

Q&2 Seniors Scene

JULY 2024



Monday morning games hit the spot

Darts originated as a pub game but has since become a competitive sport. One benefit is it helps with hand and eye coordination and concentration. It's all about precision and strategic thinking and the art of throwing the dart with accuracy and outmaneuvering other contestants. The darts group at the Centre meet every Monday 9:00 to 11:00am for a social game. So if you think you've got what it takes or even if you haven't come and have a go at getting a bullseye

QEII CENTRE UPDATE

QEII Survey

Thank you to all those who completed the QEII Seniors & Community Centre Feedback Form. The survey closed the 30 June 2024, and the results will be made available soon. When we sent the link out, we received 71 online responses within 24 hours so well done. Your feedback really does make a difference.

Clothes Swap Day Our clothes swap event last year was so successful we have

decided to have another on Thursday 25 July. It's a great time to catch up, share a laugh and get yourself a new wardrobe all for free. More details are in the newsletter

Centre Facts:

As of the 30 June 2024 we have 1545 registered centre users. Of these, we have three hundred and twenty-eight seniors over 80 years and forty-three seniors over 90 years of age who attend. What great models for active ageing!



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



Supporting older people in WA

Advocare has been empowering older West Australians for more than 25 years.

We provide information and support to older people so they can achieve the best outcomes for the issues they're facing; whether it's accessing the aged care system, protecting their rights, addressing elder abuse, or reducing their social isolation.

Advocare also provides general information to an older person's family, carer or representative, and is committed to raising community awareness about older people's human rights.

We're expert listeners. We know everyone's circumstances are different.

In the Mid West region, you can reach out to your local Advocate, Karen, for support.

Advocare is an independent, not-for-profit organisation separate from aged care providers, so you can count on our free services to be confidential and unbiased.

At Advocare, we know our rights do not diminish with age. Contact us on free call 1800 655 566 or email: rights@advocare.org.au



Clothes Swap Day

Thursday 25 July 9:30am to 11:30am
QEII - Lower Hall



Time for a Winter Clean!

Join us for the second clothes swap day. Bring your unwanted clothes and leave with a new wardrobe.

De-clutter your wardrobe of clothes that are still in good condition, but you no longer wear either because your style has changed, or the item no longer fits you, or any other reason, whilst adding new clothes that you will wear and will love. And the best part is that you get to have a cuppa and make new friends.

Clothes can be delivered to the centre from Wednesday 10 July. Contact QEII Centre for further information on 9956 6636

Clothing Swap Party Rules

1. All swapping clothes must be in good wearable condition and washed. No ripped, torn, holey or stained clothing allowed.
2. Swapping clothes and other items are welcome, such as shoes, accessories, (bags, belts, jewellery), unopened beauty items, and books.
3. Everyone needs to arrive before the actual swapping begins – 9:30 am.
4. People can try on a couple of things at a time before returning unwanted items to the labelled clothing areas and taking some more items to try on. Ultimately everyone is welcome to claim as many items as they want regardless of how many they brought along with them.
5. Clothes can only be taken from the designated labelled areas, not other people's personal piles
6. The leftover clothes at the end of the day, will be donated to the Little Cottage – Op shop at the Anglican Cathedral.

RECIPES FROM THE HEART

Wacky Chocolate Cake (Depression Cake)

This cake originated in the 1930's when eggs, milk and butter were scarce and expensive.

INGREDIENTS

1 1/2 Cups Plain White Flour
1/4 Cup Cocoa Powder
1 teaspoon Baking Soda
1/2 teaspoon Salt
1 Cup Sugar
2 teaspoons Vinegar
(White, Apple Cider or Malt)
1 teaspoon Vanilla Essence
1 Cup Water
1/3 Cup Oil, Vegetable



METHOD

1. Preheat oven to 175 Celsius. Line a 20cm square or round baking tin with baking paper.
2. In a large bowl sift in the flour, cocoa powder and baking soda. Add sugar and salt and whisk well to combine.
3. Add the vinegar, vanilla, water and oil and whisk until lump free.
4. Pour into the prepared pan. Bake for 30-35 minutes until an inserted skewer comes out clean.
5. Remove from the oven and cool for 20 minutes in the tin and then carefully remove onto a wire rack to cool completely.
6. Ice with your favourite icing. Enjoy!

Support group for carers of people living with dementia

A new, informal peer support group for carers of people living with dementia.

Tuesday 2nd July, from 9.30 until 11.30 in the Meeting Room

QEII Seniors and Community Centre.

Light refreshments will be provided.

Coordinated locally by Nicole Schneider, Case Manager Midwest (Bethanie), the group is supported by Dementia Australia's Dementia-Friendly Communities Program and The Lockwood Foundation.

