

Seniors Recreation Council
of WA Inc.

Annual Report



2022-2023



Healthy Ageing Through Activity



SENIORS RECREATION COUNCIL OF WA INC.

ANNUAL REPORT for 2022/23

SRCWA BOARD MEMBERS

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VICE-PRESIDENT

GRAHAM BENNETT

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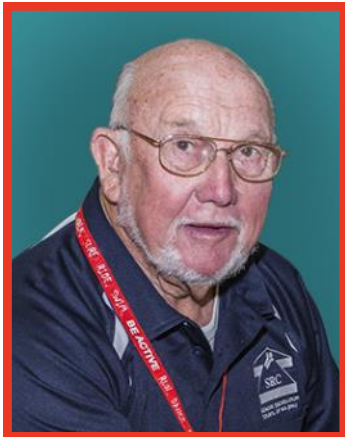
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State President's Message



It gives me great pleasure to present the 2022/23 Annual Report on the programs, events, activities and services of Seniors Recreation Council of WA Inc.(SRCWA).

SRCWA'S ethos is Healthy Ageing Through Activity and its focus for Seniors in WA is to encourage them to become physically, socially and mentally active this is achieved through the huge effort of the Board of Management, Accredited Volunteers and Staff who coordinate and produce a wide range of programs.

Thank you to the Board of Management for their support and dedication throughout the year and I look forward to working together to develop new programs and expanding our Branch network further.

I would like to thank and commend the Branch Presidents and committees for their dedication to SRCWA and its programs as they work to encourage Seniors in Regional areas to become more active both physically and mentally. This year we welcomed the SRCWA Wongan-Ballidu Branch to our SRCWA Branch network and are looking forward to supporting them and working with them in the future.

SRCWA is extremely proud of its programs conducted in both metropolitan and regional areas and continues to receive positive feedback and appreciation for delivering these programs.

Last year we celebrated our 30th Anniversary of Have a Go Day a LiveLighter Event in the beautiful grounds of Burswood Park and were proud that in excess of 16,000 seniors joined us at the event including our then Premier Hon. Mark McGowan MLA. It was an exciting event where we acknowledged and thanked all our current & past committees and volunteers for all the years of hard work on this event. The whole event had a festive atmosphere and it was great to see so many people having such a wonderful time. We hope you will all join us once again at Have a Go Day a LiveLighter Event this year on Wednesday 15th November at Burswood Park to help celebrate this excellent event.

In 2022/23 SRCWA was greatly saddened by the loss of our dear friends Jim Drysdale & Marlene Robins.

VALE: James Blackadder Drysdale (Jim), 1937 - 2022

Jim was a great friend and supporter of SRCWA and we enjoyed many years working together with Jim providing wonderful entertainment at SRCWA events and MC'ing at the annual Have a Go Day. Jim, a true gentleman is greatly missed by SRCWA and WA Seniors.

VALE: Marlene Robins 27.03.1943 to 11.03.2023

Marlene was a great friend and supporter of SRCWA and worked tirelessly on behalf of WA Seniors and the wider community, she was highly respected and her work over many years was appreciated by everyone who know her. Marlene will be greatly missed by SRCWA and WA Seniors. All her friends and family are in our thoughts at this sad time.

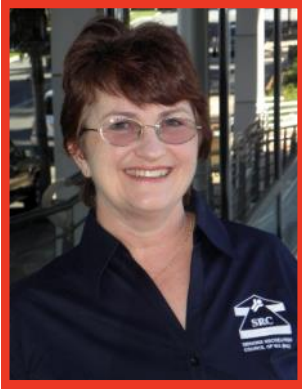
Thank you to all the Accredited Volunteers, Staff, Mentors, Sponsors and supporters, your dedication to SRCWA and WA Seniors enables us to continue providing the excellent programs it has developed.

Remember to LiveLighter, eat a rainbow of food in each meal and be active for 30 minutes every day.

Phil Paddon

State President

Executive Officer



Seniors Recreation Council of WA (SRCWA) is a volunteer driven organisation unique to WA and we are proud of the professional and first class delivery of programs and services to WA Seniors. The Accredited Volunteers who volunteer their expertise and time to deliver these programs are to be congratulated for all the effort they put into SRCWA's programs.

I am very proud to be a member of a team of staff and volunteers who work long hours and contribute a huge amount of effort to provide programs and services to WA Seniors. The staff consider it a privilege to develop and present a variety of programs and to also assist the SRCWA Branches when required. Thank you to the team of volunteers and office staff whom I have worked with during the year, your support and dedication is very much appreciated.

The SRCWA Branch Presidents and committees are all registered Accredited Volunteers who provide a huge service to Seniors in regional WA with the provision of Senior friendly programs. Some programs are specific to the Branch and some programs are part of a state wide program delivery service. Branch volunteers are very dedicated and may travel great distances to provide programs in the regions. This year has once again been challenging for the Branches regarding the impact of COVID-19.

This year due to an increase in the number of Department of Local Government Sport and Cultural Industries (DLGSC) staff required to work in the Leederville building SRCWA was requested to vacate our office and move to new premises. This was achieved with the support from DLGSC and the assistance of the City of Belmont where we located excellent new office accommodation and storage area. SRCWA is now housed at 275 Abernethy Road, Cloverdale. A huge thank you to Martin Yates who with his excellent technology and property management skills made the choice of new office accommodation as smooth as possible. Thank you to the assistance from Danni McMahon and the office volunteers who ensured the change over was accomplished with very little down time. Also thank you to Glenn Morley (DLGSC) for all his support and assistance in this matter and to DLGSC for supporting our organisation through this major change and also for supporting the organisation by continuing to house our SRCWA vehicle in secure parking and providing storage for all our Have a Go Day equipment.

- Comprehensive reports received at time of publication are contained in this Annual Report;
- Add Life to Your Years - a directory of sport & recreation clubs/groups for over 50's
- Branch reports - presented for and on behalf of SRCWA Branches.
- Regional support - SRCWA has a Branche network in Western Australia.
- Have a Go Day, a LiveLighter event, is held annually in the beautiful grounds of Burswood Park. This event is SRCWA's flagship event and in 2022 we celebrated our 30th Anniversary.
- LiveLighter Aged Care Games is one of SRCWA's most rewarding programs, providing Seniors in Care the opportunity to attend and participate in an adapted games event.
- LiveLighter Seniors Activity/Information Days are organised to give Seniors in local areas the opportunity to come together to take part in activities and discuss issues with static displays.
- The Annual Seniors Ball theme in September 2022 was "Candyland Ball".
- The Tech Savvy Seniors (TSS) computer training program, the program includes, Scams workshops, digital device workshops, photo walks and club/group and instructional videos.
- Pole Walking is a program that continues to grow encouraging Seniors to embrace the activity.
- Camp Quarunup—Annual Seniors Camp held in Albany. Thank you to Eileen Stark, Camp Coordinator for all her hard work.

Dawn Yates

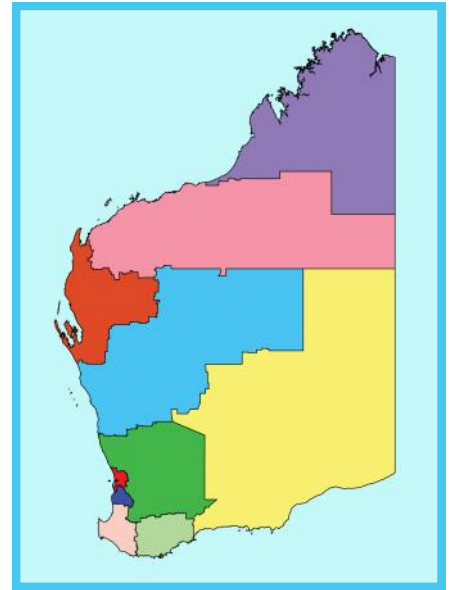
Executive Officer

Regional and Branch Support

SRCWA has Branches throughout Western Australia:

- Avon
- Bunbury
- Esperance
- Great Southern
- Greater Geraldton
- Mid West
- Northampton
- Peel
- Perth
- Rockingham
- Southwest Capes
- Wongan-Balli

The objective of SRCWA's Regional Branch Development is



to promote the benefits of physical, social and mental activities and a healthy lifestyle in regional areas. Activities undertaken by SRCWA Branches include the following:-

Add Life to Your Years
Annual Seniors Camp
Art & Craft Exhibition
Art Group
Concerts
Double Dip Saltwater Exercise Program
Expos
Fishing Day Out
Fit & Flexi Winter Exercise Program
Forums
Have a Go Days
Indoor Bowls Tournaments
Information Seminars
Learn How To Series

LiveLighter Act/Info Days
LiveLighter Aged Care Games
Move & Groove exercise program
Photographic Club
Photo Walks
Pole Walking
Pole Walking Groups
Quiz Night
Remembrance Day Walk
Sailing for Seniors
Scams workshop
Seated Yoga
Seniors Dance
Seniors Exergaming WA
Seniors Expos
Seniors Luncheon

Seniors Surveys
Seniors Week Activities
Seniors Week Activities
Sports Ability Pack program
SRCWA Games Day
Strong on Your Feet
Support local Clubs & Groups
Swing N Sway Dance program
Take the Plunge program
Tech Savvy Seniors
Tennis
Writing Life Memories
Trivia Quiz
Walking groups
Yoga

As new branches are formed and current branches are maintained the increase in participation of Seniors in physical, mental and social activity is greatly enhanced.

