



President's Jottings

Seniors Recreation Council of WA Inc.



Hugh Rogers State President

October 2017

Have a Go Day, a LiveLighter Event,

Celebrating 25 years in Burswood Park, Wednesday 1st November



Have a Go Day, a LiveLighter Event is an activity/information event for over 45's and last year attracted an attendance of 15,000 participants and 220 exhibitors.

The theme this year is "Have a Go Day Celebrating 25 years in Burswood Park", there will be a variety of activities to have a go at and hospitality tents providing free tea, coffee

& bottled water for participants to relax and socialise in and entertainment throughout the day.

Entertainment will include world renowned country music artist Laura Downing, country music artist Terry Bennetts, the WA Police Pipe Band and a variety of other artists during the day. Please see the full lift out regarding Have a Go Day, a LiveLighter Event in the Seniors Week lift out which is included in this edition of Have a Go News.

Further information is available by calling 9492 9771.

LIVELIGHTER AGED CARE GAMES ROCKINGHAM

The LiveLighter Aged Care Games - Rockingham were held at the Baldivis Recreation Centre on the 31st August, seven teams enthusiastically took part in a range of games developed specifically for seniors in care.

Local member for Baldivis Reece Whitby MLA welcomed all participants to the games and then officially declared the 2017 SRCWA Rockingham LiveLighter Aged Care Games open. Thank you, Reece, for your support of this unique fun event for seniors.

The participants were treated to a dance show performed by Swing and Sway at the lunch break, thank you Swing and Sway for a most enjoyable performance.

SRCWA Rockingham Branch President, Valma Sulk and MC Phil Paddon presented the trophies, medals and plaques at the end of the event. The winners were Super Silver Crusaders with 303 points who took home the perpetual trophy and Gold medals, coming 2nd was Banksia Park Bandits with 289 who took home a plaque and Silver medals and third was Italian Stallions with 263 points who took home a plaque and Bronze medals. The Best Presented Team Plaque was presented to The Hopefuls, Silver Chain Fremantle, all participants were presented with participants medals.

SRCWA thanks and acknowledges the hard work by SRCWA Rockingham Branch committee and volunteers, the staff and students from Rockingham Kirana campus, SRCWA State volunteers and staff who helped to make this event enjoyable for the participants and such a great success.



LIVELIGHTER SENIORS ACTIVITY INFORMATION DAY - BUNBURY 2017

The LiveLighter Seniors Activity Information Day held in Bunbury was successful with around 500 people in attendance. Forty-five metro and regional clubs, and businesses/organisations provided information and activities for participants on the day. A big thankyou goes to the South West Italian Club who supported the event which was held at their facility. A wide range of activities were available to try including Zumba Gold, Carpet Bowles, Croquet, Pole Walking and others. Bunnings organised a pot plant workshop which again proved to be very popular. Information on road rules from the WA Police was on hand to provide up-to-date advice on current rules.

Congratulations to The SRCWA Bunbury Branch volunteers who did a great job in organising this activity/information day. Thank you to Bunbury Regional Corrective Services staff and trustees for their assistance with setting up and packing down the event.

This event was sponsored by LiveLighter Healthway, City of Bunbury, Bethanie, South Western Times, Dept of Local Government, Sport and Cultural Industries and Dept of Communities.

LIVELIGHTER JOONDALUP AGED CARE GAMES 2017

The LiveLighter Aged Care Games - Joondalup was held on 11th September at Bouncer Sports in Joondalup, the venue and staff support was excellent.

Over 120 Seniors in care took part in the event and the competition was fierce at times, there were 8 teams competing in the event.

The official opening commenced with State President Hugh Rogers welcoming everyone and inviting them to join in the National Anthem, he then invited Councillor Kerry Hollywood, City of Joondalup to open the games, Kerry was very impressed with the event and enjoyed sharing the morning with the participants. MC Phil Paddon then invited all the teams and volunteers to come to the fields and the games began with much cheering and encouragement.

Jim Drysdale and Jenny Cole entertained participants during the lunch break which was enjoyed by everyone.

In first place on the day was RAFFA Red Devils with 315 points, they received the perpetual trophy and gold medals, in second place was Italian Aged Care with 293 points, they received silver medals and a plaque, in third place was The Pink Ladies with 273 points and they received bronze medals and a plaque. The best dressed team on the day was Bethanie Beachsiders who were dressed as cow boys and girls they were presented with a plaque and the oldest competitor on the day was Hilda Kemp who was 101 years young from the Pink Ladies team.

Thank you to all the volunteers on the day from SRCWA, students from Kirana Rockingham Campus, walkers and square dancers.

Thank you to LiveLighter Healthway for Sponsoring the LiveLighter Aged Care Games and to Dept of Local Government, Sport and Cultural Industries and Dept of Communities for their support.



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