



Hugh Rogers State President

JULY 2020

To all our friends and colleagues, SRCWA has returned to its office in Leederville and is currently working towards conducting all its programs as the restrictions are lifted. We continue to adhere to all the advice and regulations as we progress towards re-introducing our programs and events. Also a reminder that SRCWA is available to assist Seniors with advice or will attempt to locate answers to questions if we are able by contacting the SRCWA office on 9492 9773. Congratulations to Mark McGowan MLA and the WA Government for their leadership through this trying time as we move forward in the second half of 2020.

CONGRATULATIONS "JAN MCGLINN OAM" SRCWA PEEL BRANCH PRESIDENT

Jan McGlinn was awarded an Order of Australia Medal in June for her service to Seniors through well-being programs.

Jan has been a committed volunteer for 48 years, with more than 28 years in the Peel District since moving to Mandurah in 1990. The achievements and accolades afforded in her employed role as Co-ordinator/Manager of the Mandurah City Senior Citizens Centre clearly indicate her level of commitment and service above and beyond the 'job specification' and her passion particularly for Seniors in her community.

When the Peel Branch of the Seniors Recreation Council Inc was established in 2002 Jan was involved as a volunteer from the start, initially as Secretary then as Branch President from 2006 till now, she has been a driving force in the wide range of activities conducted by the Branch. In addition, she is the Branch Presidents Representative on the Seniors Recreation Council Board of Management.

The ethos of Seniors Recreation Council of WA Inc is 'Healthy Ageing Through Activity' and the range of programs conducted by SRCWA and branches around the State are designed to enhance the physical, mental and social well-being of our senior citizens. Jan manages a wide range of programs through the SRCWA Peel Branch and is a regular volunteer in the conduct of the various programs some of which are run on a weekly basis. The increasing proportion of our population in the over 50's age group, particularly in the Peel Region, places increasing pressure on health and other services – which makes the provision of preventative programs such as those provided by the Peel Branch of SRCWA under the volunteer management of Jan a significant benefit to the community.

Once again we say congratulations Jan on a well deserved award.

SRCWA is pleased that many of the Seniors Clubs/Groups that were affected by COVID-19 restrictions are re-activating and are returning to regular activity. One of the most important aspects of life is to be able to socialise and exercise regularly, also eating a healthy diet that contains a rainbow of colours will help us to LiveLighter. If you want further information on living well and eating healthy please visit <https://livelighter.com.au>.

HAVE A GO DAY 2020 A LIVELIGHTER EVENT

Have a Go Day a LiveLighter Event, 11th November 2020 the event this year will focus on Remembrance Day, we are planning to have all the Remembrance Day observances as part of the event. Expression of Interest forms are now available to all clubs/groups, Not for Profit organisations and businesses who would like to attend as a site holder or activity to promote everything they are involved in at this event. It is now looking very promising that Have a Go Day 2020 will indeed be able to be held on 11th November at Burswood Park and we look forward to seeing everyone out and about at the event. Please contact the office on 94929773 or email dawn.yates@srcwa.asn.au to request further information or an Expression of Interest form to be emailed to you.

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