

QEII February 2016 Newsletter



Reminder – the centre is closed **Monday March 7** due to the public holiday.



Department of
**Local Government
and Communities**

A Seniors & Community Centre promoting positive healthy ageing, managed by the City of Greater Geraldton with funding provided by the Department of Local Government and Communities

Centre Update



Coming 3rd March – The Australian Hearing Bus. (Free hearing checks) More details on page 20 of this newsletter.

Did You Know?

The Queen Elizabeth II Seniors Advisory Committee meets bi-monthly at the centre and its purpose is to:

1. Liaison between the City of Greater Geraldton and the Centre User Groups.
2. Provide advice to Council on the coordination of the Centre and advocate on behalf of the Centre in the broader community.

The Committee's Terms of Reference are as follows:

1. To provide a forum for primary and secondary user groups who use the Centre to meet at regular intervals to discuss their particular needs and interests in the Centre;
2. To develop community awareness of these facilities;
3. To encourage a co-operative attitude among people who use the facilities so that the most effective use is obtained to the satisfaction of the community generally;
4. To coordinate the use of facilities by all user groups, and to endeavour to provide for requested activities;
5. To make recommendations to Council on modifications to and development of these facilities in line with changing community and user needs;
6. To provide a means of communication between The City Greater Geraldton and the groups who use the Queen Elizabeth II Seniors & Community Centre; and
7. To promote the general good of users of the Centre.

The current Committee representatives are:

- Cr Bob Hall (Chairperson)
- Cr Renee Ellis
- Cr Laurie Graham
- Polly Banks, Manager Community & Cultural Development
- Yvonne Lovedee, Coordinator Community Development
- Rosetta Finlay, QEII Seniors & Community Centre Supervisor
- Beryl Scott, National Seniors Inc
- Edna Freeman, Over 50's Gentle Gym Class
- Sue Hunter, Piccadilly Dance Club
- Christine Mullender, Geraldton & Districts Seniors Action Group
- Annie Townshend, Pensioners Social Club
- Gae Slade, Friendly Squares Dance Club

Next meeting is on 16 March 2016

QEII Cruise Club



Would you like information on cruising? Meet and share experiences?
Looking for someone to go cruising with or as part of a group?

The QEII Cruise Club provides a relaxed and informal atmosphere to share personal experiences and handy hints. Free to join!

Meetings will include a cuppa, informal chats, visual presentations and talks.
Contact Rosetta on 9956 6636 or drop into the QEII office to register.

Next meeting is on Thursday 4 February at 1pm.



**Seniors
Recreation
Council
of WA Inc.**

Healthy Ageing through Activity

Greater Geraldton Branch

Following have been voted into the executive positions:

President: Christine Mullender

Vice President: John Macey

Secretary: Diana Keighran

Treasurer: Jean Steer

Regular meetings will be held bi-monthly the second Wednesday
of the month at 9:00am at the QEII Seniors & Community Centre.

Next meeting is on Wednesday 9 March at 9:00am

srcincgreatergeradltonbranch@gmail.com Web: www.srcwa.asn.au

PATRONS: Her Excellency the Honourable Kerry Sanderson AO, Governor of WA



Department of Sport and Recreation
Department of Local Government
and Communities



Scrabble Group



Monday & Wednesday - 1pm at the QEII
All Welcome – Free

GERALDTON ORCHID SOCIETY INC



Monthly meetings are held at the Centre
Second Monday of each month at 7:30pm

Meeting on Monday 8 February

Visitors and new members are welcome



Would you like to play / learn Canasta?
Every Monday @ 1pm at the QEII Centre
Cost is Free

Lets Go Walking !!!



The QEII Seniors Walk Group meet at 7:30am Tuesday mornings
in the QEII Centre carpark.

All welcome. Join in – it's free

Seniors Line Dancing

Every Tuesday at the QEII Centre



1.00pm – 3.00pm
Beginners & Intermediate Welcome

All Welcome – Free - **resumes 16 February 2016**



Mahjong

Tuesdays at the QEII

1pm to 3pm

All welcome – Free

Learn the Ukulele with the Ukulele Dreamers

Tuesdays 1pm to 4pm at the QEII

12:30pm to 1:30pm – Beginners only

1:30pm to 3:30pm – Everyone

3:30pm to 4:00pm – Workshop



Contact Alan on 9938 1227 or 0429 381 227

Are we having fun? ...You bet we are!! Free, Come and Join Us

QEII Craft Class



Wednesday Mornings

9:00am to 12noon

All Welcome - Free

Over 50's Gentle Gym Class

The aim of the Over 50's Fitness Group is an exercise program to slow the ageing process and keep you fit longer to prevent injuries and falls

Wednesday 9:00am to 10:00am
10:30am to 11:30am

Friday 9:00am to 10:00am

Bring along a towel and wear gym shoes
All Welcome - Free!



