



President's Jottings

Seniors Recreation Council of WA Inc.



Hugh Rogers State President

August 2018

LIVELIGHTER SENIORS ACTIVITY/INFORMATION DAY – BUNBURY
14th September 2018, 9.30am to 1.30pm

The Southwest Italian Club, 20 White Street, Bunbury

This event is a FREE activities and information day for seniors in Bunbury and surrounding areas with lots of information statics, activities, and entertainment.

If you would like to register for a static display at this event please call Dawn on 9492 9773, static display registration is open to Clubs/Groups, Not for Profit organisations and Commercial entities.

LIVELIGHTER SENIORS ACTIVITY INFORMATION DAY – MUNDARING

On Wednesday 27th June 2018 the Brown Park Recreation Centre in Swan View was abuzz with seniors from the Mundaring Shire who attended the LiveLighter Seniors Activity Information Day.

The torrential rain didn't dampen the enthusiasm of the 110 seniors who took part in the activities and visited all the static displays. A lovely BBQ lunch was supplied by the Shire of Mundaring, which was cooked by the Swan Districts Lions Club. Seniors were able to Have a Go at Exergaming, Table Tennis, Pool, Snooker Heart Sports Activities, Carpet Bowls, Golf Putting, Bean Bag Toss, Skittles, Seated Hockey and a range of other activities. A large telescope was on show from the Perth Observatory Volunteer Group which generated a lot of interest.

A wide variety of static displays and information were on offer from Cancer Council, Consumer Protection, Enrich Living Services, Estate Administration Services WA, Independent Living Centre, LiveLighter, Perth Observatory Volunteer Group, Seniors Card Office, Seniors Recreation Council of WA, Shire of Mundaring, Silver Chain Group, Swan Districts Lions Club, Umbrella Multicultural Community Care and Wheels Inc

SRCWA acknowledges and appreciates its hard-working volunteers, the team from Wooroloo, and the Shire of Mundaring Staff for their support in making this event possible

Sponsors of this event are LiveLighter Healthway, Shire of Mundaring, Dept of Local Government, Sport & Cultural Industry, Dept. of Communities and Have a Go News.

WEST COAST EAGLES GRANDPARENTS ACTIVITY INFORMATION DAY

Wednesday 4th July

The sixth "Grandparents Activity/ Information Day", a joint event run by Seniors Recreation Council of WA and the West Coast Eagles (WCE) and was held at Domain Stadium. Around 120 fans comprised of Grandparents and their grandchildren were treated to a range of activities and information stalls in the West Coast Eagles team warm up room. The activities on the day included; WCE Kicking Cube, Xbox Kinect activities -Exergaming, Seated Hockey, Carpet Golf, Quoits, Giant Darts, Skittles, Bob (Table Billiards), Face Painting, and a photo booth which proved to be extremely popular. Eddie the Eagle WCE Team Mascot met Jet, WA ScamNet mascot and they both participated in the activities on offer. Eddie and Jet posed for photos with WCE Members who were treated to free prints which they took home in a folder to commemorate their day. Thanks to the static displays which included, West Coast Eagles, Seniors Recreation Council of WA, Consumer Protection WA, Kings Tours & Travel, and Enrich Living Services. SRCWA acknowledges all the hard work and support from its dedicated volunteers and staff as well as the West Coast Eagles support staff who makes these events possible.

SRCWA SCAMS INFORMATION SESSION, Friday 20th July

80 Seniors attended an enlightening forum on the pitfalls of our modern world and the prevalence of Scams. This was a fantastic opportunity for seniors to be updated on the current Scams making the rounds through phone calls, social media and technology. After the presentation the seniors had the opportunity to ask questions, share their experiences and voice their fears. Most surprisingly one in four people get scammed at some time with a reported loss of around \$8 million per year, and that is only the reported scam losses. We are reminded that if something is too good to be true it DEFINITELY IS!

Many thanks to Paul and Jessica from WA ScamNet - Consumer Protection a division of The Department of Mines, Industry Regulation and Safety.

This event would not have been possible without the support of LiveLighter Healthway, Department of Local Government, Sport, and Cultural Industries, the Department of Communities and the support of SRCWA Staff and volunteers.

HAVE A GO DAY 2018, A LIVELIGHTER EVENT, FREE for Participants

Have a Go Day 2018 a LiveLighter Event, 14th November at Burswood Park 9am to 3pm

REGISTRATION NOW OPEN and almost at capacity for static displays.

Have a Go Day, a LiveLighter Event is an activity/information sharing event for over 50's and last year attracted an attendance of 15,000 participants and 230 exhibitors.

Registration forms are now available for Clubs/Groups, Not for Profit agencies and Commercial entities; forms can be obtained by calling 9492 9773.

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