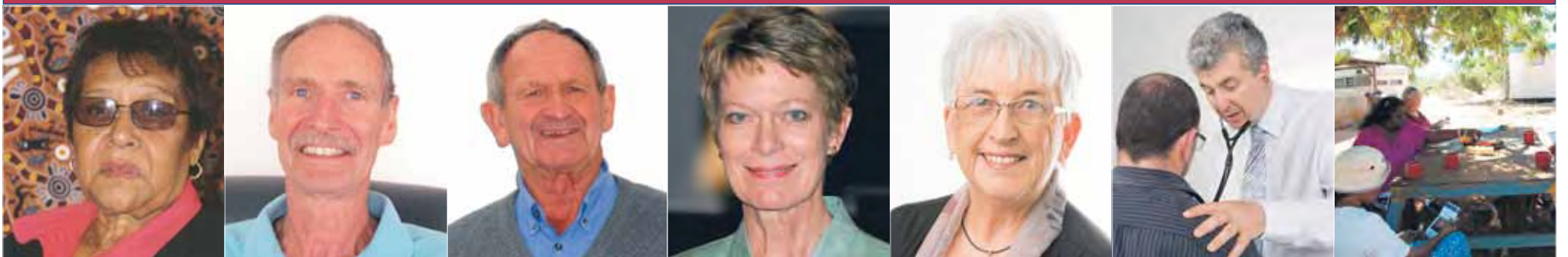




Have a Go News' Bendigo Bank Seniors Week Festival

EVENTS GUIDE



Congratulations to the 2012 WA Senior Awards finalists pictured above. See inside for more information.



Retirement begins by the lake



KINGSLEY
LAKESIDE VILLAGE

Located on the shores of Lake Goollelal Nature Reserve, Kingsley Lakeside Village is nestled amongst nature, whilst being conveniently situated opposite Kingsway Shopping Centre.

The Village Centre boasts a pool, spa, computer room, modern lounge, library and a hairdressing salon. Choose from spacious two bedroom, two bathroom and three bedroom two bathroom lake front villas. Lake front villas from \$455,000. Resale 2 bed 1 bath apartment at \$295,000. Also available 3 bed 2 bath villas from \$410,400.

Kingsley Lakeside Village, 50 Woodlake Retreat, Kingsley
Phone 9409 2522 (Mon to Fri 9am - 4pm) or visit www.kingsleylakesidevillage.com.au



Minister's Message

THE STATE Government is proud to acknowledge seniors' contribution to Western Australia's economic, cultural and social life. It is central to our ongoing commitment to deliver a better deal for seniors and it is vital that the state government continues to deliver programs to ensure seniors live full and productive lives.

It's a week to celebrate seniors' achievements, their aspirations and their contributions. Whether they are running businesses, volunteering, mentoring, working, caring, or sharing their wealth of experience and wisdom, our seniors are inspirational role models for us all.

This year's Bendigo Bank Seniors Week Festival promises to be bigger and better than ever.

I would like to invite *Have a Go News* readers to take advantage of the multitude of activities occurring throughout the state during Bendigo Bank Seniors Week Festival.

Some of the highlights include Have a Go Day at Burswood Park and Grandparents Day at Perth Zoo, a day of fun and entertainment for all generations.

I urge all seniors to participate in Bendigo Bank Seniors Week Festival 2012. It's a great time to learn, celebrate, participate and enjoy the many free family friendly activities across the state.

Robyn McSweeney MLC

Minister For Child Protection; Community Services; Seniors And Volunteering; Women's Interests; Youth

SHIRE OF KALAMUNDA PRESENTS
SENIORS WEEK 2012
Recognising Seniors and Celebrating Life

- **Seniors Art & Craft Exhibition, 10 - 16 November**
10am-4pm Sat and Sun, 9am-4pm Mon-Fri
Zig Zag Cultural Centre, featuring local artists
- **Active Ageing - Healthy Choices, 12 November**
1pm-3pm, Hartfield Park Recreation Centre, Afternoon tea
- **Seniors Fayre, 13 November**
10am-3.30pm, Woodlupine Family & Community Centre
- **Variety Concert, 11 November** 1pm-4pm,
Kalamunda Performing Arts Centre, Afternoon tea
- **The City Poet, 12 November** 6pm-8pm, Kalamunda Public Library
- **Bingo, 15 November** 1pm-4pm, Cyril Road Hall, afternoon tea
- **Masquerade Dance & Luncheon, 16 November**
12pm-3.30pm, Woodlupine Family & Community Centre

All events are FREE to Seniors within the Shire of Kalamunda

Tickets available from Wednesday 3 October

FOR FURTHER INFO CALL 9257 9958

Seniors Week sponsors:



Supported by:



Celebrate Bendigo Bank Senior's Week at the Gravity Discovery Centre
11 - 18 November 2012

FREE certificate when you climb the tower

Use Senior's Week to 'have a go' and learn exciting new facts about our Universe
Entry only \$6 per head (normal entry price \$12)

- Enjoy a tour with our guides (subject to availability)
- Stunning wildflowers in bloom • Bushwalks
- Cafe serving delicious food • Gift Shop

Tel: 9575 7577 Email bookings@gdc.asn.au www.gravitycentre.com.au
1098 Military Road, West Gingin 6503 1 hour north of Perth
No bookings required unless for groups of approx 20 or more.

This listing was supplied by the Department for Communities. For further information visit www.communities.wa.gov.au/seniors or call 6551 8800 (metro) or 1800 671 233 (country)



Government of Western Australia Department for Communities

HOYTS CELEBRATES WA SENIORS WEEK

\$7* SENIOR TICKETS

Monday November 12 to Friday October 16

Millennium | Queensgate | Southlands | Garden City | Carousel

Terms and Conditions: Valid 12/11/2012 to 16/11/2012 for 2D sessions before 5pm. Not valid for 3D, Xtremescreen, IMAX(R), Bean Bag Cinema or La Premiere. Available for seniors aged 60+ on presentation of a valid Seniors Card. Not valid for online or mobile ticketing or special events.

Leeuwin Summer Sails

Our 3 hour short sails, departing from Fremantle, will give you a taste of sailing onboard an 1850's style barquentine tall ship - it truly is a unique and memorable experience. The sail includes a light meal onboard served with tea and coffee, so you are welcome to sit back and enjoy the cruise. Alternately, you may wish to take part in some sailing activities such as hauling lines, climbing the bow sprit and going on a ships tour.

