



Seniors Recreation Council of WA Inc.

THE ACTIVE AGE

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STREET ADDRESS

275D Abernethy Road
Cloverdale WA 6105

POSTAL ADDRESS

SRCWA
P. O. BOX 835
Cloverdale WA 6985

EMAIL

info@srcwa.asn.au

PHONE

6118 2716

WEBSITE

www.srcwa.asn.au

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MAKE HEALTHY YOUR NEW HABIT



SRC JOTTINGS

Healthy Lifestyles/Tech Savvy Seniors Event, 12th June 2025

The Seniors Recreation Council of WA, in collaboration with the City of Canning, hosted a delightful and engaging Healthy Lifestyles Event that brought together community members for a day of learning, laughter, information and healthy lunch.

Attendees were greeted by SRCWA Executive Officer Dawn Yates, who welcomed everyone to the event and then handed over to City of Canning's Deborah NcCube who was MC for the day. Participants enjoyed taking part in Laughter Yoga, Pole Walking, Tibetan Sound Healing and sharing a cooking demonstration by Chef Les from 2 Deadly Food & Fitness which we all enjoyed eating once the demonstration was concluded. Chung Wah (Evergreen College Willetton) wowed the crowd with graceful traditional Chinese dance demonstrations -bringing colour and cultural richness to the day. There were presentations from Advocare and Association for Culturally Appropriate Services and the Volunteer Visitor Service which were very informative. The static displays at the event were City of Canning, Riverton LeisurePlex, Advocare, Willetton Laughter Yoga, Audika, 2 Deadly Food & Fitness, Tibetan Sound Healing, Association for Culturally Appropriate Services, Chung Wah (Evergreen College Willetton), Diabetes WA Rostrata Family & Neighbourhood Centre and SRCWA.

The event left attendees inspired, informed, and feeling more connected to their community and to their own wellness journey. A huge shout out of thanks to Jessica from The City of Canning for all her hard work in helping to bringing this event together.

SRCWA thanks and acknowledges the support from City of Canning, LiveLighter Healthway and Government of WA.

Healthy Lifestyles/Tech Savvy Seniors Event, 17th July 2025

Seniors Recreation Council of WA partnered with Town of Cambridge to present the Healthy Lifestyles TSS Event at The Boulevard Centre, Floreat which was opened by the Mayor, Town of Cambridge, Gary Mack. A day enjoyed by Seniors who enjoyed presentations on internet banking from ANZ and a presentation from Onyx Movement, they also enjoyed the opportunity to gather information from our static displays: Advocare ANZ Australia, Audika, Bold Park Aquatics & Royal Lifesaving Club, Cambridge Seniors Services/Community Development/Community Safety & Rangers, Consumer Protection, Daily Living Products, Diabetes WA, Floreat Salvation Army, Injury Matters, Innogreen, Northern Suburbs Com. Legal, Town of Cambridge Library and Waste Management, Numero and Alzheimers WA, SRCWA/LiveLighter/Be Connected, WA Seniors Card & Wembley Golf Course.

Presentations at the event were from Ashleigh Oreilly, ANZ on internet banking & Scott Ewen, Onyx Movement on human movement as we age, the presentations were very well received and there was an informative question and answer session. Following the session attendees visited static displays and had one on one time with the presenters.

SRCWA thanks and acknowledges the support from, Town of Cambridge, LiveLighter Healthway, Have a Go News, ANZ Bank, Onyx Movement and WA Government.

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.

Notice of Meeting – SRCWA State Office Annual General Meeting

Seniors Recreation Council of WA is holding its AGM at 10am on 24th September 2025 at Vincent Community Centre, Loftus Street, Leederville. The meeting will include election of officers, Annual Report including reports from SRCWA Branches and project officers and a guest speaker from Advocare, CEO Bev Jowle. It gives SRCWA Accredited Volunteers the opportunity to share information and anecdotal evidence regarding the programs SRCWA is conducting in Metropolitan and Regional WA. For further information or to register to attend call Dawn Yates 6118 2716.

Notice of Meeting – SRCWA Peel Branch Special General Meeting

Seniors Recreation Council Peel Branch SGM will be held at 9.30am on 26th September 2025 at Leslie Street Senior & Social Centre, Mandurah. The meeting is to discuss SRCWA Peel Branch programs and activities from 2024/2025, forward planning and other relative business including guest speakers. For further information or to register to attend call State Office 6118 2716.

