

QEII March 2016 Newsletter



Reminder – the centre is closed
Monday March 7 due to the public holiday.
Friday 25 March & Monday 28 March due to Easter



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 Report

Public Telephone – Due to very low usage with permission of the QEII Seniors Advisory Committee the phone has been removed and the area converted into a storage room.

Our latest volunteer - Merrilyn is assisting in the Seniors on Line computer room – 9:00am to 12 noon Tuesdays & Thursdays for general enquiries on setting up an email, IPAD and mobile phone queries etc.

E-Resources Workshop - Geraldton Regional Library's E-Services Team; Lorin and Tania presented the E-Resources Workshop on Friday 19 February at the QEII Centre. The session was attended by some very enthusiastic participants who learnt how to navigate to the Geraldton Regional Library's free resources including e-books, downloadable audiobooks and an extensive downloadable magazine collection.

Participants were very appreciative of the introductory session stating "Great service. Thank you to presenters" and "Just Brilliant – very well presented".

It was also evident from the feedback that participants would like to see more of these sessions or similar run in the future. If you are interested in attending a session on free e-resources available with your Geraldton Regional Library or Mullewa Public Library card please email library@cgg.wa.gov.au or phone 9956 6659. Geraldton Regional Library would like to thank the QEII Centre for hosting the workshop."



Proposed New QEII Programs

If you are interested register at the QEII office or phone 9956 6636



Seniors Bike Riding Group

Improve your fitness level and make new friends!

The seniors bike riding group will be going for a leisurely ride followed by coffee.

Times/ Date to be decided.

WANTED!!! Singers for a new QEII Program *commencing soon...*



Do you make a joyful noise when singing?
A choir for the young at heart has been proposed.
Trained singing voices are not a requirement.
As long as you enjoy singing this is for you!

Scrabble Group



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



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

GERALDTON ORCHID SOCIETY INC

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

Meeting on Monday 14 March

Visitors and new members are welcome



Lets Go Walking !!!



The QEII Seniors Walk Group meet 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

All Welcome – Free



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!



**Seniors
Recreation
Council
of WA Inc.**

Healthy Ageing through Activity

Greater Geraldton Branch

President: Christine Mullender
Vice President: John Macey
Secretary: Diana Keighran
Treasurer: Jean Steer

Regular meetings are 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



Chess Group

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

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 3 March at 1pm.

Love Talking?? & Sharing your Opinion?

QEII “Let’s Talk” Discussion Group

Second & fourth Thursday of the month

Next sessions are on 10 & 24 March

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 17 March

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 Seniors Friendship Group



**Dinner at the Zeewijk Restaurant,
Durack Institute of Technology**

Tuesday 15 March 2016 at 6.30pm

Cost is \$10

Maximum 17 tickets for QEII or book online. See poster page 20.

RSVP Rosetta by 11 March 2016

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.



January & February Donations

KEMH Welfare Dept – 5 rugs, 15 African sets, 14 jackets, 4 jacket/beanie sets, 6 pr booties, 50 beanies, 4 jacket/beanie/bootie sets, 6 small knitted toys, 7 prem beanie/bootie sets.

Salvation Army Perth – 100 beanies & 35 scarves

Zimbabwe – 6 jumper & 12 beanies

GRAMS -6 polar fleece rugs, 1 crochet rug & a quantity of toys

Centacare – 4 polar fleece rugs, 12 beanies & 3 scarves

Walkaway School – 1 comfort rug, 2 art packages & a quantity of toys

Fundraising Donations:

Dongara District School, Walkaway Primary School, King Edward Memorial Hospital - 2 raffle rugs, Stitches of Hope Cambodia, Days for Girls Cambodia, Mission to Seafarers – jumpers, RFDS -\$100 & 2 raffle toys, KEMH Research Shop – 10 knitted toys, 6 woollen beanies, 2 stocking hangers, 6 covered hangers, 1 blanket, 1 dress/cap/mitten set, 1 dress, 4 jumpers, 5 jumper/pants sets, 3 twist scarves, 3 jacket/beanie/bootie sets.



Recommended Reading by *Mary French*

'The Road Back' .

Written by one of Australia's favourite story tellers, Di Morrissey weaves a tale of reconnection and starting over.

Journalist Chris Baxter returns to the township of Neverend, hoping to pick up the pieces after his life takes an unexpected turn.

If you are a Morrissey fan you will enjoy this as I did.