All carers and supporters of people living with dementia are warmly welcomed to join us in an informal, safe and understanding environment, to share freely in a place where others are experiencing a similar journey.



For further information please contact Jane Wells, Community Development Officer, Dementia-Friendly Communities Program 08 6116 8638, (Tues, Wed, Thurs) jane.wells@dementia.org.au

or Nicole Schneider, 0466 796 980 nicole.schneider@bethanie.com.au

Free and confidential, the National Dementia Helpline, [1800 100 500](tel:1800100500), provides expert information, advice and support, 24 hours a day, seven days a week, 365 days a year. No issue too big, no question too small.



Switched On Seniors Geraldton

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

Unfortunately, we have lost a few students through June owing to many appointments in Perth, sickness and moving house, to mention some of the causes. We wish them all well and hope that we helped in some way with their learning process.

Throughout June the beginner's class concentrated on emails which incorporated sending emails, receiving emails, understanding where email addresses are stored, sending to one person or multiple recipients. We also mastered attaching items to our emails and finally making folders to save the emails that we needed to save and deleted others thus tidying our Inbox. Most of our Students rounded the month by completing their Certificates on Emails which were presented at a morning tea for our last lesson of the term. Well done everyone! Keep practicing!

The beginning of July brings us to the school holidays, where we take a break for two weeks. On our return which will be 18th July 2024, we shall be looking at what happens to the items we either receive attached to our emails or the documents we have downloaded? Where do they go? How can we find them? What can we do with them? This is an interesting topic to look forward to. So, to our students, we say keep practicing through the break as your confidence will grow by doing this.

The continuing class concentrated on safety and scams throughout June which culminated in a presentation given by Centacare Family Services and for which we convey our sincere thanks. Both classes attended the presentation and I'm sure they gained lots of important safeguards to implement.

After the break and for the remainder of July, the continuing class will be exploring the topic of 'Online Banking'. This will follow a general understanding of how students manage their financial affairs and making them aware of how technology can make it easier for them to use in a safe manner.

Roger will also be seeking a clearer understanding from the students of how they use their devices and the services and features that they may or may not be using. Finally, recognising their concerns that prevent them from using certain services on their devices. This sounds interesting and if you would like to know more about thi topics, please feel free to come along at 10.15am on 18th July, you will be most welcome.

Our appointment system for Tuesdays has changed slightly. An appointment time will still be allocated but you will see the next available Volunteer. Having said that the next available Tuesday will be 16th July 2024

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.



Come scroll with us.

Pensioners Social Club

Winter is here and we missed some valuable members because of the winter flu or people on holiday. Lyn welcomed us all warmly, went through minutes from last month's meeting, explained the financial situation of the club and encouraged people once more to think about the yearly bus trip to Mingenew otherwise it will be cancelled if not more people decide to go.

We were reminded about the upcoming AGM and to please fill in new office bearers' forms. Lyn has been President and Treasurer for the last year and doesn't want to carry on with two jobs. She encouraged everyone to think about people that could be nominated for the President position.

It was suggested to place an ad in the Midwest times to make more retired people aware of the club or place an add on face book where more people would notice it and join us.

Soon everyone was lining up their raffle tickets hoping to win a prize from the shops or money from the supermarket.

At 11:30am sharp Rosetta, our long-awaited guest speaker arrived and took us all on a trip to Italy and her

special place Sicily. Rosetta's family migrated from there to Australia and she went to see her mother's last remaining sister now 95 in a nursing home.

It was amazing of how she described her place of birth still of small streets made from cobble stones with the small shops and it hasn't become modern with huge supermarkets. The butcher, the baker, the ice cream parlor, the coffee shops with tables and chairs in the streets. People are dressed modern and clean, not untidy like so many get around now in Australia, she truly enjoyed the stunning island of her birth.

She enjoyed Rome, the Christmas markets in the village squares, beautiful food, Fruit and cakes and nibbles. The Music, she remembers from her previous trip and the happy people enjoying the evening atmosphere, the traditional fires built on Christmas eve in the piazza, beautiful decorated trees, and houses. She felt the granddaughter she brought with her from Australia would never forget this holiday. One interesting story was of Piazza Navona in Rome. Bernini sculptured the fountains and Borromini built the Baroque church

and both men didn't get on. Consequently, all of the faces on Bernini's statues face away from the church. An eternal dispute in marble forever.

We really enjoyed Rosetta's talk and slides and many of us wished we were young enough to do the trip with her once to her beautiful homeland.

We then enjoyed a tasty lunch of meat loaf and vegetables and sticky date pudding. We hope that someone will take on the job of the President so the club will continue in the future and early each month we can look forward to a day out with our friends at the QEII.



