



Hugh Rogers State President November 2017

2017 WA SENIORS AWARDS WINNERS

Congratulations to SRCWA Vice President, Phil Paddon, the 2017 Metropolitan Juniper Lifetime Achievement Award Winner

Phil Paddon SRCWA Vice President won the 2017 Metropolitan Juniper Lifetime Achievement Award at the recent WA Seniors Awards. Phil was recognised for his work with SRCWA's Have a Go Days, LiveLighter Aged Care Games, LiveLighter Activity/Information days and other events. Phil also dedicates his time to annual events for the Square Dance Association of WA and SRCWA Country Music Concerts. Phil has been volunteering for more than 15 years encouraging and supporting older adults to remain active as they age. Phil advocates the SRCWA ethos of "Healthy Ageing Through Activity" encouraging all older adults to keep a positive outlook on life and have lots of fun while being active. The Council is proud to have Phil as a Board Member and as one of its most dedicated volunteers.

Congratulations on an outstanding achievement and the deserved recognition of your years volunteering throughout the community in Western Australia.

Congratulations also to Lesley Balinski the 2017 Regional Juniper Lifetime Achievement Award Winner. Lesley a valuable community member of Katanning and has been volunteering for more than 9 years. Lesley volunteers for the Katanning Harmony Festival, is President of the Katanning Dramatic Society and is a member of the Katanning Action Network. She also works with the cultural and linguistically diverse community in Katanning tutoring English.

LIVELIGHTER PEEL AGED CARE GAMES 2017

The LiveLighter Aged Care Games - Peel was held on 10th October at Murray Leisure Centre, Pinjarra.

140 Seniors in care plus carers and supporters took part in the event, at times the competition was fierce and the supporters were very enthusiastic with their encouragement of the teams. The hall looked very colourful and bright with the effort teams put into the costumes worn by the participants.

The games were opened by Pat Schraven- HR Manager- Alcoa's Pinjarra Alumina Refinery with the National Anthem sung by Pinjarra High School student, Jasmin Houghton which was followed by "Break Away" by Laurissa Atwell and Keira Sheridan also students at Pinjarra High School. MC Phil Paddon then invited all the teams and volunteers to come to the fields and the games began with much cheering and encouragement.

The Lunch time entertainment was provided by Peel local group Mand Ukulele who played a wide variety of songs with participants enjoying the sing-a-long.

Congratulation to Bedingfeld Boomers in first place with 358 points they took home Gold medals and the perpetual trophy, Silver Chain Lakeside Dwarfs came second with 328 points, they took home a plaque and silver medals and Greenfields All Stars came third with 305 points and they took home a plaque and bronze medals. Also congratulations to McNamara Mexicans for winning the Best Presented Team Plaque and oldest competitor on the day was Owen Warburton from McNamara Mexicans who is 98 years young.

SRCWA thanks and acknowledges the hard work done by Jan McGlinn and her group of dedicated volunteers, the team from Alcoa Australia Huntly Mine Staff, SRCWA State Branch volunteers and SRCWA staff who helped to make this a most enjoyable event for the participants and such a great success. Remember LiveLighter by eating a rainbow of Fruits and Vegetables.

Thank you to LiveLighter Healthway, ALCOA, Shire of Shire of Murray, Dept of Local Government, Sport and Cultural Industries and Dept of Communities for their generous support of the games.



SRCWA Annual Mixed Indoor Bowls Tournament

The annual Seniors Recreation Council of WA Inc. Mixed Indoor Bowls competition was held on the 17th October 2017 at the Altone Park Leisure Centre in Beechboro. WACBA President Jean Tierney, Secretary Barbara Price and the dedicated volunteers ran a very successful event with 24 teams competing. In first place was Maylands Autumn Club, Second place was Mundaring Seniors and Third place was Nollamara Autumn Centre. Congratulations to all the teams and a big thankyou to the WACBA committee and members on a great event.



SRCWA Christmas Variety Concert

Presented by Phil Paddon and Red Dog Music.

When: Wednesday 6th December 2017.

Venue: Morley Sport and Recreation Centre, 12.30 to 5.00pm.

Cost: \$30.00pp

Artists: Band of Mates, Kingsley Day, Phil Rego, Johanna Hemara, Justin Standley & Kate Hindle

Come along and enjoy an afternoon of entertainment and fun.

To purchase tickets or for further information phone Kate Chetwin 9492 9771

For more information please contact Kate Chetwin on 9492 9771 or email kate.chetwin@srcwa.asn.au.

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