



President's Jottings

Seniors Recreation Council of WA Inc.



Hugh Rogers State President

January 2016

Welcome to 2016, I would like to wish everyone a Happy New Year and hope this year is a good one.

SRCWA CHRISTMAS VARIETY CONCERT

On Monday 14th December 2015 SRCWA held a Christmas Variety Concert at the Morley Community Recreation Centre, 350 people were treated to an afternoon of a variety of songs, music and comedy which according to the feedback from the audience, as they left a good 25 minutes after the scheduled finish time, was that the concert was excellent, fantastic, best yet and when is the next one, let us know this was just what they wanted.

Laura Downing is an all-round polished artist, her performance at the SRCWA Christmas concert was wonderfully entertaining. Laura has won yodelling competitions all round the world and is brilliant at it, but her ability to captivate an audience with her comedic story telling was just brilliant, I haven't laughed so much in years.

The "Band of Mates" Terry Bennetts, Evan Platshinda, Ginger Cox and the Mark Donahue thoroughly entertained the audience with some classic songs, instrumentals and Australian ballads. Kate Hindle, a young country singer also entertained the audience with her range of country and classic songs, congratulations to Kate for being one of the Top Ten Finalists in

one of the most prestigious Country Music Competitions - Toyota Star Maker. Eight members of the Musicantes team were also featured during the Concert and delighted the audience with a wide range of operatic songs and music.

Thank you to Phil Paddon who put an enormous amount of time and effort into this concert together along with Terry Bennetts and their team of supporters. Thank you to Pat Paddon who made enough Christmas cake to feed everyone and along with her volunteers

managed to serve 350 cups of tea and coffee, cake and biscuits in a very short space of time.

It was a truly awesome experience and one that will be remembered for a long time, can't wait for the next concert.

PROBUS SOUTHWEST GET TOGETHER

On 17th November SRCWA attended the Probus SouthWest Get Together at the Mandurah Offshore Fishing & Sailing Club. There were 250 Probus members in attendance and SRC provided activities and information during the morning. Seniors Exergaming WA activities were very popular with 80 attendees having a go and expressing their interest. Pole Walking was also popular as was the Hart Sport activities that we provided. The SRCWA information was given away in LiveLighter bags provided by Healthway.

LIVELIGHTER AGED CARE GAMES ALBANY

On the 26th of November SRCWA conducted the Albany LiveLighter Aged Care games, 8 teams competed for the Perpetual Trophy, Gold, Silver & Bronze medallions and the Best Presented Team plaque.

The whole day was a fantastic tribute to the energy of over 120 seniors in care in the Great Southern region. The participants competed in Seated Hockey, Seated Pass Ball, Bean Bag Toss & Skittles which were all played with enthusiasm.

Participants dressed up as Red Back Spiders, Mexicans, Rabbits with other teams decked out in flowers and sparkles to brighten up their costumes.

The entertainment was provided by the Albany Memory Lane group who played whilst the participants arrived and during lunch. The participants enjoyed dancing and singing to the music that was played by Memory Lane.

Thank you to the Albany Over 50 Recreation Association volunteers who assisted with the games, without their help the games would not be possible. The volunteers helped set up the gymnasium, escorted and assisted the participants to their team area, scored the games and assisted with the pack down.

The winning team was Walpole Stars with 280 points they took home the perpetual trophy and Gold medals, second place was won by Bethal Banditos with 258 points they received Silver medals and a plaque, Third place was won by Albany Community Care Centre with 257 points they received Bronze medals and a plaque and Annie Bryson Lodge, Red Back Spiders won the best presented team award.

We thank LiveLighter Healthway, Department of Sport & Recreation and Dept. for Local Government and Communities for their wonderful support of the LiveLighter Aged Care Games throughout the Metropolitan and Regional areas.

HAVE A GO DAY 2015 A LIVELIGHTER EVENT, THANK YOU MORNING TEA

The Have a Go Day 2015 a LiveLighter Event, Thank You morning tea for Sponsors and volunteers was held on Wednesday 2nd December.

Ten Sponsors attended the morning tea along with approx. 30 volunteers, it was a very happy occasion and the Sponsors all had very positive things to say about SRCWA, Have a Go Day and the programs that are being conducted.

It is a privilege to acknowledge and thank our Sponsors and all the volunteers for their support and hard work in making Have a Go Day such a brilliant success.

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