The beautiful Piazza Navona

Crossing the Nullarbor

With Sharon Dair



After saying goodbye to all our Geraldton and Perth family and friends we began our journey heading east. Travelling together with my son, Kyle and all our possessions crammed into our little wagon, we hit National Highway 94 under overcast skies. Taking our time we followed the Golden Pipeline, now over 100 years in use and still going strong. At the end of the 780km road we made it to Norseman, the gateway to the Nullarbor.

The overcast skies kept us cool all the way to Norseman but as we hit the Nullarbor Plain the deluge came. It was scary driving on the first day of rain barely seeing the road in front. Unfortunately, that meant we couldn't see of the beautiful Salmon Gums that are prevalent in the Great Western Woodlands.

Regardless of the rain, driving the Nullarbor was exciting. The Nullarbor is a vast space covering 200,000 square kilometres with diverse flora and fauna which include treeless plains, scrublands, mature eucalypts, colourful wildflowers, emus,

wild camels, kangaroos, cockatoos and honeyeaters. Added to the diverse flora and fauna is the atmosphere and visual effect of the 1200km Nullarbor drive. Shimmering horizons (when not raining), wide open spaces, Australia's longest straight road at 146kms long (the 90 Mile Straight) and the crashing waves against the dramatic cliffs of the Great Australian Bight. Oh! and let's not forget the 1385km Nullarbor Links. The longest golf course in the world, starting in Kalgoorlie and ending in Ceduna. Anyone for golf?

Fuel and food are plenty with roadhouses every couple of hundred kilometres. We stayed overnight on the Nullarbor and luckily the rain eased up a bit for the following day. However the wet cold days and overcast skies stayed with us most of the way across the Nullarbor stopping just before Ceduna, the oyster capital of Australia and located at the end of the Nullarbor drive. We also had 3 time-changes from Norseman to Ceduna moving our clocks forward a total of 1.5 hours to match the Australian Central Standard Time Zone.

We took the direct route from Ceduna to Port Augusta

stopping only in Kimba for food and to look at the Big Galah statue. Kimba is celebrated as the halfway point from west to east. From the crossroads of Australia (Port Augusta) we nipped across South Australia and into Broken Hill, NSW. Fun fact, Broken Hill which is in New South Wales is still on South Australia time.

As I said before, we took our time travelling, and though we didn't spend much time sightseeing we enjoyed the different landscapes and drove around some of the small towns we went through. We have been fortunate with the weather but it's now getting colder. Last night was 3 degrees and 12 during the day. I've just bought woolly socks for my poor cold and aching feet while Kyle is now

donning his track pants and jumper all day long. Brrrr.

Tonight, we are in Glen Innes. The equivalent of the Scottish Highlands. Yep, it's high country and is colder than I'm used to. The place we are staying has a huge bull statue at the entrance. Lush green rolling hills and a beautiful country town to explore, the last of which before our journey comes to an end.

Tomorrow we are arriving at our destination. It has taken us 2 weeks to cross our beautiful country and I have loved sharing this unique outback and rural experience with my son for the second time. These are the memories that last a lifetime.

Signing off with my heartfelt hellos and best wishes.



Seniors Action Group

2024 Sandra Carr (MLC) Pairs Bowls Tournament This tournament commenced Monday 13th May and finished with the Grand Final on Monday 17th June. 36 members signed up for the contest and completed with 12 players in the Grand Final.

The Grand Final winning team was Judy Kendrick-Currell and Doreen Major. Congratulations.

Equal second place: Tina and Rob Lucas with Kaye Morgan and Sue Waldon

Fourth Place: Allan Brandis and Rhonda Parker.

Fifth Place: Rhonda Reynolds and Peter Cliff

Sixth Place: Gloria Burnett and Elaine Reid.

Prizes were presented to winners by Stephanie Essex on behalf of Sandra Carr (MLC) who sponsored the tournament.

June Monthly Lunch and Meeting was held 11th June with 40 in attendance.

Card raffles were won by Carol Sutherland and Pauline Stacey. President Trevor Hansen welcomed everyone at 10:30am. Two members had a recent significant birthday. Pearl Wheatley

turned 95 yrs and Denis Blackwell turned 98 years. Congratulations.

Minutes were read and endorsed. Trevor reminded everyone that on Saturday 20th July our 41st Birthday celebration will be held at QE2 Centre with doors opening at 10am. Cost is \$30 for members and \$35 for non-members. There will be raffles and music entertainment. No monthly meeting and lunch in July due to the birthday celebration on 20th. Mike Kendrick is investigating a boat cruise in 2025. We now have a Facebook page and Cheryl Samborski and Pauline Fowler are admins.

