



President's Jottings

Seniors Recreation Council of WA Inc.



Hugh Rogers State President July 2017

THANK YOU RON ALEXANDER

SRCWA would like to say a huge thank you Ron Alexander who was the Director General of the Department of Sport and Recreation from 1999-2017. Ron was instrumental in supporting SRCWA in many of its programs and services to the Seniors of WA and we are very grateful for his input. His contribution to Sport & Recreation industry in Western Australia will be long lasting and the team culture he built in the Department of Sport & Recreation during his time a Director General will continue. Once again on behalf of Seniors Recreation of WA we thank Ron for his friendship and support and wish him well for the future.

NEW EDITION OF ADD LIFE TO YOUR YEARS DIRECTORY - NOW AVAILABLE

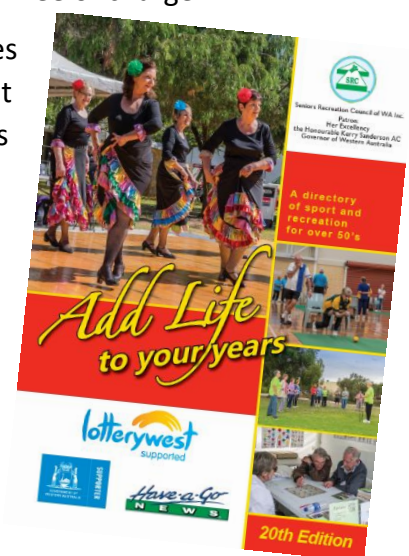
The Add Life to Your Years 20th Edition, is a Clubs/Groups directory of Sport & Recreation for over 50's and is now available FREE, to obtain a copy contact Kate on 9492 9771 –

This publication increases in popularity each year. 15,000 hard copies are printed and circulated but the directory is also available on the SRCWA web site at www.srcwa.asn.au. The directory is distributed through various avenues including libraries, Local Government Agencies, Seniors Card Office, Diabetes Association, Doctors Surgeries, COTAWA and many more. The directories are also available from SRCWA, if you phone 9492 9771 and request copies they will be mailed out to you free of charge.

The directory also contains an update page for new additions and updates so any Senior Club/Group or Association may fill in the page and return it to the office to be included in the next issue and have any changes updated on the web site monthly.

This issue has been made available through Sponsorship by :- Lotterywest, Dept. of Sport & Recreation, Dept. of Local Government & Communities & Have A Go News and we thank our sponsors for their continued support.

This publication is printed biennially but updated on the web site monthly so keep sending any changes to club details to the SRC office, PO Box 329, Leederville 6903, or email info@srcwa.asn.au.



LIVELIGHTER SENIORS ACTIVITY INFORMATION DAY – ARMADALE

120 seniors enjoyed a morning of socialising and activities at the Armadale District hall. The activities commenced with a warm up by Michael from Armadale Aquatic Centre who led the participants through some gentle stretches and exercises to prepare them for a morning of activities. The activities included Carpet Bowls, Xbox Kinect activities, Pole Walking, Carpet Golf, Sticky Darts, Shuttle Ball and more. A big hit was the Rock the Bike where seniors used a pedal powered smoothie maker to create a banana or berry smoothie drink. Also on show was a wide variety of information available from: Armadale Branch of the Wildflower Society of WA, Armadale Volunteer Service, Australian Hearing, BreastScreen WA, Champion Lakes Boating Club, City of Armadale, Curtin 100.1fm, Home Help Local, Independent Living Centre, KinCare, Prime Movers, Seniors Recreation Council of WA Inc, Silver Chain Group, Southern Districts Support Association and WA Retirement Village Residents Association.

There was much laughter and great atmosphere throughout the morning, the day culminated with an exceptional lunch cooked, prepared and served by the Armadale Seniors High School Vocational Education and Training Students who received rousing applause and thanks from those in attendance.

This event was sponsored by LiveLighter Healthway, City of Armadale, Department of Sport and Recreation & Dept. of Local Government & Communities.

