







## Minister's Message

THIS YEAR'S theme for Bendigo Bank Seniors Week 2011 is 'Setting the Trend' and that's exactly what seniors are doing. Seniors are utilising their leadership skills and running businesses, calling on their wealth of experience in volunteer capacities, sharing their wisdom and providing invaluable advice to WA communities. In short, they're setting the trend for healthy ageing, physically and mentally, and for living life to the fullest.

I would like to invite all the readers of *Have a Go News* to 'Set the Trend' by participating in the multitude of activities occurring state-wide during Seniors Week.

Some of the week's highlights include the inaugural *Have a Go News*, Seniors on the Swan event, where you can experience a multitude of water based activities on the river, Belrose Care Seniors Expo in Forrest Chase which will feature a variety of free performances and exhibits that focus on issues that affect seniors and of course, Have a Go Day at Burswood Park.

The State Government is committed to ensuring that seniors enjoy a good quality of life outside of Seniors Week. That is why Western Australia has the most generous Seniors Card scheme of all the states and territories.

In 2008, we introduced an annual Cost of Living Rebate to assist with rising living expenses. In 2011, this rebate was increased and provisions were made so that seniors could work for up to 25 hours per week without affecting their Seniors Card eligibility.

These rebates and benefits demonstrate our commitment to helping seniors stay mobile and safe in their homes yet connected to the community so they can continue to set the trend of healthy and productive living whatever their age.

I urge all seniors to participate in Bendigo Bank Seniors Week 2011. It's a great time to learn a new skill, take up a new hobby and make new friends to enrich your life.

**Hon Robyn McSweeney MLC**  
Minister for Child Protection; Community Services; Seniors and Volunteering; Women's Interests

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Check out our weekly ZUMBA GOLD classes!

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- Manning Senior Citizens Centre; Thursday 11.30am-12.30pm

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**Seniors Week sponsors:**



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**Seniors Week** → *Setting the trend*  
6 - 13 November 2011

→ **WA Seniors Card Morning Tea**

In conjunction with Hon Robyn McSweeney MLC, Minister for Seniors and Volunteering, the WA Seniors Card Centre is offering an opportunity for you and a guest to attend an exclusive morning tea.

**Where:** The Bell Tower, Barrack Square, Perth  
**When:** Tuesday, 8 November 2011, 10.00am - 11.00am

Places are limited. To go into the draw to attend the **free** morning tea and experience the fantastic view from the Bell Tower, fill out the coupon and send it to:

**WA Seniors Card Centre, Seniors Card Morning Tea**  
**Gordon Stephenson House,**  
**140 William Street, Perth WA 6000**  
**By:** Wednesday, 19 October 2011

**Please note:** Individual entries only are permitted. Entries must have a valid Seniors Card number. Winning seniors will be notified by telephone.

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**WA Seniors Card Event Day**

Name: \_\_\_\_\_  
Guest's Name: \_\_\_\_\_  
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**or call 6217 8855 (metro) or 1800 671 233 (country)**

**Eric Ripper and Sue Ellery hope you have a fantastic Seniors Week 2011 and encourage you to have-a-go at a new activity this year!**

**Eric Ripper MLA**  
Leader of the Opposition  
Parliament House  
Harvest Tce, Perth WA 6000  
Phone: 9222 7351  
[leader@loop.wa.gov.au](mailto:leader@loop.wa.gov.au)  
[www.loop.wa.gov.au](http://www.loop.wa.gov.au)

**Sue Ellery MLC**  
Shadow Seniors Minister  
Shop 20 Southlands Shopping Centre,  
Burrendah Blvd  
Willetton WA 6155  
Phone: 9312 1566  
[sue.ellery@mp.wa.gov.au](mailto:sue.ellery@mp.wa.gov.au)

**Have A Go Day - A good opportunity to have a go at square dancing and more...**

IT HAS been good to experience a little bit of winter rain this year and we now look forward to some lovely sunny days before the full force of summer.

It is a great time of the year to be out and about and in particular, to visit Have a Go Day coming up on 9 November at Burswood Park.

If you haven't been before you will be amazed to see the range of activities available and if you have you will be able to 'have a go' at the many additional activities there this year.

Square dancers will again be represented at Have a Go Day so come along try square dancing. This is a gentle, aerobic exercise, like walking, but more fun, and your brain gets a very good workout as well.

Two left feet? No worries; that is almost an essential requirement.

Come along and meet some of our dancers and have a chat with them about square dancing.

Hope to see you there.  
**Ann Winter for the Square Dance Society of WA.**





## Have a Go News' Seniors on the Swan



COME along and join us for an exhilarating inaugural event and rediscover the Swan River during Bendigo Bank's Seniors Week on Thursday 10 November.

This event will give participants the opportunity to try a multitude of activities all centred on the Swan River.

Fully qualified instructors will teach you how to windsurf, dragon boat, paddle or row. You will also have the opportunity to board a 36ft yacht and feel the 'wind in your wings'.

You can also try some land-based activities including bocce, volleyball, yoga and Zumba Gold.

The Swan River Guardians will be conducting talks throughout the day which will give you the opportunity

to learn more about our precious river. Come and join us at the UWA Boat Shed on Thursday 10 November from 10.30am to 4pm.

Participants will be required to confirm that they can swim and are physically and mentally capable to undertake any of the activities.

Registrations will be on a first come, first serve basis and there will be food sales on the day or you can bring along a picnic to enjoy on the banks of the Swan.

We look forward to seeing you there!

**Have a Go News  
Seniors on the Swan**

**Date:** Thursday 10 November 2011.

**Time:** 10.30am - 4pm

**Venue:** UWA Watersports Complex - near the intersection of Hackett and Mounts Bay Road.

**Parking:** \$1 per hour

**Public transport:** Bus services are available from Fremantle and Perth.

**What to bring:** Comfortable clothing which can get wet. Hat, sunglasses that can be tied around your head, and comfortable footwear.

**Change room:** Full facilities are available on site.

**Experience:** No experience necessary - Qualified instructors are on hand to teach.

**Registrations:** From 10.30am on site. Activities will be run on an hourly basis from 11.30am.



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# Deborah Kirwan Awards Finalists



### PRINT CATEGORY

**Paul Lampthakis, journalist, *The Sunday Times* (Pic 1)**

Paul has been a journalist for 21 years. He has spent the past six years at *The Sunday Times*, after having worked at other newspapers and as a freelancer. He believes in advocacy-style journalism where journalists do not merely report, but attempt to positively change society through their stories.

His interest in seniors comes from a long-standing belief that our children should benefit from their knowledge and mentoring.

**Yasmine Phillips, journalist, *The Sunday Times* (Pic 2)**

Yasmine covers education and politics at *The Sunday Times*. She graduated from Curtin University in 2005 before starting her career in the country - at the *Narrogin Observer* and the *Albany Advertiser*. She completed her cadetship at *The West Australian* in 2007 before moving into the newspaper's state political team. She has worked at *The Sunday Times* since late 2009. Yasmine was named Best Newcomer at the 2008 WA Media Awards.

**Toyah Shakespeare, journalist, *Albany Advertiser* (Pic 3)**

Toyah writes a monthly magazine feature in the *Albany Magazine* as part of her job at the *Albany Advertiser*. Originally from Perth, Toyah recently commenced her career in journalism in regional Western Australia this year, taking on a role as agricultural reporter, among other rounds. Fresh from a communications degree at Murdoch University, she has enjoyed becoming part of the Albany community through hockey and her role as a journalist, while enjoying the beaches and whale sightings.

### ELECTRONIC CATEGORY

**Natalie Bonjolo, reporter, Channel Seven's *Today Tonight* (Pic 4)**

Natalie is a senior reporter with Channel Seven's *Today Tonight* program. Since joining the team in 2004, she has covered a wide range of issues, both locally and internationally.

In addition to current affairs investigations, Natalie has also produced several feature pieces and series for *Today Tonight*. Natalie began her career in 2001, as a video journalist in regional television in Western Australia's Pilbara District.

**Candice Barnes, reporter, Channel Nine News Perth (Pic 5)**

Candice is the weekend weather presenter for Nine News Perth, and also works as a reporter for WIN News Western Australia. After nearly four years in the latter role, she's developed a keen interest in the issues facing our regional areas, breaking several stories and often delivering a unique perspective. WIN News reporters are

Video Journalists, meaning they are multi-skilled operators, responsible for camerawork and editing while striving to craft ethically sound, interesting stories.

**Elicia Kennedy, reporter, Channel Nine News Perth (Pic 6)**

Elicia has been a journalist for 11 years, switching to the profession after working as a Speech Pathologist for several years. Elicia started out as a cadet at *The West Australian* and after five years with the newspaper, joined Channel 9. She has covered a wide variety of news, but most enjoys politics and human interest stories.

### PHOTOGRAPHY CATEGORY

**Kellie Lewis, photographer, *Kalgoorlie-Miner* (Pic 7)**

Kellie is a full-time photographer at the *Kalgoorlie Miner*. Kellie pictures everything from news events and sport to gardens and pet stories, facing the constant challenge to make her work look fresh and different. Kellie loves how her work involves her in the community and how it gives her opportunities to record, in a compassionate and creative way, those daily events that impact on the lives of the people she photographs.

**Mary Mills, photographer, *Kalgoorlie-Miner* (Pic 8)**

Mary has been a photographer since the age of 17. She has worked for *The West Australian* and currently works for the *Kalgoorlie Miner*. Mary has won many awards for her work over the years and enjoys living in Kalgoorlie-Boulder with her four beautiful children.

**Jon Hewson, photographer, *Mandurah Coastal Times* (Pic 9)**

For Perth-born photographer Jon Hewson, photography has always been more than just a job. Passionate about the art from a young age, Jon began capturing images on a casual basis for the *South Western Times* and the *Mandurah Press* at the age of 16. Jon won the WAPP Award for Best Country Photographer 2000 and currently works full-time for the *Mandurah Coastal Times* while operating his own independent photography business.

**Nic Ellis, photographer, *The West Australian* (Pic 10)**

Nic is a senior photojournalist with *The West Australian*. He learned his craft in the 1970s on *The Western Mail*, the national newspaper of Wales, where he grew up. He was named Welsh Press Photographer of the Year in 1981 before migrating to Sydney, where he worked for a year before settling in Perth. He counts a Walkley Award for excellence in Australian journalism among his career highlights.



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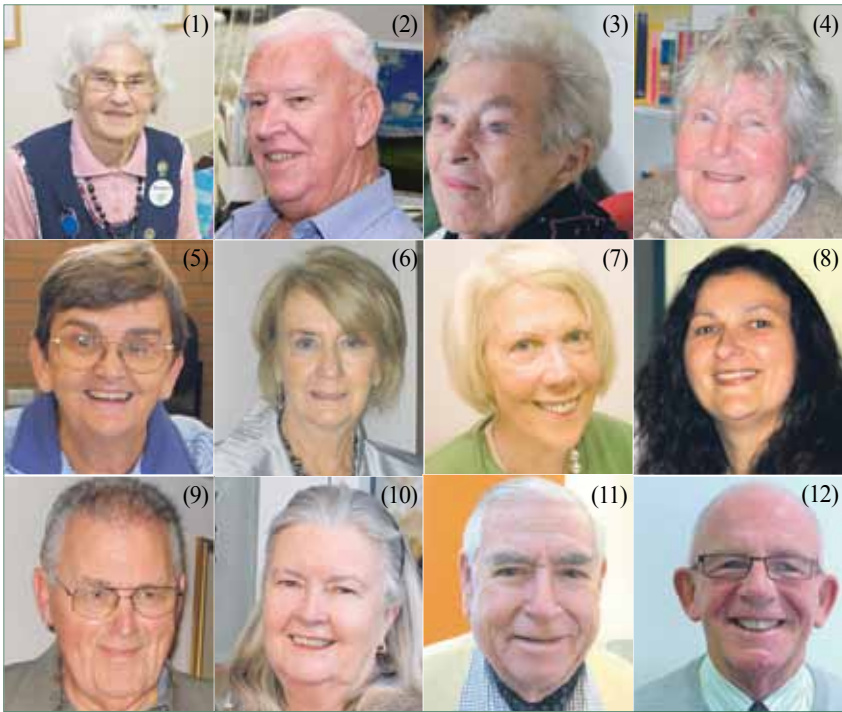
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# 2011 Burswood WA Senior of the Year finalists



## THE COMMUNITY AWARD FINALISTS

### Margaret Lay, Scarborough (Pic 1)

Margaret Lay has been a volunteer at the King Edward Memorial Hospital for 30 years. After witnessing the passing of a baby shortly after its birth and quickly organising a funeral for the infant, Margaret became passionate in her desire to support grieving families and relatives.

