

Q&2 Seniors Scene

AUGUST 2024



What a cool donation

The QEII Seniors and Community Centre was the recipient of a welcome donation recently with the arrival of a brand-new industrial fridge for the Upper Hall purchased by the Geraldton Seniors Week Committee

City of Greater Geraldton Mayor Jerry Clune expressed his gratitude and applauded the committee for all their hard work.

“Every year the Geraldton Seniors Week Committee goes above and beyond to bring together a programme that is both engaging and fun for the diverse range of seniors who call Geraldton home,” he said.

“I would like to commend the Committee for their ongoing efforts and on behalf of the City thank them for their generous donation”

QEII CENTRE UPDATE

Clothing Swap

A big thank you to seniors who participated in our clothing swap and for your kind donations. There was an interesting array of styles and fashions. Everyone took home a few items without spending any money which is always a bonus.

Coming Up in August:

On Thursday, 29th August the Switched on Seniors Geraldton will be hosting a myGov session presented by Carissa Capewell from the Department of Human Service (Centrelink). All welcome to attend. Please contact the group on 0474 639 961 for further information.



The QEII Seniors & Community Centre is provided by the City of Greater Geraldton and funded by the State Government through the Department of Communities

Supported by



QEII Centre Annual Community Survey Report 2024

Thank you to everyone who completed our annual survey. Below are a couple of snippets of the comments we received. Full report is available from the office.

"I'm addicted to the programs/services available - I'm committed to my groups for both my own health and wellbeing but also for the social connection. Also appreciate communication provided for external services and events available for participation. Plenty of parking, welcoming staff and volunteers, facilities for sharing a cuppa and a post box at the entrance. Win/win! Thanks CGG for a fabulous facility. Much appreciated!"

'The balance gym classes are very beneficial to older people. The physiotherapist students that conduct the classes are so patient and kind . It's a very good service'

"Excellent volunteer fitness leaders who encourage the participants to improve their mobility & balance."

"Over 50 gym is fantastic, so well run. Kerry is an amazing instructor but so are the volunteers when she is not available"

I play Carpet Bowls every Monday except Public Holidays. The Organization of the competition is absolutely first class. Meeting and playing in different teams and meeting people of various skill levels. The more experience bowlers are willing to explain the rules. The players ages very from fifty-five to ninety, we are still very competitive and like to win. But not at all costs we still have a laugh.

'Such a friendly, inviting, welcoming happy place to visit. I forget about all my problems as soon as I walk into the front door. It feels like one big happy family. Everyone is so friendly and caring. There is something for everyone one to participate in or just have a chat, laugh a coffee read a book borrow a book or DVD. You never feel alone when you come. Such a great atmosphere.'



QEII welcomes funding boost

Queen Elizabeth II Seniors and Community Centre (QEII Centre) will continue to provide a vital service in Geraldton following the State Government's renewal of funding for the much-loved and well attended facility.

Opened in 1986 the QEII Centre is an award-winning hub for active, positive and healthy ageing for residents aged over 50 with over 1,500 active members. City of Greater Geraldton Mayor Jerry Clune said the funding was crucial to servicing the local senior community.

"Every month the QEII Centre receives nearly 3,500 visits

from members who come together to participate in a huge range of different activities from painting, dancing and board games to learning how to use a computer," he said.

"We have such a brilliant community of seniors here in Geraldton and the QEII Centre plays an integral role in connecting this segment of our community together. I would like to offer my heartfelt thanks to the State Government for renewing this funding that is absolutely essential to the ongoing delivery of services to our seniors."



Member for Geraldton Lara Dalton MLA said the funding was great news for seniors across the Midwest. "We know how important it is to help create age friendly communities and to support seniors to stay connected with the community they love," she said.

"The QEII Centre plays a significant role to provide this support for seniors across our region and I'm thrilled the Centre has received this

funding boost to continue to promote recreational activities, information, support and healthy ageing for seniors in our community."

The QEII Centre will receive \$150,657.10 per year for five years from the Department of Communities to provide a range of services to promote recreational activities, information, support and healthy ageing for seniors in the community.

Welcome to the Team Fiona

I have lived in Geraldton for 34 years moving up from Perth and been married for 31 years and have six children, 4 daughters and 2 sons. My previous work experience, I worked at Holland Street School for 6 years as an education assistant.

