



President's Jottings

Seniors Recreation Council of WA Inc.



Hugh Rogers State President

February 2018

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 static displays.

If you are a Club, Group, Community organisation or Business and you would like to attend on the day please contact Carole Overington email: srcwarockingham@gmail.com or phone: 0412 715 173 for further details.

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

POLE WALKING

The purpose of this exercise is to use two poles, often called hiking or trekking poles, to add a new dimension to walking as an exercise.

Pole Walking is an easy, efficient and low stress activity that engages the whole body in a total body workout.

You get a greater increase in muscle endurance and toning in your shoulders, back, chest, upper arms and abdominals.

The poles provide stability and add more "spring" into your steps as you push along.

The use of poles helps to reduce stress in the knees and other joints.

Pole Walking loosens up tensions in neck and shoulders which is beneficial if you have a job where you sit in one position most of the day.

Your posture improves with right technique and arm motion and it is up to 40% more effective as an exercise than regular walking.

Your oxygen intake increases significantly, and your heart rate is 5-17 beats more per minute, compared to when regular walking.

To organize an individual or group demonstration call the SRC office on 9492 9773.

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.

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

TECH SAVVY SENIORS

SRCWA in partnership with Telstra will be conducting some Tech Savvy workshops and a Tech Savvy Seniors Tech Expo during the year. If you would like to register your interest in these events please call the SRCWA office on 9492 9774 and give your contact details so that when these events are organized you will receive advance notice for registration.

SENIORS EXERGAMING WA.

The Seniors Exergaming WA program promotes activities for older people using the xBox Kinect gaming console which includes ten pin bowling, balance activities and many other choices. Groups can contact SRC to organise a free demonstration on the use and benefits of the activities. Free training and manual are provided to groups who wish to join this fun program. Currently the program is used by Retirement Villages, Senior Centres/Groups and individuals who take part in the program and participate in the competition which is run in the centres.

For further information on this program or to book a demonstration please call Martin Yates, Program Manager on 9492 9774.

Key Diary Dates for 2018

11th to 18th November WA Seniors Week

14th November Have a Go Day, a LiveLighter Event, Burswood Park, Great Eastern Highway, Burswood

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