety Pendants, NBN Australia, Robot Buddy, Have a Go News, Silver Chain Group VR, Wikimedia Australia and BankWest.

Each exhibitor gave a short presentation on their products and services and how they help seniors in their day to day life. a \$100 gift card was presented to a participant at the event.

Participants were treated to a healthy and delicious lunch as well as tea coffee and water at the event.

Our grateful thanks go to the organisations and government departments who supported this event which helped introduce and encouraged the participants to the wonders of being online.

Key Diary Dates for 2019

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