Chess Group

Come and play/learn chess
Every Thursday at 1pm
QEII Centre
All Welcome - Free

Love Talking?? & Sharing your Opinion?

QEII “Let’s Talk” Discussion Group

Second & fourth Thursday of the month

Next sessions are on 11 & 25 February

10:45 -11:45am

Come and join us – All Welcome – Free



QEII GARDENING CLUB

Held the third Thursday of the month

10:00am

Next meeting on the 18 February

All Welcome – Free



QEII COMMUNITY ART CLASS



Fridays 9:00am to 12:00 noon



Designed for beginners to advanced.

Classes are conducted in oils, acrylics, pastels and watercolours by local artist Jim Evans.

\$4.00 per session

Includes equipment & a cuppa

QEII Knitters & Crochet Group



Friday mornings at the QEII

9:00 am to 12 noon

Beginners and Advanced - Donations of wool accepted
Cost - 50 cents. All welcome.



QEII Seniors Friendship Group



Lunch at the Geraldton Hotel

Wednesday 17 February at 12 noon

RSVP Rosetta by 15 February

National Seniors

Australia

Geraldton Midwest Branch

Meet at the QEII the second Friday of the month at 10:00am.

Contact the President Douglas Bruce 99 641264

New members welcome

Next Meeting is on 12 February 2016

Square Dancing

A creative dance performed by 8 persons to the direction of a caller using a variety of music. A dance session is equivalent to a 2km walk. It's fun, stimulating, socially rewarding and challenging. The Friendly Squares Dance Club meets Friday nights at the QEII Centre.

For enquiries contact David on 9938 2180.



Piccadilly Dance Club

New Vogue - Old Time Dance

Raffles

Spot Prizes

Saturday Night Dances

8pm till late

\$8.00 – Tea & Coffee supplied Bring & Share Supper

QEII Seniors & Community Centre
88 Durlacher Street

Ph: Ron & Jean Jones: 9921 5064 or Sue Hunter: 9921 5569



2016 Dance Dates

13 February

9 April

14 May

11 June

2 July

6 August

3 September

1 October

29 October

3 December



QEII New Vogue & Old Time Dance

Wednesdays 1pm to 4pm

QEII Centre - Free

Dances include:

Pride of Erin Fox Trot

Quick Step Barn Dance Barclay Blues

Rumba Modern Waltz Swing Waltz

Twilight Waltz Evening 3 Step

Bring & Share Afternoon Tea

Free - Come along and join in. Its good fun and great exercise.

Free Senior Service Providers at the Centre



English for Migrants

Every Friday

(Excludes school holidays)

2.00pm to 4.30pm

“No Fees, No Forms, No Test”

Contact: Wendy on 9964 4154

ESL Volunteer Teachers

Are you living with blindness or vision loss?

VISABILITY

The Visibility group meets the fourth Tuesday of the month
10:00am at the QEII Centre.

Next meeting is on the 23 February

New members are welcome for morning tea and a chat.

For further information please ring **1800 847 466**

Free Broadband for Seniors Kiosk

NEED HELP WITH YOUR TABLET, LAPTOP, MOBILE PHONE?

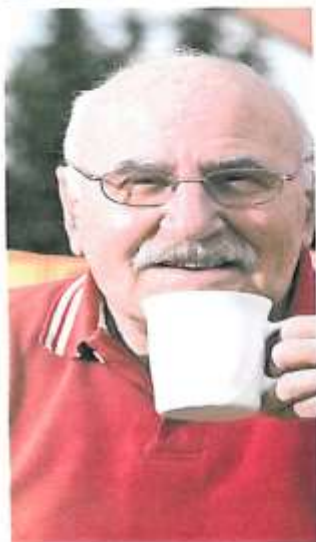
Frank, a centre volunteer is available to assist with setting up an email address, surf the web etc and is available in the seniors on line computer room Wednesday and Friday mornings - 9:00 to 10:00am.

Book an appointment with Rosetta or just drop in.

Alternatively try the Very Easy Online Lessons provided by Broadband for Free Online Computer Lessons provided by Broadband for Seniors.



