



## President's Jottings

# Seniors Recreation Council of WA Inc.



Hugh Rogers State President

## April 2017

### CONGRATULATIONS Minister Mick Murray

Seniors Recreation Council of WA Inc would like to congratulate the Hon. Michael (Mick) Philip Murray MLA on assuming the portfolios of Seniors and Ageing; Volunteering; Sport and Recreation. We look forward to working together on future projects and programs for and on behalf of West Australian Seniors.

### LIVELIGHTER AGED CARE GAMES – AVON

The LiveLighter Aged Care Games were held on 2nd March at the Northam Recreation Centre where teams of seniors in care, carers and volunteers had a wonderful time.

Milton Brooks, Manager Recreation Services, City of Northam opened the games with Phil Paddon as MC for the day, Volunteers from Avon Branch and Perth assisted with the games. The entertainment on the day was provided by Jim Drysdale and Jenny Cole, everyone really enjoyed singing along with them.

The Perpetual trophy & Gold medal winners with 313 points were Dowerin HACC, the Silver medal winners with 222 points were York All Stars and the Bronze medal winners with 199 points were Killara Day Centre.

The team presented with the Best Presented Plaque was the Kalkarni Curlews.

The oldest competitor in these games was Carmel Redding who is a sprightly 91 years old.

Congratulations to all competitors for making the day memorable and everyone was presented with a medal and took home lots of fun filled memories.

Our thanks to all the volunteers who helped out on the day, without their support the LiveLighter Aged Care Games would not be possible.

We would also like to thank LiveLighter Healthway for sponsoring this event and the Northam Shire, Department of Sport and Recreation and Dept of Local Government & Communities for their support.

## **LIVELIGHTER SENIORS ACTIVITY/INFORMATION DAY IN COCKBURN.**

Wednesday 15th March 2017 saw a group of seventy enthusiastic seniors take part in a LiveLighter Activity Information Day at the Cockburn Integrated Health Facility in Success. Seniors took part in a warm up routine and activities on display which included, Seniors Exergaming WA, Indoor Bocce, Skittles, Quoits, Beanbag Toss, Seated Hockey, Carpet Golf, Bob (Table Billiards). The Static displays available on the day included Silver Chain, Stay on Your Feet, Kings Tours and Travel, Breastscreen WA, Consumer Protection, LiveLighter Healthway, Kincaire, Curtin FM 100.1, Independent Living and Seniors Recreation Council.

Morning tea and a very healthy and tasty lunch of Chicken, Ham and Salad followed by delicious fruit platters was enjoyed by everyone.

Thank you to Siobhan from the Cockburn Seniors Centre, the team from Wooroloo and SRCWA's hard working volunteers and staff for helping to make this event a great success.

SRCWA would also like to thank LiveLighter Healthway for their sponsorship of this event and the City of Cockburn for hosting the event and the Department of Sport and Recreation and Dept of Local Government & Communities for their support.

## **SRCWA ROCKINGHAM BRANCH, HAVE A GO DAY, a LiveLighter Event**

On Wednesday 12th April 2017, Seniors Recreation Council of WA's Rockingham Branch is conducting a Have a Go Day at the Aqua Jetty, 87 Warnbro Sound Avenue, Warnbro, 10am to 2pm.

This free event will showcase many club/groups, agencies and commercial organisations from Rockingham and surrounding areas. There will be a variety of activities to "Have a Go" at.

This event is Sponsored by Aqua Jetty, City of Rockingham, Have a Go News, LiveLighter Healthway, Stockland, IGA – Chelmsford Ave, Kennards Hire, Telstra, Simply Swing, ALCOA, Dept of Sport & Recreation and Dept of Local Government and Communities

## **SRCWA MID-YEAR COUNTRY MUSIC CONCERT 2017: - 2 VENUES**

This year SRCWA is pleased to announce that due to popular demand there will be two concerts held.

Mandurah Seniors and Community Centre, Saturday 8th July, 12.30 to 4.30pm

Morley Sport and Recreation Centre, Sunday 9th July, 12.30 to 4.30pm.

The concerts will feature the following artists, Laura Downing, Brian Letton, the Band of Mates & Kingsley Day throughout the afternoon.

Tickets are \$30pp contact Kate Chetwin 9492 9771 for further information or tickets.

## **HAVE A GO DAY, A LIVELIGHTER EVENT, BURSWOOD PARK, WEDNESDAY 1ST NOVEMBER**

This year Have a Go Day celebrates its 25th Anniversary in Burswood Park, in 1993 SRCWA was invited to bring Have a Go Day to Burswood Park from McCullum Park. Initially the event occupied the area in front of the sound shell beside the lake and it has grown to expediently over the last 25 years with last year hosting 220 site holders and providing many thousands of Seniors with activities, entertainment and information on the day. This year Have a Go Day would like to invite everyone to come along and help with the celebrations. Have a Go Day, a LiveLighter Event is a free event for Seniors and is the premier event in Seniors Week.

Application forms are now available, to register your attendance for static display space for clubs and groups, not for profit agencies and commercial organisations – contact Kate Chetwin on 9492 9771 or email [kate.chetwin@srcwa.asn.au](mailto:kate.chetwin@srcwa.asn.au) This event is the ideal platform to showcase your information to over 50's in Western Australia.

## **SRCWA ANNUAL SENIORS BALL 2017 – ALMOST SOLD OUT**

The “Swinging Years Ball” will be held in the Astral Ballroom, Crown Perth on Wednesday 7th June, 1pm to 4.30pm. Afternoon tea is provided with the entertainment featuring the live band “Offspring” and afternoon floor show by “Simply Swing”, ticket cost \$36pp. There will be a door prize and many other prizes donated by Crown Perth and Have a Go News. To book your tickets or for further information call Kate Chetwin on 9492 9771. This event is proudly sponsored by Crown Perth & Have a Go News.

**For details of events and programs run by Seniors Recreation Council of WA visit our website [www.srcwa.asn.au](http://www.srcwa.asn.au)**