



Hugh Rogers State President

## August 2016

**CONGRATULATIONS ON YOUR 25TH ANNIVERSARY,**

**HAVE A GO NEWS**

Seniors Recreation Council of WA would like to congratulate the Have a Go News team on 25 years of successfully presenting their over 45's, lifestyle newspaper. The dedication to encourage WA's over 45's to be physically and mentally fit through the many articles and advertorials is a credit to the paper. The different topics that have been embraced over the years has grown and developed in keeping with topical issues. The travel section has encouraged many people to enjoy the benefits of overseas and Australian holidays with the in-depth stories that have been presented over the years. SRCWA has had a long and valuable relationship with Have a Go News and appreciates all the Sponsorship, input and support it has received for the organisation and all its programs over the years. Well done Quentin, Judith, Jenny and the Have a Go News team, we know the future will bring many more years of information sharing with WA's over 45's as the paper continues to develop and grow in line with the changing times.

### **WEST COAST EAGLES ACTIVITY INFORMATION DAY**

The fourth "Eagles in their Prime Activity Information Day" a joint event run by Seniors Recreation Council and the West Coast Eagles (WCE) was held at Domain Stadium on 22nd of June 2016. Around 80 seniors were treated to a range of activities and information stalls in the West Coast Eagles team warm up room. The activities on the day included; Seated Hockey, Carpet Golf, Quoits, Giant Darts, Skittles, Bob (Table Billiards), Exergaming and Pole Walking. Pole Walking Proved to be extremely popular with people walking around the boundary of the oval. Eddie the Eagle WCE Team Mascot participated in the activities and posed for photos with WCE Members.

At this event there was a free door prize raffle for WCE merchandise, a quiz for a WCE signed team football and a free raffle of a Samsung Tablet from Telstra Subiaco. Thanks to all the static displays which included, West Coast Eagles, Seniors Recreation Council of WA, Breast Screen, Australian Hearing, Telstra Subiaco, NE Solutions and Kings Tours and Travel. SRCWA acknowledges all the hard work and support from its dedicated volunteers as and staff as well as the West Coast Eagles support staff who makes these events possible.

## **LIVELIGHTER SENIORS ACTIVITY/INFORMATION DAYS – FREE -**

Seniors Recreation Council of WA is hosting two FREE LiveLighter Seniors Activity Information Days in the coming months. These events offer Seniors the opportunity to come to the listed venue and enjoy a free day of activities and senior specific information stalls. The activities typically include, carpet bowls, seated hockey, carpet golf, warm up activities, bean bag toss, skittles, exergaming and various other activities. The information stalls typically include information from; Australian Hearing, APIA, Local Shires, Silver Chain, Breast Screen, National Lifestyle Villages and more.

1. 25th August 2016 - LiveLighter Seniors Activity/Information Day, Peel, Masonic Hall, 16 Furnissdale Road, Furnissdale. 10am to 1.30pm – including morning tea and light lunch
2. 9th September 2016 - LiveLighter Seniors Activity/Information Day, Bunbury, South West Italian Club, 20 White Street, Bunbury. 10am to 1.30pm – including morning tea.

These events are very popular and registration is essential for catering purposes, if you would like to attend either or both these events please call 9492 9773 to register your attendance.

The Sponsors for these events are LiveLighter Healthway, Dept of Sport & Recreation, Dept of Local Government and Communities

## **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.

### **Diary Date:**

### **SRCWA Christmas Variety Concert:**

Wednesday 14th December 2016, Morley Sport and Recreation Centre, 12.30 to 4.30pm.

A wide range of popular artists will be performing throughout the afternoon.

For further information and to receive a promotional flyer phone Kate Chetwin 9492 9771

**For details of events and programs run by Seniors Recreation Council of WA visit our website [www.srcwa.asn.au](http://www.srcwa.asn.au)**