



Hugh Rogers State President

# June 2018

### LiveLighter Aged Care Games Greater Geraldton Region

On the 15th May 2018 SRCWA Geraldton Branch conducted the LiveLighter Aged Care Games at the Geraldton QE11 Center.

The games included seated hockey, pass ball, beanbag toss & skittles which were all played with great enthusiasm. The volunteers from Perth and Geraldton helped make the day run smoothly and encouraged the teams and spectators throughout the day.

It is one of the most rewarding events conducted by SRCWA, especially when at the end of the day everyone leaves with a smile on their face saying what a great time they had.

The games were opened by Councillor Bob Hall and Phil Paddon MC'd the event and also took all the volunteers through the rules and scoring the games.

The winners, who received gold medals and a perpetual trophy were Hillcrest Hurricanes, Juniper with 306 points; second place went to Northampton Day Centre, Brookview Bullets with 249 points and third place went to Geraldton Community Care, Forever Hopefuls with 235 points and the Best Presented team plaque was awarded Geraldton Community Care, Forever Hopefuls.

The oldest person competing on the day was Mary Hazelby 97 young.

Congratulations to all the participants for coming and having a go and a big thank you to Phil & Pat Paddon who travelled from Perth to assist with the games and also to Christine Mullender, Greater Geraldton Branch President and the Greater Geraldton Branch committee and all the volunteers who helped make the day such a great success.

SRCWA would like to thank LiveLighter, Healthway for Sponsoring the LiveLighter Aged Care Games and to Sport & Recreation and Department of Communities for their support.

## **SRCWA LiveLighter Activity Morning**

Seniors from Armadale & Kelmscott area attended an activity morning and took part in a Pole Walking demonstration, training and then experienced a lovely walk around Kelmscott using walking poles. Participants enjoyed walking through some bush areas which was beautiful and refreshing. Pole Walking provides a wide variety of benefits to the body, these are exercising the upper body whilst walking, right & left brain exercise, improved balance & posture along with some weight bearing exercise and the opportunity to enjoy walking in the wonderful WA outdoors.

SRCWA offers free pole walking demonstrations to individuals and/or groups if you are interested in trying pole walking or organizing a demonstration contact Dawn on 9492 9773.

## **SRCWA Tech Savvy Seniors Computer Course**

Seniors in the Belmont area have been enjoying basic computer classes over the past 6 weeks, the course outline was; What is a Computer and its associated equipment?; Basic introduction on using a computer; Internet Use – Email, Browsers, Security and Scams; Facebook introduction how we can connect with our families and friends; Skype Introduction - How to make free local and international video calls; Digital Camera - What to do with all those pictures, saving and sharing them.

At the conclusion of the course all the participants commented that they had a greater understanding of technology and very much appreciated the course. One participant mentioned “it was just what I needed since the passing of my wife, coming along to this course has reignited my confidence and I am more able to do things for myself now”.

Tech Savvy Seniors computer courses are Sponsored by LiveLighter Healthway and supported by Sport & Recreation, Dept of Communities and Telstra.

## **LiveLighter Seniors Activity/Information Day 21st June 2018**

This is a FREE event which will be held at the Masonic Lodge, Furnissdale 10am to 1.30pm

This event provides the opportunity to attend a LiveLighter Activity/Information day and try a range of activities and gather information from static displays. Morning Tea, Lunch and entertainment are included,

to register call 9492 9773, registration is essential as spaces are limited.

## **HAVE A GO DAY 2018, A LIVELIGHTER EVENT**

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

REGISTRATION NOW OPEN

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](http://www.srcwa.asn.au)**