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 11 March in Dongara



Seniors, Families & Friends

Welcome to information sessions

Bring along your lunch

Guest speaker: Joseph Lim, Pharmacist, Tarcoola Pharmacy:

Topics:

- The support local pharmacies provide to the community including Government funded initiatives
- Risks of not taking prescription medication correctly
- Risks of mixing prescription drugs with over the counter drugs
- Webster packs



QEII Seniors & Community Centre

Thursday 24 March 2016

12.15pm to 12.45pm

Please RSVP your attendance to Rosetta

on 9956 6636 or email

rosettaf@cgq.wa.gov.au

by 4pm on Tuesday 22 March 2016



City of
Greater Geraldton
a vibrant future





Piccadilly Dance Club

New Vogue - Old Time Dance

Raffles

Saturday Night Dances

8pm till late

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

QEII Seniors & Community Centre, 88 Durlacher Street

5 March

9 April

14 May

11 June

2 July

6 August

3 September

1 October

29 October

3 December

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



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

Bring & Share Afternoon Tea

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

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.



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 22 March

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?**

The following volunteers are available:

Frank – 9 to 10 am Wednesday & Friday
**(Please note Frank our regular volunteer is
and returns 30/3/16)**

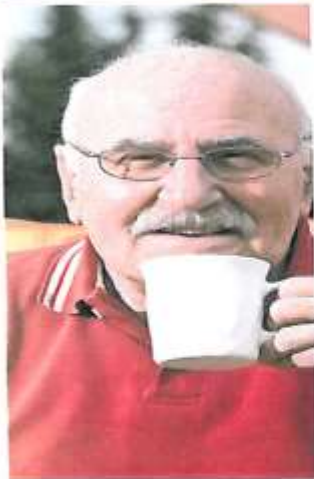
Merrilyn – 9:00am to 12 noon Tuesdays & Thursdays

Book an appointment with Rosetta or just drop in.

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



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*



Australian Government

Geraldton Health Campus—51-85 Shenton Street, Geraldton



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

Caring Cuppa Bereavement 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)

This 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 16 March**

Contact: Midwest Palliative Care Service: 9956 2497 or SJOG Pastoral Care 9965 8888

Balance Gym



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



Media Release: 9 February 2016

Seniors stay on their feet with exercise program

After the success of the Stay on Your Feet program in 2015 the City of Greater Geraldton has formed a partnership with WA Centre for Rural Health (WACRH) to continue the popular exercise class in 2016.

Stay On Your Feet is a balance exercise program which aims to reduce falls and fall related injuries among elderly living in the community and encouraging confidence in independent living.

City of Greater Geraldton Mayor Shane Van Styn said the partnership with WACRH will help enable the City to ensure seniors are provided with appropriate services to keep active and healthy.

“Stay On Your Feet exercises strengthens the body and helps gain balance which reduces the likelihood of falls and secondary complications from a fall,” he said. The partnership with WACRH means we can provide the best for our seniors and encourage more fall prevention initiatives. “Encouraging active lifestyles through exercise is an important message and one that the City continues to promote.”

Classes run at the Queen Elizabeth II Seniors and Community Centre twice a week on Mondays and Wednesdays from 10.30am to 11.30am.





Chat n Do

Thursday mornings

Spalding Family Centre, Mitchell Street
9.30am to 12noon.

Any Craft, Cuppa and Chat!!

Contact Maureen: 0421 113 861

The Batavians - Chapter of CMCA

Have you got a motorhome or caravan? Tired of it sitting in the driveway?

Join the Batavians and spend every fourth weekend away. We are a happy go lucky group into having fun and playing simple games e.g. Disc Bowls and Bush skittles (We're not very good but we have fun!!)

We don't travel far and mainly to non caravan park areas so the costs are cheap. There is no joining fee, but we find interesting ways of making you part with a little money on the weekends.

Interested? Contact President JR on 0409 206 721 or Vice president Mike Kendrick 0427 784 547

We guarantee you will not regret it!



GERALDTON and DISTRICTS SENIOR CITIZENS ACTION GROUP

invite

You and your Friends
to a

“QUIZ”

Thurs 14th APRIL
1pm

Lower Hall
QEII Seniors and Community Centre
Geraldton

Tables of 6
Afternoon Tea
Cost \$2



Phone Lina on 0437 106 613 to register

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 on the 3 March**

Bingo



Second Thursday of the month at 1:00pm

Next session is on the 10 March

Pensioners Games Afternoon



Third Wednesday of the month at 1:00pm

Next session is on the 16 March - 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 62

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

Monday mornings

9:00am to 11:00am

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 or *Check out the website*

www.seniorsactiongroup.org.au



Geraldton and Districts Senior Citizens Action Group (Inc) News

On Tuesday 9th February, 2016 Members attended the **Annual General Meeting** of the Geraldton and Districts Senior Citizens Action Group. 96 members were recorded as having voted during the morning from 8.30am and results were advised during the official meeting.