Margaret was instrumental in introducing grief packs, a pack given to bereaved parents that includes helpful information on coping with loss and items to help commemorate their baby. Margaret also coordinates a group of women spread across WA who knit, sew and crochet items for the hospital and organises her volunteers to make papooses for heroin-addicted babies and custom-made pouches for premature babies.

Through so many years of dedicated work at the hospital, Margaret is able to identify the changing needs of families and works within King Edward's existing structures to fulfil them.

### Hugh Rogers, Westminster (Pic 2)

For 37 years, Hugh Rogers has been an active member of his local Balga community. In 1974, Hugh became a member of the Balga Recreation Centre management committee, becoming chair in 1976. He has promoted activities that encouraged all age groups to live a healthy and active lifestyle. Hugh's passion for improving facilities in his community was a driving force behind the inception of the annual Balga Community Fair, which he coordinated for many years. During this time, Hugh simultaneously ran the Balga Theatre

Society and the Balga Anglican Choir, which enabled the Balga community to participate in lifestyle activities normally not available to them.

Hugh is currently the president of the Seniors Recreation Council Inc, guiding it to a high standard of achievement in the areas of sport and recreation, including the annual Have a Go Day, a major Seniors Week event which attracts approximately 12,000 people aged over 45 each year.

### Rachel Lenny, Yokine (Pic 3)

Rachel "Rae" Lenny has provided 76 years of volunteer service to Perth's Jewish community. Her altruistic work during the Second World War, nursing injured soliders and caring for new mothers who were in poor health, eventually led her to her true calling—the support of migrants in Australia.

Rae founded the Council of Jewish Men and Women to help migrants settle in Australia. For 30 years, she was an active committee member of the Australian Jewish Welfare Society (now Jewish Care WA), for 25 years, a volunteer at Maurice Zeffert Home (a Perth Jewish aged home), and President of the Jewish Seniors Club for eight years. In these roles she has secured funding for an accommodation service for families in crisis and migrants in need, obtained Lotterywest grants to purchase recreational equipment for Jewish seniors, and provided much needed assistance to the Jewish community.

In 2004, Rachel Lenny was awarded the Medal of the Order of Australia.

### Kate O'Brien, Walpole (Pic 4)

Walpole is a small rural town that re-

lies on Silver Chain Remote Services to provide their local health service needs. Kate is currently the Walpole Silver Chain Branch Committee President and has been a volunteer member for the last 19 years. Their organisation's dedicated fundraising efforts actively support the Walpole Health Centre and the Walpole community by providing the much-needed medical equipment and professional development training for the Remote Area Nurse. The fundraising also benefits the local primary school and the Walpole Sea Rescue Group.

A breast cancer survivor and Multiple Sclerosis battler, Kate's tenacity and drive is the backbone of the Walpole community.

## THE INTERGENERATIONAL AWARD FINALISTS

### Frances Brennan, Joondanna (Pic 5)

After a long career as a Registered Nurse, Frances retired from her profession due to health problems. In 1975, she was diagnosed with neurofibromatosis which has interfered with her mobility, balance and vision and causes her much pain, but this disability has not prevented her from helping others in any way. Frances mentors students at Tuart College, for whom English is not their first language.

She assists them with English comprehension and in their understanding of cultural differences. She has been invaluable as a mentor to young women suffering from depression and refugees who have experienced trauma. Her commitment to voluntary tutoring has enabled many young people to re-engage with their education.

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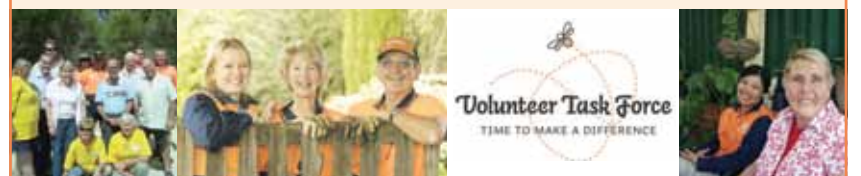
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## 2011 Burswood WA Senior of the Year finalists

### Jan Trenorden, Wyalkatchem (Pic 6)

Jan has a long standing devotion to the welfare of young people and their families. Employed by the state government Department for Child Protection, she has actively attracted resources and programs for children and young people to the Wyalkatchem district for a number of years.

In 2001, she brought in a True Blue Dreaming (TBD) tour to Wyalkatchem, a philanthropic venture that aims to realise the dreams of young people in remote areas. Its success saw a mentoring program introduced in 2004. Her personal concern for young people has been demonstrated through her community support for a number of disadvantaged youth, support for young bereaved members of the community, and the establishment of effective avenues of mentoring to counter individual cases of youth depression.

### Anne Hairsine, Woodlands (Pic 7)

Anne has had a lifelong commitment to encouraging children and young people in the dramatic arts. From her early years of teaching in the Pilbara to her 20 years as Head of Drama at Perth College to her role as mentor for the Smith Family or-

ganisation, many children have learnt self-confidence in speech and movement through her efforts.

Anne has written, directed and produced productions involving up to 1,000 students at a time. This has encouraged a large number of young people to learn singing, dancing and drama.

Anne currently teaches young adults as an ESL (English as a second language) teacher and encourages new arrivals to WA to feel more confident in speaking, exploring the city and developing new friends and networks, crucial to the diversity of our communities.

### THE WESTSCHEME/ COUNCIL ON THE AGE- ING CHAMPION FOR SENIORS AWARD

### Julie Jackson, Bayswater (Pic 8)

Julie is employed by the state government Department of Sport and Recreation in the Indigenous Sport Unit. In 2004, Julie approached the Seniors Recreation Council of WA with the concept of introducing Aboriginal seniors to organised sport and recreation centres. As a result, the first Aboriginal Seniors Activity and Information Day was held on 22 June 2004, which gave many Indigenous seniors the opportunity to participate in

different activities and acquire information on healthy living.

Due to the success of this initiative, there has been an increase in the number of Aboriginal seniors attending recreation centres across WA. Julie works extensively with Aboriginal seniors, encouraging them to become physically active and improve their nutrition.

### Anthony Ball, Ravenswood (Pic 9)

Tony's dedicated volunteer work with National Seniors Australia, Australia's largest not-for-profit organisation representing seniors aged 50 and over, has improved the wellbeing of many seniors. He has advocated for WA seniors at local, state and national levels, attended forums on research into the needs of seniors, promoted awareness of senior support programs and provided policy input to National Seniors Australia programs, such as Positive Ageing. Tony's dedication and commitment to seniors' issues has assisted in enhancing the living standards of older Western Australians.

### Gail Short, Canning Vale (Pic 10)

A member of the Mount Barker Community Resource Centre Board, Gail played a pivotal role in using her professional networks and exten-

sive experience in developing community projects to assist the board to find partners to develop a model of a community centre that would function as a central point for a variety of groups.

There are many in the community who will benefit from Gail's commitment to creating the community centre - the town has a brand new library, the Centrelink agency has been maintained, the Foodbank will begin and after school care, government and other not-for-profit service providers will be housed in the community centre which will ensure the viability of the small community of Plantagenet.

### THE BEYONDBLUE INSPIRATION AWARD FOR WELLBEING FINALISTS

### Margaret Lay, Scarborough (Pic 11)

Margaret is also a finalist in this category along with the Community Award due to her inspirational work in helping bereaved parents cope with the loss of their babies and advocacy work in managing grief and depression.

### John Davies, Mosman Park (Pic 11)

John was instrumental in the formation and development of the McCusker Foundation for Alzheimer's

Disease Research through his funding acquisition work. John, who has demonstrated a continual commitment to research into remedies for Alzheimer's, has served in many non-medical roles, both formal and informal. He also works with Anglican Homes (now called Amana Living) the biggest aged care organi-

sation in WA and ran a charity foundation that was raising money to develop accommodation specially designed for the growing number of Alzheimer's Disease sufferers.

### Paul Headley, Craigie (Pic 12)

Thanks to his background as a psychiatric nurse, Paul is able to utilise his expertise

to assist clients of the Victim Support Service manage their anxieties. Paul has been invaluable to the service as an effective communicator to victims of crime, as an impartial facilitator of witness preparation and particularly when working with vulnerable clients with mental health illnesses.

## SQUARE DANCING

Classes commencing Como  
90 McDonald Street, corner  
Ednah Street, Tuesday 8 Nov 2011,  
7.30pm-9.30pm,

Keep fit, socialise,  
stimulate the mind,  
have fun, laugh,  
inexpensive. Enquire today.

Only

\$8

per lesson

Square Dance Society of WA

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9405 2078, 0422 500 861,  
1800 943 277

www.squaredance.org.au



# Enlarged Prostate?

Call 1300 760 627



## Do you suffer from these symptoms?

- Frequent urination
- Painful urination
- A weak stream
- Constantly feeling that your bladder isn't empty

1 in 3 Australian men above 50 will suffer from an enlarged prostate.

Magnus Shield™ contains Cernitin™, the Swedish pollen extract proven in extensive clinical trials to support a healthy prostate and treat the symptoms of an enlarged prostate.

"Thank you for sending out Magnus Shield. I really believe they have been a great benefit to me. Before Magnus Shield, I was going to the toilet 3 or 4 times a night, now using Magnus Shield I've been going once a night, sometimes not all"

John W, Benalla, VIC  
18 Jan 2010

"I found this tablets Magnus Shield from magazine. I found it helps me to empty my bladder in night time, relief the pain while passing water. It really works for me. I'm feeling better now. Thank You"

Paul E, Ormond  
22 April 2008

"Nine months ago, I have tried Magnus Shield for prostate medication made by Graminex Australia, I can say that it helps me mainly in reducing my night time urination, a year ago, I used to wake up 6-7 times a night, and now I only wake up once or twice, and during last Christmas, I had 1 beer during the party, and I got up 3 times. Thank you for Magnus Shield and I definitely will recommend this product"

Mike B., St Johns Park, NSW  
4 January 2010

"I have been taking Magnus Shield for the past 4 months and I have noticed some great improvement, mainly it helps me to reduce the urgency to go to toilet and frequent urination as well. I used to wake up 6-7 times a night, and now I only wake up 3 times a night or less. Previously, I have to stand for few seconds to pass urine in the night time, now that problem has been solved, and also the burning sensation is also gone. Thank You Graminex for this product"

Gordon M, Rochedale, QLD  
4 December 2009

### Now available

Magnus Shield™ is available at good pharmacies and health food stores.

Consult your pharmacist or call 1300 760 627 for more information, if our lines are busy please call again.