LIVELIGHTER SENIORS ACTIVITY/INFORMATION DAY – CITY OF BELMONT

Approximately 96 seniors attended a LiveLighter Seniors Activity -Information day at Belmont Oasis on 26th May 2017. This event was sponsored by LiveLighter Healthway, organised by SRCWA in partnership with the City of Belmont. The event showcased agencies and activities in the local Belmont area and also gave participants the opportunity to try different recreational activities.

Static displays with a variety of information were on hand from Alzheimer's WA, AVIVO, Belmont Tennis Club, BreastScreen, City of Belmont Community Development, City of Belmont Community Safety & Crime, City of Belmont Community Wellbeing City of Belmont Library, Dept of Commerce - Consumer Protection, Hall & Prior -Belmont Aged Care Home and White Oak Home Care Services, Healthway LiveLighter, Independent Living Centre, NE Solutions, Northern Suburbs Community Legal Centre Inc, Seniors Recreation Council, Sonder Legal, Southern Cross Care, SilverSport, The Art of Hearing, Umbrella Multicultural Community Care, WA Retirement Village Residents Association.

SRCWA Vice President Phil Paddon introduced City of Belmont Mayor, Cr Phil Marks who welcomed seniors to the event. Phil then introduced all the static displays and invited the participants to take part in Exergaming, Giant Darts, Bob (Table Billiards), Skittles, Heart Sport Activities, Seated Hockey, Pole Walking, Indoor Bocce, Carpet Golf, Carpet Bowls and more.

After a morning of activities participants were treated to a healthy lunch of sandwiches, quiche, salad, and fruit.

SRCWA would like to thank Helen from the City of Belmont, City of Belmont Staff, and SRCWA's hard working volunteers and staff for helping to make this event a great success, also a special thank you to the trustees from Wooraloo Prison Farm for their assistance throughout the day.

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

ANNUAL SENIORS BALL “SWINGING YEARS” 7TH JUNE 2017

The 2017 Swinging Years Seniors Ball was a sell out with over 200 people in attendance. Participants came from dance groups, social groups and general public.

SRCWA State President Hugh Rogers welcomed everyone and introduced the Hon. Mick Murray MLA, Minister for Seniors and Ageing; Volunteering; Sport and Recreation who addressed the audience.

The afternoon tea was enjoyed by everyone, the afternoon floor show was performed by the Simply Swing dancers who had the dancefloor full to overflowing at the interactive part of their show.

The table center pieces and decorations carried the theme of the Swinging Years ie black, gold and silver throughout the ballroom which looked great as everyone entered the ballroom.

Once again our live dance music was presented by "Offspring" band who produced a perfect compilation of dance music. SRCWA received very positive feedback and congratulations on a very successful Ball from the those in attendance.

Congratulations to the prize winners at the ball:-Kathy Berbu won an overnight stay at Crown Metropol including breakfast-donated by Crown Perth, Dawn Taylor won \$150 voucher for Modo Meo restaurant – donated by Crown Perth, Val Paternostro won \$190 voucher for Casey Australia Tours – donated by Casey Australia Tours, Bessie Bidwell won a bottle of Mumm Champagne – donated by Have a Go News, 4 couples won the spot prize packs – donated by Have a Go News.

Thank you to the hard work of our volunteers and staff who make these successful events possible.

Our Special thanks go to our sponsors Crown Perth, Have a Go News, Department of Sport and Recreation, Department of Local Government & Communities and Casey Australia Tours.

HAVE A GO DAY, A LIVELIGHTER EVENT, CELEBRATING 25 YEARS IN BURSWOOD PARK, WEDNESDAY 1ST NOVEMBER

SITE HOLDERS: REGISTRATION NOW OPEN:

Registrations are almost at capacity, if you or your organisation is planning

to attend this event as a static display or activity you will need to register very soon to secure your place.

This year Have a Go Day would like to invite everyone to come along and help celebrate the 25th Anniversary of Have a Go Day, a LiveLighter Event which is a free event for Seniors and is the premier event in Seniors Week.

For further information contact Kate Chetwin on 9492 9771 or email kate.chetwin@srcwa.asn.au This event is the ideal platform to showcase your information to the over 50's in Western Australia..

For details of events and programs run by Seniors Recreation Council of WA visit our website www.srcwa.asn.au

