



## President's Jottings

# Seniors Recreation Council of WA Inc.



Hugh Rogers State President

## November 2016

Have a Go Day 2016 a LiveLighter Event,

## IS HERE

**9th November at Burswood Park, off Great Eastern Highway, 9am to 3pm.**

Have a Go Day, a LiveLighter Event is an activity/information sharing event for over 45's .

The theme this year is "Socialise, Have a Go, Live Longer", there will be a wide variety of activities to have a go at and hospitality tents providing free tea, coffee & bottled water for participants to relax and socialise in. The official welcome is at 10.30am at site 118, the MC will be Simon Beaumont from 882am 6PR and the Hon Paul Miles MLA will officially welcome everyone to the event.

Further information is available by calling 9492 9771.

### **SRCWA Christmas Variety Concert**

**Presented by Phil Paddon and Red Dog Music.**

When: Wednesday 14<sup>th</sup> December 2016.

Venue: Morley Sport and Recreation Centre, 12.30 to 5.00pm.

Cost: \$30.00pp

Artists: Band of Mates, Kingsley Day, Phil Rego, Sharon Heaslip, Justin Standley & Amber Reid

Come along and enjoy an afternoon of entertainment and fun.

Tickets must be pre purchased as there are no door sales

To purchase tickets or for further information phone Kate Chetwin 9492 9771

### **Seniors Recreation Council's Annual General Meeting 2016**

SRC held its Annual General Meeting at the end of September. The meeting was attended by members of the Board and Accredited Volunteers. The Annual report was distributed giving all attendees an opportunity to find out what SRC State office and Branches have done in the past 12 months.

Board appointments:- Phil Paddon was re-elected Vice President for 2 years and Graham Bennett was elected Accredited Volunteer Representative for 2 years.

Branch Presidents reported on the activities conducted in their Branches, it is pleasing to note how busy our Regional Branches are.

Very informative presentations were made by Glen Morley and Gemma Barrett on DSR and SilverSport.

### **LIVELIGHTER AGED CARE GAMES - JOONDALUP**

The LiveLighter Aged Care Games - Joondalup was held on 15<sup>th</sup> September, 10 teams competed for the perpetual trophy, Gold, Silver & Bronze medallions and the Best Presented Team plaque.

Jim Drysdale and Jenny Cole entertained participants as they came into the hall and during the lunch break by singing lots of old favourites. (if you would like to book this entertainment call 9249 7316)

Over 120 Seniors in care took part in Seated Hockey, Seated Pass Ball, Bean Bag Toss & Skittles with lots of encouragement from spectators and carers. This was an amazingly close game with only 1 point between winners and second place.

The winning team was RAAFA Red Devils with 291 points, Second place went to Rainbow Rebels with 290 points and Third place went to Woodlake Warriors with 272 points, the Best Presented Team was Barridale Lodge. Congratulations to all participants and our appreciation to all the SRCWA volunteers and Wooroloo Trustees who helped make this a wonderful event.

### **LiveLighter Aged Care Games Southwest Capes Branch**

On 23<sup>rd</sup> September SRCWA held the Southwest Capes LiveLighter Aged Care Games in the Margaret River Cultural Centre the participant, carer's, volunteers & supporters enjoyed the day.

The winners were Mirrambeena with 325 points, Second Place went to William Carey Court with 268 points and Third place went to Ray Village with 188 points and Best Presented team was awarded to William Carey Court, the oldest participant was Kim McEown.

Congratulations to the Southwest Capes Branch volunteers who not only set up the hall with all it entailed but also provided morning tea and a delicious lunch for all participants.

### **LiveLighter Aged Care Games Peel Branch**

Seniors Recreation Council of WA conducted the Peel LiveLighter Aged Care Games on Tuesday 11th October 2016 at the Serpentine Jarrahdale YMCA Community Recreation Centre. What a fantastic day it was with over 180 Seniors in Care excited by the opportunity to spend the day taking part in specifically designed activities.

The volunteers on the day put together the playing area, scored and assisted the participants throughout the day. A big thank you to all the volunteers from ALCOA, Peel Branch of SRCWA and SRCWA State Office.

The LiveLighter Aged Care Games were opened by Tony Simpson MLA, Member for Darling Ranges with students from Byford Secondary College singing the National Anthem and We are Australian.

A special mention and thank you to LiveLighter Healthway, ALCOA and Shire of Serpentine Jarrahdale for their generous support of the games.

The lunch break entertainment was provided by vocalists Kaye and Graham, which everyone enjoyed.

Congratulation to Alzheimers WA for taking out first place with 245 points, Bedingfeld Golden Oldies who came second with 242 points and Brightwater Sharks who came third with 227. Also congratulations to Quambie Park for winning the Best Presented Team Plaque. The oldest participant was Bill Taylor who is 100 years young.