Day	Date	Times
Friday	2-Nov	1600-1900
Saturday	3-Nov	1100-1400 & 1600-1900
Sunday	4-Nov	1000-1300 & 1500-1800
Friday	9-Nov	1600-1900
Saturday	10-Nov	1100-1400 & 1600-1900
Friday	16-Nov	1600-1900
Saturday	17-Nov	1600-1900
Sunday	18-Nov	1000-1300 & 1500-1800
Saturday	1-Dec	1100-1400 & 1600-1900

Sails continue until the end of April 2013. Please visit www.sailleuwin.com or contact the office on (08) 9430 4105 for a complete list of our sails or to make a booking.

\$60 pp Concession fare



Making it better ... a bequest to Princess Margaret Hospital Foundation will help ensure the best available health care for future generations.

For more information contact Anne Smith tel (08) 9489 1189 pmhfoundation.com



PRINCESS MARGARET HOSPITAL FOUNDATION



Join the seniors' festival



Enquiries call 9275 6743.

Discover Your Inner Artist

Budding artists, or those who just want to have a go at a few activities, should get along to the Atwell Arts Centre and Gallery to participate in a range of free workshops. The one hour workshops will be just one part of the day, which also features art and craft demonstrations, morning tea and access to the exhibition, "The Pictured Word" to celebrate before The Year of the Reading.

Date: Friday 16 November

Time: 10am to 3pm

Location: 586 Canning Highway, Alfred Cove

To reserve a place telephone 9330 2800.

Bendigo Bank Seniors Week Festival Evensong: Celebrating the second half of life

The Department for Communities has partnered with Amana Living to host an evening service at St George's Cathedral (pictured above) in Perth city. The theme of the evening is wisdom, something many seniors offer to their families and community. There will be a reception and refreshments on the terrace outside the Cathedral after the service.

Date: Sunday 18 November

Time: 5pm to 6pm, reception follows until 6.45pm

Location: St George's Cathedral, 38 St Georges Terrace, Perth.

For more information on Bendigo Bank Seniors Week Festival, please visit: www.communities.wa.gov.au or telephone 6551 8700.

For more events, turn to page eight of this guide.

tainment throughout the day.

Entry for all adults on Sunday 18 November will be discounted to \$18, so several generations can join in the fun. The Velluto Café will also be offering special discounts.

Date: Sunday 18 November

Time: Free morning tea at 10am (for pre-registered Seniors Card holders) and band from 10am to 12.30pm. Perth Zoo is open from 9am to 5pm

Location: Perth Zoo, 20 Labouchere Road, South Perth.

Music For You

Enjoy an afternoon of classical music hosted by JewishCare WA. This classical music concert will be accompanied by light refreshments. A free bus is available for local seniors and entry is by a gold coin donation.

Date: Thursday 15 November

Time: 2pm to 4pm

Location: Jewish Community Centre, 61 Woodrow Avenue, Yokine.

BENDIGO BANK Seniors Week Festival is proudly presented by the Department for Communities.

In conjunction with its sponsors, the Department is pleased to present the following events:

The Grandparents Day at Perth Zoo

As part of the Bendigo Bank Seniors Week Festival, the Minister for Seniors and Volunteering, Hon Robyn McSweeney MLC, is offering free entry to Perth Zoo for grandparents and their grandchildren on Sunday 18 November to celebrate this year's Grandparents Day.

To receive a free ticket, grandparents must register online at www.trybooking.com/busy and present their Senior Card on entry at Perth Zoo. Hurry, places are limited!

Free ticket holders will also be offered a complimentary morning tea at 10am and will go into a draw for the chance to win free passes to the Savannah Outlook Tower Experience. There will be enter-

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How can Integrated Listening Systems help? It will improve your: -

- Memory
- Concentration
- Listening skills
- Sense of well-being
- Agility and balance
- Confidence

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The Integrated Listening System can be done at home or in a group. Call now to book a FREE group information session at your location

20% discount on the Initial consultation and feedback

Offer expires 14/12/12 (Terms and conditions apply)

How will it do that?

- By listening to modified classical music through headphones.
- Stimulates the balance mechanism in the ear.
- Appears to improve neural connections in the brain.
- High frequencies charge the brain to give you more energy.



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Website: www.soundforlife.com.au
Email: soundforlife@westnet.com.au
Location: 2/45 McCoy Street, Myaree
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Retirement village living equals freedom and security



KINGSLEY RETIREMENT VILLAGE: \$299,000

186 Twickenham Drive, Kingsley

Embrace a new way of life...

Kingsley Retirement Village provides comfort, security and companionship in a pleasant, relaxed environment in the prestigious suburb of Kingsley.

The village is divided into exclusive cul de sacs with individual features and landscaped gardens. Your beautiful home will offer you freedom and security without restricting your lifestyle.

HOME OPEN Saturday & Sunday 2PM-3PM

VILLAGE VILLA FEATURES:

- Emergency call buttons
- Low levies
- 1 Bath with separate w/c
- Spacious kitchen
- Courtyard (rear)
- Gas connected
- Carport
- 2 Bed with large built in robes
- Separate laundry
- Open plan dining/lounge room
- Reverse cycle air con



VILLAGE CENTRE FEATURES:

- Indoor bowls, card games, bingo, exercise classes, croquet, pool table
- Village Centre Social Club
- Doctors room, podiatrist, hairdresser
- Beautiful lounge and entertaining area
- Fully equipped kitchen/tea room

LEEMING RETIREMENT VILLAGE: \$319,950

2 Theakston Green, Leeming

Communal living at its best

Located south of Perth, Leeming Retirement Village offers you the opportunity to enjoy community living while embracing retirement.

Divided into four main courts, the Village includes landscaped gardens and individual features.

Enjoy the freedom and security that Leeming Retirement Village offers, without comprising on your privacy.

HOME OPEN Sunday 11AM-12PM



VILLAGE CENTRE FEATURES:

- Crafts, bingo, cards, snooker, concerts, a library, social club meals and much more.
- A doctor, podiatrist and beautician
- Fantastic community atmosphere



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2012 WA Seniors Awards finalists



2012 WA Seniors Awards finalists, from left; (1) Wendy Folvig, (2) Janice McGlenn, (3) Freda Bender, (4) Captain Graham White AM, (5) Vic Puzey, (6) Cr Guenter Best, (7) Kathleen Mazzella OAM, (8) Maxine Armstrong, (9) Alan Greenhalgh, (10) Geoff Jones, (11) Dr Penny Flett and (12) Professor Barbara Horner

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3 Fire Extinguishers PLUS Fire Blanket



1m x 1m fire blanket

FREE equipment
(AFTER REBATE)
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Rebate covers the purchase of these products to the value of \$200.
Rebate can only be claimed once. One claim per household. Offer expires March 2013

Enlarged Prostate?