I currently work at St John Ambulance as a First Aid Trainer and also volunteer with St Johns as an Ambulance officer. I have been working at the Queens Park Theatre for the last 10 years on a casual basis and occasionally help the City's events team.

In my spare time I love spending time in Jurien Bay with my family and love running, cycling and swimming in the ocean.

I am very excited to be working casually at the QEII centre and looking forward to meeting you all.



RECIPES FROM THE HEART

Knife & Fork Toastie by Margaret

This recipe was given to me many years ago when I was housecleaning for a lady who was recovering from a breast cancer operation in the early 1970's. My husband and I have it as a snack in the middle of the day on Saturday and Sunday.

INGREDIENTS

Bread
Marmite or vegemite
Grated or sliced cheese
Fruit chutney
Poppy seeds
Tomato slices



METHOD

1. Butter 1 slice of bread, add 1 slice of cheese
2. Put under the grill and melt cheese.
3. Butter another slice of bread and toast on both sides.
4. Put both together
5. Apply vegemite/ marmite and grill until the spread is not shiny (do not burn)
6. Spread the fruit chutney on top of spread and add slices of tomato, sprinkle the grated cheese and grill until partly melted.
7. Add poppy seeds and grill until the cheese is light brown.

Snippets of My Life

With Trevor Hansen, President of the Geraldton and Districts Seniors Action Group

I was born in Wagin in 1944 and was educated to junior certificate level at Wagin, Collie and Waroona.

As to employment I have worked in various positions in merchandising and truck driving at Waroona, Donnybrook, Pemberton, Margaret River, Ravensthorpe, Narembeen, Three Springs, Coral Bay and the metro area. I married my first wife Rosemary in 1967 and we had three children. Unfortunately, I lost her in a vehicle accident in 2004. I moved to Geraldton

in August 2004 and played Mahjong at the centre for several years.

I also joined the Geraldton Croquet Club and served as president for six years before my health caused me to give up playing. I then joined the Geraldton and Districts Seniors Action Group where I enjoyed playing indoor bowls and am at present in my second sitting as president.

I find the QEII Centre a real boon to the senior population as there are so many activities and it gets us out of our homes, and we can enjoy the company of other seniors and it keeps our minds active.





Switched On Seniors Geraldton

switchedonseniorsgeraldton@gmail.com
Facebook: Geraldton Switched on Seniors
Telephone 0474 639 961

Welcome to August already! As we resumed our classes after two week's break in July, the beginners' class had four new members join us and we would like to take this opportunity of saying 'Welcome' and although everything may seem a little daunting right now, it won't be long before the smiles will appear, and the confidence will start to build.

We opened the new session with an introduction into files and folders. Where they go, how we find them and what we can do with them. We started this topic by watching videos on both Android phones and the iPhone and then practicing what we had seen on our devices. The importance of this topic lies not only in keeping the items we receive tidy and, in a place, where we can easily find what we need but also in the knowledge of what we can and cannot delete. We shall be continuing with this topic into August as it is very important that our students understand this process well and feel confident using it.

For the last two weeks in July, the continuing class concentrated on a 'fact-finding' mission, taken up by asking students how they manage their financial affairs and making them aware of the technology available to them, ultimately making their lives easier. This will then lead into the topic 'Getting Started with Mobile Banking' throughout August.

To All Readers: If you happen to see a topic in the Newsletter that you would like to learn or know more about, please feel free to join the class for that topic. You are most welcome to. Please contact us on 0474 639 961 for further information.

Upcoming Event

Thursday, 29th August 2024

Presentation on 'MyGov' by
Carissa Capewell from Centrelink

ALL WELCOME TO ATTEND

FREE

DID YOU KNOW? You can put a 'contact information' message on the front of your phone in case you lose it?

This can then be read by the finder without unlocking your phone. Also, an emergency number can be added. Watch this space next month to find out how.

Our appointment system for Tuesdays is well attended. Please contact the Office on 9956 6636 to make an appointment. An available time will be allocated to you, to see the next available Volunteer.

Beginner's classes are every Thursday 9.00am until 10.00am except for School Holidays and our Continuing classes are also on Thursdays, beginning at 10.15am until 11.15am. We have places available in both classes.