All Branch Presidents, committee members and volunteers are to be congratulated on the work being done in the regions. The Seniors of Western Australia have their lives greatly enhanced by the dedication and support of SRCWA Branches.

Avon Branch

LiveLighter Aged Care Games - Avon

The LiveLighter Aged Care Games were held on 23rd February 2023 at the Northam Recreation & Aquatic Centre, thank you to our naming rights partner LiveLighter Healthway for all their support.

Teams of Seniors in Care from the Avon region, dressed in their team colours or theme along with Carers and Volunteers who came together for an exciting games event. The games played were seated hockey, seated passball, bean bag toss & skittles, there was much enthusiasm, friendly competition and lots of laughter throughout the day. 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, congratulating SRCWA on an excellent event and he encouraged the teams to have a great time and may the best team win. Caitlin Morris sang a beautiful rendition of the National Anthem, unaccompanied and it was lovely.

Phil Paddon, SRCWA State President was MC for the day and explained the rules of the games to the volunteers and ensured the games ran smoothly. Volunteers from SRCWA Avon Branch, SRCWA Perth, Wooroloo Prison & Fresh Start assisted with the games including set up and pack down. The volunteers welcomed all the players and assisted teams as they arrived, scoring, set up and packed down of the event.

Entertainment was provided by Kevin Bennett who entertained everyone before the games and during the lunch break and had the participants singing along, Volunteers enjoyed a healthy lunch of fresh sandwiches, wraps and fruit supplied by the Avon Branch and Earth Solutions.

The Perpetual trophy & Gold medal winners with 341 points went to York Home Support, the Silver medal winners with 318 points Northam Over 60's and the Bronze medal winners with 299 points Narembeen CRC, first time attendees at the games, all remaining participants were presented with a participation medal. Moora Lodge were presented with the Best dressed team Plaque.

The oldest competitor in these games was Audrey Studsor 92 years young from Moora Lodge.

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

Our thanks and appreciation to all the volunteers who assisted on the day.

We would also like to thank our naming rights partner LiveLighter Healthway and sponsors the Shire of Northam and Government of Western Australia for all their support.

The challenges that COVID-19 have presented us all with are continuing to prove to be at times difficult and frustrating but as always we are rising up and working through each and every one of them, thank you to the dedicated band of volunteers and friends in the Avon area.

I would like to thank the State Office team for all their assistance during the year.

Karen Ducat

Branch President



Bunbury Region Branch

LiveLighter Seniors Activity Information Day —Bunbury 17th March 2023

SRCWA Bunbury Branch conducted a Seniors LiveLighter Activity/Information Day thanks to our naming rights partner LiveLighter Healthway, at the Southwest Sports Centre in March this year.

Around 500 enthusiastic and active seniors came along and enjoyed visiting the static displays and activities.

The event was opened by Hon Don Punch MLA, Member for Bunbury who was very impressed with the event and happy to see so many people attending, he encouraged everyone to take advantage of everything that was available at the event. Thank you to Di Tate from South West Womens Health, our MC for the day who roved throughout the event talking to the static display representatives and people attending the event.

40+ Static Displays attended ranging from APIA, nbn Co., Lions Hearing Van, Wild Life display, Police Dept., SWWHIC and Dragonfly Coffee Van, Aged Care Agencies, Northern Suburbs Community Legal, COB Green Waste, Injury Matter, Vocal Fusion, SRCWA / LiveLighter Healthway, TransWA, and more.

Activities on the day included indoor Archery, Exergaming, Hart Sports and Pole Walking to name a few It was wonderful to see so many seniors "Having a Go" at the variety of activities.

Thank you to the Bunbury Branch Committee and volunteers, State Office volunteers and staff

A special thank you to the Sponsors: LiveLighter Healthway, nbn Co, South West Women's Health and Information Centre, Barr and Standley Real Estate, City of Bunbury, Government of WA and Have a Go News.

LiveLighter Aged Care Games—Bunbury 20th April 2023

It was a fabulous sunny day when the moon eclipsed the sun and teams competed at the 2023 Bunbury LiveLighter Aged Care Games at the South West Sports Centre. The teams came together from Nursing Homes, Aged Care Facilities and Day Centres in the region to compete in games specifically designed for people in care. SRCWA would like to thank SRCWA Bunbury Branch president Barbara Fleay and her team of dedicated volunteers along with the volunteers and staff from Perth head office for helping to make this event possible. The games were officially opened by Hon Don Punch MLA Minister for Regional Development; Disability Services; Fisheries; Seniors and Ageing who took time out of his busy schedule to attend, thank you for your continuing support Minister Punch.

The games were played in great spirit and included modified seated hockey, seated pass ball, beanbag toss and skittles. The carers game at the end of the day had representatives from each team competing in a fun event which was enjoyed by everyone. Lunch time entertainment was an energetic demonstration of Zumba Gold provided by City of Bunbury Councilor Betty McCleary, with some participants joining her for Seated Zumba, thank you Betty

SRCWA State President Phil Paddon and Bunbury Branch President Barbara Fleay presented the trophies plaques and medals for:- Best Presented Team "CHC Bunbury – Blue Wrens", First Place, winning Gold Medals, perpetual & replica Trophy "South West Community Care". Second Place winning Silver Medals and plaque, "CHC Collie – Collie Miners" & Third Place winning Bronze Medals and Plaque "Bethanie Fields – Bethanie Super Force" with our oldest competitor at the games 96-years young Phillis Ryan from the "Collies Miners. Congratulations to all those who participated.

Thank you to the Bunbury Branch Committee and volunteers for all their hard work this year and we look forward to next year helping our Bunbury Region Seniors.

Barbara Fleay
Bunbury Branch President



Esperance Branch

Most of the year has been fairly quiet for the Esperance branch of Seniors Recreational Council. However, from early February to late May the Super Troupers are very busy preparing for the annual concert. Approximately twenty people take part putting all their effort into learning songs, skits, dances, etc. Along with this goes the organising of costumes, and we are very grateful to everyone for their assistance with these.

Most years we have three performances, one Friday night and matinees on Saturday and Sunday. Most performances are almost booked out.

We would like to thank the Esperance Rotary club for housing all our concert equipment and for their on-going support.

In the past the branch has taken a bus trip to Ravensthorpe in September for their fabulous wildflower display but last year the wildflowers in and around Esperance were wonderful and we enjoyed visiting the flowers in the area whilst they were in bloom.

Thank you to the Esperance branch committee and volunteers for all their hard work.



Greater Geraldton Branch

Another year has gone by, and fortunately we have managed to have some new members join the Geraldton Branch, and it is pleasing to see that we are attracting new members.

During the year we have held two (2) Saturday morning walks and coffee, most stay come for both the walk and coffee, however we have four (4) people just come to the walks.

This year our Treasurer, Diana Keighran relocated to Mandurah, however we are pleased to advise that Jean Steer will take on the Treasurer role until we can elect a new person for the position.

Moving forward we have planned the following events for the second half of 2023:

- We aim to have another Walk and Coffee Morning on the 23rd of September, hopefully the weather will be nice by then.
- 15th August, we are going to have our poles at Menshed Big Breakfast.
- We are looking to hold a Seniors Breakfast in November, a date to be confirmed.
- Our Christmas breakup will be held on the 29th of November.

We wish to advise that we will be purchasing new poles for our Pole Walking Group sometime this year.

Wishing you and your team all the best and hope that you have settled into the new office.

Thank you.

Val Brown
President



Mid West Branch

This has once again been a challenging year for us all. Fingers crossed, sanitised, social distanced are still the order of the day.

