



President's Jottings

Seniors Recreation Council of WA Inc.



Hugh Rogers State President September 2017

CARE AND AGEING EXPO 2017

The Care and Ageing Expo was held on Saturday and Sunday 29th & 30th July 2017 and the Perth Convention and Exhibition Centre. SRCWA's Project Officer, Kate Chetwin, was invited to do a presentation on Sunday afternoon as a speaker in the Expo's program. Kate's presentation was on the SRCWA's ethos "Healthy Ageing Through Activity" which included how to stay active while ageing. There were approximately 40 seniors and industry professionals in the audience. The audience was given an Add Life to Your Years Directory and program flyers with information on the wide range of programs that SRCWA organises.

METRO LIVELIGHTER AGED CARE GAMES 2017

Twenty teams from Perth's Aged Care facilities took part in the Annual Metro LiveLighter Aged Care Games held at the Belmont Oasis on the 3rd August 2017. The Games were officially opened by Hon Mick Murray MLA, Minister for Seniors and Ageing, Volunteering and Sport and Recreation. Minister Mick Murray enjoyed visiting members from all the teams, having a chat and wished them well.

This event was the biggest LiveLighter Aged Care Games for 5 years and it was great to see so many seniors in care at Belmont Oasis. The visual with all the teams dressed up was fantastic and it made it very difficult for Minister Murray to choose the best presented team.

Cassie Rowe MLA local member for Belmont, Samantha Rowe MLC member for the East Metropolitan Region also visited the more than 300 very competitive seniors at this event. It was also great to welcome Duncan Ord Director General of Dept of Local Government, Sport and Cultural Industries and Graham Brimage CEO, Sport & Recreation. The feedback from all the visitors was very positive and they were impressed with the whole event especially the teams dressing up and the number of volunteers at the event.



35 volunteers assisted with set up and pack down of 400 chairs and 30 trestle tables, morning teas, scoring, games assistants, parking, assisting teams to their stations and supporting the seniors throughout the event. The volunteers came from SRCWA, Woorloo, Clover Leaf Square Dancing, Over 55 Walking assn., Power Brooks Fitness, family & friends.

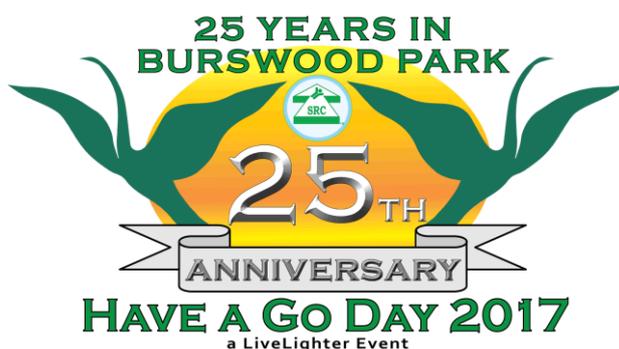
Teams from around the metro region competed in a range of games which were organised and facilitated by staff and volunteers from SRCWA. It was amazing to see people well into their 90's willing to Have a Go at Seated Hockey, Pass Ball, Bean Bag Toss and Skittles. Images from these games are available on line through our web site, www.srcwa.asn.au .

The team taking out First Place were presented with a Perpetual Trophy and Gold medals - "Frederick Guest" with 327 points, Second Place were presented with Silver medals - "Balmoral Royals" 309 points and closely followed in Third Place with Bronze medals - "Harman Park Community Centre" 300 points. The oldest competitor at the games was 104-year-old Nell Bentley from Rosewood Care Group and the best presented team was Ritcher Lodge "Ritcher Cowboys" who went to a lot of trouble theming the whole team as Cowboys and Cowgirls, this included dressing up their team area and theming the lunch on the day. Our thanks go out to the many volunteers helped set up and officiate at these games, a special thank you to participating centres staff who train and support participants.

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

Have a Go Day, a LiveLighter Event, Burswood Park, Wednesday 1st November

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 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.



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