



Hugh Rogers State President

May 2018

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

On Wednesday 18th April approximately 1000 seniors attended the 8th Annual SRCWA Rockingham Have a Go Day, a LiveLighter Event held at Aqua Jetty in Warnbro. There were more than 80 sites and activities showcasing clubs/groups, agencies and businesses from the Rockingham and surrounding areas.

At the Official Opening I had the pleasure of introducing Barry Sammels, City of Rockingham Mayor to officially open the day, he was very impressed with the layout, saying it was a great event and that the City of Rockingham was proud to support it, Cr. Chris Elliott did a fantastic job as MC.

Activities included Alzheimer's Australia, Australian Hearing - Hearing Tests, Croquet - Mandurah Croquet & Recreation Club, Curtin FM 100.1 Radio Broadcasting, Dance Floor Programme, Petanque, Tai Chi - Rockingham Taoist Tai Chi Society, Warnbro Pharmacy - Health Checks, SRCWA Rockingham Pole Walking & Spinning Demonstrations. Simply Swing, Sing Australia Rockingham, Swing n' Sway & Prime Movers performed on the outdoor dance floor.

Thanks to the hard work of the SRCWA Rockingham Branch volunteers lead by Branch President Valma Sulc, the day was a resounding success and ran extremely smoothly. We also thank the crew from Wooroloo, their hard work was invaluable in making this a great event.

Have a Go Day, Rockingham would not have been possible without the magnificent sponsorship of; City of Rockingham, Aqua Jetty, Have a Go News, Kennards Hire, IGA, LiveLighter Healthway, Government of WA, Telstra Warnbro & Simply Swing.

LiveLighter Aged Care Games Bunbury Region

On the 12th April, SRCWA held the Bunbury Region Live Lighter Aged Care Games at the South West Sports Centre, Bunbury.

It was a fabulous day with 16 teams competing, the teams came together from Nursing Homes, Aged Care Facilities and Day Centers to compete in games specifically designed for people in care.

Nola Marino MP, Member for Forrest welcomed everyone to the event with a short speech and then officially opened the games, everyone sang Advance Australia Fair and MC for the day Phil Paddon explained the games rules and invited all the teams to their playing areas.

The games played were seated hockey, seated pass ball, beanbag toss and skittles with the TAFE students and carers from each agency competing in a fun event.

SRCWA sincerely thanks Betty McCleary who entertained the participants during the lunch break with her demonstrations of Zumba Gold, Bunbury TAFE students and participants from the teams had great fun joining Betty in the demonstration.

The winners were Ingenia Gardens, Carey Park with 337 points, Village People, Leschenault Retirement Village come second with 332 points and Pemberton HACC Autumn Club coming third with 326 points. The best presented team was Opal Bunbury Gardens - Dream Catchers and the oldest participant on the day was Mary Birch, 103 years young from Opal Bunbury Gardens.

A big thank you to the Bunbury TAFE Students and the Department of Corrective Services Access program for all their assistance at the event.

Congratulations to all the participants for coming and having a go and a big thank you to Barbara Fleay, Bunbury Branch President and the Bunbury Branch volunteers who helped make the day such a great success.

Tech Savvy Seniors – Photo Walks

Nothing like getting out and about and taking in the fresh air...a group of seniors joined us for the first SRCWA Photo Walk...a great way to enjoy nature and hone your photography skills. The walk started at 9.30am at Lake Gwelup and finished around 11.00am. On this walk we saw White Faced Herons, Ducks Australasian Grebes and Swans. If you are interested in joining our Seniors Photo Walks or arranging one in your area please contact Martin Yates at the SRCWA Office on 9492 9774.

TECH SAVVY SENIORS EVENT

Having trouble with your mobile phone? Want to know how to stay safe online? Need to ask questions about the NBN? Then this is a FREE event you can't miss.

In an effort to address issues experienced by seniors using mobile phones tablets and technology in general, Seniors Recreation Council of WA and Telstra invite you to register for our free TECH SAVVY SENIORS event.

Friday 15th June 2018, 9.30am till 1.00pm at the Loftus Centre, Loftus Street &, Vincent Street Leederville WA 6007.

Phone 9492 9774 to register for this free event refreshment included.

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 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