### Clinical Studies

To read about the comprehensive clinical studies visit [magnusprime.com](http://magnusprime.com)

Consultation hotline: 1300 760 627 Approval Code: CHC36089-10/06

### Featured stockists (WA)

Health Kick Perth	Shop T102, ENEX 100, 100 St Georges Terrace, PERTH WA 6000
Stay Healthy Health Food	Shop 5, 180 Rokeby Road, SUBIACO WA 6008
Emslies Floreat Pharmacy	445 Cambridge Street, FLOREAT WA 6014
Osborne Park Pharmacy	207 Main St, OSBORNE PARK WA 6017
Pharmacy 777	Shop 42, Whitford City Shopping Centre Whitfords Ave, HILLARYS WA 6025
Good Life Whitfords	Shop 234, Whitford City Shopping Centre Whitfords Avenue, HILLARYS WA 6025
Health Kick Joondalup	Shop T101, Lakeside Joondalup S/C JOONDALUP WA 6027
Greg's Discount Chemist	243 Great Eastern Hwy, MIDLAND WA 6056
Guardian Pharmacy Dianella	Shop 50 - 53 Dianella Plaza Shopping Centre DIANELLA WA 6059
Mundaring Pharmacy	Shop 4-5 Nichol St, MUNDARING WA 6073
St James New Start Pharmacy	16A Chapman Rd, ST JAMES WA 6102
Terry White Chemist	Shop 160 Belmont Ave, BELMONT WA 6104
Belmont Amcal Chemist	Shop 83, Belmont Forum, BELMONT WA 6104
Kenwick Pharmacy	Shop 5 & 6, Cnr Belmont & Kenwick Rd KENWICK WA 6107
Thornlie Naturopathic Centre	32 Selby St, THORNIE WA 6108
Rostrata Avenue Pharmacy	Unit 1 / 42 Rostrata Ave, WILLETTON WA 6155
Health Kick Melville	Shop 10B, Melville Plaza Shopping Centre 390 Canning Highway, MELVILLE WA 6156
Kardinya Health Foods	Shop 4, Kardinya Park S/C KARDINYA WA 6163
Health Kick Spearwood	Shop 7, Phoenix Shopping Centre, 254 Rockingham Rd, SPEARWOOD WA 6163
Leda Community Pharmacy	Shop 8 & 9 Leda S/C, Feilman Dve, LEDA WA 6170
Health Kick Mandurah	Shop 78, Mandurah Forum, MANDURAH WA 6210
Wizard Warehouse Pharmacy	Shop 12, 175-179 Mandurah Tee MANDURAH WA 6210
Bunbury Drive-in Pharmacy	55 Forrest Ave, BUNBURY WA 6230
Geegelup General Supplies	130 Hampton St, Bridgetown WA 6255
Northam Pharmacy	Shop 17 Boulevard S/C, NORTHAM WA 6401
Toodyay Pharmacy	110 Stirling Terrace, TOODYAY WA 6566

For a complete list of our authorised stockists please visit our website at [www.magnusprime.com](http://www.magnusprime.com) or call our hotline 1300 760 627





### 2011 Burswood WA Senior of the Year finalists

#### BENDIGO BANK ACTIVE AGEING LEADERSHIP AWARD FINALISTS Beehive Industries of WA, Perth

Beehive Industries was set up as an Activity Workshop to help aged retirees, the disadvantaged and people with disabilities feel needed and useful and to engage them in activities that are mentally and physically stimulating. This workshop also encourages social interaction and companionship.

Work is accepted from businesses across Australia and this work engages the participants in productive activities, not just leisure pursuits, as all people deserve the right to feel that they are making an important contribution to WA communities.

#### City of Stirling, Stirling

The City of Stirling has initiated the Stirling Silver Program that targets people aged 55 plus, and aims to reduce social isolation, build relationships, increase community participation and instil a sense of community pride, while helping seniors maintain independent, healthy lifestyles.

The program links with other service

providers and commercial businesses, such as Bunnings, the Heart Foundation and WA Police to develop events, outings and workshops that seniors will enjoy, such as cooking classes and walking activities. The focus of the program is on participation and social inclusion.

#### Goldfields Aged Pensioners Welfare Association Ltd, Kalgoorlie-Boulder

The association is a highly regarded organisation in the Kalgoorlie-Boulder region, which has worked tirelessly over the years to improve the quality of life for local retired citizens. For 57 years they have financially assisted local aged pensioners, from the distribution of free firewood and clothing to the provision of aged accommodation, by highly subsidised holidays to organising numerous gas, electricity and council rate subsidies.

The Goldfields Aged Pensioners Welfare Association has raised approximately \$2,000,000 since its inception. The outstanding fundraising efforts of the association has supported numerous worthwhile projects in the region.

#### SUNDAY, 6 November

##### Seniors into Sailing

Port Bouvard Yacht Club  
Dawesville Cut, off Thisbe Dve, Dawesville  
10am to 1pm

Ever wanted to sail away into the sunset? This morning event is a great introduction to sailing. A safety brief is followed by crewing a variety of yachts, keelboats and catamarans in safe sheltered waters.

\$5, Port Bouvard Yacht Club  
John Hunt  
gary.creek@bigpond.com  
9534 3137

##### Seniors Luncheon

Victoria Park Bowling Club  
Kent Street, Vic Park  
11am, Seniors lunch with entertainment.

\$10, Bookings essential.  
WA Sri Lankan Association  
Vicky Sivarajah  
vicky267@bigpond.com.au  
9378 2028

##### Community Garden Open Day

GREAT SOUTHERN  
Rainbow Coast  
Neighbourhood Centre  
Community Garden  
14 Sanford Rd, Albany

10am to 3pm  
A fun open day centred around the Rainbow Coast Neighbourhood Centre Garden celebrating the wisdom of yesteryear and its application to life today.  
Gold coin donation  
Rainbow Coast  
Neighbourhood Centre  
Sarah Hilder  
rcfs@omninet.net.au  
9841 8254

##### Bendigo Bank Moora Community History Day

WHEATBELT  
Clinch House  
10 Clinch Street, Moora  
1pm to 4pm

Enjoy morning tea with presentations by community members on early Aboriginal memories to present day.  
\$2  
Moora Historical Society  
Ann Lewis  
annlewis@activ8.net.au  
9654 2017

##### Tea Dance

Midland Town Hall  
Cnr Greater Eastern Hwy & Old Northern Hwy, Midland  
2pm to 4pm  
Join us for an afternoon of dance.  
\$5, Swan Region Seniors Group  
Wim Hultink  
wimelah@bigpond.com  
0414 929 410

##### Old Time Music Hall

SOUTH WEST  
Greenbushes Town Hall  
6pm  
Performing old time music with supper, door prizes and prize for best old time costume.  
\$30 and \$20 for seniors  
Greenbushes Ratepayers and Residents Association  
Leonie Eastcott  
leonie.eastcott@talisonlithium.com, 9782 5717

##### Seniors Concert

MID WEST  
Queens Park Theatre, 2pm  
Presenting the sensational Andrew Sisters Senior Concert followed by a delicious afternoon tea.  
\$10  
City of Greater Geraldton  
Rosetta Finlay

qecentre@cgg.wa.gov.au  
9921 2684

##### Opening Ceremony of Seniors Week with the Town of Bassendean

Bassendean Senior Citizens Centre, 50 Old Perth Road  
2.30pm to 4pm  
The Town of Bassendean celebrates Seniors Week with an opening ceremony by the Mayor, a performance by the Voices of the Valley Choir and a delectable Devonshire tea.  
Free, Town of Bassendean  
Tim Clark  
tclark@bassendean.wa.gov.au  
9377 8051

##### Arthur Miller's All My Sons

Dolphin Theatre, UWA  
35 Stirling Hwy, Crawley  
2pm  
Set in 1947 post World War II, this is a compelling drama of betrayal, guilt and greed. Don't miss this rare opportunity to see one of the most celebrated American plays of all time.  
\$20 for Seniors  
Graduate Dramatic Society  
Linda Hewell  
gradswa@gmail.com  
0401 510 102

##### WA Seniors Awards Gala Ceremony

Burswood Entertainment Complex  
Great Eastern Hwy, Burswood  
A gala morning tea awards ceremony for WA Seniors Awards finalists. Now in its 26th year, the WA Senior Awards recognise the invaluable contributions older people make to Western Australian communities.  
Invitation only  
Department for Communities

Zoe Vos  
zoe.vos@communities.wa.gov.au  
6551 8406

##### Bunbury Expo

SOUTH WEST  
Bunbury Sports Centre  
9am to 4pm  
An informative expo designed to help seniors improve their lifestyles. Featuring interesting stalls and special guest speaker Dr Fiona Wood.  
Free  
Bunbury and Districts N.S.A.  
David Mattaboni  
dmattab@hotmail.com  
9791 3375

#### MONDAY, 7 November

##### Channel Seven

Station Tours  
Channel Seven Perth  
Off Dianella Drive, Dianella  
9.30am & 10.30am  
Channel Seven invites you to take a 'behind the scenes' look at SEVEN NEWS with a tour of the studio including the news and weather sets. Morning tea included.  
Free. Booking essential.  
Places are limited.  
Channel 7, Sam Starr  
9344 0616

##### Living Longer Living Stronger

SOUTH WEST  
Naturaliste Community Centre  
Dunsborough Lake Drive  
10.30am to 11.30am  
Make a move. It's never too late to start exercising with a range of 'n' Try activities at the Naturaliste Community Centre. \$6, Free for Seniors Card holders.  
Shire of Busselton Centre  
Coordinator, ncc@busselton.wa.gov.au  
9755 3966

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www.patsydurackrosegardens.com

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email **anne.smith@pmhfoundation.com**  
www.pmhfoundation.com

SHIRE OF KALAMUNDA PRESENTS  
**SENIORS WEEK 2011**  
Recognising Seniors and Celebrating Life

**SUN 6 NOV** • Seniors Week Variety Concert  
1pm-4pm/Kalamunda Performing Arts Centre

**MON 7 NOV** • Active Ageing - Healthy Choices  
1pm-3pm/Hartfield Park Recreation Centre

**TUES 8 NOV** • Seniors Fayre/9.30am-3.30pm  
Woodlupine Family & Community Centre

**THURS 10 NOV** • Ola Nilsson: Magician & Mind Reader  
1pm-3pm/Kalamunda Public Library

**FRI 11 NOV** • The strange, the bizarre and the beautiful/6pm-8pm/Forrestfield Public Library  
• Bendigo Bank Seniors Week Dance/1-4pm  
Woodlupine Family & Community Centre

All events are free to Seniors within the Shire of Kalamunda, tickets available from Wednesday 5/10/11.

Forrestfield & High Wycombe Community Bank\* branches  
**Bendigo Bank**

**FOR FURTHER INFORMATION CALL 9257 9958** shire of kalamunda

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**\*\$5900** plus parts  
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www.warwicksewingcentre.com.au  
PHONE 9246 1833





# Have a Go News' Bendigo Bank Seniors Week 2011 EVENTS GUIDE



MONDAY, 7 November

### Guided tours of Parliament House

Parliament House  
Harvest Terrace, Perth  
10.30am and 1.30pm  
Free guided tours of the state's Parliament building including entry into the two chambers or viewing the sitting of Parliament.  
James Sollis  
jsollis@parliament.wa.gov.au  
9222 7829

### Wheatbelt Men's Shed Mystery Wheatbelt Tour

WHEATBELT  
Wylkatchem Men's Shed  
Flint Street, 7am  
Expected the unexpected on this mystery bus tour to Toodyay, Northam and Cuballing Men's Shed. Demystify your aches and pains with a featured presentation on men's health. TBA (Depending on numbers)  
Wylkatchem Men's Shed  
Tom Walmsley  
jj.treno@bigpond.com  
9681 1562

### Arthur Miller's All My Sons

Dolphin Theatre, UWA  
35 Stirling Highway, Crawley  
7.30pm  
Set in 1947 post World War II, this is a compelling drama of betrayal, guilt and greed. Don't miss this rare opportunity to see one of the most celebrated American plays of all time.  
\$20 for Seniors  
Graduate Dramatic Society  
Linda Hewell  
gradswa@gmail.com  
0401 510 102

### Belrose Care Expo

Forrest Chase Perth  
9.30am to 5.30pm  
Increase your knowledge on asset management, staying mentally healthy and home and community care at this interesting and informative seniors expo. The expo features presentations by Belrose Care, beyondblue, the Public Trustee and Stroke Foundation. Free  
Department for Communities  
Zoe Vos  
zoe.vos@communities.wa.gov.au  
6551 8406

### Wickepin Wildflowers

WHEATBELT  
Bus Trip and Wickepin Community Centre,  
9.30am to 2.30pm  
Take a bus trip around Wickepin to see the seasonal flowers in full bloom.

Afterwards, tuck into a two-course lunch to fortify you for a fun games afternoon with students from the local primary school.

