



Hugh Rogers State President

## September 2016

### LIVELIGHTER AGED CARE GAMES – BELMONT OASIS,

On Thursday 4th August SRCWA conducted the 13th Metro LiveLighter Aged Care Games at Belmont Oasis, where 14 teams of seniors in care came together to compete in this fantastic event. The teams arrived all dressed up and were an amazing sight to see, we had pussy cats, devils, Hawaiian theme, & a whole variety of colours to brighten up the games.

It takes a large number of volunteers to set up tables, chairs & playing fields and also score the games and chase balls. I would like to thank all the volunteers who assisted at the event, it was a long day, but the smiles on the participants faces made it all worthwhile.

The other volunteer manned position on the day was the all-important tea and coffee station, thank you to the ladies for making over 250 cups of tea and coffee which kept everyone hydrated.

The games played were seated hockey, seated pass ball, beanbag toss & skittles, each of the games have been adapted to enable them to be played by participants from care agencies.

The participants arrived in busses and taxies and were greeted by the volunteers carrying umbrellas to keep them dry as they entered the gymnasium.

The official opening of the games included the presentation of the 2015/16 Champion of Champions Trophy, by Glenys Godfrey which was awarded to Harman Park. The Champion of Champion team is the one with the highest score of all the games conducted during 12 months, games are held in Boddington, Bunbury, Great Southern, Greater Geraldton, Joondalup, Metropolitan, Peel, Rockingham & Southwest Capes. The official opening wrapped up with everyone singing the National Anthem and then Glenys Godfrey MLA officially opened the games, thank you Glenys for your continued support of the Metro LiveLighter Aged Care Games.

Everyone who attended the games were encouraged to LiveLighter by adopting healthier eating habits and being more active.

The MC, Phil Paddon then went through the rules and invited all participants & volunteers to the playing fields to await the starters whistle.

The oldest competitor this year was a sprightly lady aged 99 years young, Nancy Sullivan from Regis Como House and the best dressed team this year were the Carrington Cats.

At the end of the day, after all the playing had been done and scores compiled the winning teams were announced and presentations were made. The winning team that received the perpetual trophy, replica trophy and gold medals was The Sunshine Team with 282 points, coming second receiving a plaque and silver medals was Kwinana King Fishers with 267 points and in third place receiving a plaque and bronze medals, was Hurricane Hamersley with 238 points the rest of the teams received a participation medal for each player.

Thank you once again to all the volunteers, without every single one of you these games would not be possible. Also much appreciation goes to the St. Johns Ambulance team who looked after the participants during the games.

Thank you to our Sponsors & supporters, LiveLighter Healthway, Dept. of Sport & Recreation, Dept. of Local Government and Communities and Glenys Godfrey MLA without this support the LiveLighter Aged Care Games would not happen.

## **Notice of Meeting**

### **SRCWA ANNUAL GENERAL MEETING – Wednesday 28th September 2016**

Seniors Recreation Council of WA is holding its Annual General Meeting on 28th September at Department of Sport & Recreation. The meeting will include election of officers, reports from SRCWA Branches and project officers and a guest speaker. This meeting gives SRCWA Accredited Volunteers the opportunity to share information and anecdotal evidence regarding the programs SRCWA is conducting in Metropolitan and Regional WA and how they impact on the senior demographic.

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

### **REGISTRATION OPEN -**

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.

Registration forms are now available for Clubs/Groups, Not for Profit agencies and Commercial entities; forms can be obtained by calling 9492 9771 to register your interest.

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.

The Official Welcome by Minister Tony Simpson MLA, will commence at 10.30am and will be followed by a walk led by the Over Fifty Five Walking Association in partnership with other walking groups.

Mark this date in your diary as there will be many new attractions and information sites at this years event.

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## **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