



Hugh Rogers State President

March 2018

SRCWA 26th Annual Seniors Camp at Camp Quaranup –

Monday 5th February 2018 campers arrived for the SRCWA 2018 Camp Quaranup in Albany. The camp is the ideal forum where old friendships are renewed and new ones made.

During the camp participants took part in numerous activities such as bush walks, canoeing, archery, craft, line dancing, table tennis, exercise programs, a movie night and a camp concert. Talks and demonstrations from the Albany Surf Lifesaving Club were very interesting and enjoyed by all. , On Wednesday the camp participants were treated to a day out they visited the Albany Entertainment Centre for a tour, then onto a bridal museum at Wesley Church and then they all had lunch at Eyre Park which was followed by shopping on York Street.

SRCWA would like to thank camp Coordinator Eileen Stark and her group of dedicated volunteers and helpers also to the Camp office and kitchen staff for all their hard work in making the SRCWA Camp Quaranup an event many look forward to annually.

TECH SAVVY SENIORS

For the past few years the SRCWA has been quenching a huge thirst for knowledge among Perth seniors to master modern technology and as a result of this SRCWA in partnership with Telstra delivered a free technology based workshop for 80 seniors on Friday 16th February, this event was fully booked within four days of being announced.

The aim of this workshop was to help break down barriers and close the gap created by the ever increasing digital divide experienced by the older generation, who in most cases have had little or no exposure to current technology.

The official opening was by the Hon. Martin Pritchard MLC, Member for North Metropolitan Region who addressed the seniors on behalf of Hon. Mick Murray MLA , Minister for Seniors and Ageing; Volunteering; Sport and Recreation.

The session started with an overview of benefits and pitfalls of a connected environment eg Google Home, National Broadband Network status with Q&A, Boyd Brown Telstra Area General Manager WA also presented at the event.

15 Telstra digital ambassadors were on hand to facilitate small break out groups where seniors explored and tried technology equipment and asked relevant questions. Seniors were thrilled to be able to take part in these sessions and there was a real buzz and positive vibe around the room as seniors explore their options and what technology can do for them.

Static displays at this event: Consumer Protection, Camera Electronic, Telstra & NBN Co.

There were lots of prizes at the end of the event courtesy of Telstra, a Google Home Mini, HP Tablet and tickets to the Roger Waters (Pink Floyd) concert.

A big thank you to Telstra and its Digital Ambassadors, NBN Co, Camera Electronic, Consumer Protection WA and all the SRCWA volunteers for their efforts in making this a great event.

LIVELIGHTER AGED CARE GAMES, BODDINGTON

On the 21st February 2018 SRCWA held the Boddington LiveLighter Aged Care Games, the day was a great success with enthusiastic teams coming together to play adapted games for seniors in care. The games were played with a lot of fun and laughter.

The children from the Boddington District School performed the National Anthem at the opening of the games. Entertainment during the lunch break was provided by a Piano Accordionist, Susan who led the participants in a sing-a-long and everyone enjoyed it.

Phil Paddon, MC for the day explained the games rules to the volunteers and then called the teams to the playing area and encouraged everyone to have a good time.

Congratulation to all the participants for coming and having a go, a big thank you to Dawn Newman and to the volunteers from Boddington Hospital Auxiliary, Newmont Mines and SRCWA, all the volunteers helped make the day a great success.

The winners of the Boddington LiveLighter Aged Care Games were:- 1st Boddington HACC, 325 points, 2nd Harvey Southwest Community Care, 285 points & 3rd, Boddington Social Group 276. The Best Presented Team was Harvey SWCC and the oldest competitor was Gloria Batt, aged 95 years young.

The LiveLighter Aged Care Games are Sponsored by LiveLighter Healthway, Dept of Local Government, Sport & Cultural Industry & Dept of Communities.

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.

If you are a Club, Group, Community organisation or Business and you would like to showcase your organisation at this event please contact Carole Overington email: srcwarockingham@gmail.com or phone: 0412 715 173 for further details.

This event is proudly 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.

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.

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