The New 2016 Committee are as follows: President: Lina Mittoni, Vice-President: Chris Mullender, Secretary: Jenny Port and Treasurer: Di Keighran. Other Committee Members are Sue Wood, Val Brown, Mary Hadley, Val Ward, Laura Drew, Ruth Shave, Faye Wright, Trevor Hanson, Dawn Schofield, Jan Wennekes and Janet Rodan.

Past and Present President Mrs Lina Mittoni gave an excellent speech on 2015 events. Lina was appreciative of support by various members when she had time off due to unforeseen circumstances. She acknowledged the support of the QEII Centre staff, Rosetta, Yvonne and Louise. Thank you ladies for all you do for seniors. Lina is hoping personally, for a stress-free 2016 so that she can concentrate on her President duties.

Life Memberships were presented to Jean Steer and Di Keighran

Meritorious Certificates were presented to Jean Steer, Terry Brennan, Jenny Port and Jan Wennekes.

Appreciation Certificates were awarded to 20 members.

A thankyou was given to **Jenny Port** for completely refurbishing the Bowls scoreboards, painting etc. An excellent job!

20 new tables for cards on Fridays have been purchased. Thanks to **John Mittoni** who made a trolley to carry the tables so members don't injure themselves. The card group has consistently grown in numbers recently with often more than 50 people playing Euchre or Frustration each Friday afternoon. **Congratulations and thanks to Enid Graham who has led this group for 20 years. What a great effort!**

It was agreed to give a donation of \$1,000 to the Lord Mayor's Fund for the recent Bush Fires in Western Australia south of Perth. Our Seniors are always willing to support those who are in crisis situations.

Business cards for the Action Group have been obtained. Thank you to Ken Ward at Sun City Print who donated them.

Lunch of cold meat and salad with sweets to follow was enjoyed by everyone. Dawn and kitchen helpers did a fabulous job as usual.

March Birthdays: Kathleen Munro, Ray Gardener, Trevor Hansen, Mike Kendrick, Yvonne Burton, Judy Kendrick, Susan Wood, Edna Freeman, Ralph Cameron, Rhod Lording, Rosetta Finlay, Audrey Openshaw, Betty Dann, Mary Hadley, Jan Dawson, Dawn Schofield, Ellen Williamson, Lindsay Olman, Valma Connelly, Patricia Porter, Ian Taylor, Maria Feragalli, Geoffrey Smith, Pauline Ramsay, Ted Dowd, Wendy Morrell, Susan Clarke, Joy Dowd.

DATES FOR YOUR DIARY:

8th March Next Lunch Meeting at 10.30am

17th March **MIDWEST BOWLS FUN DAY - \$10 includes Morn/Aft Tea and Lunch. SPOT PRIZES. PRIZE for person with the MOST BRIGHTLY COLOURED CLOTHES and also PRIZE for the most OUTRAGEOUS WIG!!!**

14th April Quiz afternoon in Lower Hall

Thinking of all those seniors who are unwell at present or who have lost a loved one.

Jan Wennekes, Committee

"Each day brings new opportunities. Be grateful and live each day to the fullest." – Roy Bennett



DURACK
INSTITUTE OF TECHNOLOGY
SMILE | ACHIEVE

Harmony Week Event Foods of the World

March 15th 2016

Join us to celebrate Geraldton's cultural diversity!

Durack Institute of Technology is proud to present a multicultural culinary experience for your enjoyment.

The 'Foods of the World' event will feature over 20 different food dishes from around the world.

The event will include:

- Dishes from over 10 countries
- 2- 3 different dishes from each country
- Multicultural performances
- Children's activities

The event will held at Durack Institute's Aboriginal Learning Centre, in J Block, and will run from 6.30pm – 9.30pm.

Cost: \$10 per adult

Food and soft drinks included. Alcoholic drinks will be available for purchase.

Contact our Hospitality team on 9956 2700 to find out more or book your tickets at <https://www.eventbrite.com.au/e/harmony-week-foods-of-the-world-tickets-22190996869>



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(08) 9956 2732 zeewijk@durack.edu.au

www.durack.edu.au

RTO CODE 2065



Our Club Rules!

