



# Seniors Recreation Council of WA Inc.

## THE ACTIVE AGE

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SENIORS HEALTHY AGEING THROUGH ACTIVITY



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MAKE HEALTHY YOUR NEW HABIT



# SRC JOTTINGS

The Avon LiveLighter Aged Care Games took place on 13th February 2025 at the Northam Recreation & Aquatic Centre, bringing together teams of seniors from the Avon region, along with their carers and volunteers, for a fun-filled day of friendly competition. Everyone came dressed in their team colours or

themes, ready to enjoy exciting games like seated hockey, seated pass ball, bean bag toss, and skittles. The energy was high, and there were plenty of laughs as everyone got into the spirit of the games.

Lachlan Hunter was there to open the event, offering his congratulations to SRCWA and encouraging all teams to enjoy themselves and let the best team win.

Colin Steer, the SRCWA State President, MC'd the event and explained the game rules to volunteers, ensuring everything ran smoothly. The day couldn't have gone ahead without the amazing help from volunteers from SRCWA's Avon Branch, SRCWA Perth, and especially the trustees from Wooroloo, who all worked hard to support the teams, set up the tables and chairs and playing fields, score the games, and pack up at the end of the day. SRCWA also appreciated the wonderful staff at the Northam Recreation Centre for their support.

Before and during the lunch break, Kevin Bennett provided entertainment, getting everyone involved in sing-alongs and setting a lively mood for the day.

A lovely, healthy lunch of sandwiches, fruit, and muffins was provided by SRCWA's Avon Branch.

The Goomalling Girls – Twilight Seniors' Club were the big winners, claiming the Perpetual Trophy and Gold Medals. The Moora Challengers – Moora Aged Care came in second with a plaque and silver medals, and the Narembeenies – Narembeen CRC were third with a plaque and Bronze medals, all other participants received a participation medal, many competitors proudly display their medals for everyone to see, some even bring previous medals to the games.

The Best Dressed Team Plaque went to the York All Stars teams, who brought the fun with their "Mighty Ducks" theme, complete with their colourful mascot, Sir Quack a Lot.

It was an amazing day filled with fun, laughter, and memories that everyone will cherish!

A big thank you to all the volunteers who helped make the LiveLighter Aged Care Games a success! We truly couldn't have done it without your support. A special shout-out to the Department of Justice, Wooroloo volunteers for their extra effort in making the event possible.

We also want to express our heartfelt gratitude to our partner, LiveLighter Healthway, as well as the Shire of Northam and the Government of Western Australia for their generous support.

# UPCOMING EVENTS

JULY  
2025

- 9 - LiveLighter Activity Information Day
- 17 - Healthy Lifestyle Events/Tech Savvy Seniors - Floreat

AUGUST  
2025

- 7 - LiveLighter Aged Care Games - Belmont
- 21 - LiveLighter Aged Care Games - Rockingham

SEPTEMBER  
2025

- 1 - LiveLighter Aged Care Games - Joondalup

OCTOBER  
2025

- 7 - LiveLighter Aged Care Games - Pinjarra
- 17 - Tech Savvy Seniors Tech Expo - Leederville

NOVEMBER  
2025

- 12 - Have A Go Day, Burswood Park
- 27 - LiveLighter Aged Care Games - Albany



# HEALTH & WELLNESS

## Take Care, Feel Better

- **Stay Active:** Gentle exercises like walking, stretching, or tai chi can boost energy and balance.
- **Eat Well:** Aim for colourful fruits, veggies, and plenty of water. Small changes can make a big difference.
- **Mental Wellbeing:** Take time for relaxation, connection, and hobbies that bring joy. Don't hesitate to talk to someone if you're feeling low.
- **Regular Check-ups:** Keep up with health screenings and medications - prevention is key!