**HAVE A GO DAY 2025, a LiveLighter Event
in the Beautiful Grounds of Burswood Park
Wednesday, 12th November, 9am to 3pm**

REGISTRATIONS NOW OPEN

Have a Go Day, a LiveLighter Event is an activity/information sharing event for over 50's

This event provides the ideal opportunity for Clubs/Groups, Not for Profit agencies, Commercial entities & activity-based groups to share senior specific information with the target group in a beautiful outdoor environment at Burswood Park.

Registration forms are now available, for information call 6118 2716 or email dawn.yates@srcwa.asn.au.

This event is proudly sponsored by Burswood Park Board, Lotterywest, Crown Perth, Have a Go Newspaper, Government of Western Australia, LiveLighter Healthway, Nine News Perth, 882AM 6PR, Juniper, Curtin FM 100.0 and Phoenix Insurance Brokers

UPCOMING EVENTS

SEPTEMBER 2025

- 3 - LiveLighter Aged Care Games - Madeley
- 24 - Annual General Meeting - Leederville

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



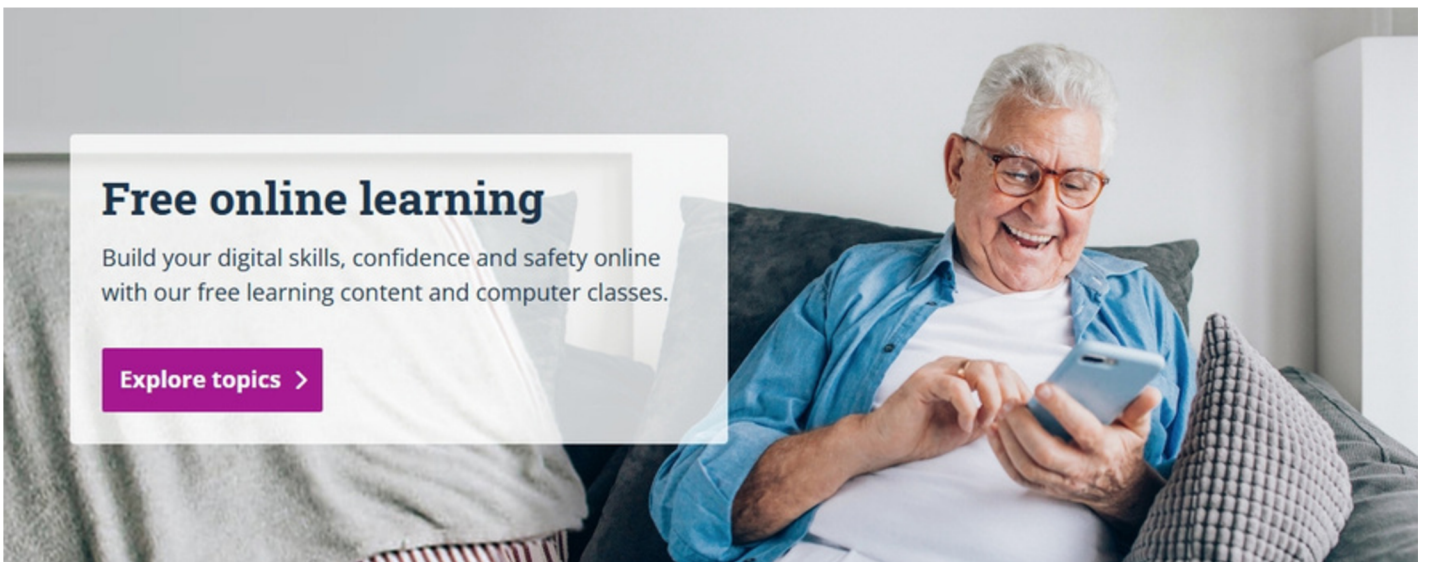
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HEALTH & WELLNESS

Self Care

- **Do Gentle Exercises Daily** – Chair yoga, stretches, or light walking help maintain strength and balance.
- **Practice Standing Up Without Assistance** – Use sturdy furniture to practice rising safely from a seated position—builds leg strength and confidence.
- **Know When to Ask for Help** – Independence doesn't mean doing everything alone. Smart self-care includes knowing when to call a neighbour, family member, or professional.

SMART TIPS FOR SENIORS

Staying Informed and Connected

- **Use Video Calling Apps** – Stay close to family with Zoom, FaceTime, or WhatsApp video.
- **Join Social Media Safely** – Facebook is great for connecting with friends and local groups—just watch out for suspicious messages.
- **Subscribe to Trusted News Sources** – Choose reputable websites or apps to stay informed without misinformation.
- **Set Up Email Filters** – Organize your inbox and reduce spam by using filters or folders.
- **Create Bookmarks for Favourite Sites** – Save time by bookmarking your favorite news, recipe, or banking sites

TECHNOLOGY TIPS

Making Tech Easier for You

- **Start with One Device** – Whether it's a smartphone, tablet, or laptop, get familiar with one before adding others.
- **Use a Stylus or Large Keyboard** – Makes tapping, typing, and navigating screens easier and more accurate.
- **Adjust Screen Settings** – Enlarge text, increase contrast, and adjust brightness for easier viewing.
- **Use Voice Commands** – Features like Siri, Google Assistant, or Alexa allow hands-free control of many tasks.
- **Learn with Online Tutorials** – Websites like Be Connected, Senior Planet, or YouTube offer step-by-step videos just for seniors.