PLEASE NOTE OUR **NEW TELEPHONE NUMBER** FOR SWITCHED ON SENIORS GERALDTON **0474 639 961** and our **NEW FACEBOOK PAGE GERALDTON - SWITCHED ON SENIORS**
Please like us and follow our progress and updates.

Swipe 'right' with us.



Pensioners Social Club

Lyn opened the meeting on the first Thursday of June and welcomed 34 members for the AGM and lunch.

We started to sing a happy birthday to Dulci who turned 90, our only birthday girl for June. The lucky number was pulled out and Faye Wright was our winner.

Secretary Pat Parker read the minutes from last month's meeting and also informed us that the trip to Mingenew had been cancelled because only 23 people had volunteered to take part. We learned then that a new scribe had

volunteered to take over from Maria Flavel and we welcome Diana Moore warmly to do the job.

Some enquiries had been made to visit Mullewa during the wildflower season, but no outcome was reached.

There was a request received from the blood bank to use the hall once every three months on a weekend to collect blood from Volunteers. We had a long discussion and people felt there is no free space to fit the blood bank in, as the hall is always busy with activities.



At the end of the discussion, we raffled all the prizes that were donated and had a break for a few minutes before committee members got ready for the yearly AGM.

There had been worries that we might not find a new President but Lyn who has resigned from the position encouraged Valma Brown to take on the position of President. We welcome Valma and thank her for

saving the club with her generous decision and thank Lyn Walsh for all the work she did as president and treasurer. Pat Parker will continue as Secretary till a new one is found. Thank you Pat .What will we do without you?

We wish the new committee much success and hope as spring comes, more elderly people in town will join us. They are very welcome.

Geraldton Orchid Society

Not sure how to look after that special orchid you received as a gift?

The Geraldton Orchid Society welcomes you to join them at their monthly meeting and view their beautiful orchid display. Many members have been growing orchids for years and very keen to share their knowledge.

2nd Monday of the month at 7:30pm

QEI Seniors & Community Centre

The club also holds social events and a plant sale at Bunnings twice a year.

Visitors are most welcome. Contact Bob 0408 939 418 or Bill on 99 21 7162



A big thank you

Big shout out to Jean Steer and Wendy Eastough, two centre volunteers who gave the patio area garden a big tidy up recently. Jean regularly keeps an eye on the garden watering and pruning etc.

Many of the plants in the garden have been donated

and a team of seniors established the garden quite a few years ago. Cuttings, plants are always welcome.

This area is such a lovely place to have a cuppa and a chat and is used very often as an overspill from the lounge room. Enjoy!



The Community Builders Program

Presented By Peter Kenyon – Bank of I.D.E.A.S

The Community Builders Program is a leadership and networking experience, an initiative being implemented within the City of Greater Geraldton and the Bank of I.D.E.A.S. It is a four-month program that seeks to empower local residents to become more involved in building their communities and growing greater resident engagement and ownership.

Program Goals

- Building local leadership and capacity
- Growing the volunteer base
- Building neighbours connection and resilience
- Encouraging place-based initiatives
- To develop a project in the local community

Workshop dates

- 1 Session:** Thursday 1 August 2024
- 2 Session:** Thursday 15 August 2024
- 3 Session:** Thursday 29 August 2024
- 4 Session:** Thursday 12 September 2024
- 5 Session:** Thursday 17 October 2024
- 6 Session:** Tuesday 5 November 2024

**Geraldton Multipurpose Centre,
31 Foreshore Drive, Geraldton
4.30 pm to 7.30 pm | refreshment provided**

No financial - cost just your time and commitment to your community.

For more information and to register participation, contact:

Pavlina Heiderova – Coordinator Community Development

P: (08) 9956 6783 | **E:** pavlinah@cgg.wa.gov.au

Yenifer Canelon – Community Development Officer

P: (08) 9956 6951 | **E:** yenifer@cgg.wa.gov.au

This project acknowledges the funding contribution of the State Government.



The Community Builders Program represents a grassroots leadership program that seeks to build community capacity, resilience, and connectedness through volunteerism, leadership development, and community projects.



