



President's Jottings

Seniors Recreation Council of WA Inc.



Hugh Rogers State President

February 2016

LAWN BOWLS - STATE OVER 60'S MIXED PAIRS TOURNAMENT

Seniors Recreation Council of WA is proud to announce its partnership with Bowls WA in presenting the State Over 60's Mixed Pairs tournament to be held on 27th, 28th & 29th April.

TECH SAVVY SENIORS

SRCWA in partnership with Telstra is conducting a FREE Connected Seniors workshop on Friday 26th February 2016 from 10am to 2pm. Morning tea and light lunch will be provided courtesy of Telstra. This workshop "Saving and Sharing our Memories in a Digital World" will include presentations, information sharing and hands on use of portable electronic devices (tablets/iPad). Bookings are essential contact Martin Yates on 9492 9774 for further information or to reserve a place, numbers are limited. The workshop will be held at a venue with easy access to public transport and paid parking.

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. This event is proudly sponsored by Crown Perth & Have a Go News. Put this date in your diary, if you would like further details contact Kate Chetwin 9492 9771.

SENIORS EXERGAMING WA.

The Seniors Exergaming WA program promotes activities for older people using the xBox Kinect gaming console. A manual has been produced which is used by Retirement Villages, Senior Centres/Groups and individuals to enable them to take part in the program and participate in the competition which is run in the centres.

Competition dates for 2016

Round 1 – Kinect “King Pin” Bowling commences week of 14th March concludes, week of 6th May.

Round 2 – Kinect “Stack Em Up” Games commences week of 30th May concludes, week of 22nd July.

Round 3 – Kinect “King Pin” Bowling commences week of 15th August, concludes week of 7th October.

For further information on this program please call Martin Yates, Program Manager on 9492 9774.

POLE WALKING

The purpose of this exercise is to use two poles, often called hiking or trekking poles, to add a new dimension to walking as an exercise.

Pole Walking is an easy, efficient and low stress activity that engages the whole body in a total body workout.

It suits all ages, fit or unfit, as you can adjust your walking to your own ability.

To find out more about Pole Walking or to organize a personal or group demonstration call the SRC office on 9492 9773.

HAVE A GO DAYS 2016

- 13 April - Have a Go Day - SRCWA Rockingham Branch-Aqua Jetty Rockingham
- 9 NOVEMBER - Have a Go Day – Burswood Park

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