



Hugh Rogers State President

# April 2018

### LiveLighter Aged Care Games - Avon

The LiveLighter Aged Care Games were held on 1st March at the Northam Recreation Centre where teams of Seniors in Care, Carers and Volunteers had a wonderful time. This year 8 teams took part with participants playing seated hockey, seated passball, bean bag toss & skittles, the games were played with great enthusiasm and lots of laughter throughout the day.

Cr Chris Antonio, President Shire of Northam opened the games and a student, Caitlin Morris, sang the National Anthem unaccompanied and she sang it beautifully. Phil Paddon SRCWA Vice President was MC at the event, he explained the rules of the games to the volunteers and ensured the games ran smoothly. Volunteers from SRCWA Avon Branch, SRCWA Perth & a team from Wooroloo assisted with the games, they set up the gymnasium, welcomed and assisted teams as they arrived, scored and packed down the event at the end of the day. The entertainment was provided by Jim Drysdale and Jenny Cole who sang as everyone arrived and they provided some wonderful entertainment during the lunch break, everyone really enjoyed singing along with them. Alan Eades a 74 year old Northam resident demonstrated inline speed skating during the lunch break, proving age does not need to be a barrier when doing an activity you love.

The Perpetual trophy & Gold medal winners with 352 points were Dowerin Companion Club, the Silver medal winners with 327 points were Dowerin HACC and the Bronze medal winners with 302 points were Killara Dragon Flies.

The winner of the Best Presented Plaque was Kalkarni Curlews.

The oldest competitor in these games was Anna Rakowski from Bethavon who is a sprightly 95 years old.

Congratulations to all competitors for making the day memorable and everyone was presented with a medal and took home lots of fun filled memories.

Our thanks to all the volunteers who assisted on the day, without their support the LiveLighter Aged Care Games would not be possible.

We would also like to thank LiveLighter Healthway for sponsoring this event and the Northam Shire, Department of Local Government, Sport and Cultural Industry and Dept of Communities for their support.

## **LiveLighter Seniors Activity/Information day in Cockburn.**

On Wednesday 14th March a group of fifty enthusiastic seniors enjoyed a LiveLighter Seniors Activity Information Day at the Cockburn Seniors Centre in Spearwood. Seniors took part in a warm up routine and activities which included, Seniors Exergaming WA, Indoor Bowls, Quoits, Beanbag Toss, Carpet Golf, Bob (Table Billiards) & sticky darts.

The Static displays available on the day included Australian Hearing, Breastscreen WA, Home Instead Senior Care, Independent Living Centre, St Ives Home Care and Seniors Recreation Council/LiveLighter Healthway.

The event commenced with morning tea and concluded with tasty lunch of broccoli soup followed by roast chicken which was enjoyed by everyone.

Thank you to Penny and Julie from the Cockburn Seniors Centre, the team from Wooroloo and SRCWA's hard working volunteers and staff for helping to make this event a great success.

Thank you to LiveLighter Healthway for their sponsorship of this event and the City of Cockburn for hosting the event and the Department of Local Government, Sport and Cultural Industry and Dept of & Communities for their support.

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

On Wednesday 18th April 2018, Seniors Recreation Council of WA's Rockingham Branch is conducting a Have a Go Day at the Aqua Jetty, 87 Warnbro Sound Avenue, Warnbro, 10am to 2pm.

This FREE event will showcase club/groups from Rockingham and surrounding areas. There will be a variety of activities to "Have a Go" at and many senior specific static displays.

This event is proudly Sponsored by City of Rockingham, Aqua Jetty, Have a Go News, LiveLighter Healthway, Telstra, Kennards Hire, Simply Swing, IGA – Chelmsford Ave, Dept of Local Government, Sport & Cultural Industry & Dept of Communities.

## **SRCWA ANNUAL SENIORS BALL 2018**

The "Enchanted Garden Ball" will be held in the Astral Ballroom, Crown Perth on Wednesday 6th June, 1pm to 4.30pm. Afternoon tea is provided with the entertainment featuring the live band "Satin Doll" and afternoon floorshow by "Rock n Jive", ticket cost \$37.50pp. There will be a door prize and many other prizes donated by Crown Perth, Have a Go News and Casey Australia Tours. To book your tickets or for further information call 9492 9773. NOTE: tickets are selling very fast.

This event is proudly sponsored by Crown Perth & Have a Go News.

**For details of events and programs run by Seniors Recreation Council of WA visit our website [www.srcwa.asn.au](http://www.srcwa.asn.au)**