Free  
Wickepin Community Resource Centre  
Amanda Heaney  
wickepinto@westnet.com.au  
9888 1500

### Seniors Week Heart Foundation Walk

Success Hill Reserve,  
Seventh Ave, Bassendean  
9am  
A delicious breakfast awaits you as you enjoy a scenic view of Success Hill Reserve.  
Free  
Town of Bassendean  
Tim Clark  
tclark@bassendean.wa.gov.au  
9377 8051

### Dance-a-thon

Bassendean Community Hall  
48 Old Perth Rd,  
Bassendean  
10am to 4pm  
Featuring Broadway II Band, dancing, prizes and a healthy lunch. Be quick - tickets are limited.  
Free  
Town of Bassendean  
Tim Clark  
tclark@bassendean.wa.gov.au  
9377 8051

### City of Geraldton Mayors Mystery Bus Tours

MID WEST  
QEII Seniors of Community Centre  
9am  
A day of intrigue awaits. The City of Greater Geraldton hosts the Mayor's Mystery Bus tour, followed by morning tea.  
Free  
The City of Greater Geraldton  
Rosetta Finlay  
qecentre@cgg.wa.gov.au  
9921 2684

### A Day in the Past

GREAT SOUTHERN  
Tambellup Resource Centre  
9am to 12.30pm  
Enjoy morning tea before journeying down memory lane. Take a step back in time as you sift through historic local newspapers and photos and choose a piece of memorabilia to share during storytime.  
Free  
Tambellup Community Resource Centre  
Tiana Walker  
trainee@tambelluprc.net.au  
9825 1177

### Open Day

Kalamunda Bowling Club  
18 Kalamunda Road  
10am to 3pm  
Come and try a great range of activities such as lawn bowls, darts, snooker, eight ball pool and broadband.  
Free  
Kalamunda Club  
Jenny Warwick  
admin@kalamundaclubinc.com  
9293 4946

### Love, Laughter and Longevity

SOUTH WEST  
Bethanie Fields,  
111 Eaton Drive, Eaton  
11am to 12pm  
Janni Goss, Laughter therapist, presents her unique style of wellness including information on smarter ageing and choices for a more balanced and optimistic future.  
Free  
The Bethanie Group  
Felicity Beaulieu  
felicity.beaulieu@bethanie.com.au  
6222 9000

### Fun and Games at Augusta Community Recreation

SOUTH WEST  
Augusta Community Resource Centre  
10am to 1pm

Share a joke and a story or two over morning tea at the Augusta Community Centre. There will also be many activities available including carpet bowls, board games, cards and movies to watch.  
Free  
Augusta Community Resources Centre  
Frances Barnes  
augusta@crc.net.au  
9758 0002

### Piney Lakes Environmental Education Centre Tour and Tea

Piney Lakes Environmental Education Centre  
Leach Highway, Winthrop  
Get a group of ten people or more together for a discovery tour of the centre and its environment sustainability focus. Complimentary tea will be served.  
Free  
City of Melville  
Sarah Wallrodt  
sarah.wallrodt@melville.wa.gov.au  
9364 0694

### Story Time for Grandparents

City of Melville libraries  
10.30am  
Pre-schoolers can bring their grandparents along for a story or two with positive ageing themes.  
Free  
City of Melville  
Dominique Ward  
AHBracks@melville.wa.gov.au  
9364 0115

### Bouvard Cruise Mandurah

Departs Addie Mills Centre,  
2 Astley Street, Gosnells  
9.30am

Enjoy a one and a half hour scenic cruise along Mandurah's magnificent waterways with a lunch of fish & chips served on board.  
Booking essential. \$20  
Available for City of Gosnells Senior Card holders only.  
City of Gosnells  
Leonie Lewis/ Jill Jenkins  
AMC@gosnells.wa.gov.au  
9398 7327

### TUESDAY, 8 November

### Channel Seven Station Tours

Channel Seven Perth  
Off Dianella Drive  
9.30am & 10.30am  
Channel Seven invites you to take a 'behind the scenes' look at SEVEN NEWS with a tour of the studio.  
Morning tea included.  
Free. Booking essential.  
Places are limited.  
Channel 7, Sam Starr  
9344 0616

### Tea, Toast and Try (Kayaking and Rowing)

Champion Lakes Regatta Centre, Gosnells, 8am to 10am  
Come and try kayaking or rowing. Participants must be able to swim a minimum of 50m.  
Free. Bookings essential as class size limited.  
Champion Lakes Boating Club  
Robyn Brown  
robyn.L.brown@bigpond.com  
0401 311 817

### Mandurah All Stars Variety Show

WHEATBELT  
Lake Grace Shire Hall  
1pm to 4pm

Two-hour Variety Show of singing, dancing, comedy and musical pieces.  
\$16 concession  
\$20 Full price  
Lake Grace Seniors  
Lorelle Houston  
lhouston@westnet.com.au  
0427 649 053

### Senior Social Space Launch

Ellenbrook Library Cafe  
TBC  
Opening of a dedicated senior social space in Ellenbrook.  
Free  
City of Swan  
Kelly Marshall  
kelly1.marshall@swan.wa.gov.au  
9297 9607

### Guided tours of Parliament House

Parliament House  
Harvest Terrace, Perth  
10.30 and 1.30pm  
Free guided tours of the state's Parliament building including entry into the two chambers or viewing the sitting of Parliament.  
Parliament of Western Australia  
James Sollis

jsollis@parliament.wa.gov.au  
9222 7829

### Everfit

SOUTH WEST  
Naturaliste Community Centre  
Dunsborough Lake Drive  
10.30am to 11.30am  
Make a move. It's never too late to start exercising with a range of Come 'n' Try activities at the Naturaliste Community Centre.  
\$6, Free for Seniors Card holders.  
Shire of Busselton  
Centre Coordinator  
ncc@busselton.wa.gov.au  
9755 3966

### Badminton

SOUTH WEST  
Naturaliste Community Centre  
Dunsborough Lake Drive  
10.30am to 12.30pm  
Make a move. It's never too late to start exercising with a range of Come 'n' Try activities at the Naturaliste Community Centre.  
\$5 Free for Seniors Card holders.  
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Centre Coordinator  
ncc@busselton.wa.gov.au  
9755 3966

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For a free home demonstration call  
**0447 730 911** or visit [www.budgetmobility.net](http://www.budgetmobility.net)

## Men's Advisory Network

[www.man.org.au](http://www.man.org.au)

Mensline Australia 24 hour support service  
**1300 78 99 78**

Nulsen is one of WA's leading providers of services to people with severe and profound intellectual and physical disabilities. For more than 50 years, Nulsen has been fortunate to receive the support of a dedicated group of volunteers who have run our Opportunity Shop.

If you or someone you know would like to lend a hand in any way, please contact us on **6253 4700**.

**Looking for somewhere to retire? Perhaps you're already retired?**

The Moora Lifestyle Village is your opportunity for a tree-change. The Village is located in the beautiful country town of Moora at the edge of Western Australia's wildflower country and is within easy distance to the town centre and just a two hour drive from Perth.

The Village features include:

- Community Meeting Room • Community Shed
- BBQ and Gazebo • Additional RV/Boat Parking

For more info on this exciting opportunity please contact  
**Rebecca McCall 9651 1401**  
rmccall@moora.wa.gov.au

16 Roberts Street  
PO Box, 211, Moora WA 6510  
Fax: 9651 1722  
[www.moora.wa.gov.au](http://www.moora.wa.gov.au)

## What's happening at Cockburn Seniors Centre for Seniors Week?

**Tea Dance and High Tea**  
Monday 7 November 1pm to 3pm  
Come along and enjoy live music playing from the three piece band Sounds Good with our dancing instructor Shirley Bickley. A nice selection of homemade goodies for high tea served in the traditional manner.  
**\$8 members**  
Tickets available NOW!

NOTE: Non-members normally pay an extra \$3  
For more information call the  
Cockburn Seniors Centre on 9411 3877  
BOOKINGS ESSENTIAL

## Stay On Your Feet® at Have A Go Day

**20 falls a day prevented in WA**

**Falls can be prevented. Want to know more?**

Visit us at Have A Go Day for:

- Falls prevention resources
- Referral information for services and activities in the local area
- Free community presentations
- Information for Culturally and Linguistically Diverse Communities
- Information on staying active and independent

For more information please contact the  
Stay On Your Feet WA® Falls Resource Information Centre  
on 9420 7212 or [soyfw@iccwa.org.au](mailto:soyfw@iccwa.org.au)

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Use rainwater for:

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# Have a Go News' Bendigo Bank Seniors Week 2011 EVENTS GUIDE



**TUESDAY, 8 November**  
**Table Tennis**  
SOUTH WEST  
Naturaliste Community Centre  
Dunsborough Lake Drive  
1pm to 3pm  
Make a move. It's never too late to start exercising with a range of Come 'n' Try activities.  
\$5  
Free for Seniors Card holders.  
Shire of Busselton

Centre Coordinator  
ncc@busselton.wa.gov.au  
9755 3966

**Come and try Tai Chi and Chi Ball**  
Mandurah Bowling and Recreation Club  
11am to 12pm  
Boost your health with Tai Chi. Learn basic movements from an accredited Tai Chi instructor and watch demonstrations by an advanced group.

Gold coin donation  
National Seniors Australia (Mandurah Murray branch)  
Tina Frost  
tinaflb@bigpond.com.au  
9582 0679

**Try Modern Square Dancing**  
Uniting Church Hall  
90 McDonald Street, Como  
7.30pm to 9.30pm  
Move your body and make new friends at a modern square dancing class. Fun for

all age groups. For more information, go to [www.squaredance.org.au](http://www.squaredance.org.au)  
\$8, Square Dance Society of WA  
Steve or Julie  
longwood@iinet.net.au  
9243 1200 / 0419 900 441

**Roleystone Karragullen Morning Tea**  
Roleystone Karragullen Senior Citizens Club  
9am to 12pm  
Connect with other community members. Enjoy a morning tea hosted by Roleystone Senior Citizens Club.  
Free  
Roleystone Karragullen Community Bank  
Shelley Clutton  
shelley.clutton@bendigobank.com.au  
9397 7466

**Mystery Tour**  
Meet at City of Bayswater Civic Centre  
61 Broun Avenue, Morley  
9.30am to 2.30pm  
Discover the world's largest collection of marine life and unique regions of Western Australia's magnificent 12,000 kms coastline on this intriguing tour.  
Bookings essential  
City of Bayswater  
Beverley Bridgland or Diana Allen  
beverley.bridgland@bayswater.wa.gov.au  
9272 0608 / 9272 0621

**Merredin Senior Citizens Open Sports Carnival**  
WHEATBELT  
Tennis Club Rooms  
Recreation Grounds  
9.30am  
Rediscover your love for sports at this Seniors Sport Carnival. Try out a wide range of exciting sports geared for seniors including indoor golfing, bowls and Wii games.  
Free  
Merredin Senior Citizens Inc  
Trevor Elliott  
9041 4313

**Come and try Tai Chi and Chi Ball**  
Peel Greenfields  
Aileen's Studio  
Unit 2/7 Delmont Place  
10.30am to 11.30am  
Tai Chi is easy to learn and great exercise. Learn some basic movements from an accredited Tai Chi instructor and watch a special demonstration by advanced group 'Poetry in Motion'.  
Gold coin donation  
National Seniors Australia (Mandurah Murray branch)  
Tina Frost  
tinaflb@bigpond.com.au  
9582 0679

**Arthur Miller's All My Sons**  
Dolphin Theatre, UWA  
35 Stirling Highway, Crawley  
7.30pm  
Set in 1947 post World War II, this is a compelling drama of betrayal, guilt and greed.

