



Hugh Rogers State President

October 2016

LiveLighter Activity Information Day - Peel

On Thursday 25th August SRCWA held a Seniors LiveLighter Activity/Information Day at the Masonic Lodge in Furnissdale.

This event was excellent with 120 participants enjoying activities such as; carpet bowls, seated hockey, ten pin bowling, Xbox Kinect activities, bean bag toss, carpet golf and other games. Robyn Lister demonstrated Peel Branch's Fit & Flexi program and led the participants through the exercises which was an excellent warm up leading to the other activities available on the day. The Fit & Flexi exercises, Carpet bowls and Xbox Kinect were very popular throughout the morning.

There were 11 different Static Displays available for people to collect information from and also to discuss relevant topics, some statics were from Peel Region and some from further afield.

Once the activities were concluded everyone enjoyed a lunch of homemade soup and sausage sizzle cooked by Lions Club of Mandurah, tea and coffee was available throughout the day.

The Masonic Lodge in Furnissdale was a great venue for this event and the manager Rhett was extremely helpful with set up and flexible when it came to moving furniture to accommodate our event.

Thank you to the volunteers from Peel and Perth who helped make this activity day a success.

Sponsors of this event were LiveLighter Healthway, Dept of Sport & Recreation, Dept. of Local Government & Communities and Have a Go News.

LIVELIGHTER AGED CARE GAMES – Rockingham

The LiveLighter Aged Care Games - Rockingham was held on the 7th September.

The day was a great success with 10 teams coming together from Nursing Homes, Aged Care Facilities and Day Centres to compete in games specifically designed for people in care. The games were, seated hockey, seated pass ball, bean bag toss and skittles, all games were played with great enthusiasm and cheering by the supporters.

The games were opened with everyone singing Advance Australia Fair and then Phil Paddon MC invited all the participants to their fields for seated hockey.

The winners were Rockingham Social Centre with 255 points who took home the perpetual trophy and Gold medals, coming 2nd was Bethanie Kwinana Kingfishers with 230 who took home a plaque and Silver medals and third was Banksia Park with 223 points who took home a plaque and Bronze medals. The Best

Presented Team Plaque was presented to Regents Garden Gladiators, All participants other than 1st, 2nd, & 3rd place winners were presented with participants medals.

Congratulations to all the participants for coming along and having a go and a big thank you to all the volunteers, SRCWA Rockingham Branch, Wooroloo Trustees and SRCWA State Office who helped make the day a great success.

LIVELIGHTER AGED CARE GAMES - JOONDALUP

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

The morning started with all competitors (seniors in care) arriving at HBF Arena Joondalup being greeted by SRC Volunteers and escorted to their team areas.

Jim Drysdale and Jenny Cole entertained participants as they came into the hall and during the lunch break by singing lots of old favourites which were enjoyed by everyone.

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 who took home the perpetual trophy and Gold medals, Second place went to Rainbow Rebels with 290 points who took home a plaque and Silver medals and Third place went to Woodlake Warriors with 272 points who took home a plaque and Bronze medals and the Best Presented Team Plaque was presented to Barridale Lodge. All participants other than 1st, 2nd, & 3rd place winners were presented with participants medals.

Congratulations to all participants and our appreciation to all the SRCWA volunteers and Wooroloo Trustees who helped make this a wonderful event.

We thank LiveLighter, Healthway, Dept of Sport & Recreation & Dept for Local Government and Communities for their Sponsorship and support of the LiveLighter Aged Care Games

Have a Go Day 2016 a LiveLighter Event, 9th November at Burswood Park

9am to 3pm.

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.

The theme this year is "Socialise, Have a Go, Live Longer", there will be a variety of activities to have a go at and hospitality tents providing free tea, coffee & bottled water for participants to relax and socialise in. Please see the full lift out regarding Have a Go Day, a LiveLighter Event in this edition of Have a Go News.

Further information is available by calling 9492 9771.

SRCWA Christmas Variety Concert

Presented by Phil Paddon and Red Dog Music.

When: Wednesday 14th 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.

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