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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

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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
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Consultation hotline: 1300 760 627

Approval Code: CHC36089-10/06

Magnus Shield™ stockists

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- Shop T102, ENEX 100, 100 St Georges Terrace, PERTH 6000
- Shop 5, 180 Rokeby Road, SUBIACO 6008
- 445 Cambridge Street, FLOREAT 6014
- 207 Main St, OSBORNE PARK 6017
- Shop 42, Whitford City Shopping Centre Whitfords Ave, HILLARYS 6025
- Shop 234, Whitford City Shopping Centre Whitfords Avenue, HILLARYS 6025
- Shop T101, Lakeside Joondalup S/C JOONDALUP 6027
- 243 Great Eastern Hwy, MIDLAND 6056
- Shop 50 - 53 Dianella Plaza Shopping Centre DIANELLA 6059
- 114 Illawarra Crescent, BALLAJURA 6066
- Shop 4-5 Nichol St, MUNDARING 6073
- 16A Chapman Rd, ST JAMES 6102
- Shop 83, Belmont Forum, BELMONT 6104
- Shop 160 Belmont Ave, BELMONT 6104
- Shop 5 & 6, Cnr Belmont & Kenwick Rd KENWICK 6107
- 32 Selby St, THORNIE 6108
- Shop 63, Southland Boulevard S/C, WILLETTON 6155
- Unit 1 / 42 Rostrata Ave, WILLETTON 6155
- Shop 10B, Melville Plaza Shopping Centre 390 Canning Highway, MELVILLE 6156
- Shop 4, Kardinya Park S/C KARDINYA 6163
- Shop 7, Phoenix Shopping Centre, 254 Rockingham Rd, SPEARWOOD 6163
- Shop G81, Rockingham Shopping Centre, 1 Council Avenue, ROCKINGHAM 6168
- Shop 8 & 9 Leda S/C, Feilman Dve, LEDA 6170
- Shop 12, 175-179 Mandurah Tce, MANDURAH 6210
- Shop 78, Mandurah Forum, MANDURAH 6210
- 55 Forrest Ave, BUNBURY 6230
- 130 Hampton St, Bridgetown 6255
- Shop 17 Boulevard S/C, NORTHAM 401
- 110 Stirling Terrace, TOODYAY 6566

For a complete list of our authorised stockists please visit our website at www.magnusprime.com or call our hotline 1300 760 627



Meet the 2012 WA Seniors Awards finalists

Community Award Wendy Folvig

WENDY FOLVIG turned 92 this year. During her adult life, Wendy has been enthusiastically involved with a wide range of community organisations. Her involvement with the Country Women's Association of Western Australia has spanned more than 60 years, including a position as editor of The Countrywoman of Western Australia, the association's magazine. In 1994 she was made a life member of the Country Women's Association and she continues her work as a volunteer at CWA House today. In addition to her work with the Country Women's Association, Wendy has completed a term on the National Trust of Australia (WA) Council, on the Wiluna Road Board and Wiluna Hospital Board. Along with her community involvement she has also had the responsibility of sole carer in her family.

Janice McGlenn

As a committed volunteer for more than 40 years, Janice McGlenn moved to Mandurah in 1990 and since then has contributed over 20 years to the Peel region. In 2002 Janice was involved as a volunteer in setting up the Peel branch of the Seniors Recreation Council and is currently the branch representative, running a variety of programs for older local people. Janice is a life member of Little Athletics Forrestfield, has led the Seniors Recreation Council's team in the Relay for Life and is vice president of the Citizens Advice Bureau in Mandurah. Alongside her voluntary activities, Janice was employed as manager of Ac-cent Mandurah, Mandurah's meeting place for people aged 55 and over.

Freda Bender

Ninety-year-old Freda Bender is described by her nominator as a 'rare gem' and has been involved in almost every charitable organisation that has passed through Midland in the last 60 years. Freda played an instrumental role in the rising influence of community groups in Midland while the area was experiencing high population growth during the 1970s. This saw her take up a role on the board of the Midland Scouts, a position that she held for 27 years. She was also a founding member of the Swan Emergency Accommodation for families in need and assisted in setting up the Midland Information, Debt and Legal Advocacy Service. This organisation has now grown to employ 14 staff and assists over 2000 members of the community a year. Freda now volunteers at the Midland Nursing Home and Citizens Advice Bureau.

Intergenerational Award Captain Graham White AM

Captain Graham White AM is passionately committed to enabling people

of all abilities and backgrounds to enjoy sailing and has been at the helm of the Sailability WA program, operating from the Royal Perth Yacht Club, since its inception 12 years ago. Through the program, many hundreds of those who may not otherwise have had the chance, have been given the opportunity to sail, including people with disabilities. Graham now represents Sailability WA at a national level on the National Yachting Association Board. He is described as a selfless person, always putting the community before himself.

Vic Puzey

Vic Puzey is described as an energetic and committed member of the Bunbury community, devoting time to many community groups and organisations over several decades. With a teaching career spanning 36 years, Vic also has a gift as a handyman and enjoys sharing his talents, organising 'working bees' and offering support to seniors who may need jobs done. He is also instrumental in the delivery of YouthCARE programs through the Uniting Church in Australia - St Augustine Congregation, Bunbury. Vic

has been the chairperson of the Uniting Church St Augustine congregation for almost 14 years as well and has represented the Youth Care Council overseeing chaplaincy in schools for 10 years.

Cr Guenter Best

An active member of the Armadale community for half a century, Guenter Best provides outstanding support and encouragement with infectious enthusiasm, to at-risk young people as well as seniors in Armadale. A local businessman with a jewellery and watch repair business, Guenter has supported TAFE courses in watchmaking, has a feature segment on the radio station 6PR and is on the board of the Dale Cottages Aged Care facility. He has also been an active Rotarian and is currently councillor at Armadale City Council and Federal President of the Horological Guild of Australia.



