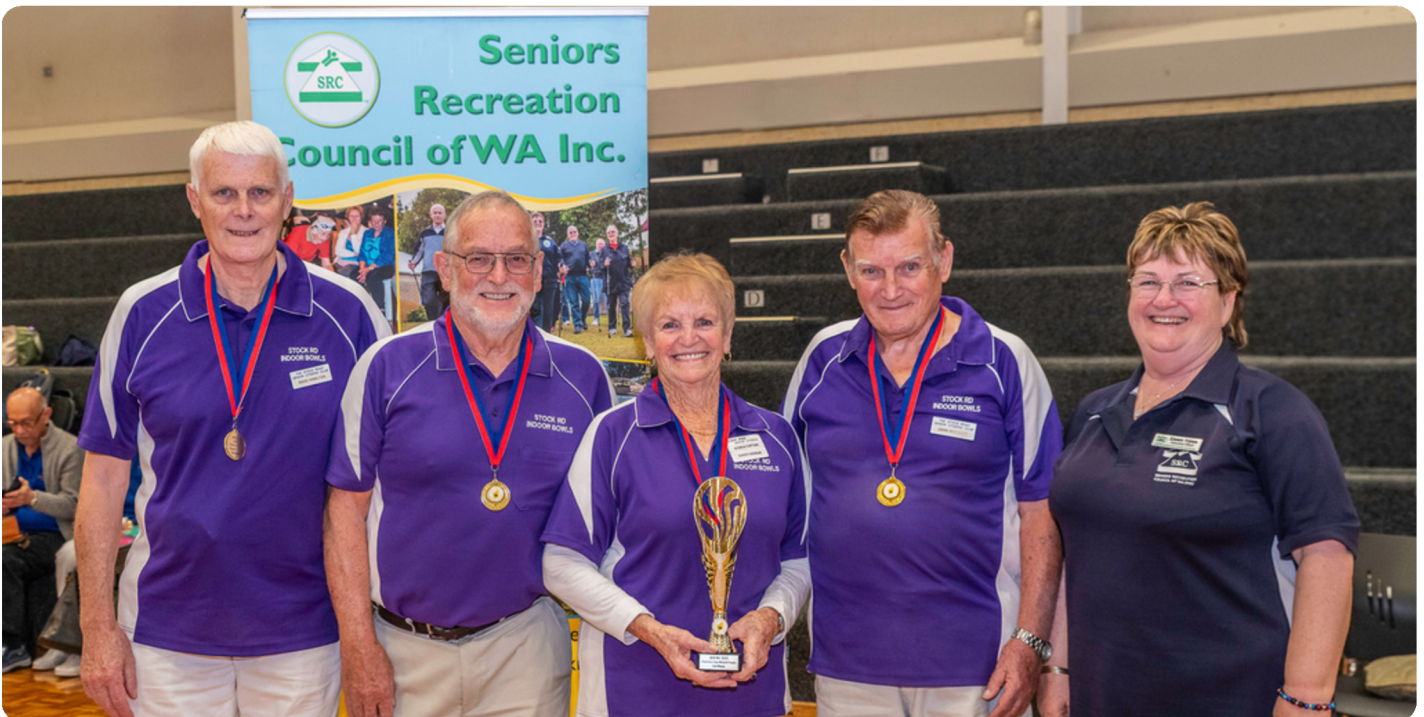




Seniors Recreation Council of WA Inc.

THE ACTIVE AGE

Volume 2025 | Issue 002 | JULY 2025



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MAKE HEALTHY YOUR NEW HABIT



SRC JOTTINGS

Healthy Lifestyles Tech Savvy Seniors Serpentine Jarrahdale Friday 28th February 2025

The day commenced with Seniors arriving at the Kingia Function Centre at Serpentine Jarrahdale Community Recreation Centre in Byford. Participants had the opportunity to visit static

displays and discuss any queries and issues with those in attendance, the event was opened by Colin Steer, SRCWA State President. The Serpentine Jarrahdale Zumba Gold and Keep Fit groups came along and demonstrated their classes and invited participants to take part, this was enjoyed by everyone. This was followed by a healthy morning tea and then informative presentations were made by Martin from SRCWA Tech Savvy Seniors on Artificial Intelligence and Justine Esmonde, Community Engagement Specialist at nbn local – South East WA, delivered an enlightening and engaging talk on connectivity and the various methods of accessing the internet, both presentations were very well received.

