

QEII May 2016 Newsletter



Congratulations Ray & Daphne Jones on
your 60th wedding anniversary



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



Centre Greeters

Due to an increase in enquiries and new seniors joining the centre four volunteers have been trained as greeters and will be assisting the following days:

- Monday: 9:00am to 11:30am
- Tuesday: 11:00am to 3:00pm
- Wednesday: 9:00am to 12 noon
- Thursday: 1:00pm to 3:00pm
- Friday: 8:30am to 11:30am

Pictured: Christine Mullender, Annie Townshend, Jean Steer & Beryl Scott

Positive Feedback from a Centre User

The following letter was received from Barbara (nee Cook) & Graham Gavin;

"My husband and I came to visit family in Geraldton, we were here for 3 months and because my family work we had time on our hands to visit the QEII Seniors & Community Centre. What a lovely surprise, a lot of friends from the past were there. We have joined in with many of the activities such as indoor bowls, exercise classes, frustration and scrabble. There are more activities that we did not try. What a wonderful centre, I would recommend it to locals as well as my travelling friends. We have noticed the changes around the foreshore and think the playground is well planned and a boost for the youth of Geraldton. Well done"

Just to let you know: Grad is a City employee who assists at the Centre every Wednesday morning and is accompanied by Talei, his supervisor. He helps with odd jobs e.g. scrubbing tables and chairs, getting milk for the lounge, refilling the photocopier with paper etc.



M - O - T - H - E - R

"M" is for the million things she gave me,
"O" means only that she's growing old,
"T" is for the tears she shed to save me,
"H" is for her heart of purest gold;
"E" is for her eyes, with love-light shining,
"R" means right, and right she'll always be,
Put them all together, they spell "**MOTHER**," A word that means the world to me.

Howard Johnson (c. 1915)





INVITATION

Seniors, Families & Friends

Mobile Phone Plans & Data Usage

Guest speaker: Joel Newey from Market Creations

Topics:

- Key terminology used in the mobile phones/ ipads when first connecting
- Common features in mobile phone plans
- Data download and how usage is measured
- 'Apps' and do they contribute to data use



QEII Seniors & Community Centre

Thursday 26 May 2016

12.15pm to 12.45pm



Please RSVP to Rosetta on 9956 6636 or
email rosettaf@cgg.wa.gov.au
by 4pm on Tuesday 24 May 2016



The Centre has experienced an increase in members, many of whom have never seen the Centre's Code of Conduct. So as a kindly reminder to all users I have included it in this newsletter. I sincerely appreciate regular members who are friendly and welcoming and make the Centre a great place. Well done – Keep up the great work.



Code of Conduct

The QEII Seniors & Community Centre is a multipurpose facility owned by the City of Greater Geraldton with the primary purpose to provide positive ageing programs which promote social, mental and physical inclusion. The Centre is used by regular senior & community groups and for commercial/community events.

To ensure a safe/secure environment for seniors, centre hirers and volunteers the following conditions must be followed to participate:

1. Centre users are expected to be considerate of others and treat others with kindness, courtesy and respect including staff and volunteers
2. Refrain from abusive, insulting, harassing, sexual, suggestive or obscene language or offensive material
3. Centre equipment must be treated with respect and care while using the facility and users are asked to be considerate by returning equipment to its original location and reporting any damage to Centre Management.
4. Smoking within five metres of the building is prohibited
5. Any physical or verbal abuse or violence or threats towards staff , volunteers or centre users will not be tolerated
6. The centre offers an extensive range of senior programs for those aged 50 years and over.
7. Individuals must take responsibility for themselves while participating in senior programs and if requiring assistance must be accompanied by a carer while on the premises.

New program commencing at the Centre:



500 card game (a step above Euchre)

Every Thursday at 1pm

First get together is on the 12 May at 1pm

QEII Seniors & Community Centre

For enquiries Ph: Bibah & Milan Chesi on 9938 1838 or

Rosetta 9956 6636

All Welcome – Free



Seniors Bike Riding Group

Improve your fitness level and make new friends!

We meet at the foreshore outside the Dome Café at 7am on Saturday mornings. After the ride you are most welcome to join us for coffee.

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

Scrabble Group



Monday & Wednesday - 1pm at the QEII

All Welcome – Free

Canasta Group

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

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 9 May

Visitors and new members are welcome

For enquiries contact Bill Place: 9921 3497

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

1:00pm to 3:00pm

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



During the school holiday period the group enjoyed time with their grandkids teaching them how to make cards.