Beyondblue Inspiration Award for Wellbeing
Kathleen Mazzella OAM
Kathleen Mazzella has

been a tireless advocate of the International GYN In full Awareness Day initiative since its inception 10 years ago, having become involved through her own experiences surviving cancer. She is now instrumental in the program's global success. Kathleen strongly believes in de-stigmatising sexual health issues, particularly for older people. Most recently, Kathleen's work has resulted in both the Australian and New Zealand women's hospitals adopting the GYN Awareness Day program, increasing the potential for other countries, including the United Kingdom, to join the program. Kathleen continues to raise awareness of gynaecological and sexual health issues globally.

Maxine Armstrong

Maxine Armstrong is from the Aboriginal Bardi community in the Dampier Peninsular and was raised in Derby. She has been a respected cultural leader for over 20 years. She was instrumental in ensuring the provision of comprehensive primary health care for Aboriginal people in Derby through the establishment of the Derby Aboriginal

Health Service in 1997. She has been chairperson of the service for 10 years, during which time she has seen it grow to a 53-staff operation and establish the Social and Emotional Wellbeing Unit. In addition, Maxine is a director of the State Affiliate of the Aboriginal Health Council of WA. Volunteering her time to travel extensively throughout Western Australia to better serve the needs of Aboriginal people, Maxine always shows exceptional dedication and commitment.

Alan Greenhalgh

Alan Greenhalgh plays a major role in raising awareness of men's health issues in Joondalup. He is responsible for establishing Joondalup Men's Shed Incorporated, part of a nationwide organisation and a registered health promotion charity, which promotes the health and wellbeing of men. As chairman and coordinator, Alan works to engage men in the local community with activities that promote wellbeing, giving them the opportunity to discuss their issues and concerns. Alan works in partnership with a number of community groups to the benefit of the

local community. He has also set up Joondalup Men's Shed - Mini Mobile Men's Shed service, which provides low-cost home and garden maintenance for disadvantaged seniors. A positive and dynamic role model, Alan is now working towards a more permanent facility for the Joondalup Men's Shed.

Westscheme/COTA WA Champion for Seniors Award Geoff Jones

Geoff Jones has been a Mount Barker resident for 73 years. An active and valued member of the community, he has been involved

as a volunteer with several community and sporting organisations for over 40 years. Geoff has played for and held the positions of president and secretary for the North Mount Barker Football Club and is currently the secretary and treasurer of the Mount Barker Golf Club. Beyond the sporting arena, Geoff has held positions as president of the Mount Barker Primary and High School P&C and most recently was appointed as director of the Mount Barker Community Bank. He is an advocate for seniors and an inspiration to many.

Family History display at Have a Go Day,
Wednesday 14 November at Burswood Park
and
Family History Seminar
with international speaker, Michael Gandy
Saturday 17 November
at State Library of WA
Contact us for more information



Western Australian Genealogical Society Inc.
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Sunday Breakfast 7.30am-10am
(Breakfast not available at Innaloo)

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Seniors Week Festival

11-18 November 2012

WA Seniors Card Morning Tea

On behalf of 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: Monday 12 November 2012, 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
Locked Bag 3
Perth BC WA 6849

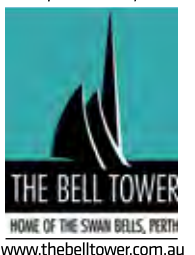
By: Friday 26th October 2012

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

WA Seniors Card Event Day

Name: _____
Guest's Name: _____
Address: _____
Suburb: _____ Post Code: _____
Phone Number: _____
Seniors Card Number: _____

Sponsored by:



Presented in partnership by:



Government of Western Australia
Department for Communities
Seniors and Volunteering





2012 WA Seniors Awards finalists continued...



From left; 2012 WA Seniors Awards finalists; Advocare's innovative Advocacy Program, QEII Seniors and Community Centre, and Western Australian Centre for Health and Ageing

Dr Penny Flett

Dr Penny Flett, who settled in Australia in 1965, was awarded the Centenary Medal for service to the aged and disabled community in 2003 in recognition of her work with the Brightwater Care Group. Prior to becoming the Chief Executive Officer of the Brightwater Care Group in 1986, Penny worked in a variety of roles, including four years with the Royal Australian Air Force. In 1974 she became the first woman in peacetime to hold the position of flight lieutenant and the first woman doctor to serve in the Royal Australian Air Force. Penny's understanding of the needs of older Australians is arguably unrivalled and she is a powerful advocate at all levels of government for older Australians. She was awarded Telstra Businesswoman of the Year in 1998, West Australian of the Year in 2009 and has been described as a trail-blazer in the field of geriatric medicine.

Professor Barbara Horner

Professor Barbara Horner is a fami-

ly carer, health professional and social researcher with a particular interest in the social and service implications of ageing. Her work sees her strive for the best possible outcomes for vulnerable seniors. Barbara's research is centred on ageing and dementia, and she is now the director of the WA Dementia Training Study Centre. In 2000 Professor Horner established, and continues to lead the Centre for Research on Ageing.

Bendigo Bank

Bendigo Bank Active Ageing Leadership Award Advocare

Advocare's Advocacy Program is an innovative program that offers support to Western Australians throughout every stage of their older life. The Advocacy Program was designed to support the Home and Community Care program to ensure services were provided to the highest standard, including addressing

housing and tenancy issues, access to emergency assistance and income and asset tests. Advocare has adapted to the changing times and understands that older Western Australians face more complex challenges than simply health care. The services they provide are important in protecting and upholding the rights of Western Australian seniors.

QEII Seniors and Community Centre

The QEII Seniors and Community Centre is operated by the City of Greater Geraldton and located in the central business district. It provides a welcoming environment for seniors and promotes physical and mental wellbeing, social support and active ageing programs. Currently the centre runs 32 programs with an average attendance of 2500 per month. There is a diverse range of programs available from line dancing and quiz afternoons to computer training and tax help. Through these programs, the centre

strives to become the central hub for seniors in Geraldton and the surrounding area.

Western Australian Centre for Health and Ageing

The Western Australian Centre for Health and Ageing is a leading health and ageing medical research centre in WA. The centre seeks to be the catalyst for change to the way society addresses health concerns for older Australians. The organisation partners with the WA Institute of Medical Research and the University of Western Australia and is a hospital-based research centre. Some of the initiatives and programs developed by the centre include breakthrough research in Alzheimer's disease, a culturally sensitive dementia screening tool, and the link between Vitamin D and strong bones in seniors. Led by Professor Leon Flicker, the work of the centre paves the way for a brighter future for the ageing population of Western Australia.