Static Displays in attendance were Advocare, Baptist Care – Graceford, Consumer Protection, Council on the Ageing, Dept. of Health & Aged Care, Diabetes WA, Elder Rights WA/Legal Aid, Energy Ahead, HALO Home & Lifestyle Options, Injury Matters, Mercy Care, NBN co , Rockingham Kwinana Mobility, SRCWA/LiveLighter, Shire of Serpentine Jarrahdale, SJ Community Recreation Centre Zumba Gold & Keep Fit, SJ Community Resource Centre & Switch Your Thinking.

Participants also enjoyed trying activities eg; Pole Walking, Hover Soccer, indoor archery, bean bag toss, cup and ball toss, shuffle ball and sticky darts.

A big thankyou to the Shire of Serpentine Jarrahdale, LiveLighter Healthway, Have a Go News, Telstra and Government of WA for their support of this event. Thank you to all the staff and volunteers who worked tirelessly to ensure the Healthy Lifestyles and Tech Savvy Seniors event was a great success.

Pole Walking City of Vincent

On March 6th, 2025, SRCWA had the pleasure of welcoming a fantastic group of seniors to try pole walking in the beautiful City of Vincent. The City of Vincent Community Development team teamed up with SRCWA to host a fun ‘come and try’ morning in the picturesque Hyde Park. Even with the hot weather, nine enthusiastic seniors joined the first session and had a wonderful time! After the activity, everyone enjoyed a light and healthy morning tea, kindly provided by the City of Vincent. For more information, feel free to reach out to the City of Vincent Community Development Team at 9273 6000

LiveLighter Seniors Activity Information Day – Bunbury 2025

On Friday, 21st March, the SRCWA Bunbury Branch hosted a successful LiveLighter Seniors Activity/Information Day at the Southwest Sports Centre, made possible thanks to the a grant from the City of Bunbury and our naming rights partner LiveLighter Healthway. Around 400 enthusiastic and active seniors attended, enjoying a variety of engaging activities and visiting over 40 static displays that offered valuable information and services to the community.

The event was officially opened by Deputy Mayor Tresslyn Smith, who expressed her delight at seeing so many people in attendance. She encouraged everyone to take full advantage of the wide range of offerings available throughout the day. Colin Steer, SRCWA State President, also welcomed attendees and took a moment to acknowledge the generous sponsors who made the event possible. A special thank you was extended to Cliff Reeve, the MC for the day, who did an excellent job of roving through the venue, engaging with both display representatives and attendees. His energy and enthusiasm helped to keep the event lively and interactive.

The static displays featured an impressive lineup of organisations and services, including ACB-Adult Classical Ballet, Advocare, Aged Care Agencies, COB Green Waste, Lions Hearing Van, CWA (Country Women's Association), Dept of Transport, Northern Suburbs Community Legal, Injury Matter, SEDA College, SWAMS, SRCWA, LiveLighter Healthway and a Wildlife Display among many others. These organisations provide valuable information and resources that support the health and well-being of seniors in the community.

Throughout the day, attendees had the opportunity to participate in a variety of activities designed to promote physical fitness and fun. Some of the highlights included indoor archery, hover soccer, shuffle ball, pole walking, seniors ballet exercise classes, and walking football. It was wonderful to see so many seniors embracing the chance to try something new, with everyone encouraged to “Have a Go” and get active. The energy and excitement were palpable, and the smiles on the faces of those taking part made the day even more memorable.

A heartfelt thank you goes out to Barbara Fleay, SRCWA Bunbury Branch President, the entire committee, and the dedicated volunteers who worked tirelessly to ensure the event's success. We also appreciate the support from State Office volunteers and staff, whose contributions were essential in making this day possible.

The event could not have been held without the generous sponsorship of City of Bunbury, LiveLighter Healthway, Harcourts APG, Barr and Standley Real Estate, Government of WA, and Have a Go News. Their commitment to supporting this initiative helped make the day a true celebration of seniors' health, activity, and well-being.