LIFELONG LEARNING

Personal Care & Hygiene

- **Set a Daily Routine** – A regular schedule for waking, grooming, meals, and rest helps reduce stress and maintain independence.
- **Shower Safely** – Use a non-slip mat, shower chair, and grab bars to make bathing safer and easier.
- **Dress Comfortably but Practically** – Choose easy-to-wear clothes (like those with Velcro or elastic) that encourage dressing without help.
- **Maintain Oral Hygiene** – Brush and floss twice daily or use dental aids if mobility is limited; good dental health supports overall wellness.

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



ANNUAL GENERAL MEETING

Wednesday, 24th September 2025

10:00 am - 12:00 noon

99 Loftus Street, Leederville WA 6007

Join us for the Seniors Recreation Council of WA Annual General Meeting on Wednesday, 24th September 2025, and discover what we've achieved over the past year. This is a great opportunity to connect with our community and hear from our guest speaker from Advocare, who will share valuable insights on advocacy and support for older Australians.

A light lunch will be served following the meeting. Bookings are essential for catering purposes and places are limited, so please register early to secure your spot.



We were proud to attend the launch of Injury Matters' 2025 WA Falls Report highlighting the urgent need to address the rising number of falls among older Western Australians and their latest "Move Your Body" Media Campaign targeted at over 55's demographic,

As champions of active aging, SRCWA stands with Injury Matters in promoting safer, healthier lifestyles for seniors through initiatives like Stay On Your Feet. Together, we're working to reduce falls and improve wellbeing across our communities.

The event was supported by the Ms Emily Hamilton MLA

Parliamentary Secretary to the Minister for Education; Early Childhood; Preventative Health; Wheatbelt who spoke on behalf of the Minister.

Let's keep the conversation going-what are your top tips for staying active and safe?

OUR EVENTS



The SRCWA Rockingham LiveLighter Aged Care Games lit up the Baldivis Recreation Centre on Thursday, 21st August 2025, with a vibrant celebration of community, care, and spirited competition. Thanks to our naming rights partner LiveLighter Healthway, the event was a resounding success.

Eight enthusiastic teams participated in a variety of games tailored specifically for seniors who may require care. The atmosphere was filled with laughter, camaraderie, and determination as participants gave it their all.

Dawn Yates, SRCWA Executive Officer, welcomed attendees and introduced City of Rockingham Mayor Deb Hamblin, who officially opened the Games. Her support for this unique event was deeply appreciated. The day's proceedings were expertly hosted by SRCWA State President Colin Steer, who kept the energy high and the schedule flowing.

After four hours of lively competition, the results were:

Third Place: The Royals Bethanie

Second Place: Waters Warriors Bethanie

First Place: The Card Sharks Brightwater

The Best Presented Team Award went to Waters Warriors Bethanie, who wowed everyone with their Viking-themed table and costumes-complete with shields and weapons!

Celebrating Our Eldest Competitors this year, we were honoured to have two 101-year-old competitors. Margaret Smith from Banksia Park and Elsie Dunn from Waters Warriors Bethanie, their participation was a true inspiration to all.

During the lunch break, the talented ladies from Swing and Sway delivered a delightful floor show, performing to a variety of songs. Huge thanks to Ansje and the team for their continued support and uplifting entertainment.



LiveLighter Aged Care Games Metropolitan

Twelve spirited teams from Perth's Metropolitan Aged Care facilities came together for a fun-filled day at the Annual Metro LiveLighter Aged Care Games, held at Belmont Oasis on August 7th, 2025.

The event kicked off with a warm welcome from SRCWA Executive Officer Dawn Yates, followed by our lively MC for the day, SRCWA State President Colin Steer. City of Belmont Mayor Robert Rossi, JP, officially opened the Games, setting the tone for a day of joy, laughter, and friendly competition.

Teams took part in a variety of games, all thoughtfully organised and run by the wonderful staff and volunteers from SRCWA. It was truly inspiring to see participants—some well into their 90s—enthusiastically giving it their all in Seated Hockey, Pass Ball, Bean Bag Toss, and Skittles.