Department of Transport



Cycling offers great benefits for seniors

Cycling is an easy and enjoyable way to improve your health and fitness, increase social interaction and feel part of your community.

For more information, places you can ride and local groups and clubs, visit the Department of Transport's website at www.transport.wa.gov.au/cycling or call Bikewest on (08) 6551 6157.



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Email: info@movingmaidswa.com.au

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Channel Seven Station Tours

CHANNEL Seven invites you on a behind-the-scenes look with a tour of their Perth studio including the news and weather sets. Morning/Afternoon tea included.

The Bendigo Bank Seniors Week Festival Channel Seven Station Tours will be held from Monday, 19 November to Friday, 23 November 2012 at Channel Seven Perth, off Dianella Drive, Dianella, at 9.30am and 1.15pm.

Bookings are essential and admission is free.

For enquiries phone Sharon Neates on 9344 0616.

Volunteers required for Have a Go Day



VOLUNTEERS are required for Have a Go Day to be held at Burswood Park on Wednesday 14 November.

If you love meeting people and would like to help out on the day then this is your opportunity to be involved with one of Perth's largest community days for older adults.

Volunteers are required for the hospitality tents

which serve free tea and coffee to attendees.

A tent co-ordinator is required and helpers are needed to serve tea and coffee.

Shifts are available.

For more information, please call 9227 8283 for further details.

For those who prefer

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- 100% natural & bio-degradable
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- Walking distance to Mandurah Performing Arts Centre
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Email chalets@marinachalets.com.au

Web www.marinachalets.com.au



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9 Coleville Crescent, Spearwood
PH 9411 3877

email csc@cockburn.wa.gov.au
www.cockburn.gov.au/seniorscentre





2012 Deborah Kirwan Award finalists



Joseph Cassidy
Journalist, Great Southern Herald

Joseph Cassidy's work as the sole journalist in Katanning for the *Great Southern Herald* allows him to engage closely with the local community. After graduating from Murdoch University and freelancing for music and entertainment publications for a year as well as broadcasting on RTR FM community radio, Joseph went for a 'tree change' in a rural post. His positive engagement with the community and the chance to write well balanced stories motivates Joseph to excel in his work. His article "Men at work to engage community" examines the positive impact of the Men's Shed program in Katanning.

Mark Gibson
Reporter, Today Tonight

An award winning journalist, Mark has worked in the media for more than 20 years. After working interstate and overseas, he returned to Perth in 2001, accepting a position with

7 News. After stints as a reporter and presenter of news, sport and weather, Mark joined the Today Tonight team in 2008. As well as researching, reporting and producing stories for Today Tonight, Mark is a key presenter on Channel 7's Telethon and an avid supporter of seniors. In Mark's piece titled "Precious Peg" he talks to 106-year-old Peg Vivian and uncovers her secrets for a long and happy life.

Kerry Faulkner
Journalist, Post Newspapers

In her 18-year media career Kerry Faulkner has moved from working as a freelance feature writer to staff news reporter at the Post Newspaper and back again. She tutors in journalism at Curtin University. Kerry has an Honours degree in Media Studies and was a 2001 winner of a Perth Press Club Award. Kerry's article "We want to live and die with dignity" targets key issues facing seniors and gives a human face to these challenges.

Bruce Hunt
Photographer, Community Newspapers

Bruce Hunt started his career in photography for the Associated Press on Fleet Street in 1959. Since then he has worked as a photo journalist in England, Ireland and Australia. Since arriving in Australia in 1970 Bruce has worked for several newspapers, including the now defunct Sunday Independent, Western Mail, Western Farmer and the Daily News. Bruce has worked for the Community Newspaper Group for 20 years. His entry, "He's Still Swinging" promotes active ageing in seniors.

Steve Mills
Broadcaster, 6PR

One of Perth's most respected broadcasters, Steve Mills has worked in a variety of jobs from performing as a Smurf, to working as an accountant and teacher before settling in at 6PR eight years ago. Since then he has brought information, entertainment and company to many of the station's listeners, including seniors. Steve particularly enjoys

taking talk back from listeners, hearing their stories and giving them an opportunity to voice their concerns. His interview with Dilys Bossley highlighted a positive role model for seniors in a happy and upbeat manner.

Katherine Mountain
Journalist, Advertiser News Albany

Katherine has been a reporter at the Albany Advertiser since January 2011. She graduated from Curtin University with a Master of Journalism in 2010 then made the career move to regional WA, a south coast sea-change of which she

has loved every minute. Katherine has covered seniors, youth, health, environment and wine rounds at the Albany Advertiser, and also writes a weekly feature modelled on the ABC's Australian Story, called Albany Story, which she enjoys as a way to explore in-depth human interest stories about prominent figures in the local community. Her article "Serious illness sparks cancer mission" sheds a positive light on the work of an Albany woman's work to promote awareness of prostate cancer in the Great Southern region.

Deborah Kirwan Awards finalists, clockwise from top left; Steve Mills, Joseph Cassidy, Kerry Faulkner, Bruce Hunt, Mark Gibson and Katherine Mountain

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EVENTS GUIDE



**Sunday
11 November**

Bendigo Bank Seniors Week Festival Historical Cruises

SENIORS with a passion for the water and history will enjoy this cruise on the protected Mandurah waterways. The cruise, which includes a morning or afternoon tea, features commentary on many of the historically significant events in the area. Passengers will hear about where and how the first land custodians fished the rivers and about the first European Settlement. During the cruise, which passes historical buildings, the Captain will tell stories about

when the traffic bridge was blown up, the Pinjarra massacre and Mandurah's iconic hotels. The cruise also travels past some magnificent waterfront canal homes and the wetland area to where exotic birds migrate.

Location: Mandurah Cruises ticketing office, 3/73 Mandurah Terrace, Mandurah

Time: 10am to 11.30am or 2pm to 3.30pm

Cost: \$29 per person

Please book at least two weeks prior.

For enquiries contact Dianna Lilly of Mandurah Cruises Ferries on

9581 1242, email bookings@mandurahcruises.com.au or visit www.mandurahcruises.com.au

The Bell Tower Tour - Gold Coin Donations



The Bell Tower is one of the largest musical instruments on earth and when you visit it you can see the oldest bell in Australia dating back to 1550. The Bell Tower is a truly interactive must do experience. View the fascinating displays and have a go at chiming a historic bell for only the cost of a gold coin on presentation of your Seniors Card during the Bendigo Bank Seniors Week Festival.