Great news we are back bowling so Carpet bowls are held each Wednesday morning from 9.30am.

But on the brighter side our Craft Group are back in full swing. We meet monthly, make beautiful cards, coasters, calendars etc.

As from the end of July the Craft group combined with the local C.W.A. to run a café for morning teas which will run during the wildflower season. Any profits are divided between the Craft, seniors and The Coorow C.W.A.

We have been lucky in obtaining a Grant through the Coorow Shire to upgrade our facilities at the C.W.A. rooms. Yippee a new Coffee machine among other things!

Betty O'Callaghan OAM
Mid West Branch President



Northampton Branch

Our Northampton Branch Members had an enjoyable year, with several well attended activities, by members and Northampton senior residents.

We are pleased to advise that our Seniors Bowling group is still moving along strong, with many in attendance and thoroughly enjoying their days out.

Although not part of the 2022-2023 report, we wish to advise that the Annual General Meeting was held on the 3rd of July, and there has been some significant changes to Office Bearers:

- Andrew Softly – appointed as Branch President
- Glenys Sadler - retiring Branch President
- April Poad – appointed as Secretary
- Heinz Brunke - retiring Secretary

We wish to thank Glenys Sadler and Heinz Brunke for their services and support to the SRCWA Northampton Branch.

Lyn Brunke,
Northampton Branch.



Peel Branch

Branch Committee

Peel Branch is now in its 21st year of operation and I am pleased to present this report on behalf of our Peel Branch Committee for the financial year 2022-2023, a year full of difficulties with Covid closures and some meetings unable to be held. Jan Newman retired from our Committee, and a new member, being John Griffiths appointed to the committee in February 2023. During most of the year, our Branch Committee meetings were held in Mandurah on the first Wednesday of each month. Our thanks again to the Dept of Local Government Sport & Communities Peel Office for allowing the use of their meeting room for our monthly meetings. We have a great team at our Peel Branch and my grateful thanks go to my committee members for their help throughout the year. Dawn, our CEO, Martin and Danni sincerely are thanked for their assistance throughout the past year.

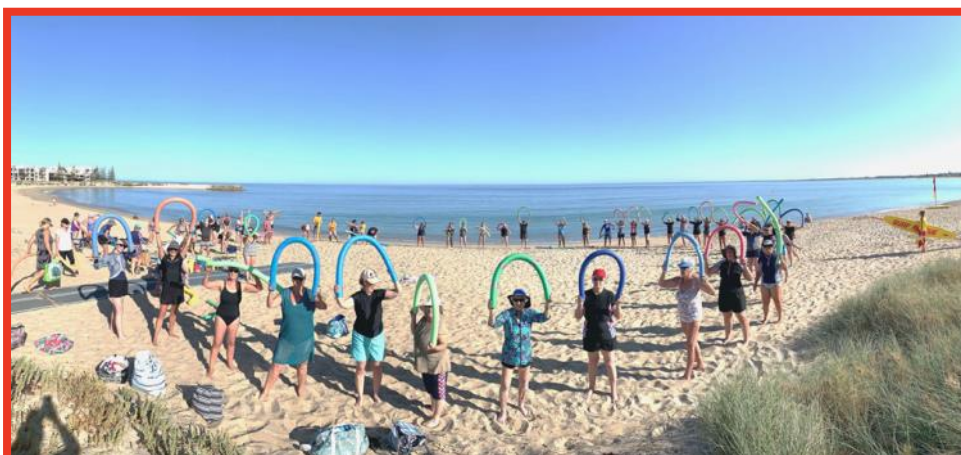
Financial

Our appointed Auditors, Booksec Accounting Services, are currently auditing Peel Branch financial books. Thank you to Colin Steer, my Vice President and Treasurer for his excellent work in looking after our finances. Thank you also to Christine, our book-keeper and to Maree, our assistant treasurer and book-keeper for filling in whenever required. All were excellent in their volunteer duties in doing weekly banking and attending to the financial reports for all our Branch & State meetings.

Activities

Double Dip

Our Double Dip Water Aerobic Program 2022-23 ran from January to March 2023 and was successful, although numbers were smaller than in previous years, which I believe was a result of increased shark warnings and Covid. Wendy Cole, Jean Beadle and Anne Maree Kerr shared duties as our aerobics instructors and Jean and Wendy organised extra lifeguards from Mandurah Aquatic & Recreation Centre to assist our seniors attending the sessions. Doreen Upfield, Gavin Ranford and I helped each week with volunteer duties. 72 seniors were registered participants in this three-month program. a small drop of 11 registrations over the previous year. A successful function to conclude the program for 2022-2023 was held at the Halls Head Parade Community and Sports Facility on April 1st 2023. Function costs were covered, borne by the people attending and our Peel Branch funds.



Fit & Flexi

This program, with support from the City of Mandurah Community Funding, enabled the three monthly program to be conducted by Robyn Ackroyd. These sessions were intended for those people wishing to exercise in a more energetic way, and gave them the opportunity of doing so. Good registration numbers in the past and regular class attendance resulted in a successfully run program for our Peel Branch throughout 2022 months of July, August and September and will ensure success when run again in 2023/24.

Yoga for Seniors

The Yoga for Seniors program was held at the Leslie Street Seniors & Community Centre with between 15 to 20 seniors attending regularly on a weekly basis. Carol Dawson, our Yoga for Seniors instructor has provided great clear instructional classes and those attending have, I believe, enjoyed the sessions.

Chair Yoga for Seniors

Chair Yoga held each Tuesday morning at the Leslie Street Seniors & Community Centre. Numbers has been growing steadily, with 16 to 18 regular seniors attending. Eleanor Venables takes these sessions and is doing excellent work in encouraging further participation. We plan on doing more advertising for both our Yoga sessions in the coming financial year.

Strong on Your Feet

This program has continued with the ten classes being run within our Peel Region. We certainly had difficulties, with Covid-19 shutdowns, special cleaning requirements and taking of temperatures before classes commenced. Two classes at Mandurah Seniors & Community Centre, two classes at Falcon, two classes at Pinjarra, two classes at Leslie Street Centre and one class at Lakelands and Waroona were held. Class costs were kept at a minimum of \$5, which included morning or afternoon tea at most venues. All Peer Leaders were assessed regularly in line with our MOU with the Mandurah Community Health Centre and we sincerely thank Tracy, their Physio, who has been doing the assessments for them. Most classes have the limit of 20 persons registered in each class and feedback received has been positive from those attending. Peer Leaders have been doing this voluntary role for the past eight to ten years now and several have decided to retire for various reasons. New volunteer Peer leaders were undergoing training, and it was disappointing that three of those prospective leaders had to resign as volunteers, midway through their training, because of family commitments and/or illness.

Note: A recent sms from a relative of an elderly person from one of our classes, who had been seriously ill in hospital, stated, and I quote "The Physio ladies were astounded at her progress and paid tribute to her past exercise with your group" end of quote. A wonderful testimony to the benefits of exercises of our Strong on Your Feet program.



Peel Branch

LiveLighter Aged Care Games

This was held at the Murray Aquatic and Leisure Centre on Tuesday 11th October 2022. It was a great day filled with laughter and fun with lots of bright coloured costumes worn by the participants. The event was opened by Robyn Clarke MLA, Member for Murray-Wellington who commented that it is such a great event for seniors in care and the Shire of Murray are happy to support the event.

Special thanks to the Shire of Murray and Alcoa who supported the LiveLighter Aged Care Games and continue to support our organisation which we are grateful for. Thank you also to the volunteers from our Branch, walking group and State Office who assisted on the day.

Grants

Several grants were obtained throughout the year, which have helped significantly.

Volunteers

I cannot thank my fellow Peel Branch committee members, instructors and all our volunteers enough, and attendees who have helped to make this 2022-23 the year it was. Several functions were held to recognise and sincerely thank our Peer Leaders and other volunteers. Thanks also must go to our CEO Dawn, Martin and Danni from HO for their help, advice and assistance throughout the year. I, and my Peel Committee, look forward to continuing Healthy Ageing through Activity programs for seniors within our Peel Regional areas.

Jan McGlinn OAM
SRCWA Peel Branch President



Rockingham Branch

SRCWA would like to sincerely thank Carole Overington for all her years of hard work on the many events and programs conducted on behalf of the SRCWA Rockingham Branch. Unfortunately due to ill health Carole has had to retire as President of the Branch.

LiveLighter Aged Care Games 2022

The games were held at the Baldivis Recreation Centre Thursday 25th August 2022. Teams took part in a range of games developed specifically for seniors. City of Rockingham Deputy Mayor Hayley Edwards welcomed all participants and officially opened the games open.