It was a truly fantastic day, showcasing the power of community collaboration and the importance of promoting an active lifestyle for seniors. Everyone who attended left with a smile and a sense of accomplishment, having enjoyed both the information and the fun activities on offer.

UPCOMING EVENTS

JULY
2025

- 17 - Healthy Lifestyle Events/Tech Savvy Seniors - Floreat

AUGUST
2025

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

SEPTEMBER
2025

- 3 - LiveLighter Aged Care Games - Madeley

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

Self Care

- **Protect Your Skin:** Use sunscreen daily and stay hydrated.
- **Get Regular Check-ups:** Early detection is key to preventing many health issues.
- **Avoid Smoking & Limit Alcohol:** Both have long-term negative effects on health.
- **Stay Socially Connected:** Positive relationships support both mental and physical health.

SMART TIPS FOR SENIORS

TECHNOLOGY TIPS

Daily self care and independence

- **Use Tools That Help :** Walking aids, magnifying glasses, or easy-grip utensils can support independence.
- **Stay Mentally Engaged**
Volunteer, join clubs or attend workshops to feel purposeful and engaged.
- **Monitor Mood Changes:** Don't ignore prolonged sadness or anxiety ... mental health matters at every age.
- **Stick to a Sleep Routine:** Go to bed and wake up at the same time daily. Limit naps to avoid nighttime disruption.
- **Create a Sleep-Friendly Environment:** Cool, quiet, and dark room; limit caffeine and screens before bedtime.

Making Tech Easier for You

- **Don't Open Suspicious Emails:** If you don't recognize the sender, don't click any links or attachments.
- **Set Reminders:** Use calendar or alarm apps for medications, appointments, and bill payments.
- **Watch for Scams:** Never give personal info over email, phone, or text unless you're 100% sure it's legit.
- Be cautious of pop-ups or messages saying "Your device is infected" - they're often fake.
- **Enlarge Text & Icons:** In your phone settings, increase font size, use high-contrast modes, and simplify the home screen.

LIFELONG LEARNING

Keep Your Mind Active

- **Start Your Morning Calmly:** Stretch, enjoy a cup of tea or coffee, and do a short meditation or reflection.
- **Enjoy Your Meals:** Eat slowly and socially when possible. Cooking can be creative and therapeutic!
- **Practice Gratitude:** Write down 3 things you're thankful for daily. It shifts your focus to the positive.
- **Declutter & Simplify:** A tidy home promotes peace of mind. Keep only what brings you joy or is truly useful.
- **Set Daily Intentions:** A positive focus helps guide your energy and mood for the day.

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



2025 WACBA Patrons Cup Indoor Bowls Tournament

On Tuesday 20th May 2025, the West Australian Carpet Bowls Association (WACBA) hosted its much-loved annual Patrons Cup Mixed Indoor Bowls Tournament at the Swan Active Beechboro Centre, and what a fantastic day it was!

There was plenty of friendly competition, laughter, and great sportsmanship, as 20 teams from across the state came together to enjoy the game and each other's company.

🏆 Congratulations to the winners!

- 1 1st Place – Stock Road Seniors Club: Sandy, Peter, John & Dave
- 2 2nd Place – Falcon Seniors Club: Colin, Gladys, Jean & Lyn
- 3 3rd Place – Nollamara Seniors Club 3: Kath, Ric, Tony & Eric

Have a Go News and Seniors Recreation Council of WA (SRCWA) are incredibly proud of their long-standing support of this event for over 20 years. It all began with the support of Hugh Rogers OAM (SRCWA) and Quentin Smythe, (Have a Go News) and it's wonderful to see this tradition continue with Jen Merigan, Editor in Chief of Have a Go News, and Colin Steer, SRCWA State President.

A big thank you to Dawn Yates, SRCWA Executive Officer, who presented the prizes to the winning teams.

BRANCHES

SRCWA Statewide Branches

Please contact Head Office for contact details:

08 6118 2716

Active Branches

Avon
Bunbury Region
Esperance
Greater Geraldton
Great Southern
Mid West
Northampton
Peel Branch
Perth Metro
Rockingham Branch