Seniors Action Group

On Saturday 20th July, 70 members and friends met at the QE2 Centre to enjoy a time of friendship and fellowship and celebrate the 41st birthday of the Seniors Action Group. President Trevor Hansen welcomed everyone, and the party commenced with music by the duo Bob and Elaine alias "Koffee and Kream" who continued with their singing and banter on and off during the party. A door prize ticket was given to everyone, and winners were

Barby Shaw, Jan Bailey, Judy Kendrick-Currell and Lesley Robinson.

Card prize winners were Carol Sutherland, Jan Bailey, Jean Yeates, Liz Collis, Kaye Morgan, Doreen Major, Ernie Thompson, Dorothy Boddington and Elaine McGregor.

Trevor gave a speech mentioning the fact a number of our beloved members have passed away and we miss them. We've had quite a few



new members join this year which is great as numbers fell away during and after covid years. He also thanked Pavlina and Rosetta for the support and help they give to the club. He finished with a suitable poem.

A delicious lunch of Vegetable tart, Roast Beef and Vegetables and Sticky Date pudding was served in stages by our wonderful caterer Angie's Bella Cucina. Her team served and cleaned up, so we were thoroughly spoilt.

Raffle tickets were drawn for the major prizes and first five winners were Ernie Thompson, Trevor Hansen, Di Faranda, Jan Bailey and Jean Steer.

There were many more prizes but too numerous to mention here. Also thank you to Dexter for the fantastic painting that he gave for the First Prize.

A BIG thank you to those who set up and cleaned up the venue and extra effort by committee members who made the party a wonderful occasion especially Carol and Judy.

DATES for your DIARY:

5th Aug: Committee Meeting at 10.30am

13th Aug: Lunch Meeting with morning tea prior at 10am.

26th Aug: Under and Overs Bowls Tournament. See Janet Rodan.





OUTBACK Bloom

MULLEWA'S WILDFLOWER FESTIVAL

22nd - 25th August 2024

The Wildflower Show at Mullewa Town Hall
Guided Wildflower Walks
Wildflower Card Making Workshops
Wildflower Painting Workshops
Historical & Cultural Talks
and more!

BRINGING THE BUSH TO THE PEOPLE

For full program & ticketed events go to: www.visitmullewa.com.au/outbackbloom



City of
Greater Geraldton
a vibrant future



Gardening with Betty Clark

Replenishing Your Garden

When its time to revive your gardens, it doesn't have to be expensive. I have successfully grown many of my plants from seeds and cuttings. It takes patience to watch them germinate and flower.

I've grown many geraniums from cuttings, and the bonus is you can swap and share with friends. Did you know geraniums can be grown from seed or a SINGLE leaf? I've done this and it gives you great satisfaction. If you want to give it a try, don't let any part of the leaf touch the pot and keep damp not wet, it is a slow process but hang in there.

Never over water geraniums and if grown in pots move them into shade if it is extremely hot. Don't forget to fertilise often with a weak solution if grown in pots rather than a heavy fertiliser once now and again. They also like an Epsom bath, (dissolve Epsom salts in a watering can and pour over the entire plant, it keeps the plant nice and green) Always remove dead flowers and leaves and remove dead leaves from under the plant.

Have you ever grown Everlasting Love from a cutting? It belongs to the frangipani family (official name is *Plumeria pudica*) and has heads of lovely white flowers and is a faster-growing evergreen variety.

Striking a cutting is easy; Take a cutting of around 15-50cm, remove the flowers and most of the leaves. Allow to dry in a well-ventilated position until the base of the stem has dried out. (can take up to four weeks) Plant into a pot or straight into the garden. Don't overwater.

Happy gardening.