After hours of fierce competition, in first place was "Italian Village Fremantle", in second place "Indians" (Villa Dalmacia) and third place went to "The Oaks" (Brightwater).

The best presented team award went to the "Indians" (Villa Dalmacia) dressed as Red Indians. This year our oldest competitor, was 94 years young competitor Bosko Borkovic (Villa Dalmacia). The participants were treated to performance by Jim and Jenny's Country at the lunch break, thank you Jim and Jenny for a most enjoyable performance. SRCWA thanks and acknowledges the hard work by the SRCWA Rockingham Branch committee and volunteers, SRCWA State volunteers and staff and those who helped to make this event so enjoyable for the participants and such a great success.

Have a Go Day a LiveLighter Event 2023

The 2023 Rockingham Have a Go Day a LiveLighter Event was held on Wednesday 29th March was a successful event for seniors who were treated to a lovely day out. This was the 11th Rockingham Have a Go Day, a LiveLighter Event which was held at the Mike Barnette Sports Complex. More than 60 exhibitors and activities showcasing Seniors' Clubs, Groups, Agencies and Businesses from the area.

The Official Opening commenced at 10.00am with an introduction by SRCWA Executive Officer Dawn Yates, who introduced the Mayor of Rockingham Cr Deb Hamblin who officially opened the day. Activities and entertainment included, Swing n' Sway dance group, Ukulele Group, Indoor Bowls, Hart Sports Equipment, Quoits, Game of Bob, Seated Hover Soccer, Carpet Golf and Exergaming. Thanks to the SRCWA Rockingham Branch President Carole Overington and SRCWA Head Office, the day was enjoyed by all. The Lions Club of Rockingham provided a "Sausage Sizzle" on the day which complimented the free tea, coffee and bottled water on offer. Thank you to all the SRCWA volunteers and the local Clubs and Groups who's hard work was invaluable in making this a great event. Thank you also to Cockburn Party Hire who set up and packed down the event. Thank you to SRCWA photographers Martin Yates and Richard Dermody for capturing the event.

This event would not have been possible without the magnificent sponsorship of; City of Rockingham, LiveLighter Healthway, Have a Go News, Government of WA and Cockburn Party Hire.

Swing N Sway Dance Classes

This class is run regularly at Port Kennedy Community Centre and has proved very popular, with around 56 participants that take part in this activity weekly. We would like to thank the City of Rockingham for the continued funding to cover this program.

Pole Walking

Pole Walking continues to be very popular with groups meeting weekly at the "Village Green" and in Baldivis and once a month at different locations. All levels of walkers from distance walkers to people recovering from joint replacement surgery enjoy walking with the group. The walking poles are supportive and help with balance and stability. Rockingham City Council has provided suitable walking poles for those who don't have their own.

Thank you to all our dedicated volunteers from Rockingham Branch - Committee members and Activity Leaders, for their support throughout the year.

Wongan-Ballidu Branch

Servicing multiple districts, 2023 is the inaugural year of the Wongan-Ballidu branch of the Seniors Recreation Council, and what a year of turbulent ups and downs, learning and adventure. With the generous support of our local Shire Council we are currently housed in the Lesser Hall, with the hopes and dreams of relocating to our own dedicated facility.

In the meantime, we have furnished and made the hall our own with the support of the wider community. With Lift chairs, lounge chairs, a fish tank, coffee tables, and 8 large multi-use table, we have almost everything we desire to provide a comfortable environment for our services, support and activities.

We also have a book library, puzzles, games, jigsaws, chess, draughts and a coffee machine!

Along with those we were generously donated a complete brand new indoor bowls set complete with carpet, bowls, and side rails.

And now we regularly have bingo every fortnight, we're running seniors exercise classes, a low-cost luncheon once a week.

We have also hosted the Men's Shed morning Tea, which was a great success.

A big surprise was the outstanding success of fluid art, which proved popular with our members and continues to grow.

Fluid art is an expression of visual fluidity – as such anyone can do it, mess is an absolute requirement as well as having a little bit of fun.



Wongan-Ballidu Branch

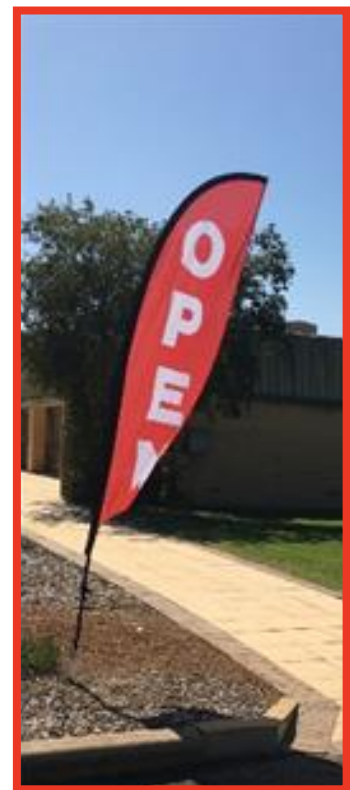
ROLL CALL of thanks

A lot of this success was due to our inaugural centre coordinator, Denise Ball-Hornblow who is retiring to go caravanning, and Irene Myring the original driving force behind the creation of the Seniors Centres here in Wongan. More thanks goes to the Council of Wongan-Ballidu for ongoing practical support, Shire CEO Stuart Taylor for his patience, understanding and compassion, Wongan Hills Progress Association for their belief and support, Kondut Sports Council for our Bowls set, IGA Wongan Hills, Hospital Auxiliary and the many many others that have contributed.

This inaugural year has been a busy one, with rapid progress, some setbacks, some frustrations and hope for the future. The next year should be even better, with plans for a dedicated facility, more activities and events as we begin to appreciate and understand just how important a Seniors Recreation Centre is to the entire district.



Figure 1 The Shire of Wongan-Ballidu



SRCWA Have a Go Day 2022, a LiveLighter Event

On Wednesday 9th November, Have a Go Day, a LiveLighter Event, was held in the beautiful grounds of Burswood Park celebrating its 30th Anniversary, it was an outstanding success. The weather on the day was perfect for the many thousands of participants who came along to enjoy the opportunity to get out and take part in activities and gather information from the many static displays in attendance. There was a definite atmosphere of celebration around the grounds with many participants congratulating the Have a Go Day committee members who had bright anniversary shirts identifying them at the event. Thank you to our major partner, Healthway, promoting the LiveLighter message.

Seniors Recreation Council of WA has an amazing Have a Go Day volunteer team who work tirelessly for 12 months and spend 3, 12 hour days putting together and presenting the event. Our thanks and appreciation goes to both past volunteers and the current team who through their dedication presented a professional and amazing event for and on behalf of WA's Seniors. The coordinating committee organise the layout & management of the event, the team were at the event from 6.00am on Monday, Tuesday and 5.00am on Wednesday to ensure a polished event. Other jobs included; coordination of different areas around the grounds, transport management - shuttle busses and parking, man and coordinate the hospitality tents and as it was a cooler day serving thousands of teas, coffees & bottled water, manage the set up and pack down of the event and so many much more.

SRCWA would also like to thank the many volunteers who came on board this year, volunteers from SRCWA, Dept of Local Government, Sport & Cultural Industries, Have a Go News, Wooroloo, Telstra, SRCWA Branches and general public who once again amaze us by assisting with the many jobs it takes to produce such a large event. SRCWA would also like to extend their gratitude and thanks to the large team of Trustees from Wooroloo Prison who attended on Tuesday to assist the coordinators with setting up the event and on Wednesday to assist where needed throughout the day and then in the afternoon to pack down the event. This year in addition to the team from Wooroloo a team of volunteers from Telstra also assisted Tuesday and Wednesday, Have a Go Day would not be possible without all the volunteers who assisted at the event.

We would like to pay homage to the founders and committees involved in this event; Brian French, Vicki Harwood, Denis Martin, Quentin Smythe, Hugh Rogers OAM, Marie Matthews, Phil Paddon, Dawn Yates and all the committee members over the 30 years both past and present that have added their suggestions and support in developing this event. We would like to make a special mention of Denis Martin who was on the original committee and is still a committee member today. SRCWA cannot express enough its gratitude to all those who have been a part of this event over the years. Wooroloo Trustees team have been an integral part of the set up and pack down for the past 10 years and their assistance with the event is invaluable. Around the grounds this year were large signs depicting photographs and Have a Go Day committee members from across the years.