Carers Morning Tea



Queen Elizabeth II Seniors & Community Centre
10am every third Thursday of the month

A Carer is a family member, friend or neighbour, who provides regular and sustained care and assistance to another person without payment for their caring role other than a pension or benefit.

If you are a carer and would like to come along for support and education please call the Respite and Carelink Centre

Midwest Commonwealth Respite and Carelink Centre

Phone 1800 052 222*

Geraldton Health Campus—51-85 Shenton Street, Geraldton



Australian Government

Batavia Seniors Marching Team

Wanted – Senior ladies interested fun, fitness and friendship.

We train at the Strathalbyn Christian College basketball court on Wednesday evenings 5pm (for approx. an hour) and Saturday mornings at 8:00am. After training on Saturday we retire to McDonald's to share breakfast and a chat.

If you would like to find out more come along and join in. Wear trainers or comfortable flat shoes and bring a bottle of water. We train undercover so the sun and rain are not an issue.

For further details ring Judy mob no: 0458 383 898 or 0427 784 547



Fruit & Veg Van



Foodbank Geraldton brings affordable, fresh produce to the QEII Seniors & Community Centre through the Fruit & Veg Van.

Wednesdays 8:45am & Fridays 9:30am

Track down the van - Call Foodbank on 9964 8011

Faye's Yummy Easy Lemon Cheesecake

Ingredients

100g Arnott's milk coffee biscuits
85g butter, melted
Cooking spray for greasing

Filling

2 x 250g blocks of cream cheese, softened
2 x 395g cans sweetened condensed milk
 $\frac{3}{4}$ cup freshly squeezed lemon juice
1 x 200ml carton cream



To make the base - melt the butter and add to crushed biscuits. Put the base into an 8 inch spring form tin. Mix all the other ingredients together and pour onto the base. Leave in the fridge for a day.

Summer Tray Chicken Bake



4 chicken breasts
1 tbsp olive oil
250g cherry tomatoes
4 tbsp pesto

Put the chicken breasts in a large, shallow roasting tray and drizzle with olive oil. Grill for 10 mins, then add cherry tomatoes and grill for another 5 mins until chicken is cooked. Drizzle pesto over the top and serve.

Pensioners Social Club

The Pensioners Social Club hosts the following at the Centre:

Monthly Meeting

Held the first Thursday of the month at 10:30am followed by lunch at 12 noon.
Annual membership is \$10 **Next meeting 4 February**

Bingo



Second Thursday of the month at 1:00pm

Next session is on the 11 February

Pensioners Games Afternoon



Third Wednesday of the month at 1:00pm

Next session is on the 17 February - Cost is \$3

Please bring a small plate of afternoon tea to share



The Geraldton Pensioners Social Club Committee

For information contact President Annie Townshend on 0432 298 774 or
the Secretary Pat Parker 0448 421 626

Geraldton & Districts Seniors Action Group (SAG)

The Geraldton & Districts Seniors Action Group organises the following events at the Centre including bowling tournaments, bus trips, Melbourne Cup luncheon, Celebration lunch & quiz afternoon.

Membership is \$20 (includes cost of badge) the first year and \$12 following years.

Monthly Meeting: Held the second Tuesday of the month at 10:00am (with guest speakers) followed by lunch.



Indoor Bowls

Mondays 8:30am to 12 noon or 1:00pm to 4:00pm

(stay all day if you like)

Cost is \$3.00 (includes refreshments)

Table Tennis

Monday afternoons 1:00pm to 3:00pm

Cost is \$3 per person



Darts

Every Monday morning – 9am. Cost is \$3.00

Euchre & Frustration Cards Afternoon

Every Friday 1:00pm to 4:00pm

\$3 per person

Bring a plate of goodies & enjoy a wonderful afternoon.



Contact the club on 0437 310 613 for or *Check out the website*
www.seniorsactiongroup.org.au

Geraldton and Districts Senior Citizens Action Group(inc) NEWS

A HAPPY NEW YEAR to all members! Welcome back and I hope you all had a relaxing holiday season. We look forward to a busy and exciting 2016.

A BIG Thankyou to our President Lina Mittoni, Vice-President Chris Mullender, Secretary Jean Steer , Treasurer Di Keirghan and all the Committee for making 2015 a very enjoyable year for members.

A special thankyou to other members who assist on a regular basis and also on special occasions but may not necessarily be on the Committee. All help is gratefully received.