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 11 May 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



Recommended Reading by Mary French



American author Bill Bryson visits Australia after living in England for many years.

His humorous oratory had me captivated from page one, reviving pleasant memories of our many journeys around our beautiful country while improving my knowledge of its fascinating history.

Strongly recommend. Will be back on QE11 Library shelves from 1st May.
I need time to absorb this one thoroughly.

Words: LINOMANIA- Excessive desire to stay in bed... (Winter is coming!!!)



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 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 5 May at 1pm. All Welcome - Free

Love Talking?? & Sharing your Opinion?

QEII “Let’s Talk” Discussion Group

Second & fourth Thursday of the month
10:45 -11:45am

12 May – Cashless Card
26 May – Unisex Toilets

Come and join us – All Welcome – Free



QEII Gardening Club

Held the third Thursday of the month

10:00am on Thursday 19 May

All Welcome – Free

QEII Seniors Friendship Group



Murder Under the Big Top

Saturday 21st May 6:30pm - late

Tickets \$45

Murder/ Mystery Night

PCYC – 105 Pass Street

(Includes 3 course meal)

Please rsvp Rosetta by 15 May

Meets Thursday mornings 9.30am to 12.00 noon at the Spalding Family Centre in Mitchell Street to do various crafts: colouring in, scrapbooking, card making, crocheting, knitting just to mention a few! Friendly chat and cuppas on offer for a gold coin donation and lots of laughs.



On the first Thursday in the month the group runs till 2.00pm so bring lunch if you would like to stay on. There are rumours of a Maltese cheesecake in May too! See our Facebook page Chat n Do for new and different crafty ideas every day.



Contact Heather Carroll for more info on 0428 592 004

Scam Alert

A concerned senior recently emailed me the following:

“I got a call from a scammer today who said they were from the Government and I was owed \$7,500. They had all my details but wanted me to confirm my date of birth which I didn't and questioned them at length until they hung up. The caller spoke with an accent and was difficult to understand and when I asked what country she was ringing from, she said Sydney.....

I thought about it for a while and remembered we had a guest speaker last year at a Seniors Action Group meeting (Danni Bloomfield) from Consumer Protection and rang the number 9920 9800. Yes it was a scam and apparently people are asked to send a small fee via western union and the Post Office has been warned so they refer people to Consumer Protection. Danni said she appreciates people contacting her to let her know when locals think they have been contacted by a scammer.

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)

Note: Art work in the lounge room is for sale

QEII Knitters & Crochet Group



Fridays - 9:00 am to 12 noon

Beginners and Advanced - Donations of wool accepted

Cost - 50 cents. All welcome.

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 Friday 13 May

Balance Gym



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

WANTED – volunteers willing to be trained and assist at the session



Interested in learning another Language?

German for Beginners

Commences Thursday 5th May and will run for 9 weeks (until 30th June).

Thursdays at 630pm -8pm

Library, Women's Health Resource Centre,
28 Sanford Street, Geraldton.

Claudia, Native Language Teacher will provide these classes.

Donation of \$5 is suggested.

Please book at 9964 2742 or email administration@whrc.org.au

Both men and women are welcome.



Piccadilly Dance Club



New Vogue - Old Time Dance Saturday Night Dances

Raffles

8pm till late

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

QEII Seniors & Community Centre

88 Durlacher Street

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

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 7:30pm Friday nights at the QEII Centre. For enquiries contact David on 9938 2180.



Free Senior Service Providers at the Centre



ESL Volunteer Teachers

English for Migrants

Every Friday (**Excludes school holidays**)

2.00pm to 4.30pm

“No Fees, No Forms, No Test”
Contact: Wendy on 9964 4154

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 24 May

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 am to 10 am Wednesday & Friday

Merrilyn – 9 am to 12 noon Tuesdays & Thursdays

Book an appointment with Rosetta or just drop in.

Alternatively try the Free Very Easy Online Lessons provided by Broadband





Carers Morning Tea

10am on the third Thursday of the month
QEII Seniors & Community Centre

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 a benefit.

Phone: 1800 052 222



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 18 May**

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

Pensioners Social Club: Hosts the following at the Centre:

Monthly Meeting

First Thursday of the month at 10:30am followed by lunch at 12 noon.