SRCWA would like to thank Burswood Park Board for hosting the 30th Have a Go Day in the beautiful grounds of Burswood Park and for providing so much support in the lead up to and especially at the event, the grounds staff do an amazing job with the park and in supporting SRCWA.

Thank you to Crown Perth for providing sponsorship towards the event and also providing free parking in the high rise parking complex, the VIP morning tea and the first prize in the major prize draw for the day.



30th Anniversary in the beautiful grounds of Burswood Park

SRCWA Have a Go Day 2022, a LiveLighter Event

We would also like to thank our Media partners for their wonderful support and promotion of Have a Go Day; Have a Go News – our major media partner and supporter since Have a Go Day began, Channel 7, Home in WA, 882am 6PR & Curtin 100.1fm.

A big thank you to Lotterywest who once again supported Seniors' Recreation Council with a major grant for Have a Go Day and we also thank the Government of Western Australia for their ongoing support for Have a Go Day and also for the ongoing support of SRCWA in general.

The Official Welcome was MC'd by Steve Mills from 882am 6PR and it was an honour and pleasure to welcome our Premier the Hon Mark McGowan MLA to this year's Have a Go Day speaking at the official opening and also to the Hon Don Punch MLA who welcome everyone and compliment SRCWA on an amazing event and congratulated the organisation on its 30th Anniversary. A moving "Welcome to Country" was conducted by Mort Hansen who invited everyone to have a great day. The WA Police Pipe Band played the National Anthem and at the conclusion of the welcome the band escorted the Over Fifty Five Walking Assn and participants on the official walk.

The printed program which included contact phone numbers for most of the site holders at the event was sponsored by nbn which enabled the program to be larger and include photo's from across the years, nbn also provided free wifi at the event, thank you nbn for your support.

This year participants were encouraged to have a go at activities on the day which included; seated volleyball, walking football, canoeing, walking, riding on a Trishaw, Laser Pistol Shooting, Climbing Wall, Petanque, Croquet, Pickle Ball, Disc Golf, Metal Detecting, many forms of dancing, Yoga, breathing exercises, cooking demonstrations and competitions and much more. Everyone was treated to free tea, coffee and bottled water at the hospitality tents assisted by a large team of volunteers compliments of Have a Go News. The bottled water was supplemented by 3 large refill tanks.

There was a wide variety of information and display stalls for everyone to look at including clubs/groups, Model Boats, MG Car Club, Classic Speedway, Antique Bikes, collectable displays, gemstone display, many of the sites included information and give aways and so much more. Health checks were also available at different locations around the grounds.

The entertainment stage was Sponsored by Ingenia Gardens who also ran activities and gave away succulents throughout the day, thank you Ingenia Gardens for your support. I would like to thank Jim Drysdale for being our Entertainment MC for many years and who has passed the role to Karina Klass who did a great job as this years entertainment MC. The entertainment line up included: WA Classical Musical, Prime Movers, WA Bush Poets & Yarnspinners, WA Police Pipe Band, Klassworks Entertainment and Moira J Scott who entertained everyone throughout the day, culminating with the Major Prize Draw – participants all enjoyed the entertainment under shade in front of the main stage with many dancing and relaxing after visiting lots of sites and having a go at activities.

Thank you to Crown Perth, Kings Tours & Travel and Have a Go News, SOS Alert & Telstra for providing the wonderful prizes for the Major Prize Draw at Have a Go Day and Congratulations to all our prize winners.

SRCWA wishes to once again express a huge thank you to all our valued Sponsors, Partners & supporters who provide the means with which to make Have a Go Day, a LiveLighter Event, a success, they are: Burswood Park Board, Lotterywest, Crown Perth, Have a Go Newspaper, Government of Western Australia, LiveLighter Healthway, Channel 7, Channel Seven's Home in WA, 882AM 6PR, Ingenia Gardens, nbn, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, Telstra, SOS Alert, Classic Hire & Scarboro Toyota.



Add Life to Your Years Directory

A directory of Sport & Recreation Clubs/Groups for Over 50's

The "Add Life to Your Years" is a directory of Sport and Recreation for older adults containing the contact details of Seniors clubs/groups, Agencies and senior related information organisations'.

The current Edition of Add Life to Your Years is regularly updated, in the online directory.

The Add Life to Your Years online directory consists of 3 sections, Metro, Regional and State Sporting Associations. The Metro listings are divided into individual activity types while the Regional listings are listed in regional location sequence. This proved successful with people travelling throughout the State being able to access information specific to the region to which they are travelling.

With the increased number of clubs/groups requesting entry, the book is growing each year - clearly demonstrating the great need for a resource such as this.

The information regarding access to the directory "Add Life to Your Years" is distributed through public libraries, Local Government Agencies, Heart Foundation, Diabetes Associations, Seniors Card Office, DLGSC metro & regional offices. Through advertising in 'Have a Go' News many individuals have requested information to be mailed out.

The council is greatly appreciative of the past sponsorship from Lotterywest, the continuing support of Departments of the WA Government and Have a Go News, all of which helps to make the information in this directory available to Seniors across the State. The directory is very popular with the over 50's.



SRCWA TV

SRCWA commenced production of short video's featuring clubs and groups to assist them to promote their activity as well as instructional videos. Martin Yates visits a Club or Group who request his assistance in this manner and spends the morning or afternoon recording during the club meet time. Then the video is edited to produce the finished product which is uploaded to YouTube.

Moving into digital delivery of information about activities such as Pole Walking, Tech Bytes, Clubs and Groups was introduced during COVID and is continuing as an avenue to promote activities in a visual manner. This initiative was implemented as a pilot as a means for individuals to engage with clubs and groups. The videos are also available for the club or group to use to promote their activity and are freely available via a YouTube Channel.

The infrastructure to make this new program possible has been made available through Studio Twenty Six Photography and we appreciate their support.

LiveLighter Aged Care Games

The LiveLighter Aged Care Games were established to provide an opportunity for people in 'care' situations to experience team participation, social interaction and light competition in a facility which gives them the opportunity to take part in an organised event away from their own centre.

The participants are usually aged 60 to 100+, the oldest participant to date was 105 years old, they are dependent upon agency or carer support for care and any form of recreation or leisure activity. The teams go to a lot of trouble dressing up for the games in order to win the Best Dressed Team award. In the past teams have dressed up as hippies, Pink ladies, tigers, cowboys and cowgirls, construction workers, kings & queens, rabbits, cats, nuns & priests, clowns to name just a few of the variety of costumes used.

In August 2022 the 20th annual Metropolitan event was held at Belmont, we had 8 teams participating in the games making it an exciting and fun filled event with a lot of laughter and cheering. It was a pleasure to welcome Cr Robert Rossi, City of Belmont Deputy Mayor, to officially open the Games, Phil Paddon was MC for the day and Jim & Jenny sings country provided the a wonderful array of entertainment at the event.

The Joondalup LiveLighter Aged Care Games was the 19th event held in the Joondalup area and was held on Monday 5th September 2022 at Bouncer Sports Centre. Teams competed at the event with everyone having a wonderful time with lots of good competition. Emily Hamilton MLA, Member for Joondalup opened the games and Graham Bennett SRCWA Vice President was the MC throughout the day. Moira J Scott provided wonderful entertainment throughout the lunch break.

A major benefit of the LiveLighter Aged Care Games lies at the 'carers' level. Management, support workers and volunteers of the agency value the Aged Care games for some of the following reasons:

- Staff within the centres use the games activities; seated hockey, seated pass ball, beanbag toss & skittles as part of their daily therapy and recreational sessions.
- With their clients, they practice as a team to develop skills including throwing, standing, communicating and socialising.
- A sense of belonging is fostered through the making of 'team' attire ie: hats, shirts, banners etc,.
- The participants build a sense of anticipation as the event draws nearer and the carers are provided with a challenging project that meets the needs of daily and weekly activity sessions.

Number of Events Per Region Since the Inception of the Program	
15	Albany
12	Avon
3	Boddington
21	Bunbury
3	Greater Geraldton
10	Margaret River
39	Metropolitan (2 events per year)
18	Peel (Mandurah, Waroona, Pinjarra & Serpentine/Jarradale)
11	Rockingham

On the day of the event, at the official opening the National Anthem is sung and the games are opened by an invited official guest or SRCWA State President and the MC verbally acknowledges our naming rights partner LiveLighter Healthway and Sponsor Government of Western Australia thanking them for their much appreciated support.

At the end of the day the winners are announced with acknowledgement to our Sponsors, then participants are awarded Gold, Silver, Bronze and participation medals, trophies and plaques which highlight their achievements and these become treasured items.

