



President's Jottings

Seniors Recreation Council of WA Inc.



Hugh Rogers State President

June 2016

WESTCOAST EAGLES GRANDPARENTS DAY 21.4.16.

SRCWA partnered with WCE's, Rosewood Care Group and RSL to present an intergenerational activity/information day, it was timed to coincide with ANZAC day during the school holidays.

On the day there was a photo booth provided by Martin from Studio Twenty Six which gave everyone the opportunity to have their photo taken dressed in period costume provided by RSL and the pictures were supplied in a presentation folder.

The RSL provided 2 activities; slouch hat making and wreath making which were very popular with both kids and grandparents. WCE provided face painters for the kids so we had lots of little people running around with blue and gold painted faces.

All the activities were very popular and everyone had lots of fun playing together, the atmosphere was great and it was lovely to see so many grandparents and grandchildren interacting together.

SRCWA facilitated the event and provided the volunteers and activities, WCE provided the venue and morning tea and the RSL provided activities and enough large ANZAC biscuits for one to be given to everyone and Rosewood Care Group co-sponsored the event.

All in all I think this was one of the best activity/information days we have had at the WCE.



OVER 60'S MIXED PAIRS LAWN BOWLS 27 TO 29 APRIL

SRCWA was privileged to attend the Gosnells Bowling Club for the final of the Over 60's Mixed Pairs Lawn Bowls on Friday 29th April. Lindsay Thorn and Kerry Andersen were back to back winners of this event. At the presentation of the trophy SRCWA was thanked for Sponsoring the event and for providing a photographer, Martin who took some great shots that are available on the Bowls WA Web site.

LIVELIGHTER SENIORS ACTIVITY/INFORMATION DAY, CAMP LESCHENAULTIA 5/5/16

This event was sponsored by LiveLighter Healthway, Mundaring Shire, DSR & Dept of Local Government & Communities. Static displays in attendance were; Breast Screen, LiveLighter, NE Solutions, Independent Living Centre & SRCWA.

The event commenced with morning tea as participants arrived which was very much appreciated along with the muffins supplied by the Wooroloo Volunteers. There was a short welcome by Phil Paddon including descriptions of the static displays and activities before everyone was invited to have a go.

46 participants took part in a variety of activities such as, Xbox Kinect, carpet bowls, golf putting, skittles, bean bag toss, seated hockey, shuttle ball, cup ball and pole walking.

At 12 noon a BBQ lunch was served and enjoyed by everyone, thank you to volunteers from Mundaring Mens Shed for cooking the BBQ and Mundaring Shire for providing the lunch and making everyone welcome.

Thank you also to the volunteers from Wooraloo Prison Farm for their assistance and support on the day.

LIVELIGHTER SENIORS ACTIVITY/INFORMATION DAY, ARMADALE 18/5/16

130 seniors enjoyed a morning of socialising and activities at the Armadale District hall. The activities commenced with a warm up by Jo Wigley from Armadale Arena who led the participants through some gentle stretches and exercises to prepare them for a morning of activities. The activities included Carpet Bowls, Xbox Kinect activities, Pole Walking, Carpet Golf, Sticky Darts, Shuttle Ball and more.

A wide variety of information was available from Armadale Arena, Australian Hearing, Breast Screen, City of Armadale, Dale Cottages, Home Help Local, Independent Living Centre, Kings Tours & Travel, LiveLighter Healthway, NE Solutions & SRCWA.

There was much laughter and great atmosphere throughout the morning which culminated with a light lunch cooked by the Armadale/Kelmscott Lions club.

This event was sponsored by LiveLighter Healthway, City of Armadale, Dept. of Sport & Recreation & Dept. of Local Government & Communities



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