Don't miss this rare opportunity to see one of the most celebrated American plays of all time  
\$20 for Seniors  
Graduate Dramatic Society  
Linda Hewell  
gradswa@gmail.com  
0401 510 102

**Fun and Games at Augusta Community Recreation**  
SOUTH WEST  
Augusta Community Resource Centre  
10am to 1pm  
Share a joke and a story or two over morning tea at the Augusta Community Centre. There will also be many activities available including carpet bowls, board games, cards and movies to watch.  
Free  
Augusta Community Resources Centre  
Frances Barnes  
augusta@crc.net.au  
9758 0002

**Bassendean Senior Citizens Concert**  
Bassendean Community Hall  
48 Old Perth, Bassendean  
1pm to 4pm  
Be entertained by top Western Australian Academy of Performing Arts (WAAPA) students performing Carmen, Cats and more.  
Free  
Town of Bassendean  
Tim Clark  
tclark@bassendean.wa.gov.au  
9377 8051

**Multicultural Aged Care Opportunities Forum**  
Mercy Hospital Conference Centre  
Suite 16, 25 Walters Drive, Osborne Park  
10am to 12pm  
A forum featuring information and discussion on key aged-care sector topics including opportunities, conditions, role models and training.  
Free.  
Bookings essential.  
Aged and Community Services WA  
Wendy Hendry  
events@acs.wa.gov.au  
9244 8233

**Bentley Pines Restaurant Lunch**  
Gosnells Bentley Pines Restaurant  
Polytechnic West, Hayman Road, Bentley  
11.30am  
Dine in style at the Gold Plate Award winning restaurant with drinks on arrival.  
Booking essential. \$10 Available for City of Gosnells Senior Card holders only.  
City of Gosnells  
Leonie Lewis/ Jill Jenkins  
AMC@gosnells.wa.gov.au  
9398 7327

**Simply Busting**  
The Mandurah Ac-cent Centre Hall  
1.30pm to 3.30pm  
A fun presentation on bladder and bowel health. Find out what support is available and learn management and prevention strategies.  
Free  
Continence Advisory Service of WA  
Katie Miliuskas  
healthprom@continencewa.org.au  
9386 9777



**Shire of Murray Seniors Expo for over 55s**  
Murray Leisure Centre  
16 Camp Road, Pinjarra  
9am to 12pm  
This expo showcases local clubs, seniors programs and service providers. Come and try carpet bowls, tai chi, or bootscooting, and then a cafe style morning tea. Special guest speaker Nathan Tregrove from COTA WA will present the Living Longer Living Stronger program.  
Free  
Shire of Murray  
Caroline O'Neil  
cdo@murray.wa.gov.au  
9531 7775

**11 Conversation Cafes**  
Wooroloo Primary; Mt Helena Primary; Chidlow Volunteer Bush Fire Brigade; The Connection Centre; Sacred Heart School; Mundaring Country Women's Association; Hills Community Support Group; Parkerville Primary; Treetops Montessori Primary; Swan View Community  
10am to 12.30pm  
Seniors from the Shire of Mundaring are invited to discuss topics relating to their neighbourhood with a morning tea.  
Cafe ideas will be captured and will contribute to Shire of Mundaring's 2012 Positive Ageing Strategy.  
Free  
Shire of Mundaring  
Kaye Bannerman  
hubcoordinator@mundaring.wa.gov.au  
9290 6683

**heatseeker wetsuits**

- Custom designed wetsuits
- Medical supports
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UPF 50+ rating  
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2/11 Augusta St, Willetton Ph: 9457 4122  
Email: [heatseekerwetsuits@westnet.com.au](mailto:heatseekerwetsuits@westnet.com.au)  
[www.heatseekerwetsuits.com.au](http://www.heatseekerwetsuits.com.au)

**Advocare** incorporated

*A free, confidential, client directed service*  
Advocare provides advocacy and support for all older adults who are:

- Living in residential aged care facilities
- Receiving HACC, EACH or CACP services
- Experiencing elder abuse by family or friends

**Advocare works state-wide**

For more information please call:  
Perth: 9479 7566  
Freecall: 1800 655 566 (country callers)  
[www.advocare.org.au](http://www.advocare.org.au)

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Enquiries to 1800 046 847 Email: [bidetsupplieswa@aapt.net.au](mailto:bidetsupplieswa@aapt.net.au)  
Buy your bidet from a WA owned and operated Bidet supplier

**Step Out in Vincent**

**Northbridge Heritage Walk**  
Sunday 13 November. History will come to life as you explore Northbridge on foot.

**Art In Action**  
Sunday 27 November. Open your eyes to the galleries, studios & public art in the community.

Join a free guided tour to experience the City of Vincent. Call 9273 6564 to book your place.

[www.vincent.wa.gov.au](http://www.vincent.wa.gov.au)

**loftus community centre**

**Bendigo Bank Seniors Week 2011**

**The BIG QUIZ**  
Tuesday 8th November, 10 - 1pm  
Lunch provided. Cost - \$10.00

**Chess Club Launch**  
Friday 11th November, 9.30 - 11.00am  
Cost - Free

**Creative Thinking**  
Thursday 10th November, 10 - 12.30pm  
Cost - Free

**Flamenco Dancing**  
Friday 11th November, 11.00 - 12pm  
Cost - Free

Call the centre on 9328 3098 for more information.  
99 Loftus Street, Leederville, WA 6007  
[info@loftuscommunitycentre.org.au](mailto:info@loftuscommunitycentre.org.au) [www.loftuscommunitycentre.org.au](http://www.loftuscommunitycentre.org.au)





# Have a Go News' Bendigo Bank Seniors Week 2011 EVENTS GUIDE



**TUESDAY,  
8 November**  
**City of Armadale & Dale  
Cottages Seniors Expo 2011**  
Greendale Centre  
Coombe Avenue, Armadale  
10am to 2pm  
An exciting Seniors expo featuring a fashion parade, local Aboriginal artists, displays by sector organisations and businesses on how to live well in your senior years and lots of activities for seniors to try out.  
Free  
Dale Cottages  
Annette Bowden  
csc@dalecottages.org  
9497 3200

**Geraldton Community  
Bank Seniors Quiz  
Afternoon**  
MID WEST  
QEII Seniors  
& Community Centre, 1pm  
Quiz afternoon with spot prizes and afternoon tea.  
\$2  
City of Greater Geraldton  
Rosetta Finlay  
qecentre@cgg.wa.gov.au  
9921 2684

**Woodlupine Seniors Fair/  
Expo**  
Woodlupine Community  
Centre  
143 Brewer Road, Maida Vale  
9.30am to 3pm  
Featuring arts and crafts, bring 'n' buys; wood scrolling; Seniors Dance Group, Mineral Health; raffles; entertainment and refreshments.  
Free

Woodlupine Seniors Group  
Nita Sadler  
dami1@bigpond.com  
9454 6569

**Geraldton Community  
Bank Boat Cruise**  
MID WEST  
Geraldton Marina  
9am and 10.30am  
Cruise around the Geraldton Marina and visit the seal colony.  
\$10  
City of Greater Geraldton  
Rosetta Finlay  
qecentre@cgg.wa.gov.au  
9921 2684

**Rockingham Active Ageing  
Seniors Expo**  
Gary Holland  
Community Centre  
Kent Street, Rockingham  
10am to 1pm  
This exhibition showcases living well in your senior years. Grab a tea or coffee and explore the stalls by aged care service providers and volunteer groups.  
Free  
City of Rockingham  
Sue Heal & Kirstie Pink  
sue.heal@rockingham.wa.gov.au  
9528 0407

**Didji-Didji International  
Art Day**  
SOUTH WEST  
Didji-Didji Day Centre  
Xavier Street, Carey Park  
10am to 1pm  
Intergenerational Art Day with Didji-Didji Aboriginal Prima-

ry School students. Artwork created will be displayed at school and day centre.  
Free  
Bethanie Group  
Amelia Gooch  
amelia.gooch@bethanie.com.au  
6222 9000

**Story Time  
for Grandparents**  
City of Melville libraries  
10.30am  
Preschoolers and their grandparents can enjoy storytime together featuring stories with a positive ageing theme.  
Free  
City of Melville  
Dominique Ward  
AHBracks@melville.wa.gov.au  
9364 0115

**WEDNESDAY,  
9 November**  
**Channel Seven  
Station Tours**  
Channel Seven Perth  
Off Dianella Drive, Dianella  
9.30am & 10.30am  
Channel Seven invites you to take a 'behind the scenes' look at SEVEN NEWS with a tour of the studio. Morning tea included.  
Free.  
Booking essential.  
Places are limited.  
Channel 7, Sam Starr  
9344 0616

**Inspired by Nature**  
SOUTH WEST  
Understory,  
Art in Nature, North Cliffe

Bus departs Greenbushes 9am, Bridgetown 9.30am  
Bus trip to Understory, Art in Nature, a gentle 1.2km loop walk trail featuring a collection of artworks in a natural bush setting. Includes guided tour and lunch.  
\$10  
Bookings essential.  
Bridgetown Greenbushes Recreation Centre  
Sonja Sehm  
recmanager@bridgetown.wa.gov.au  
9761 2966

**Morning Tea and  
Introductory Bridge  
Lessons**  
R.A. Cook Pavilion  
Gummy Street,  
off Coode Street, Bedford  
10.30am to 12.30pm  
Keep your mind active and make new friends by learning bridge at our Maylands club. A scrumptious morning tea will be served.  
Free  
Maylands Bridge Club  
Sandy Sutton-Mattocks  
sandy\_7notrumps@gmail.com  
9495 1804

**Guided tours of  
Parliament House**  
Parliament House, Harvest  
Terrace, 10.30 and 1.30pm  
Free guided tours of the state's Parliament building including entry into the two chambers or viewing the sitting of Parliament.  
Parliament of Western Australia

James Sollis  
jsollis@parliament.wa.gov.au  
9222 7829  
**Living Longer  
Living Stronger**  
SOUTH WEST  
Naturaliste Community Centre  
Dunsborough Lake Drive  
10.30am to 11.30am  
Make a move. It's never too late to start exercising with a range of Come 'n' Try activities at the Naturaliste Community Centre.  
\$6.  
Free for Seniors Card holders.  
Shire of Busselton  
Centre Coordinator  
ncc@busselton.wa.gov.au  
9755 3966

**Living It Up**  
SOUTH WEST  
Collie Adult Centre  
7 Vernon Street  
10am to 3pm  
A fun and informative event, Living it Up is a one stop point for seniors to obtain information and take part in activities relevant to their demographic and lifestyle.  
Free  
Collie Adult Day Centre  
Christianna Nicholls  
collie\_daycare@bigpond.com  
9734 2354

**Come and try  
Tai Chi and Chi Ball**  
Peel Greenfields  
Aileen's Studio  
Unit 2/7 Delmont Place

10.30am to 11.30am  
Tai Chi is great for improving your health and wellbeing. Learn the basics of this gentle exercise from an accredited Tai Chi instructor and watch a demonstration of advanced Tai Chi by the group 'Poetry in Motion'.  
Gold coin donation  
National Seniors Australia (Mandurah Murray branch)  
Tina Frost  
tinaflb@bigpond.com.au  
9582 0679

**Remember when**  
WHEATBELT  
Northam  
Regional Library  
2pm to 4pm  
Featuring interactive quizzes and group games with complimentary afternoon tea.  
Free  
Shire of Northam  
Kay Weaver  
records@northam.wa.gov.au  
9621 1600

**FTI Alumni presents SENIORS ON SCREEN  
MADE IN WA FILM FESTIVAL**

A film screening for seniors followed by a discussion and afternoon tea  
**1PM ON THE FOLLOWING THURSDAYS**

27 Oct	<i>Bran Nue Dae</i>
03 Nov	<i>Little Sparrows</i>
10 Nov	Bendigo Bank Seniors Week 2011 <i>Ten Digital Stories made by WA Seniors</i> <i>Wrong Way and All About Olive</i> (not made in WA)
17 Nov	<i>Love in Limbo</i>
24 Nov	<i>Three Dragon Tenors, The Joys of the Women</i>

**FTI Cinema - Film & Television Institute**  
92 Adelaide St, Fremantle Tickets \$5 per session  
**Bookings essential Ph: 9431 6711**  
**More details www.seniorsonscreen.com.au**

**Living Longer Living Stronger™  
Excellence Awards Dinner**

2011 sees the **THIRD** Annual Living Longer Living Stronger™ Excellence Awards Dinner which will recognise the achievements of LLS Providers and their participants.