LiveLighter Aged Care Games

Since the introduction of the Aged Care Games, Games in 2003 to end of June 2023, SRCWA has hosted 133 competitions in both metropolitan and regional areas and more than 186 care agencies have participated. Collectively over the years the competitions have seen over 25,388 participants involved with the Aged Care Games with 1020 participants taking part in the 2022/23 season.

The program reaches many people categorised as disabled but it also captures a number of groups who provide specifically for ethnic and aboriginal seniors.

The LiveLighter Aged Care Games provides seniors with the opportunity to enhance their social, emotional and physical wellbeing by being given the opportunity to come together with other seniors in one facility to enjoy companionship that would otherwise be restricted to the group they are constantly engaged with.

One of the major benefits to seniors in care is the opportunity to be involved in an event produced specifically for care facilities with the aim to engage seniors in care throughout the year in activities. The feedback from participants and care givers is very positive and reflects the success of the event in meeting the needs of seniors who attend.

Volunteers play a vital role in the presentation of these games, it would be impossible to provide the games without their support. The volunteers help set up the recreation centres with tables, chairs and playing fields, provide many cups of tea & coffee, assist the participants and carers to their designated areas then score and manage the games. The number of volunteers at each event can vary from 15 to 40 depending on the number of teams taking part. Volunteers come from a variety of sources; SRCWA, SRCWA Branches, Wooroloo Trustees, Alcoa, students – young and mature aged, walking groups, dance groups, regional clubs/groups, friends, family and general public. Without the amazing support from all our volunteers the LiveLighter Aged Care Games events would not happen. We especially thank the team of Trustees that come from Wooroloo Prison Farm for their amazing support with setting up and packing down the events they attend.

Local Government support is encouraged at every event as Ministers, City Mayors and Shire Presidents are invited to officially open events and/or present trophies at the conclusion of the games.



LiveLighter Seniors Activity/ Information Days

The LiveLighter Seniors Activity/Information Days give SRCWA the opportunity to invite Seniors to come to a recreation or seniors centre and take part in a variety of activities with a wide selection of static displays offering Senior specific information which encourages seniors to link with appropriate social networks, community services and government agencies.

The activity days were initially developed to encourage Aboriginal Seniors to come into recreation centres and take part in an organised activity/information day.

In 2022/23 the LiveLighter Seniors Activity Information days that were held saw an increase in the number of seniors attending those events. The organisations that attend appreciate the opportunity to discuss their products and services with the seniors. The provision of static displays has given the participants more confidence to discuss services that are available to them and organise appointments in a social setting.

As part of the LiveLighter Activity/Information days, participants are provided with morning tea and lunch to help ensure everyone has a good time.

Volunteers once again play a vital role in the presentation of the activity/information days, it would be impossible to provide these events without their support. Volunteers help set up the recreation centres , provide many cups of tea & coffee throughout the event, organize and/or assist with the provision of lunch. The volunteers come from a variety of sources; SRCWA, SRCWA Branches, Wooroloo Trustees, Department of Corrective Services Access Program, students – young and mature aged, walking groups, dance groups, regional clubs/groups and general public to all the volunteers, we owe a huge vote of thanks for your support.

Events in 2022/23 were held at: Belmont, Bunbury and Leederville with one unfortunately being postponed due to COVID but all events were very successful and popular.



LiveLighter Seniors Activity/ Information Days

Partners	Static Displays	Activities
City of Armadale	Advocare	Activity dice
City of Belmont	Alzheimer's WA	Air Soccer
City of Cockburn	Apia	Beanbag toss
City of Fremantle	Audio Clinic	Carpet bowls
City of Mandurah	Australian Hearing	Carpet golf
City of Melville	Breast Screen	Cup balls
City of Vincent	Clubs and Groups	Exercise dice
Cockburn Seniors Centre	Dept. of Commerce	Exergaming
Department of Local Govt., Sport & Cultural Industries	Enrich Living	Fit & Flexi program
Department of Communities	Health Navigator	Game of Bob
LiveLighter Healthway	Independent Living Centre	Health Checks
Shire of Mundaring	Kings Tours & Travel	Indoor Bocce
Shire of Northam	LiveLighter Healthway	Move & Groove
Shire of Wagin	Mens Shed WA	Outdoor activities
South Metro Health	Mercy Care	Pole walking
	NBN Co.	Quoits
	NSC Legal	Seated exercise
	Seniors Card Centre	Seated hockey
	Silver Chain	Shuttle ball
	Sonder Legal	Skittles
	South Metro Health Unit	Sticky darts & balls
	Southern Dist. Support Assn	Strong on Your Feet
	Stay on Your Feet	Table tennis
	Telstra	Warm up activities
	The Rise	
	Umbrella Multicultural Care	
	WA Community Health Svc	
	WA Retirement Village Assn	

Above is a list of SRCWA partners, static displays and activities involved in the LiveLighter Seniors Activity Information Day Program.

Since the Aboriginal Seniors Activity/Information day started in 2004, 3244 Aboriginal Seniors have taken part in the events. With the expansion of the program to include all over 50's the number of participants attending has grown to 11,798 by the end of June 2023. Participants are now joining clubs/groups in their areas which is a very positive outcome of this program.

The social, emotional and physical wellbeing of seniors is enhanced by this program specifically due to the opportunity they are given to come together and enjoy activities and socialisation throughout the event and the static displays provide a valuable link to senior specific agencies and clubs/groups.

The feedback from participants and site holders is always very positive and there are requests for the LiveLighter Activity Information days to be held more often.

Thank you to our naming rights partner LiveLighter Healthway for Sponsoring the LiveLighter Seniors Activity/ Information days and to Government of Western Australia, City of Belmont, City of Vincent and Have a Go News for their continued support of these events.

“Candy Land” Ball 2022

The SRCWA Annual Seniors Ball was a sell out once again with over 270 people in attendance at the 2022 “Candy Land Ball”. Our Special thanks go out to our sponsors, Have a Go News, Government of Western Australia and Studio Twenty Six Photography.

Before the event commenced, SRCWA State President Phil Paddon asked those who were able, to stand and observe a minutes silence to recognise the outstanding contribution and life of Queen Elizabeth II on her sad passing. It was very moving to have such a large gathering respectfully standing in silence as we all reflected on her life.



Our live dance music was presented by “Satin Doll Band”, Thank You! a perfect compilation of dance music once again which kept everyone active on the dance floor throughout the afternoon and also the line dancers who made good use of any available space in the ballroom.

During the afternoon tea break a floor show was performed by “Klassworks Entertainment”, a wonderful singing duo who also had the attendees dancing to their tunes including a Bollywood number, thank you so much.

SRCWA State President Phil Paddon welcomed everyone and introduced The Hon Don Punch MLA, Minister for Seniors and Ageing who addressed the audience and officially opened the event.

SRCWA thanks its hard working volunteers and staff who make these successful events possible. Thank you to Sarah, Kate and Danni for manning the Studio Twenty Six Photo booth with Martin & Richard our photographers, thank you!

Thank you to the Crown Perth event manager and staff who looked after everyone throughout the afternoon, nothing was too much trouble and everyone had a really great time.

Thank you also to Have a Go News for providing spot & raffle prizes along with Crown Perth for donating a gift card for the door prize also Lazer Blaze who provided the confectionary on the tables at the ball. Everyone who won the prizes were very excited to have received their prize and the confectionery was enjoyed by everyone.

Our Special thanks go out to our sponsors Have a Go News, Government of Western Australia and Studio Twenty Six Photography.



Pole Walking

Since SRCWA launched Pole Walking in April 2006 there have been 971 presentations to an audience/participants of over 13,555 Seniors.

Presentations have been held at Senior Centres, Clubs, Activity days, Multicultural Groups, Have a Go Days, Probus Clubs, Retirement villages & at the SRCWA Office for individuals. The areas visited include Armadale, Bremer Bay, Burswood, Bunbury, Cambridge, Coorow, Fremantle, Gosnells, Leederville, Mandurah, Melville, Mundaring, Northam, Peel, Pinjarra, Rockingham, Scarborough, Serpentine Jarrahdale, Stirling, Swanview and many others.

Pole Walking demonstration consist of a verbal presentation on the benefits of Pole Walking, using interpreters where necessary, including how beneficial this activity is to promote a healthy lifestyle and encourages socialisation which also improves emotional and physical wellbeing.