Timetable

MONDAY

*Seniors Action Group

Start	Finish	Class	Cost	Notes
8.30	4.00	Indoor Bowls	\$5.00	*SAG
9.00	11.00	Darts	\$5.00	*SAG
9.15	10.00	Balance Gym	Free	
10.30	11.15	Balance Gym	Free	
11.30	12.30	Parkinson Support Group	Free	
1.00	3.00	Table Tennis	\$5.00	*SAG
1.00	4.00	Scrabble	Free	
1.00	4.00	Canasta	Free	

TUESDAY

7.00	8.00	Walk Group	Free	Meet at Two Foreshore
9.00	11.00	Pickle Ball	\$5.00	
4.00	6.00	Pickle Ball	\$5.00	
9.00	1.00	Understanding your hand held device	\$5.00	Appt only.
9.30	11.30	Dementia Carers Support Group	Free	1st Tuesday of the month
10.00	1.00	SAG Meeting		
10.00	11.30	Visibility Group	Free	
12.30	2.30	Line Dancing	Free	
12.00	12.45	Pilates	\$5.00	
1.00	3.00	Mahjong	Free	
1.00	4.00	Ukulele Dreamers	\$3.00	12.15 - 12.45 Beginners Class
4.00	6.00	Pickleball	\$5.00	
1.15	2.15	Rehabilitation Gym	Free	Referral required
7.00	9.00	African Drumming	\$7.00	\$10.00 Waged

WEDNESDAY

8.30	9.30	Pole Walking	Free	
9.00	10.00	Over 50's Gentle Gym	Free	
10.30	11.30			

WEDNESDAY (CONT)

Start	Finish	Class	Cost	Notes
9.00	Noon	Laughs & Crafts	Free	
9.15	10.00	Balance Gym	Free	
10.30	11.15	Balance Gym	Free	
9.30	10.30	Parkinson Support Group	Free	
1.00	4.00	Canasta	Free	
1.00	4.00	Scrabble	Free	
1.00	3.00	Pickle Ball	\$5.00	
2.00	3.00	Bereavement Support	Free	3rd Wed Monthly

THURSDAY

*Pensioners Social Club

9.00	10.00	Switched on Seniors / Beginners Class	Free	Bring own device
10.15	11.15	Continuation Class	Free	
9.00	11.00	Mahjong	Free	
8.30	Noon	Chat N Do Craft Group	\$2.00	Not on 1st Thurs of the Month
10.00	12.30	*PSC Meeting		1st Thurs Monthly
11.00	12.00	African Drumming	\$7.00	
1.00	4.00	500 Card Game	Free	
1.00	4.00	Bingo	Books	*PSC Bingo 2nd Thursday of Month
1.00	4.00	Rummikub	Free	
2.00	2.45	Zumba	\$5.00	

FRIDAY

*Seniors Action Group

9.00	Noon	Knitters & Crochet Group	\$0.50	
9.00	10.00	Over 50's Gentle Gym	Free	
9.00	Noon	Art Class	\$5.00	
10.00	Noon	Chess	Free	
10.15	11.15	Rehabilitation Gym	Free	Referral required
1.00	3.00	English as a Second Language	Free	
1.00	4.00	Euchre & Frustration	\$5.00	*SAG