**Saturday, 12 November 2011**  
Pre-dinner drinks from 7pm  
**Metro Hotel Perth, 61 Canning Highway, South Perth**  
MASTER OF CEREMONIES: *Seven Perth's* Adrian Barich  
DRESS: Cocktail Attire  
Entertainment by DJ Rudy, a mix of the best music from today and years gone by!  
TICKET PRICE: **EARLY BIRD \$80 per person** (before 14/10/11)  
**\$90 per person** (after 14/10/11) or **\$850 for a table of 10**

To RSVP call Nathan on **9321 2133**  
Limited ticket sales and they're selling fast!

**Being a senior  
has its perks, like  
nanna naps &  
free travel on  
Transperth.**

During Seniors Week (6th - 13th November), WA seniors travelling on a Seniors SmartRider card can travel FREE at anytime on all Transperth trains, buses and ferries, as well as regional town services. For details visit [transperth.wa.gov.au](http://transperth.wa.gov.au) or call the Transperth InfoLine on 13 62 13 (TIS: 13 14 50; TTY: 9428 1999).





# Have a Go News' Bendigo Bank Seniors Week 2011 EVENTS GUIDE



**WEDNESDAY,  
9 November**  
**Arthur Miller's All My Sons**  
Dolphin Theatre, UWA  
35 Stirling Highway, Crawley  
7.30pm  
Set in 1947 post World War II, this is a compelling drama of betrayal, guilt and greed. Don't miss this rare opportunity to see one of the most

celebrated American plays of all time.  
\$20 for Seniors  
Graduate Dramatic Society  
Linda Hewell  
gradswa@gmail.com  
0401 510 102  
**Trip to Fairbridge Village, Pinjarra**  
Peel Williams

**Fairbridge Village**  
Meet at Williams Community Resource Centre  
9am to 5pm  
Guided tour of the historical village, Fairbridge Chapel and art gallery with lunch at the village.  
\$5  
Williams Community Resource Centre  
Debbie Kemp  
williams@crc.net.au  
9885 1378

**Wonthella Bowls**  
MID WEST  
Wonthella Bowling Club  
Eight Street, Geraldton  
1pm  
Come along and try lawn bowls followed by afternoon tea.  
\$5  
City of Greater Geraldton  
Rosetta Finlay  
qecentre@cgg.wa.gov.au  
9921 2684

**Story Time for Grandparents**  
City of Melville libraries  
10.30am  
Preschoolers are encouraged to invite their grandparents to storytime with positive ageing themes.  
Free  
City of Melville  
Dominique Ward  
AHBracks@melville.wa.gov.au  
9364 0115

Harvest Terrace, Perth  
10.30am and 1.30pm  
Free guided tours of the state's Parliament building including entry into the two chambers or viewing the sitting of Parliament.  
Parliament of Western Australia  
James Sollis  
jsollis@parliament.wa.gov.au  
9222 7829

Set in 1947 post World War II, this is a compelling drama of betrayal, guilt and greed. Don't miss this rare opportunity to see one of the most celebrated American plays of all time  
\$20 for Seniors  
Graduate Dramatic Society  
Linda Hewell  
gradswa@gmail.com  
0401 510 102



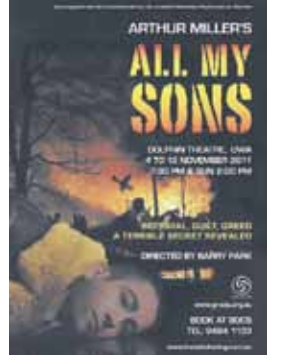
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Our Services: CPAP Therapy education and support / Quality care focused on you / Equipment trials and troubleshooting  
Mask fitting / Equipment and spare part sales  
Suite 27 Second floor Mount Medical Centre  
146 Mounts Bay Road, Perth  
Tel: 9481 2244  
Email: admin@cpapwest.com.au

**Have a Go Day**  
Burswood Park, 9am to 3pm  
This popular annual event features a variety of activities engaging older people including canoeing, dancing, archery and much more. Free tea and coffee provided  
Free  
Seniors Recreation Council  
Dawn Yates 9492 9772

**Shire of Kellerberrin Seniors Morning Tea**  
WHEATBELT  
Shire of Kellerberrin Memorial Hall  
10.30am  
A morning tea with entertainment for the senior members of the community.  
Free  
Shire of Kellerberrin  
Erin Hatch  
cdo@kellerberrin.wa.gov.au  
9045 4006

**Fun and Games at Augusta Community Recreation**  
SOUTH WEST  
Augusta Community Resource Centre  
10am to 1pm  
Share a joke and a story or two over morning tea at the Augusta Community Centre. There will also be many activities available including carpet bowls, board games, cards and movies to watch.  
Free  
Augusta Community Resources Centre  
Frances Barnes  
augusta@crc.net.au  
9758 0002

**Bodyvive**  
SOUTH WEST  
Naturaliste Community Centre  
Dunsborough Lake Drive  
10.30am to 11.30am  
Make a move. It's never too late to start exercising with a range of Come 'n' Try activities.  
\$6  
Free for Seniors Card holders.  
Shire of Busselton  
Centre Coordinator  
ncc@busselton.wa.gov.au  
9755 3966



**Bethanie Peel Seniors Week Celebration**  
Bethanie Peel Lodge, Mandurah  
2 McLaggan Turn  
1pm to 5pm  
An afternoon of celebration including a Peel choir performance, flower arranging, craft stalls, petting zoo and afternoon tea.  
Gold coin donation  
The Bethanie Group  
Felicity Beaulieu  
felicity.beaulieu@bethanie.com.au  
6222 9000

**Family History display at Have a Go Day, Wednesday 9 November at Burswood Park**  
and  
Senior's Week morning tea, *Strangers on the Shore* songs and stories from WA's dramatic maritime past  
**Friday 11 November at 10.30am**  
48 May Street, Baywater  
Gold coin donation - RSVP 9271 4311

**Seniors Week Concert**  
Gosnells Don Russell  
Performing Arts Centre  
Murdoch Rd, Thornlie,  
10.15am  
Join tenor and soprano Paul and Patrizia Leeder on a musical journey of opera and musical theatre. Sing along with Vicki Chabros performing war and nostalgia songs. Booking essential. \$8.50 singles and \$7.50 for groups of 10 plus. Available for City of Gosnells Senior Card holders only.  
City of Gosnells  
Leonie Lewis/ Jill Jenkins  
AMC@gosnells.wa.gov.au  
9398 7327

**Geraldton Community Bank Seniors Walk and Breakfast**  
MID WEST  
QEII Seniors & Community Centre  
7.15am  
Work up a sweat before enjoying a well deserved breakfast.  
\$5  
City of Greater Geraldton  
Rosetta Finlay  
qecentre@cgg.wa.gov.au  
9221 2684

**THURSDAY,  
10 November**  
**Let's Get Physical!**  
The Jewish Community Centre  
61 Woodrow Ave, Yokine  
9am to 12pm  
A morning of fun, low impact exercise with a qualified physio and heart moves leader. Morning tea will be served afterwards.  
Gold coin donation  
Jewish Care WA  
Sarah Robinson  
projects@jewishcarewa.com.au  
9275 6743

**Table Tennis**  
SOUTH WEST  
Naturaliste Community Centre  
Dunsborough Lake Drive  
7.15pm to 9.15pm  
Make a move. It's never too late to start exercising with a range of Come 'n' Try activities.  
\$5  
Free for Seniors Card holders.  
Shire of Busselton  
Centre Coordinator  
ncc@busselton.wa.gov.au  
9755 3966

**Fun and Games at Augusta Community Recreation**  
SOUTH WEST  
Augusta Community Resource Centre, 10am to 1pm  
Share a joke and a story or two over morning tea at the Augusta Community Centre. There will also be many activities available including carpet bowls, board games, cards and movies to watch.  
Free  
Augusta Community Resources Centre  
Frances Barnes  
augusta@crc.net.au  
9758 0002

Western Australian Genealogical Society Inc.  
Tel: 9271 4311 www.wags.org.au  
Researching in Australia and throughout the world

**Bassendean Multicultural Event**  
Bassendean Community Hall  
48 Old Perth Rd, Bassendean  
11am to 3.30pm  
Experience Anglo Indian culture complete with dancing, music, cooking and stalls.  
Free  
Town of Bassendean  
Tim Clark  
tclark@bassendean.wa.gov.au  
9377 8051

**Guided tours of Parliament House**  
Parliament House

**West Arthur Seniors Expo**  
WHEATBELT  
Darkan Town Hall  
11am to 2.30pm  
Lots of activities and displays for seniors.  
Free  
Shire of West Arthur  
Kate Johnston  
kjohnston@westarthur.wa.gov.au  
9736 2222

**Arthur Miller's All My Sons**  
Dolphin Theatre, UWA  
35 Stirling Highway, Crawley  
7.30pm

## Sizzler...where quality, taste & value come together!



Enjoy fresh salads and fruit, pasta, hot soup & delicious desserts from the Sizzler Salad Bar.

Or choose from a wide selection of tasty grill meals, including steak, seafood, ribs & more!

**Seniors 20% Discount\***

\*For guests 60 years or older. Available all day Mon - Wed & before 6pm Thur - Sun.



Open 7 days, 11am - 9pm. Sunday Breakfast 7.30am - 10am (excluding Innaloo)  
For your nearest restaurant visit www.sizzler.com.au or freecall 1 800 807 076

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We can offer;  
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Pre Paid Funeral Plans  
Choice of coffins or caskets  
And we cover all areas 24 hours/day  
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Armadale Volunteer Services 9399 0629 or email volunteering@armadale.wa.gov.au

**Rooms available**

Rooms for low care residents available. Accommodation bond required. Ageing in place facility. All single rooms with ensuite. All meals prepared on site. Management on site.

**Hellenic Community Aged Care**  
2 Hellenic Dve, Dianella 6059  
**PH 9376 5830**  
**FAX 9376 5839**

**Bendigo Bank Seniors Week Conversation Cafes**  
11 Cafes within Shire of Mundaring

10am - 12.30pm  
Tuesday 8 November

**What is a Conversation Cafe?**  
A way to meet new people and share your views and ideas for Shire of Mundaring's Positive Ageing Strategy 2012.

For more phone 9290 6682 or email hubcoordinator@mundaring.wa.gov.au





# Have a Go News' Bendigo Bank Seniors Week 2011 EVENTS GUIDE



**THURSDAY,  
10 November**

**Seniors on Screen**

FTI Cinema  
92 Adelaide Street, Fremantle  
1pm  
Featuring 10 digital stories by seniors including *Wrong Way* and *All About Olive*. Followed by discussion and morning tea. Bookings essential.  
\$5  
Seniors On Screen  
Helen Vidovich  
helen\_vidovich@fti.asn.au  
9431 6711

**Ian Blayney,  
MLA Morning Tea**

MID WEST  
QEII Seniors & Community  
Centre  
9.30am  
Enjoy morning tea with Ian Blayney MLA followed by discussions.  
Free  
City of Greater Geraldton  
Rosetta Finlay  
qecentre@cgg.wa.gov.au  
9921 2684

**Have a Go News'  
Seniors on the Swan**

UWA Boat Shed  
Corner Hackett Drive and  
Mounts Bay Road, Riverside,  
Crawley  
10am to 4pm  
Rediscover the Swan River by  
enjoying a day of watersport  
fun. Fully qualified instructors  
will teach older people how to  
windsurf, dragon boat, paddle  
and row. With bocce, volley-  
ball and pilates on the pro-

gram, those who like their feet  
firmly planted on the ground  
don't have to miss out on this  
great day.  
Free.  
Registrations on the day from  
10.30am.