Due to COVID-19 some group walks were cancelled however Pole Walking continued to be very popular with increased requests for demonstrations. SRCWA has developed a Pole Walking instructional video which is available on the SRCWA web site. There has been very positive feedback regarding the pole walking video and many who come in for a demonstration and to try the activity have already seen the video and said it encouraged them to contact SRCWA to take up pole walking.

The practical demonstration includes an explanation on setting up the poles to the correct height and on the correct use of the poles to gain the best results.

Then, as a group or individually, the participants are given the opportunity to try pole walking.

If participants wish to purchase their own set of poles they are able to do so at the demonstration or by contacting the SRCWA office.

Seniors of Western Australia are taking up Pole Walking in increasing numbers and since SRCWA introduced it 2912 seniors have taken up the exercise. The Rockingham Branch Pole Walking group regularly has 22 to 28 people walking every Tuesday and a second group has be introduced in Baldivis on Wednesdays with 15 to 20 people Pole Walking each week, in addition to these groups once a month there is a special come and try day which attracts around 20 people. Geraldton Branch has a Pole Walking group meeting at the QE11 centre each week at which 18 to 20 people regularly walk. The benefits that have been reported to SRCWA are the participants have a greater ability to exercise and are enjoying the outdoors and also the socialisation with the other members of the group. There are also groups of Pole Walkers that use the Armadale Visitors Centre as a base and meet a couple of times a week. A group in Kelmscott have a regular weekly walking group of between 8 to 10 members. During the year in partnership with the Town of Cambridge and the Cambridge Seniors Centre a group of around 15 seniors took up Pole Walking. SRCWA provided the initial group training session and also trained Pole Walking leaders specifically for this group. The group meets weekly and sometimes twice a week and are enjoying this outdoor exercise.



Pole Walking is the use of a specially designed set of walking poles to assist and further enhance everyday walking, for both fun and fitness. Pole Walking has now been integrated into everyday life, a fun and functional way to exercise, practiced the world over. Pole Walking is considered the Best All In One workout in the world. Pole Walking also burns 20% more calories than walking without poles so it supports the LiveLighter message.

Healthy Lifestyles Events—“Maximise your quality of Life”

The Healthy Lifestyles Events have been developed to deliver a scaled down version of the Activity/Information day events to Lifestyle Villages, Retirement Villages and senior centres that wish to expose their members/clients to an event that delivers informative presentations, activities and services specific to their needs. The events include morning tea and/or healthy lunch with the opportunity to try a range of activities and listen to senior specific presentations.

SRCWA in partnership with Dept of Local Government Sport & Cultural Industries and Fairway Villages held its first Healthy Lifestyles Event – “Maximise your quality of Life” at Fairway the Green in Gnangara.

The event was well attended and enjoyed by participants, static displays & organisers.

The event was held at Fairway the Green Community Centre and it was the perfect venue for this event.

Presentations at the event were delivered by SRCWA’s Tech Savvy manager Martin Yates on Scams and Shaan Brems from Injury Matters on Community Connect, E Learning and Falls Prevention. Both presenters were very well received and complimented on their presentations especially as it related to the target audience.

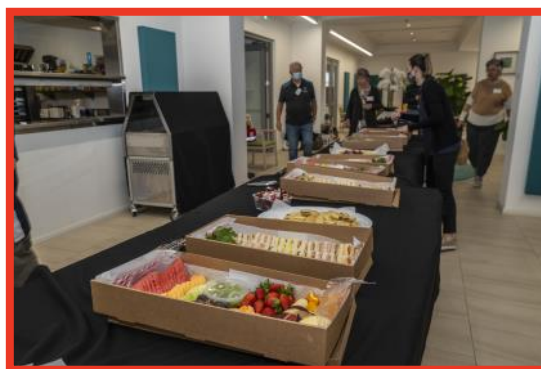
The Static Displays at the event were:- Consumer Protection, COTAWA, WA Seniors Card, G&P Medical, Guardian Safety Pendants, Hearing Australia, Injury Matters, Innogreen Technologies, LiveLighter Healthway, Occupational Therapy Services Group, SRCWA & WA Cervical Cancer Prevention Program.

The participants enjoyed trying out a range of activities at the event these were, Pole Walking which was very popular, seated hockey, exergaming, mini table tennis, carpet golf, indoor darts, bean bag toss and more. As the participants were taking part in the activities there was a lot of laughter, fun and discussion on each activity.

The morning commenced with morning tea and concluded with a delicious lunch of sandwiches, hot food and fruit platters which were very well received.

Thank you to Graham Bennett SRCWA’s Vice President and his wife Helena and the team of volunteers from the Green for setting up the venue and packing it down at the end of the event. Thank you also to SRCWA’s volunteers and staff for setting up the activities and enabling this event to take place.

SRCWA is appreciative of the magnificent support from DLGSC, LiveLighter Healthway, Fairway the Green and all the volunteers for this wonderful event.



Healthy Lifestyles Events—Maximise your quality of Life

Healthy Lifestyles Event – Experience the Southwest Through Food.

70 enthusiastic seniors were treated to “A Taste of the Southwest Through Food” at our Healthy Lifestyles event held on 15th August 2022 at the Vincent Community Centre in Leederville. SRCWA partnered with the Southern Forests Food Council and the City of Vincent to showcase the produce and activities on offer for seniors in the southwest of our amazing state. The aim of this event was to encourage seniors to venture out, eat healthy and get some activity into their daily routine.



Our event was opened by SRCWA State President Phil Paddon who introduced Leah Vagel from The Southern Forests Food Council who shared a short video, this was followed by a presentation by Danni from SRCWA on Pole Walking its benefits and technique. Leah Vagel then provided a cooking demonstration using fresh produce from the Southwest region.

The event was supported by;

Jen Merigan – Have a Go News Western Australia’s premier seniors lifestyle magazine who provided newspapers and promotion of the event.

Annette Porter – “Travel with Me” who provides a tour service in the Southern Forests region.

Katie Stevens – “Trails WA” who make it simple for all types of trail users to find and experience all types of trails, safely and sustainably.

Feedback from the event has been extremely positive with people commenting on the high quality of the presentations, speakers and amazing food on offer.

SRCWA thanks its valued staff member Danni McMahon, amazing team of volunteers and Leah who stepped up to present this event after key personnel were unable to attend due to COVID. SRCWA also thanks our event partners the Southern Forests Food Council, City of Vincent and Department of Local Government, Sport and Cultural Industries who made this outstanding event possible.



Camp Quararup Report

The Annual Seniors Camp at Quararup in Albany was held on Monday 30th January 2023 to Friday 4th February 2023. A group of 20 campers, some long timers, some newbies and some in between had a great week.

During the camp participants took part in numerous activities such as bush walks, archery, canoeing, craft, line dancing, low impact exercise, defibrillator instruction and revision (some of the campers have taken the skill they learned and passed that knowledge on to others), table tennis, exercise programs, a movie night and a camp concert. Wednesday's excursion started with a visit to the Gap, morning tea at Whale World, lunch at Middleton Beach followed by the shopping down York street in Albany. The quiz night questions produced some very exciting conversation.

The theme for this year's dress up night was peoples choice and the variety was wide spread and it made for an enjoyable night, A 3 way tie between Red Riding Hood, Op Shop Polly and Carmen Meranda.

SRCWA would like to thank camp Coordinator Eileen Stark and her group of dedicated volunteers and helpers, also thank you to the Camp staff for all their hard work in making the SRCWA Camp Quararup an event many look forward to annually and a great success. Thank you to Southern Bus Charters for providing excellent service.



SRCWA State Over 60's Mixed Pairs Lawn Bowls

Seventy two teams took part in the 2023 Seniors Recreation Council State Over 60's Mixed Pairs Lawn Bowls tournament.

The games were held at various clubs throughout the Perth Metropolitan area and the tournament culminated with the finals played at the Leeming Bowling Club on Thursday 6th April 2023.

The semi-finals and final were very competitive games with close scoring ends played in ideal weather conditions at the beautiful Leeming Bowling Club venue.

Congratulations to Jenny Bruce (Busselton) and John Goddard (Osborne Park) who won Thursday's final over Julie Savell (Osborne Park) and Daryl Radford (Kardinya). Semi- Finalists on the day were: Debbie & Graeme Smith and Irene Kozak and Graham Miller. SRCWA acknowledges Bowls WA President Doug Kelly, Bowls WA Staff and all those involved for running a great event. SRCWA Executive Officer, Dawn Yates & Martin Yates attended the final with Dawn presenting the trophy, medals and prizes to the winning teams.