Location: Barrack Square, Riverside Drive, Perth

Time: 10am to 4.30pm

Cost: Gold Coin Donation

For enquiries phone 6210 0444, email admin@thebelltower.com.au or visit www.thebelltower.com.au

Monkey Business

Travelling by bus to the Perth Zoo.

Location: Perth Zoo

Time: 7am to 5pm

Cost: \$5

RSVP: Wednesday, 31 October

For enquiries phone Kim Storer or Koorda CRC on 9684 1081, email koorda@crc.net.au or visit www.koorda.crc.net.au

Other Supervets 80+

For our very senior bridge players aged 80+

Location: West Australian Bridge Club, 7 Odern Crescent, Swanbourne

Time: 10am to 3pm

Cost: \$12 per person

RSVP: Friday, 9 November

For enquiries contact Noel Daniel on 0418 910 255, email bawa@bawa.asn.au or visit www.bawa.asn.au

Bringing Generations Together

Talk by a representative of Alzheimer's Association on dementia. Lunch and entertainment provided.

Location: The Australian Asian Association of WA, 275 Stirling Street, Perth

Time: 11am sharp to 3pm

Cost: Senior members over 65 - \$10 per person, non senior members - \$15 per person and non senior members - \$12 per person

Bookings only. **RSVP:** Tues, 6 November

For enquiries contact

Vicky 9378 2028, Ranjith 9479 1236 - leave message if unanswered or email vicky267@bigpond.com.au www.wasla.com.

Lakeside Village - Open Day

To help celebrate Bendigo Bank Seniors Week, Lakeside Village will host a special Open Day. There will be a range of free events to enjoy, as well as guided tours of the village and properties for sale. So join us in the celebrations, and experience first-hand the lifestyle at one of our friendly communities. Refreshments and lunch provided. A special remembrance day service will also be held.

Location: Lakeside Village 14 Lewington Gardens, Bibra Lake

Time: 10am to 2pm

Cost: Free

RSVP: Friday, 2 November

For enquiries contact Elaine Tasker on 9417 5879, email elaine.tasker@lprimelife.com. Visit www.lendleaseniorliving.com.au

Remembrance Day Service

Remembrance Day ceremony followed by a light lunch with entertainment from the 'Voices of the Valley' Choir

Location: Bassendean Seniors & Community Centre

50 Old Perth Road, Bassendean

Time: 10.30am to 2pm

Cost: Ticketed - Free

RSVP: Friday, 2 November

For enquiries contact Tim Clark on 9377 8051 or 0488 902 804, email tclark@bassendean.wa.gov.au. Visit www.bassendean.wa.gov.au

WA Seniors Awards 2012



The WA Seniors Awards 2012 recognise the achievements of seniors and mark the start of Bendigo Bank Seniors Week Festival 2012. The Hon Robyn McSweeney, Minister for Seniors and Volunteering, and COTA WA (Council on the Ageing) will host the event which will be held on Sunday 11 November 2012 at Crown Perth.

Location: Crown Perth, Astral Ballroom Great Eastern Highway, Burswood

Time: 11.30am to 2pm

Invite only.



Seniors Week Talks

Exit Strategies for Seniors - your guide to Wills, EPAs and getting your affairs in order.

As part of Seniors Week, the Public Trustee is holding free community education talks to help you make informed choices about your Will, Enduring Powers and the administration of Deceased Estates.

- Want to know who can challenge your Will?
- What about choosing an executor and some of the problems an executor might face?
- Or appointing an attorney, guardian or a trustee?
- And what really happens if you die without a Will?

SEATS ARE LIMITED.

To register telephone 1300 746 116 or email public.trustee@justice.wa.gov.au

Tuesday 13 November 2012

Public Trustee
553 Hay Street Perth
10:30am to 12pm

Thursday 15 November 2012

Public Trustee
553 Hay Street Perth
10:30am to 12pm

Thursday 15 November 2012

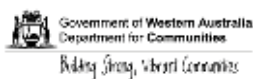
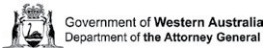
Bunbury Regional Library,
Parkfield St Bunbury
10:30am - 12pm



Public Trustee

553 Hay St Perth, WA 6000 | www.publictrustee.wa.gov.au

Wills • Deceased Estate Administration • WA Will Bank • Enduring Power of Attorney
• Trust Management • Executor Assist • Private Administrator Support



WAGS to hold Family History Seminar

THE WESTERN Australian Genealogical Society (WAGS) will hold a Family History Seminar at the State Library of WA on Saturday 17 November 2012.

World renowned speaker, Michael Gandy, will be the main speaker.

His presentations are: English Records for Irish Research, Huguenot Ancestors and It gets Easier Every Day.

Other speakers are WAGS member Mike Murray present-

ing - DNA for Genealogists - The Layman's Guide and SLWA Family History Subject Specialists, Leonie Hayes and Tricia Fairweather, - Electronic Resources at the State Library of WA.

Michael will provide after dinner entertainment with a song - "Seeing it through their eyes" at a dinner on Friday 16 November at Miss Maud's Swedish Restaurant, 97 Murray St Perth.

Cost:

\$50 for the full day (9am to 4.45pm) or

\$30 for morning (9am to noon) or the afternoon session

(12.45pm to 4.45pm) and \$45 for Dinner

Booking form and further details can be found on the WAGS website www.wags.org.au Phone enquiries to 9271 4311 or email genealogy@wags.org.au

City of Nedlands

Bendigo Bank Seniors Week Festival 2012

The Nedlands Affinity Club in conjunction with Nedlands Community Care is hosting

Ageing with Attitude

Thursday 15 November

Dalkeith Hall, Waratah Avenue, 10am to 2pm

Cost: \$5 (lunch included)

Ageing with Attitude offers the opportunity to try some of the health enhancing activities for seniors' wellbeing provided by the recently formed Affinity Club, these include Tai Chi, Yoga and Laughter yoga.

To register phone 9386 6170 or email pjamieson@nedlands.wa.gov.au by 13/11/12 for catering.