**Museum Visit to  
Wilkinson Homestead**

Wilkinson Homestead  
Homestead Road, Gosnells  
10am  
Learn about our local  
history at the state heritage list-  
ed homestead located on the  
banks of Canning River. Enjoy  
morning tea and a guided tour.  
Free.  
Booking essential.  
Available for City of Gosnells  
Senior Card holders only.  
City of Gosnells  
Leonie Lewis/ Jill Jenkins  
AMC@gosnells.wa.gov.au  
9398 7327

**Armchair Experts**

SOUTH WEST  
Harvey Public Library  
2pm and 7pm  
Question and answer sessions  
with experts on Italian cook-  
ing, gardening, hypnotherapy  
and mobile phones.  
Free  
Harvey Public Library  
Ruth Campbell-Hicks  
hstaff@harvey.wa.gov.au  
9729 1080

**Story Time for  
Grandparents**

City of Melville libraries  
10.30am  
Preschoolers can invite their

grandparents to share story-  
time with them. Featuring  
stories with a positive ageing  
theme.  
Free  
City of Melville  
Dominque Ward  
AHBracks@melville.wa.gov.au

**Trip to Harvey**

SOUTH WEST  
8.30am to 5.30pm  
Visit the cheese factory and  
the White Rock Dairy to see  
the cows get milked.  
\$15  
City of Swan  
Ballajura and Mildland  
libraries  
9249 1488/9267 9020

**Channel Seven  
Station Tours**

Channel Seven Perth  
Off Dianella Drive, Dianella  
9.30am & 10.30am  
Channel Seven invites you to  
take a 'behind the scenes' look  
at SEVEN NEWS with a tour  
of the studio. Morning tea in-  
cluded.  
Free. Booking essential.  
Places are limited.  
Channel 7  
Sam Starr 9344 0616

**Seniors Expo**

Bethanie Villages  
2 Plantation Street, Menora  
9.30am to 2.30pm  
Visitors are treated to a range  
of activities including stalls  
and exhibitions showcasing  
all there is to know about your  
older years.  
Free

Bethanie Villages, Jo Oakes  
joanne.oakes@bethanie.com.au  
6222 9038

**FRIDAY,  
11 November**

**Arthur Miller's  
All My Sons**

Dolphin Theatre, UWA"  
35 Stirling Highway, Crawley  
7.30pm  
Set in 1947 post World War  
II, this is a compelling drama  
of betrayal, guilt and greed.  
Don't miss this rare oppor-  
tunity to see one of the most  
celebrated American plays of  
all time.  
\$20 for Seniors  
Graduate Dramatic Society  
Linda Hewell  
gradswa@gmail.com  
0401 510 102

**Strangers on the Shore,  
Songs and Stories of WA's  
Dramatic Maritime Past"**

WAGS meeting room  
Unit 4, 48 May St, Bayswater  
10.30am  
Western Australian Genealog-  
ical Society (WAGS) mem-  
bers presents an entertaining  
and informative morning filled  
with stories, songs and con-  
viviality. Learn about some  
of the fascinating stories of  
shipwreck, piracy, triumph  
and tragedy of WA's maritime  
history.  
Gold coin donation.  
Bookings by 02/11/11.  
Western Australian Genealog-  
ical Society  
Liana Fitzpatrick

genealogy@wags.org.au  
9271 4311



**Badminton**

SOUTH WEST  
Naturaliste Community  
Centre  
Dunsborough Lake Drive  
10.30am to 12.30pm  
Make a move. It's never too  
late to start exercising with a  
range of Come 'n' Try activi-  
ties.  
\$5  
Free for Seniors Card holders.  
Shire of Busseton  
Centre Coordinator  
ncc@busseton.wa.gov.au  
9755 3966



**Have a Go Day  
2011  
Wednesday  
9 November  
Burswood Park**

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If you need a bit of extra help around the house, give Bethanie Community a call. We can give you a hand with just about anything, and we're more affordable than you might think. Our services include:

- Day therapy
- Meals
- Gardening
- Respite
- Cleaning
- Transport

To find out more, or make an appointment, visit [bethanie.com.au](http://bethanie.com.au) or call 1300 883 893.







# Have a Go News' Bendigo Bank Seniors Week 2011 EVENTS GUIDE



Retain this helpful events guide to plan your  
Bendigo Bank Seniors Week 2011

## TEA & ROSES tea • flowers • gifts • plants • artwork

**\*SENIORS SPECIAL Devonshire Tea \$6.50**

(on presentation of advertisement. Offer ends 31/10/11)

Yummy food - Tea & Roses serves cakes, tea, coffee and light lunches.

Visit our gorgeous garden

Open: Tue to Sat 9am to 4.30pm

134a Stirling Hwy, Nedlands (parking via Doonan Rd)

Ph: 9386 7525 [www.teaandroses.com.au](http://www.teaandroses.com.au)



- GOOD OLD FASHIONED SERVICE TO MAKE YOU FEEL AT HOME -

FRIDAY  
11 November

### Bodyvive

SOUTH WEST  
Naturaliste Community Centre

Dunsborough Lake Drive  
10.30am to 11.30am

Make a move. It's never too late to start exercising with a range of Come 'n' Try activities at the Naturaliste Community Centre.

\$6  
Free for Seniors Card holders.  
Shire of Busselton  
Centre Coordinator  
[ncc@busselton.wa.gov.au](mailto:ncc@busselton.wa.gov.au)  
9755 3966

### Guided tours of Parliament House

Parliament House  
Harvest Terrace, Perth  
10.30 and 1.30pm  
Free guided tours of the state's Parliament building including entry into the two chambers or viewing the sitting of Parliament.

James Sollis  
[jsollis@parliament.wa.gov.au](mailto:jsollis@parliament.wa.gov.au)  
9222 7829

### Tea, Toast and Try (Kayaking and Rowing)

Gosnells Champion Lakes Regatta Centre  
8am to 10am

Come and try kayaking or rowing. Participants must be able to swim a minimum of 50m.

Free.  
Bookings essential as class size limited.

Champion Lakes Boating Club  
Robyn Brown  
[robyn.L.brown@bigpond.com](mailto:robyn.L.brown@bigpond.com), 0401 311 817

### Fun for Everyone

SOUTH WEST  
Brunswick Community Resource Centre  
1 Ridley St, Brunswick  
9am to 4pm

Kick off the weekend with a Big Day Out! Join us for a bus trip to Harvey Dam with fun stops at Harvey Cheese Factory and White Rocks. The trip includes a delicious lunch and a presentation by a guest speaker.

Brunswick Community Resource Centre  
Josephine Dalton  
[brunswick@crc.net.au](mailto:brunswick@crc.net.au)  
9726 1452

### Seniors BBQ Lunch and Concert

MID WEST  
QEII Seniors & Community Centre  
12pm

Join us for a BBQ lunch sponsored by Midwest Commonwealth Respite and Carelink Centre. Up for grabs are spot prizes courtesy of Rotary Club of Batavia Coast.

\$5  
City of Greater Geraldton  
Rosetta Finlay  
[qecentre@cgg.wa.gov.au](mailto:qecentre@cgg.wa.gov.au)  
9921 2684

### Melody Club and Closing Ceremony

Bassendean Community Hall  
48 Old Perth Road  
10am to 2.30pm

The Melody Club presents

performances by La Salle College students and a Frank Sinatra tribute show. Lunch and afternoon tea provided. Free. Bookings essential.  
Town of Bassendean  
Tim Clark  
[tclark@bassendean.wa.gov.au](mailto:tclark@bassendean.wa.gov.au)  
9377 8051

### Over 50s Gentle Gym

MID WEST  
QEII Seniors & Community Centre  
9am

Join a gym class followed by a healthy morning tea, courtesy of the Department of Sports and Recreation.

Free  
City of Greater Geraldton  
Rosetta Finlay  
[qecentre@cgg.wa.gov.au](mailto:qecentre@cgg.wa.gov.au)  
9921 2684

### Story Time for Grandparents

City of Melville libraries  
10.30am

Preschoolers are encouraged to invite their grandparents to storytime with positive ageing themes.

Free  
City of Melville  
Dominique Ward  
[AHBracks@melville.wa.gov.au](mailto:AHBracks@melville.wa.gov.au)  
9364 0115

### Startime Variety Concert

East Victoria Park Leisure Life Centre  
Cnr Kent and Gloucester St  
1.30pm to 3.30pm

Treat yourself to a two hour variety concert featuring dancers, comedians, singers, and a 'tribute to the stars'.

Bookings essential.  
\$5  
Startime, Irena Preston  
9472 6257

### Intergenerational Lunch with Athletics Carnival

WHEATBELT  
Bindoon Primary School  
12.30pm

Seniors and students from the local primary are invited to lunch and an intergenerational athletics carnival.

Free  
Shire of Chittering  
Grace Pritchard  
[cdo@chittering.wa.gov.au](mailto:cdo@chittering.wa.gov.au)  
9576 4600

### City of Fremantle Annual Tea Dance

Fremantle Town Hall  
8 William St, Fremantle  
1pm to 4pm

Kick up your heels at the annual Tea Dance. A day of Ballroom dancing to a live band with afternoon tea refreshments awaits you.

Free  
City of Fremantle  
Ceri McPhillips  
[cerim@fremantle.wa.gov.au](mailto:cerim@fremantle.wa.gov.au)  
9432 9826

### Peel Senior Net Computing Exposed

Ac-cent Mandurah  
41 Ormsby Tce, Mandurah

9am to 4pm  
Take the confusion out of using computers. This event aims to educate seniors on technology and how to utilise it as a means of everyday communication. Fun and informative.

Free  
Peel Senior Net Associated Inc  
Kate Orr  
[kate@jarrahbark.com](mailto:kate@jarrahbark.com)  
9535 1609

### Seniors Expo

Bethanie Villages  
2 Plantation Street, Menora  
9.30am to 2.30pm

If you're a senior, then don't miss this Expo. With information on wellness, staying young and best-practice aged care advice, this exhibition will showcase all there is to know about your senior years.

Free  
Bethanie Villages, Jo Oakes  
[joanne.oakes@bethanie.com.au](mailto:joanne.oakes@bethanie.com.au)  
6222 9038

### Fun and Games at Augusta Community Recreation

SOUTH WEST  
Augusta Community Resource Centre  
10am to 1pm

Share a joke and a story or two over morning tea at the Augusta Community Centre. There will also be many activities available including carpet bowls, board games, cards and movies to watch.

Free  
Augusta Community Resources Centre  
Frances Barnes  
[augusta@crc.net.au](mailto:augusta@crc.net.au)  
9758 0002

### Celebrating Life with Dance

WHEATBELT  
Narrogin Leisure Centre  
11.30am

Dance the day away at a Remembrance Day ball with a 3-course meal. Be entertained by professional ballroom dancers, poetry and war stories.

\$20  
Town of Narrogin  
Karene Matthews  
[homecarengn@westnet.com.au](mailto:homecarengn@westnet.com.au)  
9881 4455

### Picnic at Weira Reserve

WHEATBELT  
Mukinbudin Community Resource Centre  
10am to 2pm

Come along for a picnic lunch at the picturesque Weira Reserve. Work off the delicious food with a stroll along the reserve's short walking trail, explore the gnamma hole or just relax in the beautiful surroundings.

Free  
Mukinbudin Community Resource Centre  
Ev Jones  
[muka.crc@westnet.com.au](mailto:muka.crc@westnet.com.au)  
9047 1129

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# BINGO

Saturday nights at the  
Leisurelife Centre

### Enjoy a great night out!

- 30 games played with a half-time break
- 6pm - 10.30pm (eyes down at 8pm)
- \$4 per book with no minimum for regular bingo nights  
\*\*High Roller nights minimum 6 books at \$4.50 per book
- Meals, snacks and drinks are available from the café
- Coach transport servicing suburbs from Quinns Rocks to Rockingham may be available from your area, please ring 9373 5450 for more information

Next  
High Roller  
Night  
Saturday  
29 October!

Leisurelife Centre



Cnr Kent and Gloucester Streets  
East Victoria Park  
Ph 9373 5450  
[www.victoriapark.wa.gov.au](http://www.victoriapark.wa.gov.au)

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## Cicerello's

MANDURAH - WA's No 1 FISH 'n' CHIPS



**SENIOR'S DEAL \$15 pp**  
The meal consists of a bowl of our famous seafood chowder, a piece of battered fish, served with chips and coleslaw; coffee or tea and a slice of black forest cake.