Congratulations to our top teams!

1st Place: – Hale Storm – Amana Living

2nd Place:- Fast and Furious – Masonic Care

3rd Place:- Shooting Stars – Catholic Homes*

A special shout-out to our oldest competitor, 98-year-old Mirrium Harrold from the "Umbrella Super Seniors"—soon to be 99yrs young and still going strong! The "Swan Valley Scarecrows" stole the show for Best Presented Team, with their fantastic, themed outfits and team spirit.

We're incredibly grateful to all the volunteers who helped set up, run, and pack down the event—especially the team from Wooroloo. Your support made the day smooth and enjoyable for everyone. A heartfelt thank you also goes to the aged care centre staff who train and encourage participants to take part.

During lunch, we were treated to live entertainment by Kevin Bennett, whose music had everyone singing along and smiling.

As you'll see from the photos, the day was filled with joy, laughter, and plenty of smiles. Huge thanks to Richard for capturing those special moments so beautifully.

Finally, thank you to our generous sponsors—LiveLighter Healthway and the Government of Western Australia for making this event possible. SRCWA also extends its sincere thanks to the trustees from Wooroloo for their invaluable help.



Healthy Lifestyles - City of Canning

The Seniors Recreation Council of WA, in collaboration with the City of Canning, hosted a delightful and engaging Healthy Lifestyles Event that brought together community members for a day of learning, laughter, and nourishment.

Warm Welcome and Opening

Attendees were greeted by SRCWA Executive Officer Dawn Yates before City of Canning's Deborah NcCube took the reins as MC.

Advocare Presentation

Alessandra provided important insights into the organisation's services and raised awareness about elder abuse-an essential and impactful discussion.

Laughter Yoga

Janet's interactive session had everyone giggling, connecting, and energised. Who knew wellness could be so joyful?

Bush Food Cooking Demo

Chef Les from 2 Deadly Food & Fitness served up healthy dishes and showcased the power of bush foods in everyday cooking.

Tibetan Sound Healing

Raajen led a calming and reflective sound meditation that offered a moment of peace and mindfulness.

Association for Culturally Appropriate Services

Mary Gurgone gave an over view of Association for Culturally Appropriate Services and the Volunteer Visitor Service, with touching testimonials from Janice and Roshaal that highlighted its profound impact.

Chung Wah Cultural Performance

Chung Wah (Evergreen College Willetton) wowed the crowd with graceful traditional Chinese dance-bringing colour and cultural richness to the day.

Thank you to our static site holders who provided information on the day City of Canning, Riverton LeisurePlex, Advocare, Willetton Laughter Yoga, Audika, 2 Deadly Food & Fitness, Tibetan Sound Healing, Association for Culturally Appropriate Services, Chung Wah (Evergreen College Willetton) Diabetes WA Rostrata Family & Neighbourhood Centre and SRCWA

The event left attendees inspired, informed, and feeling more connected to their community and to their own wellness journey. A huge shout out of thanks to Jessica from The City of Canning for all her hard work in helping to bringing this event together.



A Heartfelt Thank You to the Town of Cambridge! The Seniors Recreation Council of WA (SRCWA) would like to extend a big thank you to the Town of Cambridge for partnering with us to present the Healthy Lifestyles TSS Event on Wednesday, 17th July 2025.

The day kicked off with a warm welcome from SRCWA State President Colin Steer, followed by Mayor Gary Mack of the Town of Cambridge, who officially opened the event and shared valuable insights into the wonderful services the Town provides. The attendees enjoyed inspiring presentations from:

Scott Ewan – Onyx Movement, who spoke about the importance of staying active and keeping our bodies moving.

Ashleigh O'Reilly ANZ Bank, who shared helpful tips on online banking and keeping your digital experience safe and secure.

After the presentations, guests explored an wide variety of static displays, offering a wealth of resources and support they included: Advocare – ANZ Bank – Audika – Bold Park Aquatics / Royal Lifesaving Club – Cambridge Library & Senior Services – Community Development – Disability Access / Community Safety Rangers / Wembley Golf Course – Consumer Protection – Daily Living Products – Diabetes WA – Floreat Salvation Army 55+ – Injury Matters – Innogreen Technologies – Northern Suburbs Community Legal – Older People's Rights Service – Numero / Alzheimer's WA – WA Seniors Card Centre – SRCWA / LiveLighter Healthway / Be Connected

These events would not be possible without the commitment and energy of our amazing volunteers. Their hard work makes all the difference!

SRCWA is deeply grateful for the work of Mel from the Town of Cambridge who helped in bringing this event to the Boulevard Centre.

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