500 Card Game

Free

Thursday 1.00pm – 4.00pm

Contact Paula 0408 215 503

African Drumming

Thursday 11.00am – 12noon

\$7.00

Tuesday 7.00pm - 9.00pm

\$7 concession \$10 waged

Art Class

\$5.00

Friday 9.00am – 12noon

No classes 5 & 12 July

Balance Gym

Free

Mondays & Wednesdays

9.15am – 10.00am &

10.30am – 11.15am

Bingo

Cost of Books

1.00pm – 4.00pm

*Proudly run by: Pensioners
Social Club*

President 0439 907 455

Canasta

Free Monday 1.00pm -

4.00pm Wednesday 1.00pm-

4.00pm

Caring Cuppa – Bereavement Support Group

Free 3rd Wednesday of
each Month 2.00pm –
3.00pm

Hosted by Midwest & SJOG

Palliative Care Services

9956 2497 or 9965 8888

Chat N Do Craft Group

\$2.00

Thursday 8.30am – 12noon

**Not on First Thursday of the
Month**

Contact Gloria 0427 170 548

or Tina 0422 397 997

Chess

Free

Friday 10.00am - 12noon

Contact Shirley 9964 9584

Darts

\$5.00

Monday 9.00am - 11.00am

*Proudly run by: Seniors
Action Group*

President 0498 999 406

Dementia Carers Support Group

Free

First Tuesday of the month

9.30am - 11.30am

Contact Nicole 131 151

English as a Second Language

Free

No classes 5 & 12 July

Friday 1.00pm – 3.00pm

– *Provided by Midwest Multicultural Association*

Marnie Ryan 0423 234 475

Euchre & Frustration

\$5.00

Friday 1.00pm – 4.00pm

Proudly run by: Seniors Action Group

Contact President

0498 999 406

Indoor Bowls

Cost \$5.00

Monday 8.00am – 4.00pm

Proudly run by: Seniors Action Group

Contact President

0498 999 406

Justice of the Peace

Free

Contact Peggy Hodgson

0427 290 136

Knitters & Crochet Group

\$0.50

Friday 9.00am – 12noon

Contact Jean Steer

0499 251 242

Laughs & Crafts

Wednesday 9.00am –

12noon

Join us for exciting crafts each month

Line Dancing

Free

Tuesday 12.30pm -1.00pm

New Learners

1.00pm – 2.30pm Beginners & Intermediate

Start time is 1.00pm on the 2nd Tuesday of each month

Mahjong

Free

Tuesday 1.00pm - 3.00pm

Thursday 9.00am – 11.00am

Over 50's Gentle Gym

Free

Wednesday 9.00am –

10.00am, & 10.30am –

11.30am

Friday 9.00am – 10.00am

Wear enclosed gym shoes and bring a water bottle

Parkinsons Boxing/Support Group

FREE

Mondays

11.30am to 12.30pm

Wednesday

9.30am to 10.30am

Pensioners Social Club Inc Meeting

1st Thursday of each Month

10.00am – 12.30pm

*Proudly run by: Pensioners
Social Club*

Contact President

0439 907 455

Pilates

Tuesdays

12.00pm - 12.45pm

Pickle Ball

\$5.00

Tuesdays 9.00am - 11.00am

Tuesdays 4.00pm - 6.00pm

Wednesday 1.00pm - 3.00pm

Pole Walking

Free

Wednesday 8.30am –
9.30am

*Provided by Seniors
Recreation Council of WA
Inc Greater Geraldton
Branch*

QEII Lounge & Library

Free

Everyday 8.15am – 3.45pm

Rehabilitation Gym

Free

Tuesdays

1.15pm - 2.15pm

Fridays

10.15am - 11.15am

**Contact Geraldton Regional
Hospital Physiotherapy Dept.
on 9956 2204.**

Rummikub

Free

Thursday 1.00 – 4.00pm

**Contact Bibah & Milan Chesi
0417 944 959**

Scrabble

Free

Monday & Wednesday

1.00pm – 3.00pm

Seniors Action Group Meeting

2nd Tuesday of each Month

10.00am – 1.00pm

*Proudly run by: Seniors
Action Group*

Contact 0498 999 406

Switched on Seniors Geraldton/ Be Connected

Free

No classes 4 & 11 July

Beginners Class

Thursday 9.00am – 10.00am

Continuation Class

Thursday 10.15am - 11.00am

Bring your device

Contact 0474 639 961

Seniors Recreation Council WA Geraldton Branch

2nd Wednesday tri-monthly

9.30am – 10.30am

Val Brown 0447 372 120

Table Tennis

\$5.00

Monday 1.00pm – 3.00pm

Proudly run by: Seniors

Action Group

Contact 0498 999 406

Ukulele Dreamers

\$3.00

Tuesday 12.15pm - 12.45pm

Beginners.

Tuesday 1.00pm – 4.00pm

Membership \$20.00

Contact Di Trotter

0407 217 312

Understanding your hand held device

Free - Donations Accepted

Tuesday 9.00am – 12noon

Appointment only - \$5

donation

No appointments 2 & 9 July

Contact QEII 9956 6636

*Proudly run by: Switched
on Seniors Geraldton / Be
Connected*

Visibility Group

Free

4th Tuesday of each Month

10.00am

Contact 1800 847 466

Walk Group

Free

Tuesday 7.30am

Meet at Two Foreshore prior
to department time

Contact Lina Mittoni

0427 869 786

Zumba

\$5.00

Thursday 2.00pm – 2.45pm

QUEENS PARK THEATRE PRESENTS

ABBA

TRIBUTE SHOW

MORNING MELODIES
ALL TICKETS \$25

17 SEPTEMBER 2024

10AM MORNING TEA | 11AM SHOW TIME



Greater Geraldton
Queens Park Theatre

