



# President's Jottings

## Seniors Recreation Council of WA Inc.



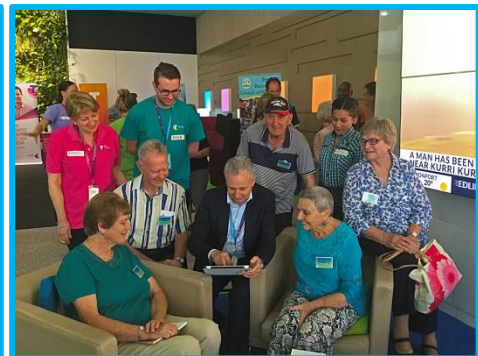
### Hugh Rogers State President February 2017

#### TECH SAVVY SENIORS

Tuesday 24th January 2017 saw some 60 seniors welcomed by CEO of Telstra Andrew Penn to a Connecting Seniors – Afternoon Tea run in partnership with Telstra and Seniors Recreation Council of WA Inc, we were also joined by AMANA Living and Bethany. Seniors at this free event learned about current connectivity options, an overview of smartphones and tablets, and their benefits and relevance to everyday life. Around twenty Telstra Digital Ambassadors took small breakout groups for sessions where they could explore and ask relevant technology questions and received advice on personal phones or tablets which they brought to the event. On behalf of all those who attended, Seniors Recreation Council of WA Inc. would like to thank Telstra for their continued invaluable support in helping to break down the barriers many seniors may have moving into the digital age.



The team of Telstra Digital Ambassadors



Telstra CEO Andrew Pen helps seniors get connected

#### SENIORS EXERGAMING WA.

The Seniors Exergaming WA program promotes activities for older people using the xBox Kinect gaming console which includes ten pin bowling, balance activities and many other choices. Groups can contact SRC to organise a free demonstration on the use and benefits of the activities. Free training and manual are provided to groups who wish to join this fun program. Currently the program is used by Retirement Villages, Senior Centres/Groups and individuals who take part in the program and participate in the competition which is run in the centres.

Competition dates for 2017

Round 1 – Kinect “King Pin” Bowling commences 13th March.

Round 2 – Kinect “Stack Em Up” Games commences 29th May.

Round 3 – Kinect “King Pin” Bowling commences 14th August.

For further information on this program or to book a demonstration please call Martin Yates, Program Manager on 9492 9774.

## **POLE WALKING**

The purpose of this exercise is to use two poles, often called hiking or trekking poles, to add a new dimension to walking as an exercise.

Pole Walking is an easy, efficient and low stress activity that engages you in a total body workout.

It suits all ages, fit or unfit, as you can adjust your walking to your own ability.

To find out more about Pole Walking or to organize a free personal or group demonstration call the SRC office on 9492 9773.

## **SRCWA ANNUAL SENIORS BALL 2017**

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”, 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 9492 9771. This event is proudly sponsored by Crown Perth & Have a Go News.

## **ADD LIFE TO YOUR YEARS – 20th Edition**

The next edition of the Add Life to Your Years Directory for older adults will be reprinted in 2017. If your club or group would like to have its contact details listed in the directory please call Kate on 94929771 for a registration form, the listing is free and also the directories are distributed free of charge.

## **HAVE A GO DAY, A LIVELIGHTER EVENT - DATES FOR YOUR DIARY**

- 12th April 2017

Have a Go Day - SRCWA Rockingham Branch-Aqua Jetty Rockingham - registration now open call 9492 9771 for further details.

- 1st NOVEMBER 2017

Have a Go Day – Burswood Park, Great Eastern Highway, Burswood.

**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)**