Tech Savvy Seniors

Seniors Recreation Council of WA Inc. (SRCWA), Tech Savvy Seniors (TSS) "Introduction to Technology" course, aims to gently introduce seniors to the benefits of modern technology.

Computers and electronic devices are an integral part of our society and in some cases lack of knowledge can lead to social isolation and a lack of mental stimulation. The TSS course generally runs for 2 hours per session one day a week over 6 weeks at a group's venue.

Throughout the 2022-2023 financial year the program has built on the previous year's milestones and demand still runs high. Due to COVID-19 some of the course availability had to be cancelled.

Support

Support of the program has been invaluable in expanding the reach to a greater number of seniors throughout the Western Australian Metropolitan area. SRCWA Acknowledges and thanks The Government of Western Australia, The Department of Local Government, Sport and Cultural Industries, Department of Communities, LiveLighter Heathway, Telstra and nbn in helping to make the Tech Savvy Seniors program the great success it has become. Please accept our thanks for your continuing support.

Tech Savvy Seniors Affiliate Centres

We have 3 stand-alone centres in metro and regional areas each having a volunteer delivering Tech Savvy Seniors material. The areas are Carnarvon, Northampton and SRCWA TSS branch at Kojonup. Sue Bilney continued to support the SRCWA TSS program in Kojonup at the start of the 2022/2023 year. All was running very well with support being given to the local Be Connected Network provider, refurbished laptops allocated to Sue at TSS Kojonup allowed for support and training to be supplied in the local area. Sue is heavily involved with the Kojonup Historical Society and provides support and training for the local community on how to research and catalogue items of personal or local historical significance. Thank you Sue for all your dedication and hard work in furthering the reach of the TSS program in Kojonup and surrounding areas. Computers and resources were also made available for a group in Carnarvon who are now using the TSS model to deliver services to the local Carnarvon community.

Digital Photography Workshops and Photo Walks

During the year four "Seniors Photo Walks Meetups" were facilitated at Lake Gwelup, South Perth Foreshore, Burswood Park and North Beach.

A small group of over 55's attended an evening photography support group for novice photography enthusiasts on Thursday nights. The evenings include taking photographs and post processing of digital files and fellowship and continues to be a regular occurrence.



North Beach Seascape



Lake Gwelup Rainbow Bee Eater

Tech Savvy Seniors

Be Connected—Get Online Week Seniors Tech Expo

The SRCWA Be Connected Get Online Week Seniors Tech Expo, now in its fifth year, is part of the world-wide “Get on Line Week” movement 17th -23rd October 2022.

At this year’s Expo we partnered with The City of Vincent who provided the venue, The Vincent Community Centre, in Leederville Western Australia.

Through the Good Things Foundation, we were fortunate enough to secure a Be Connected Grant, which enables SRCWA to once again run a very successful event.

SRCWA Executive Officer Dawn Yates officially opened the Expo, which included an introduction to each of the exhibitors. Exhibitors gave a short presentation on their products and services and explained how they can be of help to seniors in their day-to-day life. Our guest speaker for the event was the inaugural Seniors Card WA “Golden Lens Competition” winner Richard Goodwin. Richard shared how his love of photography had helped him in his retirement keeping him active and connected using photographic technology. Richards’ talk encouraged retirees to “Try One Thing” and consider photography as a creative hobby. His talk was very informative and he shared a few tips on how to produce winning pictures and improve their images of family and friends. Richard was then followed by Carlos from Camera Electronic who shared the latest instamatic cameras and printers, small drones and a gimble for mobile phones. Thank you Richard and Carlos for enlightening presentations. There was a record 12 exhibitors on hand this year to provide help and advice to those in attendance, they included:

- Innogreen Technologies – Technologies for end-to-end smart home solutions as well as training and support with the goal of improving quality of life and technological inclusiveness.
- Injury Matters – Online resources to “Stay on Your Feet” and Online Community Connect Program
- Guardian Safety Pendants – Latest personal alarms which enable may seniors to remain home longer and gives family piece of mind.
- ANZ Bank – Digital literacy support for online banking and account management.
- City of Vincent Library – using the Be Connected Network Free Digital literacy lessons.
- Camera Electronic – Cameras, accessories, and options for seniors, how to digitise old photos and share them.
- nbn Australia – What is the state of the internet infrastructure at your address what are the options and how to access one on one digital literacy support.
- Consumer Protection – Advice on staying safe online and what to do if you are involved in a scam.
- Live Up – a free healthy ageing online platform to help older Australians stay independent for longer.
- SRCWA Cricut – How technology can be used for crafting.
- WA Seniors Card – the Safety and Security Rebate. Technology to help keep you safe at home and how to enter the Golden Lens Competition.
- Be Connected Network Partner SRCWA TSS – log on and learn more about using the Be Connected free learning resources or find a Be Connected Partner near their home.



Tech Savvy Seniors

On exploring, the benefits of getting online participants received an entry into the draw to win a \$100 gift card. The winner Jeannette was very appreciative of her prize and had visited the ANZ Bank stand where she was able to set up a secure digital wallet on her phone. Our second prize a Camera Electronic Store Card won by Bev who visited the Consumer Protection site and learned how to spot a SCAM and stay safe online.

Participants enjoyed a healthy and delicious lunch as well as tea coffee and water at the event, thank you to Arian at Innogreen for your contribution towards the catering.

Our grateful thanks go to the organisations and government departments who supported this event, which helped to introduce the participants to the wonders of being online and encouraged them to "Try One Thing". A big thank you to the SRCWA staff and volunteers who worked very hard to facilitate this event, thank you to Richard Dermody for the photographs.



Seniors Card WA "Golden Lens Competition" winner Richard Goodwin. Richard shares how his love of photography has helped him during his retirement.

SCAMS Workshops

Due to the prevalence of SCAMS targeting older citizens, "SCAMS" workshops continue to be delivered in partnership with the Consumer Protection - Department of Mines, Industry Regulation and Safety who provided a speaker and information on scams. Throughout the year there were six "SCAMS" workshops facilitated in metropolitan areas and as far south as the Peel Region, generally sessions attract more than 50 individuals. The seniors who attended all of the SRCWA TSS Scams sessions are very appreciative of the opportunity to find out ways of protecting themselves when using technology as well as from other direct scams. Our main objective is to instill "a healthy level of skepticism" empowering seniors to make informed decisions about their personal affairs in the digital age. Thank you to the Community Education Team, Community Engagement and Regional Services, Consumer Protection, Department of Mines, Industry Regulation and Safety WA team members who presented throughout the year, your contribution has been invaluable in helping to educate and protect seniors throughout Western Australia.

Tech Savvy Seniors

Serpentine Jarrahdale Healthy Lifestyles and Tech Savvy Seniors Event Friday 23rd June 2023

A big thank you to the Shire of Serpentine Jarrahdale, LiveLighter Healthway, Have a Go News, Telstra and Government of Western Australia for partnering with SRCWA to present a Healthy Lifestyles and Tech Savvy Seniors event to the Serpentine-Jarrahdale local area. The day was enjoyed by all those in attendance with static displays from WA Seniors Card, Guardian Safety Pendants, Audika Australia, LiveUp, G&P Medical, COTA Western Australia nbn Australia, Serpentine Jarrahdale CRC, Apia, Australian Government Department of Health and Aged Care, Telstra, Seniors Recreation Council of WA Inc, Live_LighterHealthway. Serpentine Jarrahdale Keep Fit group had seniors joining in to a fitness class.

Informative presentations were made by:

- Martin from SRCWA Tech Savvy Seniors – Video Door Bells,
- Ashley from nbn on the current status of the infrastructure and SCAMS
- Eva from Telstra on 3g services turning off in 2024 and their new report an SMS SCAM Number “7226” where SCAM SMS messages can be forward to be blocked on a national basis.



Eva representing Telstra and Ashley representing nbn co both presented insightful and interesting content for seniors at the event.

SRCWA Volunteers & Mentors

A big thank you to the many SRCWA Accredited Volunteers, Mentors and other volunteers. You all work tirelessly throughout the year donating your time and expertise to enable programs organised by SRCWA to be executed to such a professional standard.

SRCWA is an organisation which cannot survive without this support, we are constantly reminded, when in conversation with other organisations that don't have such a strong support base, that SRCWA is very blessed to have such a dedicated team willing to work for and on behalf of WA Seniors.

SRCWA Sponsors &, Supporters

None of the Programs/Activities/Services carried out by Seniors Recreation Council of WA would be possible without the support, both financial and 'In Kind' from our Sponsors, Partners and Supporters:

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