This event is supported by COTA WA, the Department for Communities and Lottery West

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slimefest
1-14 October



THE AQUARIUM OF WESTERN AUSTRALIA



Monday 12 November



Bendigo Bank Seniors Week Festival 2012 BookFest

This is the first of three events of Shire of Mundaring's Seniors Week Festival BookFest. At this morning tea style event you will have the opportunity to try your hand at various book related crafts including digital scrapbooking! A delicious morning tea will be provided. Places are limited so book early.

Location: Mundaring Sharing, 3 Craigie Place, Mundaring

Time: 9.30am to 12.30pm

Cost: Free

RSVP: Thursday, 1 November

For enquiries contact Kaye Bannerman on 9290 6682 or email hubcoordinator@mundaring.wa.gov.au.

Energy Cost Saving

Practical and useful energy cost saving strategies will be presented by an easy to understand speaker. Listen to the real life examples you can use in your own home. The event includes a buffet lunch, comedy and a magic show.

Location: Tapps Community Care

81 Forrest Street, Cottesloe

Time: 10.45am to 2.30pm

Cost: Free or gold coin donation

RSVP: Friday, 2 November

For enquiries contact Janet Greene on 9383 2663 or 0400 225 071, email daycentre@tapss.com.au.

Visit www.tapss.com.au.

Older Women's Network Expo and Information Day

Celebrate the launch of a new wellness group by the Older Women's Network. Come and view the display and interactive exhibits and watch two short performances.

Location: Citiplace Community Centre

Time: 10am to 2pm

Cost: Free

For enquiries contact Ruth Kershaw on 9493 2734, email kershawruth@hotmail.com.

Dance-a-thon

Entertainment from the Broadway II Band, including dancing and a light healthy lunch. Tickets limited.

Location: Bassendean Community Hall,

48 Old Perth Road, Bassendean

Time: 10am to 4pm

Cost: Ticketed - Free

RSVP: Friday, 2 November

For enquiries contact Tim Clark on 9377 8051 or 0488 902 804, email tclark@bassendean.wa.gov.au.

Visit www.bassendean.wa.gov.au.

Bassendean Seniors Heart Foundation Walk

An hour long walk along the banks of the beautiful Swan River followed by a light healthy morning tea.

Location: Sandy Beach Reserve, located at the end of West Road, Bassendean

Time: 9am to 10.30am

Cost: Free

RSVP: Friday, 2 November

For enquiries contact Tim Clark on 9377 8051 or 0488 902 804, email tclark@bassendean.wa.gov.au.

Visit www.bassendean.wa.gov.au.

The Peel (Mandurah) Branch of Association of Self Funded Retirees meets at Halls Head Bowling & Recreation Centre at Sticks Boulevard Erskine (Mandurah) on the fourth Monday of each month
Next meeting: 22 October
with guest speaker Centrelink
Morning tea \$2
Visitors and guests are welcome
For further details phone Faye 9535 2681 or 0407 986 937

MALA continues courses

MALA – the Mature Adults Learning Association Inc. continues to stimulate with courses running in the last five weeks of the second semester.

These courses, presenting various topics which include 'Crime Fiction: Who Dun- nit? Why Read it?' 'Five Australian Short Story Writers', 'Introduction to Philosophy & Ethics' and the 'History of Classical Ballet' began on 28 September and will continue until 26 October.

There also is a continu-

ation of the 10 week topics 'Australian Capital Cities; a multi-disciplinary analysis' and 'Highlights of a Biological World'.

Shorter five week presentations include diverse lectures in 'Education for Social Justice & Sustainability', 'The Piano: Voice of the Romantics' and 'More History Through the Lens of Political Cartoonists'.

There may be some vacancies if you are interested in joining part way through. But it is suggested that you provide your details for in-

clusion on MALA's database to ensure you receive information about the new courses in time for the next exciting adventure in adult learning.

The courses involve no exams, no homework, and non-vocational presentations.

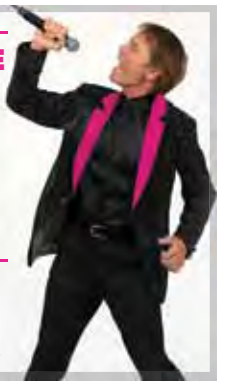
You can call Sue 9444 4902 or check the website www.perthmala.org.au for full information about this voluntary, non-profit group which is celebrating its 32nd year of offering quality topics.

Your contact is welcome.

Owned by Western Australians
Have a Go News celebrates
21 years in 2012

WIN TICKETS TO SEE
CLIFF RICHARD
IN CONCERT!

SEE THE
ARTS & ENTERTAINMENT
SECTION OF THIS PAPER.



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Optical



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With your free WA Seniors Card you can enjoy up to \$1450 worth of State Government concessions and rebates a year plus fantastic discounts on a wide range of everyday products and services.

If you're aged 60 or over and working 25 hours a week or less, apply for a WA Seniors Card now.

You can pick up an application form from your local post office, telephone 6551 8800 or logon to seniorscard.wa.gov.au

Members, look out for your Discount Directory





Welcome to your guide to Seniors Recreation Council's Have a Go Day in BURSWOOD PARK - Wednesday 14 November 2012



Seniors Recreation Council Have a Go Day 2012 PROGRAMME HIGHLIGHTS

Theme for 2012 - 50th Anniversary of MGBs

8.30am	Day commences
9am	Music based activities commence
9.25am	Official opening - Olympic Statues, site 66 by His Excellency Mr Malcolm McCusker, AC, CVO, QC Governor of WA and Mrs McCusker. Accompanied by Police Pipe Band Welcome to Country, Vivian & Mort Hansen
10am	Silver Threads Band - Concert - Sound Shell site 22
10.40am	WA Bush Poets & Yarn Spinners - Sound Shell
10.50am	Progressive Axemen wood chopping demonstration, site 140
11am	Jim Drysdale - Sing-a-long - Sound Shell
11.30am	Prime Movers, exercise to music - Sound Shell
12noon	The Entertainers - Sound Shell
12noon	Progressive Axemen wood chopping demonstration, site 140
12.30pm	WA Bush Poets & Yarn Spinners - Sound Shell
12.50pm	Jim Drysdale - Sing-a-long - Sound Shell
1.10pm	The Entertainers - Sound Shell
1.20pm	Progressive Axemen wood chopping demonstration Site 140
1.30pm	Prime Movers, exercise to music - Sound Shell
1.50pm	MAJOR PRIZE DRAW - Site 66
2pm	Police Pipe Band - Concert - Sound Shell
2.20pm	Progressive Axemen wood chopping demonstration Site 140