Membership is \$10per annum. **Next meeting on the 5 May**



Bingo

Second Thursday of the month at 1:00pm

Next session is on the 12 May



Pensioners Games Afternoon

Third Wednesday of the month at 1:00pm

Next session is on the 18 May - Cost is \$3

Please bring a small plate of afternoon tea to share

Pensioners Social Club News by *Pat Parker*

President Annie Townsend welcomed everyone to the meeting acknowledging two returned members and four new members. Guest speaker was Kelly McDonald who spoke on Fluoride. A letter was distributed regarding the change in the constitution to be voted on at the next meeting. The president also thanked our bus driver John Macey for his recent services on the Kalbarri trip. A good time was had by all and included lunch on the river bank. A thank you card has been sent to the caterers for an excellent meal.

Birthdays: Lina Mittoni, Bev Daniels, Alan French, Jan Macey, Gail DeLacey, Chris Murphy, Margaret Shields, Nick Di Loretto

Anniversaries: John & Lina Mittoni

The club is going on two trips. Bookings open for non-members after the 5 May. Booking sheet will be put on the centre board.

Mingenew: Wednesday 10 August - Cost is \$30.00 per person

Perth: 15-18 September –Cost is \$500 per person. Deposit of \$50.00 (non-refundable)
Contact Pat Parker (secretary) 0448 421 626 for bookings or see her at the centre on Mondays & Fridays.



The Geraldton Pensioners Social Club Committee

For information contact President Annie Townshend on 0432 298 774 or
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 (includes guest speakers) followed by lunch.



Indoor Bowls

Mondays 8:30am -12 noon or 1:00pm - 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 \$3.00



Darts

Monday mornings
9:00am to 11:00am
Cost is \$3.00

Euchre/ Frustration Cards Afternoon

Every Friday 1:00pm to 4:00pm

Cost is \$3.00

Bring a plate & enjoy a wonderful afternoon.



Contact Lina on 0437 310 613 or **Check out the website**

www.seniorsactiongroup.org.au

The Monthly Meeting was held Tuesday 12th April and opened by President Lina Mittoni with 74 in attendance.

Guest Speaker was Sarah Bell (Connect Hearing). Over 4 million Australians have hearing loss with half of all people with hearing loss aged between 15 & 64 yrs and is one of the most common health problems in Australia today. 1 in 6 over 65 yr olds has hearing loss. There are 3 types of hearing loss:

Conductive: Outer/ middle ear. e.g. excessive ear wax, damage eardrum, ear infections.

Sensorineural: damaged inner ear e.g. ageing, noise exposure, hereditary factors head injuries etc.

Mixed hearing loss: Gradual loss e.g. unable to hear on the telephone, noisy environments, TV turned up loud, speaking too loudly or mumbling/misunderstanding what people say.

Members were encouraged to be proactive and have an annual hearing assessment to get a baseline. Various hearing aids were on display. One size does NOT fit all! Sarah was inundated with lots of questions by members.

An Anzac Day Wreath crocheted by Di Keighran was displayed and will be laid by Mary & Alan French and Pat Blackmore on Anzac Day. Table tennis bats and a set of black bowls will be purchased. Rails have been installed in the Upper Hall by the Council. There is a suggestion box available every Monday and will be read at the meeting. An enjoyable lunch followed the meeting. Thanks to all helpers on the day.

A **Quiz Afternoon** organised by Val Brown and the social committee was held Thursday 14th April with 100 in attendance and spot prizes were enjoyed: Winners were:

1st – Table 17: Jan Dawson, Heather Carroll, Norma Sutherland, Jeff Carroll, Geoff Banfield and Roger Doswell.

2nd - Table 10: Molly & Douglas Bruce, John Gaze, Carolyn Taylor, Jetta Fennell.

3rd - Table 3: Mary & Alan French, Derek & Wendy Morrell, Joan Hey, Danice Watts.
Next Year's Winners: Table 8: Joy & Ted Dowd, Reg Hipper, Shirley Bentley, Chris & Ray Blanco.

A scrumptious afternoon tea was served and a great time had by all. Thanks to all the extra helpers who made the event such a success.

DATES FOR YOUR DIARY:

10 th May	Lunch Meeting at 10.30am
30 th May	Committee Meeting
5 th & 6 th	June Mixed Bowls Tournament
16 th July	Celebration Birthday Lunch



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

Anzac Day Ceremony

Diana (pictured) with the knitted poppy wreath she made on behalf of the Seniors Action Group.

