



Hugh Rogers State President

April 2016

TECH SAVVY SENIORS

SAVING AND SHARING OUR MEMORIES IN A DIGITAL WORLD

On Friday 26th February 2016 sixty seven (67) seniors attended the Seniors Recreation Council of WA and Telstra Connected Seniors Workshop in Perth. The workshop focused on saving and sharing our memories in a digital world presented by Martin from SRCWA, Mike from Telstra presented the NBN (National Broadband Network) and what it means to you, and tips on using your mobile device presented by Ash from Samsung Australia.

SRCWA would like to thank Telstra who provided the venue, morning tea and lunch, Telstra digital ambassadors were also in attendance. SRCWA also thanks Samsung for their continued support at these events. The connected senior's partnership between Telstra and SRCWA provides a forum where seniors can learn about digital devices and how they can be utilised in their everyday life. One of the participants remarked "This is exactly what we need!" In general feedback from these workshops has been very positive with the events being booked out very quickly of being announced. Details for our next event will be available in the near future please call 08 9492 9774 to go onto our mailing list.

SRCWA COUNTRY MUSIC SHOW:

Following the very successful Christmas Variety Concert there were many requests for a mid-year concert to be held on the weekend to give those who are still in the workforce the opportunity to attend. The next concert will be held on Sunday 19th June 2016, Morley Sport and Recreation Centre, 12.30 to 5.00pm.

The Country Music Show Concert will feature the following artists, Laura Downing, Brian Letton, the Band of Mates, Kate Hindle & Kingsley Day throughout the afternoon.

Cost for tickets \$28.00pp includes refreshments during the interval.

For further information and/or purchase tickets call Kate Chetwin 9492 9771

LIVELIGHTER SENIORS ACTIVITY/INFORMATION DAY

SRCWA conducted a LiveLighter Seniors Activity/Information Day at Cockburn Seniors Centre on the 16th March. 83 seniors participated in a range of activities which were: carpet bowls, seated hockey, beanbag toss, skittles, shuttle ball, cup ball, warmup activities, pole walking, carpet golf. There was a lot of fun and laughter throughout the morning as everyone tried the different activities.

The Static display organisations that attended on the day were: Breast Screen, Home Instead Senior Care, Independent Living Centre, ne solutions, Seniors Recreation Council, Spearwood Chiropractic.

Morning tea was provided as participants arrived and the activities concluded with a wonderful lunch of soup followed by roast silverside and all the trimmings, our thanks and appreciation to the Cockburn Seniors Centre chief and staff who provided and served the lunch.

Thank you to the Cockburn Seniors Centre for hosting the activity day and to the event Sponsor, LiveLighter Healthway.

SRCWA ROCKINGHAM BRANCH, HAVE A GO DAY

On Wednesday 13th April 2016, Seniors Recreation Council of WA's Rockingham Branch is conducting a Have a Go Day at the Aqua Jetty, 87 Warnbro Sound Avenue, Warnbro.

This free event will showcase club/groups from Rockingham and surrounding areas. There will be many different activities to "Have a Go" at and many static displays.

If you are a Club, Group, Community organisation or Business and you would like to get involved in the day please contact Frances Cheney 9592 7651 for further details.

This event is Sponsored by ALCOA, Aqua Jetty, City of Rockingham, Bendigo Bank, Stockland, Have a Go News, Betta Electrical, IGA – Chelmsford Ave, Kennards Hire, LiveLighter Healthway, Telstra, Dept of Sport & Recreation and Dept of Local Govt. and Communities.

SRCWA ANNUAL SENIORS BALL 2016

The "Seniors Masquerade Ball" will be held in the Astral Ballroom, Crown Perth on Wednesday 8th June, 1pm to 4.30pm. Afternoon tea is provided with the entertainment featuring the live band "Offspring", ticket cost \$35pp with discount for group bookings.

There will be a door prize and many other prizes donated by Crown Perth and Have a Go News.

This event is proudly sponsored by Crown Perth & Have a Go News. Put this date in your diary, to book tickets and for further information contact Kate Chetwin 9492 9771.

HAVE A GO DAY 2016 A LIVELIGHTER EVENT

9TH NOVEMBER AT BURSWOOD PARK REGISTRATION OPEN

Have a Go Day, a LiveLighter Event is an activity/information sharing event for over 45's and last year attracted an attendance of 15,000 participants and 220 exhibitors.

Registration forms are now available for Clubs/Groups, Not for Profit agencies and Commercial entities; forms can be obtained by calling 9492 9771 to register your interest.

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