



Hugh Rogers State President

May 2017

LIVELIGHTER SENIORS ACTIVITY/INFORMATION DAY IN VINCENT

On Wednesday 22nd March Seniors in the City of Vincent were invited to a LiveLighter Seniors Activity -Information day sponsored by LiveLighter Healthway, organised by SRCWA and hosted by the City of Vincent. This event was organised to help showcase agencies and activities in the local area and also give participants the opportunity to try different activities. Static displays with a variety of information were on hand from APIA, Breast Screen WA, Dept of Commerce, Home Instead, ICCWA- Stay on Your Feet, LiveLighter Healthway, Mercy Care, Seniors Recreation Council, Silver Chain, WARVRA (WA Retirement Village Residents Assn.). SRCWA Vice President Phil Paddon welcomed the seniors to the event, 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, Carpet Golf and Carpet Bowls and more. After a morning of activities participants were treated to a healthy lunch of sandwiches, sushi rolls and fruit.

SRCWA would like to thank Sarah from the City of Vincent, 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 magnificent sponsorship and the City of Vincent for hosting this event and the Department of Sport and Recreation and Dept of Local Government & Communities for their support.

Remember to eat healthy meals and exercise daily to LiveLighter

LIVELIGHTER AGED CARE GAMES BUNBURY REGION

On the 6th April 2017 SRCWA conducted the LiveLighter Aged Care Games at the South West Sports Centre, Bunbury.

It was a fabulous day with 14 teams competing, the teams came together from Nursing Homes, Aged Care Facilities and Day Centres to compete in games specifically designed for people in care.

Nola Marino MP, Member for Forrest welcomed everyone to the event and officially opened the games, everyone sang Advance Australia Fair and MC for the day Phil Paddon explained the games rules and invited all the teams to their playing areas.

The games played were seated hockey, seated pass ball, beanbag toss and skittles with the students and carers from each agency competing in a fun event.

Our lunch time entertainment was provided by Betty McCleary who had everyone moving and shaking to the Zumba Gold demonstration.

The winners were Ocean Star Superstars with 287 points with Crowea Club coming second with 279 points and Village Raiders coming third with 252 points. The best presented team was Dream Catchers, Opal Bunbury Gardens and the oldest participant was Mary Birch, 102 years young also from Opal Bunbury Gardens.

A big thank you to the Bunbury TAFE Students and students from SEDA school program for their assistance and support on the day and to the Department of Corrective Services Access program for supplying Trustees to assist with transport of equipment, help with setup and pack down and return the equipment at the end of the day.

Congratulations to all the participants for coming and having a go and a big thank you to Barbara Fleay, Bunbury Branch President and the Bunbury Branch committee and all the volunteers who helped make the day such a great success.

SRCWA would like to thank LiveLighter, Healthway for Sponsoring the LiveLighter Aged Care Games and to Department of Sport & Recreation and Department of Local Government and Communities for their support.

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

On Wednesday 12th April 2017 approx. 650 seniors from Rockingham area attended the 7th Annual Have a Go Day at the Aqua Jetty.

It was an excellent day which showcased club/groups from Rockingham and surrounding areas and the activities on the day were Xbox Kinect, Prime Movers, Simply Swing dancing, Swing N Sway, Petanque, Pole Walking, and more. A free Hospitality tent was provided and volunteers served many cups of tea and coffee and bottled water to participants on the day.

Officials at the opening were Frances Cheney, Rockingham Branch President, Hugh Rogers, SRCWA State President, Mayor of Rockingham, Barry Sammels, Reece Whitby MLA, Member for Baldivis & Councillor, Chris Elliott. Barry Sammels, Mayor of Rockingham officially opened the day and Cr. Chris Elliott acted as MC for the opening and throughout the day.

A big thank you goes to all the volunteers who helped make this day a success from the Rockingham Branch organising committee to the volunteers from Rockingham and Perth and also the Wooroloo Trustees who worked both on Tuesday and Wednesday to help ensure the day ran smoothly.

Sponsors of the event were: City of Rockingham, Aqua Jetty, Have a Go News, LiveLighter Healthway, Kennards Hire, IGA, Dept of Sport & Recreation and Dept of Local Government & Communities, Telstra & Simply Swing.

Congratulations to Frances Cheney and the SRC Rockingham Branch for the tireless work that was done putting this event together.

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 ticket sales.

HAVE A GO DAY, A LIVELIGHTER EVENT, BURSWOOD PARK, WEDNESDAY 1ST NOVEMBER - SITE HOLDERS: REGISTRATION NOW OPEN

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 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