Quiz Afternoon Winners & Grinners



1st



2nd



3rd



4th

BATAVIA SENIORS MARCHING TEAM

Strathalbyn Christian College – Basketball Courts
Wednesday 5.00pm – 6.00pm
Saturdays 8.00am – 9.00am



Contact: Gail on 0429 205 065 or Barb on 0419 958 722

Geraldton Hospital Auxiliary

Annual Fete

Held in the
Hospital Foyer

Friday 6th May 2016

Commencing 7.30 am until 12 noon

**Children's clothing*

**Knitted garments and Toys*

**Cakes, Plants, White Elephant*

**Bric-a-brac & Raffles*

Morning tea can be purchased from the
Hospital Kiosk from 9.30am

Come along and support your Hospital



Expo Participation INVITATION

2016 “National Volunteer Week Expo”

Dear Valued Service Provider

Centacare Volunteer Services invites your organisation to exhibit your organisations services at our

2016 “National Volunteer Week Expo”
Thursday 12 May 2016
At the QEII Centre Upper Hall
2.00pm – 6.00pm

There is no cost to your organisation to exhibit as we believe your services are an integral part of our community.

The 2016 “**National Volunteer Week Expo**” will provide organisations the opportunity to promote services and volunteer roles to those who are wanting more information on the variety of volunteering opportunities available.

Should you take part in this exciting day **Centacare Volunteer Services** will provide you with support to help set up, exhibit bays and a light lunch.

Enquiries regarding registration, please contact Kristy Geyson or Melissa Wharekawa

Tel: 08 9921 1433 Fax: 08 9921 4358

Email: cvs@centacaregeraldton.org.au



City of
Greater Geraldton
a vibrant future



Government of **Western Australia**
Department of **Commerce**
Consumer Protection



Government of **Western Australia**
Department of **Sport and Recreation**

Our whole
community **wins**



NEW ASSOCIATIONS LAW INFORMATION SESSION

Wednesday 4th May 2016
Thursday 5th May 2016

It is anticipated that on 1 July 2016 the new *Associations Incorporation Act 2015* will come into effect. The new law will replace the current *Associations Incorporation Act 1987* which provides the regulatory framework for over 18,000 not-for-profit organisations in Western Australia.

To support the introduction of the new law the Consumer Protection Division of the Department of Commerce, along with the City of Greater Geraldton and Department of Sport and Recreation will be holding information sessions for incorporated associations and clubs.

This session will:

- include information about the changes under the new law;
- explain the transitional requirements for associations; and
- outline some of the resources that will be available to support the new law.

Information sheets will be available and there will also be a policy officer attending to assist with any specific questions you may have.

The information sessions will be held on:

Date: **Wednesday 4th May 2016**
Time: **5:30pm to 6:30pm**
Venue: **Function Room, City of Greater Geraldton Civic Centre
Cathedral Avenue, Geraldton**

Date: **Thursday 5th May 2016**
Time: **11:00am to 12:00pm**
Venue: **Meeting Room, QEII Seniors & Community Centre
Durlacher Street, Geraldton**

To confirm your attendance please contact the Department of Commerce on 0899 209800 by no later than **Friday 29th April 2016**.

Places are limited and bookings are essential. Please limit attendance to no more than two (2) persons per association.

If you have any questions please contact Danni Bloomfield via email at danni.bloomfield@commerce.wa.gov.au or 0899 209800.

MULLEWA MUSTER &

RODEO

Red Dust in the Real Bush



Full Points Rodeo

with over **\$35,000** in Prize Money
Gates open 8am
Rodeo starts 9am

Country Music
Concert

Featuring
The Wolfe Brothers
supported by
The Jayne Donham Band
Renegade & Red Ochre



4th June

2016

Mullewa
Recreation Grounds



Beaut Ute & Whip Crackin Competitions

Variety of stalls with plenty of food & drinks
Kids rides & workshops



Government of Western Australia
Department of Regional Development



ROYALTIES FOR REGIONS



Coastal Gestalt
a vibrant future



Affiliated with
the ABCRA



Like us on Facebook or visit
mullewamuster.com

Tickets available at the gate or pre-purchase online
queensparktheatre.com.au

FREE Camping at the grounds open from 12 noon Friday 3rd

Powered sites available at nearby Caravan Park

Bring your own chairs if you wish

LICENSED PREMISES - STRICTLY NO BYO ALCOHOL

TICKETS

Adult \$40
Senior \$25
Child 6-17yrs \$15
Child 0-5yrs Free

146017



GIVE HAPPY LIVE HAPPY

NATIONAL VOLUNTEER WEEK

9-15 MAY 2016

NATIONAL VOLUNTEER WEEK EXPO

THURSDAY 12 MAY 2016

2.00PM - 6.00PM

QEII CENTRE UPPER HALL

Come and learn how to become a volunteer and enjoy afternoon tea with your friends.
For more information on this please contact Kristy or Melissa on 9921 1433



#GiveHappyLiveHappy