## SMART TIPS FOR SENIORS

- **Check Your Entitlements:** Are you receiving all the benefits you're eligible for? Visit [servicesaustralia.gov.au](https://servicesaustralia.gov.au) to review your pension, concessions, and rebates.
- **Energy Bill Help:** Ask your provider about senior discounts or hardship plans. Government energy rebates may also apply.
- **Watch Out for Scams:** Scammers often target older Australians. Never share your personal or banking details over the phone or email. Visit [scamwatch.gov.au](https://scamwatch.gov.au) for alerts.

## TECHNOLOGY TIPS

### Making Tech Easier for You

- **Avoid Password Stress:** Use a notebook to safely record passwords or try a password manager like LastPass.
- **Free Video Calls:** Stay connected with family using apps like Zoom, WhatsApp, or FaceTime.
- **Voice Assistants:** Devices like Google Home or Alexa can help you set reminders, play music, or check the weather-just by asking!
- **Learn at Your Pace:** Visit [beconnected.esafety.gov.au](https://beconnected.esafety.gov.au) for free lessons made especially for older Australians.

## LIFELONG LEARNING

### Keep Your Mind Active

- **Learn Something New:** Explore topics from art to history with free courses on OpenLearn or Coursera.
- **Join a Local Class:** Many community centres offer seniors-friendly classes in languages, crafts, or computing.
- **Read & Reflect:** Visit your local library or download eBooks with the Libby app - free with your library card.
- **Stay Curious:** Keep a “learning list” of things you’ve always wanted to explore and tick off one each month!

## SUPPORT SERVICES

### Help When You Need It

*You're not alone—there's support available in many areas of life.*

- **My Aged Care: 1800 200 422** – Help with home care, respite, and aged services.
- **Beyond Blue: 1300 22 4636** – Free mental health support and a listening ear.
- **Red Cross Telecross:** Daily check-in calls for those living alone – 1300 885 698.
- **Financial Counselling: National Debt Helpline** – 1800 007 007 for free advice.
- **Local Council Services:** Transport, meals, and social programs—check with your local shire or city council.

## OUR SPONSORS

Seniors Recreation Council of WA Inc gratefully acknowledges the contributions made by all our sponsors. The continuation and expansion of programs run by Seniors Recreation Council of WA Inc would not be possible without their generous support.



Supported by





# OUR EVENTS

## LiveLighter Seniors Activity Day - Leederville 2005

On Friday, 16th May 2025, around 70 enthusiastic seniors came together for the LiveLighter Seniors Activity & Information Day, proudly sponsored by our naming rights partner LiveLighter Healthway and organised by SRCWA in partnership with the City of Vincent.

This vibrant event brought together a fantastic mix of organisations offering helpful information and services through engaging displays. A big thank you to all the wonderful groups who took part: Advocare, ANZ Bank, Audika, Auscare Group, City of Vincent, Consumer Protection WA, COTA WA, Department of Transport, Dept of Health and Aged Care, Diabetes WA, Injury Matters, Innogreen, Meningitis Centre Australia, MindSpot GP, Rapport Holistic Home Care, SRCWA LiveLighter, Stroke Foundation, Uniting WA Financial Wellbeing Services - your support made a big difference!

But it wasn't just about information, there was plenty of fun and activity too! Our lively group of seniors got moving with Pole Walking, Seated Hockey, Soft Archery, Seniors Movement Exercises (thanks to Onyx Movement), and Air Soccer, just to name a few. It was wonderful to see everyone getting involved and trying something new.





After a morning full of action and learning, participants enjoyed a delicious and healthy lunch featuring sandwiches, hot food, fresh fruit, and cake.

A heartfelt thank you to the City of Vincent and our amazing SRCWA volunteers for all your hard work in making the day such a success.

This event was proudly sponsored by our naming rights partner, LiveLighter Healthway, with support from the City of Vincent and the Government of Western Australia.

And remember the LiveLighter message:

**“Make Healthy Your New Habit to LiveLighter!”**



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