Guest Speaker: Karen Noble from AdvoCare gave an informative power point presentation. Advocare is committed to assisting with Protecting the rights of older people, overcoming social isolation, addressing elder abuse and accessing aged care services. Advocates will listen to you, provide you with options about your situation and stand by you to achieve your desired outcomes. They offer help with access to aged care services, understanding your rights, resolving issues with aged

and community care service providers and any concerns about elder abuse, loneliness or social isolation. AdvoCare services are free, confidential, unbiased, and guided by you. Phone for country callers: 1800 200 422. Email rights@advocare.org.au. Karen was able to stay during lunch and spoke privately to some of the members.

A delicious lunch was served of Roast Beef, Gravy, Potato,

Pumpkin, Peas and Carrots with Trifle and Ice-cream for sweets. Thankyou to our lovely caterers.

DATES for your DIARY:

1st July: Committee Meeting

9th July: No Lunch Meeting

20th July: 41st Annual Celebration Lunch. \$30 members. \$35 non-members. All welcome.



Doreen Major, Judy Kendrick-Currell and Stephanie Essex



Trevor Hansen and Karen Noble



Sandra Carr Bowls Pairs Competition

Gardening with Rosetta

Coming Up Roses

With roughly 360 species of *Rosa rubiginosa* it amazes me how hardy this plant is, withstanding temperatures of 48 degrees and even minus 20 degrees.

According to the Rose Society of Western Australia July is the best time to prune.

"It takes approximately 42-50 days for Hybrid Teas to produce blooms, 50-55 days for Floribundas and 35-40 days for Miniatures, so time the pruning of your bushes to coincide with the time that you want the blooms. After pruning spray your rose bushes all over, including the garden bed, with Lime Sulphur, mixing 20ml to 1 litre of water. This will clean up any fungal spores and bugs"

Pruning roses has always made me nervous – what if I'm doing it wrong, what if they die, what if I've cut too much off? 25 years down the road and I can confidently say – not one bush has died because I've pruned it too hard. In fact, it is recommended for glorious blooms.

But... my only regret – after the recent long hot summer and struggling to keep them

alive, they have soaked up the recent rains and look so lush with lots of new shoots and I'm going to be chopping them off.

Even with all the pests, diseases and pruning challenges I wouldn't give up my rose bushes – There's a prize that awaits as the first bud unfolds and its fragrance is released. It is at this moment I forget all my struggles and enjoy the simple joy of one perfect rose in all its splendour and contemplate how I came to be called Rosa when the national flower of Italy is actually a white lily and the rose is the national flower of England. Apparently, Rosa stands for love, courage and romance.... So think about that next time you receive a bunch. Happy gardening and may all your blooms bring you joy.



Happy 90th Beryl Scott

Beryl has volunteered at the centre for over 20 years organising the Mahjong Group and assisted as a centre greeter, during Seniors Week and Balance Gym etc etc. We appreciate the time and dedication she has made in making the centre the wonderful place it is.

Many happy returns Beryl from QEII staff and centre users



Knitters and Crochet Group



Salvation Army, Geraldton – 8 crochet blankets, 10 beanies, 14 assorted clothing

Desert Blue – 20 crochet blankets

Geraldton Regional Hospital – 10 octopus toys, 36 knitted toys, 4 knee rugs, 5 baby crochet blankets, 24 scarves, 24 adult beanies, 12 pr mittens, 8 pr booties

Mission Australia – 15 scarves, 15 beanies, 12 crochet rugs

Centacare – 7 crochet rugs, 10 pr mittens

Fusion – 2 adult beanies

Geraldton Police – 12 trauma teddies



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	
4.30	6.00	Pickle Ball	\$5.00	
9.00	1.00	Understanding your hand held device	\$5.00	Appt only. No appts 2 & 9 July
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			
9.00	Noon	Laughs & Crafts	Free	

WEDNESDAY (CONT)

Start	Finish	Class	Cost	Notes
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 No appts 4 & 11 July
10.15	11.15	Continuation Class	Free	July
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	No class 4 & 11 July

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	No class 5 & 12 July
10.00	Noon	Chess	Free	
10.15	11.15	Rehabilitation Gym	Free	Referral required
1.00	3.00	English as a Second Language	Free	No class 5 & 12 July
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

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

Q&A 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

No sessions 4 & 11 July



You're Invited!

To the re-opening of the
**Mitchell Street
Community Garden**

Celebrate with us!
Join us for a hands-on workshop
led by Bunnings to learn about
composting and how to grow your
herbs and veggies.

Friday 19 July 2024

(behind Mitchell Street Community Centre)

10.30am – 12pm

For further information please contact
yeniferc@cgg.wa.gov.au
or 9956 6951

*'A beautiful community can
create a beautiful garden'*



BUNNINGS



City of
Greater Geraldton
a vibrant future