Ph: 9535 9777

Opening times:  
Mon-Fri 9.15am-8.30pm  
Sat & Sun 8.30am-8.30pm  
[www.cicerellos.com.au](http://www.cicerellos.com.au)  
73 Mandurah Terrace,  
MANDURAH

**BIG BREAKFAST CICERELLO'S STYLE \$9.95 pp**  
The meal consists of beef sausages, bacon, sunny side egg, hash brown, grilled tomato and toast.



FRIDAY, 11 November

**Connecting Seniors**

Ac-cent Mandurah  
41 Ormsby Tce, Mandurah  
9am to 4pm  
Seniors groups, community and service organisations celebrate Seniors Week.  
Free  
Ac-cent Mandurah  
Jenni Bestwick  
& Kerrie Robinson  
jenni.bestwick@mandurah.wa.gov.au, 9550 3799

**Channel Seven Station Tours**

Channel Seven Perth  
Off Dianella Drive  
9.30am & 10.30am  
Channel Seven invites you to take a 'behind the scenes' look at SEVEN NEWS with a tour of the studio.  
Morning tea included.  
Free. Booking essential.  
Places are limited.  
Channel 7, Sam Starr  
9344 0616

**Come and Try Day - Art Class**

Victoria Park Centre for the Arts, 9am to 3pm  
Take part in a Painting for Personal Development class. Creativity and freedom will be discussed and encouraged.  
\$20  
Jole Art Education, Lee East  
lezette.east@optusnet.com.au  
0423 354 016

**Diggers Camp (Home of Bush Verse)**

Diggers Camp, Oakford  
2 Wreford Court, Gosnells  
10.30am  
Experience Australiana at its best! Aussie yarns, verse and song in an old shearing shed with a picnic lunch. \$20  
Amaroo Village, Tina Foster  
tinaf@amarooovillage.com.au  
9490 3899

SATURDAY, 12 November

**Arthur Miller's All My Sons**

Dolphin Theatre, UWA  
35 Stirling Highway, Crawley  
7.30pm  
Set in 1947 post World War II, this is a compelling drama of betrayal, guilt and greed.  
\$20 for Seniors  
Graduate Dramatic Society  
Linda Hewell  
gradswa@gmail.com  
0401 510 102

**Memory Lane**

WHEATBELT  
Northam Heritage  
Old Railway Station  
11am to 3pm  
A day of fun, food and entertainment at the recently reopened Old Northam Heritage Railway Station cultural precinct.  
Free  
Northam Army Heritage Association  
Genoefa Budas  
genoefa@westnet.com.au  
9622 2898

**The Northern Men's Shed Launch**

The Northern Men's Shed  
3/50 Paramount Dve, Wangara  
2pm to 4pm  
Official launch of the new Northern Men's Shed. Free  
Australian Men's Shed Association  
John Corbett  
nms.nms01@gmail.com  
0439 710 184

**Vintage Fayre**

WHEATBELT  
Northam Heritage Old Railway Station Museum  
10am to 4pm  
Step back into the past with a day at a vintage market day complete with historical costumes and performance by seniors 'Sing Australia' group.  
Free  
Northam Army Heritage Forum Inc, Christine Elaine  
christine7x7@yahoo.com  
0400 212 202

**Seniors Expo - Spice Up Your Life**

GOLDFIELDS/ESPERANCE  
Indoor Sports Stadium, Esperance, 10am to 4pm  
A community expo celebrating Seniors. Have your portrait taken with your friends and make new contacts with community groups and service agencies.  
\$3 adult; \$1 children  
Esperance Home Care  
Thuriyya Ibrahim  
thuriyya.ibrahim@esperance.wa.gov.au, 9083 1800

**My Bucket List**

KIMBERLEY  
Wyndham Swimming Pool and Wyndham Picture Gardens.  
4pm  
All Wyndham seniors are invited to a BBQ at the pool with local entertainment, followed by a movie at the local Picture Gardens.  
Free to all Wyndham Seniors.  
Wyndham Family Support Inc  
Pam Barrett  
joonqarihouse@westnet.com  
9161 1383

**Celebrating Seniors in Subiaco**

Tom Dadour Community Centre  
363 Bagot Street, Subiaco  
10am to 4pm  
An expo featuring exciting exhibitors, fabulous food, entertainment and presenters.  
Free  
City of Subiaco Community Services  
Sarah Ledger  
sarahl@subiaco.wa.gov.au  
9237 9338

**The Farmer was a Fighting Man**

SOUTH WEST  
The Karridale Hall  
Chapman Road, Karridale  
11am  
In 1961 bush fires destroyed 100,000 acres of Karridale and surrounding districts. To commemorate the 50th Anniversary we are displaying photographs and showing a film of the memories of the local farmers who fought the fires.  
\$10  
Karridale Progress Association Inc  
Heather Matthews  
progress@karridale.com  
9758 5054

**Fun and Games at Augusta Community Recreation**

SOUTH WEST  
Augusta Community Resource Centre  
10am to 1pm  
There will be many activities available including carpet bowls, board games, cards and movies to watch.  
Free  
Augusta Community Resources Centre  
Frances Barnes  
augusta@crc.net.au  
9758 0002

**Bendigo Bank Seniors Week Dance**

Gosnells  
TBC  
3pm to 5.30pm  
If you love fun, laughter, music and dancing, then this is the one for you. With a live swing band, dancing, food and great company, this is an event not to be missed.  
\$10  
Gosnells Women's Health  
Clare Kenward  
clare.kenward@gwhs.com.au  
9490 2258

**Seniors Dance**

Gosnells RSL Hall  
Mills Road West,  
3pm to 5.30pm  
Dance to the upbeat tempo of a live swing band followed by a terrific afternoon tea. Free  
Gosnells Women's Health Service, Bethany Walker  
info@gwhs.com.au  
9490 2258

**Mystery Prize Bonanza Party**

WHEATBELT  
Seniors Centre,  
Southern Cross, 6.30pm  
This event has it all; a delicious dinner, games of skill and chance and a prize to be won every 10 minutes. \$25  
Community Resource Centre  
Ronice Blair  
southerncross@crc.net.au  
9049 1688

SUNDAY, 13 November



**The Senior Newspaper Grandparents Day at Perth Zoo**



20 Labouchere Road,  
South Perth, 10am to 3pm  
Strengthen family bonds with a fun day at the zoo.  
Adult entry discounted to \$17.  
First 1000 children attending with their grandparent will receive free zoo entry upon presentation of senior card.  
Perth Zoo  
9474 0444

**Around the World in 80 Minutes**

Church of Christ  
Cnr Karrinyup Road & Huntriss Street  
Gwelup  
2pm

A musical journey of popular show tunes performed by a senior choir.  
\$10  
The Wembley Entertainers  
Heather Peacock  
9341 4712

**All in the Same Boat**

SOUTH WEST  
Denmark Dragon Boat Club  
The Bandstand, Brambrey Close, 10am to 12.30pm  
Seniors of Denmark are invited to learn how to paddle a dragon boat. Form your own teams for some friendly competition.  
Free  
Denmark Boat Club Inc  
Libby Foster  
elfoster@iinet.net.au  
9842 7573



**Bendigo Bank 2011 Seniors Week EVENTS GUIDE**

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**Own your own home with features including:**

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- Airconditioning
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**Low weekly site fee includes:**

- 20 year secure lease
- Rates, taxes, rubbish collection
- Village management and security
- Maintenance of village facilities and landscaped gardens

**Facilities and nearby activities include:**

- Swimming pools
- Tennis courts
- Bushwalking
- Water sports
- Wildflowers
- Beaches
- Bowling greens
- Whale watching
- Fishing

**WAVECREST VILLAGE HOPETOUN**

Make an appointment today and secure one of these great lifestyle homes!  
**PHONE 9225 4088**

Sales office:  
**Suite 1, 375 Hay Street, Perth WA 6000**

**www.wavecrestvillage.com.au wavecrestsales@iinet.net.au**



# Discover retirement living with Lend Lease



## Let us take you on a tour of our superb retirement villages.

To celebrate Seniors Week, Lend Lease is opening the doors to our retirement villages across Perth. This is a great opportunity to discover what our communities offer and to meet some of the residents who already call them home.

Join us on one of our bus tours and you won't need to worry about a thing. Let us take care of it all. We will collect you from one of the designated pick-up points below and take you to one of our fantastic locations for morning tea with residents and a tour of the village facilities. Then onto the next village for lunch before we drop you back to your car so you can head home.

### North TOUR 1: THURSDAY 10TH NOVEMBER

#### PARKLAND VILLAS WOODLANDS

- 11.00am** Collect from Karrinyup Shopping Centre  
200 Karrinyup Road, Karrinyup
- 11.30am** Tour of surrounding area
- 12 Noon** Sausage sizzle in village alfresco area
- 1.00pm** Village tour
- 2.30pm** Bus departs to Karrinyup Shopping Centre



Reserve your place now!

Phone Chris Shearwood on 9446 5584.

### South FRIDAY 11TH NOVEMBER

#### LAKESIDE VILLAGE & PARKLAND VILLAS BOORAGOON

- 9.30am** Collect from Kardinya Park Shopping Centre  
Corner of North Lake Road & South Street
- 10.00am** Arrive at Lakeside Village, Bibra Lake
- 10.00am** Bowls & Brunch on the village lawn
- 11.00am** Village tour
- 12.30am** Bus departs Lakeside Village to  
Parkland Villas Booragoon
- 1.30pm** Raffles High Tea in village restaurant
- 2.30pm** Village tour
- 4.00pm** Bus departs to Kardinya Park  
Shopping Centre



Reserve your place now!

Phone Elaine Burns on 9417 5879.

### East SATURDAY 12TH NOVEMBER

#### THE PINES & PARKLAND VILLAS ELLENBROOK

- 9.30am** Collect from Centro Galleria Shopping Centre  
Corner of Collier & Walter Roads, Morley.
- 10.00am** Collect from Midland Gate Shopping Centre  
274 Great Eastern Highway, Midland
- 10.30am** Arrive at The Pines
- 10.30am** Morning tea in the Village café
- 11.00am** Village tour
- 12 Noon** Bus departs The Pines to Parkland Villas Ellenbrook
- 12 Noon** Sausage sizzle in the village alfresco area
- 1.00pm** Village tour
- 2.30pm** Afternoon tea
- 3.00pm** Bus departs to Midland Gate & Centro Galleria



Reserve your place now!

Phone Basil Mackie 9296 7322.

### North TOUR 2: SUNDAY 13TH NOVEMBER

#### TIMBERSIDE VILLAS & HARBOURSIDE VILLAGE MINDARIE

- 9.30am** Collect from Hillarys Boat Harbour  
86 Southside Drive, Hillarys
- 9.45am** Collect from Whitfords Shopping Centre  
Corner of Marmion & Whitfords Ave
- 10.00am** Arrive at Timberside Villas, Woodvale
- 10.00am** Morning tea in the village lounge
- 10.30am** Village tour
- 11.30am** Bus departs Timberside Villas for  
Harbourside Village Mindarie
- 12 Noon** Lunch in the village Clubhouse
- 1.00pm** Village tour
- 2.30pm** Bus departs to Whitfords Shopping Centre  
& Hillarys Boat Harbour



Reserve your place now!

Phone Pauline Walker on 9407 8231.

#### North

Ellenbrook	Parkland Villas	9296 7322
Ellenbrook	The Pines	9407 8231
Mindarie	Harbourside Village	9407 8231
Woodlands	Parkland Villas	9446 5584
Woodvale	Timberside Villas	9446 5584

#### South

Bibra Lake	Lakeside Village	9417 5879
Booragoon	Parkland Villas	9330 3711
Mandurah	Parkland Villas	9535 2414
Queens Park	Homestay Village	9330 3711

For more information visit [www.primelife.com.au](http://www.primelife.com.au)

Lend Lease Primelife Realty (WA) Pty Ltd. ABN 24 102 637 829  
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