Club Makeover Program

INVITATION

Sporting & Community Clubs

Event Management

**Key information to coordinate events from
sausage sizzles to festivals to grand finals.**

Presentations include:

- Overview of Event Management
- Environmental Health Requirements
- Risk Management Requirements
- Advertising/Promotional Opportunities
- Case Study – Sports event

Venue: CGG Function Room
Cathedral Avenue

Time: Wednesday 16 March
5.30pm to 6.30pm

RSVP: By Monday 14 March
Yvonne Lovedee at

yvonne@cgg.wa.gov.au

or on 9956 6939

Tea & Coffee provided



Remember Me

THE LOST DIGGERS OF VIGNACOURT

Exquisitely captured on glass, and printed into postcards, these timeless photographs were posted by Australian soldiers to their loved ones back home.

27 Feb – 1 May 2016

A Free Exhibition

WA Museum – Geraldton



Partnership with the State of Western Australia

Supporter of the WA Museum

Partnership with the State of Western Australia



Museum Place, Batavia Coast Marina | 9431 8388 | museum.wa.gov.au | [#lostdiggers](https://twitter.com/lostdiggers)
Open daily 9:30am – 4pm | Closed Good Friday | ANZAC Day 1 – 4pm

Reproduction of the 1st Australian Trench Mortar Battery 1915-1918. Part of the Australian War Memorial Collection. The Lark and the White Swan Collection.

Midwest Multicultural Association Presents **Harmony Day 2016**



Sat, 19 March 2016
11AM to 3PM
Maitland Park, Geraldton

Parade of Nations
AND
Headline Act by WASamba-
Fremantle's Carnival
Drummers



Harmony Dinner at Wintersun Hotel
Fri 18 Mar 2016, 6PM to 10PM
Contact MWMA for tickets

School Kids Performances

Kids Activities/Workshops

Family Workshops

Face Painting

Food Stalls

Boot for Change(Boot tossing competition)

For more details contact us at:

T:9964 6728 Email:admin@midwestmulticultural.org



City of
Greater Geraldton
a vibrant future



GERALTON - GERALDTON
FARMERS MARKET



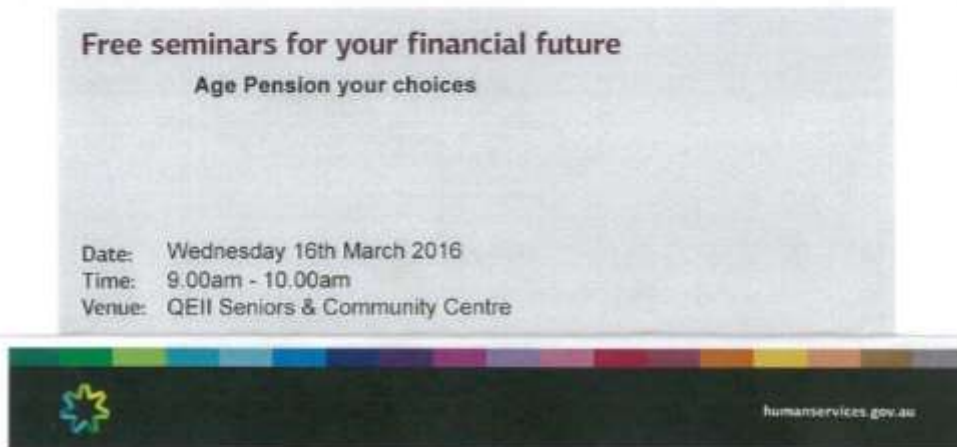
Geraldton | Motor Inn

Free Information Sessions

presented by Department of Human Services



Financial Information Service



Geraldton Seminar Program – March 2016

Topic	Location	Date
Understanding Superannuation Fund choices and investment options Contribution and access rules Taxation of superannuation	Pollinators Inc, City Hive 184 Marine Terrace	Wednesday 16 March 6:30pm -7:30pm
Understanding Retirement Income Streams How Income Streams work Tax and Centrelink assessment Transition to Retirement Centrelink changes 1 Jan 2015	Pollinators Inc, City Hive 184 Marine Terrace	Wed 16th March 7:40pm – 8:40pm
Age Pension: Your Choices Age Pension qualifications and claiming Income and Assets tests Concessions Choices at Age Pension age	QEII Seniors & Community Centre 88 Durlacher Street	Wednesday 16 March 9:00am - 10:00am
	Geraldton Regional Library 37 Marine Terrace, Geraldton	Thu 17th March 1:30pm – 3pm

Bookings are essential – Ring 13 63 57 or email fis.seminar.bookings@humanservices.gov.au to book your place.