In 2016, come and join us, have fun and make new friends. There is no need to be lonely. Social Carpet Bowls are played all day on Mondays and on competition days during the year. You can also join darts, table tennis and cards. Details of **ALL** Seniors activities are on the noticeboard in the QEII Centre foyer.

Our first meeting for the year will be the AGM on Tuesday 9th February, 2016 at 10.30am followed by lunch. All members are welcome. Annual fees are now overdue and must be paid if you wish to vote at the meeting. Nominations for Committee are listed on the notice board.

FEBRUARY BIRTHDAYS:

Walter Neilsen, Mary French, Judy Coulson, Lynette Kulynycz, Denis Sands, Millie Read, Dick Peterson, Val Dunn, Eric Shields, Thelma Manuel, Chris Brewer, Kath Young, Elma Haynes.

Best Wishes for a speedy recovery to all unwell seniors. Our deepest condolences to those who have lost a loved one recently.

Jan Wennekes

"A good head and a good heart are always a formidable combination" – Nelson Mandela.



Balance Gym



Held Mondays & Wednesdays -10:30 to 11:30am
Please contact Rosetta on 9956 6636 if you are interested in attending.

'CARING CUPPA'

BEREAVEMENT SUPPORT GROUP

Hosted by: Midwest & SJOG Palliative Care Services

**Queen Elizabeth II Seniors & Community Centre
Small Meeting Room (First Room on the right of the entrance)**

The Caring Cuppa Group is an informal gathering of Palliative Care staff members (Nurses, Social Worker and Pastoral Care) with people who have recently experienced the loss of a family member or friend who was cared for by Palliative Care Services.

We simply get together for a cuppa and a catch up in an environment of mutual support.

Meetings occur on the **third Wednesday of each month from 2:00 to 3:00pm**

We would love to have you join us. **Next meeting is on the 17 February**

For further details please contact: Midwest Palliative Care Service: 9956 2497 or SJOG Pastoral Care 9965 8888

Recommended Reading by *Mary French*

Tandia by Australia's Bruce Courtenay.

Tandia, half Indian, half African is only sixteen when brutalised by police. With her in the fight for justice is the white welterweight champion of the world. A story of good & evil. Available from the QEII Library



Words - Coulrophobia: Fear of Clowns.

No laughing matter, fear of clowns is a serious issue. 😊😊

QEII catering for people from all walks of life

The Queen Elizabeth II Seniors and Community Centre is breaking the mould with their popular intergenerational art class, catering for people from all walks of life.

Every week, beautiful masterpieces are created from people of all ages and from a wide range of backgrounds.

Local artist Jim Evans runs the class and is inspired by the diversity of his class members.

“The youngest person I’ve had in the class was seven years old and the oldest was 104,” he said.

“I have people come in here from all facets of life including seniors, high school students and people with disabilities. I have beginners in here and people that have always wanted to learn to paint through to advanced artists so it’s wonderful to see such a wide range skill set in the class and we see some amazing work produced.”

City of Greater Geraldton Mayor Shane Van Styn said the aim of the QEII Centre was to promote inclusivity and that’s exactly what the art class encourages.

“It’s great to see such a diverse range of people attending the art class and all of the other programs that the centre holds,” he said.

“There is a stereotype around a lot of the classes that they are only open to seniors but this isn’t the case. We encourage people of all ages to see how they can benefit from the QEII Centre.”

Owned and operated by the City, the QEII Centre offers over 30 programs with everything from indoor bowls, computer lessons, ukulele classes and dance lessons.

For a full run down on all the events visit the City website or call the QEII Centre on 9956 6636.



Mayor Shane Van Styn with members of the QEII Art Class.

Hands-on E-Resources Workshop

Library e-services staff will be available to assist you with downloading audiobooks, e-books and magazines.



Bring along your laptop or utilise one of the computers available at the QEII Centre.

When: Friday 19 February 2016

Time: 10:30am – 11:30am

To make a booking please contact the Library on 9956 6659 or email library@cgg.wa.gov.au



Be sure to bring your library card!"

The Australian Hearing Bus is coming to town

Find us here:

Thursday 3 March 2016

QEII Centre
88 Durlacher St,
Geraldton, WA, 6530

8:30am - 01:30pm

Hearing loss is more common than you think. It affects one in six Australians. A hearing check is a quick and easy way to find out more about your hearing and what can be done to help.



No appointment necessary, just come along on the day.

 **Australian
Hearing**

(08) 9204 9200
www.hearing.com.au