SRC Have a Go Day 2012 FOOD VENDORS



SITE	VENDOR
39	Bus Preservation Society - Cold Drinks
80	Crown Perth - Food Tasting
57	Chopin Patisserie
60	Fresh Finesse - Food Tasting
16	Gordon's Food Caravan
2	Healthy & Tasty Gozleme
100	Healthy & Tasty Kebabs
155	Hospitality Tent Have a Go News/882AM 6PR
111	Hospitality Tent Have a Go News/Channel 7
21	Hospitality Tent Have a Go News/Phoenix Insurance
74	Kernel Corn
109	Lions Club of Canning City - Sausage Sizzle
75	Murphy's Spuds
58	Perth Coffee Express
158	Seafood Van
96	Soft Serve White Cruiser
137	Soft Serve White Cruiser
28	The Shamrock - Irish Food
20	The Spud Wagon
141	You Try My Thai

SRC Have a Go Day MUSIC BASED ACTIVITIES

71	Chiball - Peel 11.10am, 1.10pm
12	Cockburn Seniors Line Dancing 10.20am, 11.20am, 12.20pm, 1.30pm
9	Fab Shad Dancers 10am, 11am, 12noon, 1pm
50	Friends In Yoga 9am, 10.20am, 11.10am, 12noon, 12.50pm, 2pm
67	Geocaching SRC 10.30am, 11.30am, 12.30pm, 1.30pm
82	Hora Shalom Dances of Israel 10am, 11am
22	Jim Drysdale - Sing-a-Long 11am, 12.50pm
153	Konga Gosnells Womens 9am, 10.20am, 11.30am, 12.50pm, 2pm
122	Oum Habibi Dance Group 9am, 10.30am, 11.30am, 12.30pm, 1.30pm, 2.20pm
81	Over 50's Ballroom Dancing Inc 9am, 10.30am, 11.30am, 12.30pm, 1.30pm, 2.20pm
59	Perth Male Voice Choir 9am, 10am, 10.40am, 11.40am, 12.30pm, 1.20pm
71	Polewalking SRC 10am, 11.30am, 12pm, 12.50pm, 2pm
33	Prime Movers Inc 11.30am, 1.30pm
140	Progressive Axemen's Association of WA Inc 10.50am, 12noon, 1.20pm, 2.20pm
87	Rose & Wattle - English Country Dance 9am, 10.40am, 11.40am, 12.40pm, 1.30pm
106	Seniors Line Dancing 10am, 11am, 12noon, 1pm, 2pm
22	Silver Threads 10am for 30 minute concert
82	Sing and Swing, 12noon, 1pm, 2pm
123	Square Dancing Society of WA 10am, 10.50am, 12noon, 12.50pm, 2pm
56	Taoist Tai Chi Society of Australia 9am, 10.20am, 11.10am, 12noon, 12.50pm, 2pm
31	The Entertainers 12noon, 1.10pm
32	WA Bush Poets & Yarn Spinners Assn 9am, 10.40am, 12.30pm
63	WA Feldenkrais Guild 9am, 10am, 10.50am, 11.40am, 12.30pm, 1.20pm, 2.10pm
22	WA Police Pipe Band 2pm for 30 minute concert
10	Zumba Gold Fitness 9am, 10.40am, 11.40am, 12.40pm, 2pm

Welcome to Have a Go Day from Crown Perth

ON BEHALF of Crown Perth I am delighted to welcome you to the Seniors Recreation Council's Have a Go Day for 2012.

Crown Perth has arrived! Burswood Entertainment Complex is now Crown Perth, and next time you visit, as you walk through the resort, you'll notice some changes with the addition of some new venues, as well as some familiar favourites.

Crown Perth is honoured to have an on-going, special relationship with West Australian seniors, particularly through our major sponsorship of Have a Go Day; a day that has significantly grown in popularity and is renowned as a true highlight of the 'Seniors Week Festival'.

Crown Perth is proud to be involved with other key Seniors Week Festival initiatives including our partnership with the Department for Communities and continued support of the Crown Perth Senior of Year Award. This award recognises seniors who have made an outstanding contribution to the community, and we were extremely happy to see Margaret Lay honoured in 2011 for her commitment and tireless passion.

I invite you all to visit our Crown Perth marquee this year, as always it will be buzzing all day with activities, food demonstrations and tastings, chances to win great prize vouchers plus our fabulous promotional hosts and Crown Bus team will be on hand to tell you about all the exciting events we have coming up at the resort.

Crown Club has recently launched, and being a member means you are rewarded for having fun at Crown Perth. It's absolutely free to join, and you can earn points whenever you dine, stay or play. The friendly Crown Club team can give you all the information you need.

You can catch the free shuttle bus to Burswood Park from the resort and Burswood Train Station, then following your day in the park you can stroll back to the resort and have a drink or meal in one of our award winning restaurants.

When looking for the perfect ven-

ue to dine at, there is a range of options to suit every mood. Experience a range of cuisine - from hearty Italian food cooked with love at Modo Mio, to the superb Atrium Buffet which offers a wide choice of Western and European dishes. Carvers on the Casino floor is Perth's best-value buffet, with an all-you-can-eat famous carvery station with succulent, slow-roasted meats, tasty gravy and vegetables. Or savour tasting plates, juicy char-grilled steaks and succulent seafood, along with a delicious sides and dessert selection at Market & Co.

Again, on behalf of Crown Perth, I would like to wish everyone a wonderful day and encourage you all to 'have a go' and enjoy the fantastic line-up of entertainment and activities.

We welcome you to Crown Perth - A World of Entertainment.



Kindest personal regards,

Barry Felstead

Barry Felstead
Chief Executive Officer
Crown Perth



Have a Go Day PRIZE ENTRY FORM

WIN WIN WIN: To be in the draw, to win one of these great prizes, simply fill in this form and place in the entry barrel located at Have a Go Day on Wednesday 14 November from 9am to 1.30pm at Burswood Park.

Major Prize Draw

- 1st Prize donated by Crown Perth
- \$1500 Crown Perth Experience
- Over-night accommodation for 4 people in Luxe King Rooms (4 people to share 2 rooms) at Crown Metropolis with breakfast for each person at Atrium
- Valet parking for 2 vehicles
- Dinner at Bistro Guillaume to the value of \$400
- \$200 Crown Cash

Second Prize Draw

- A \$500 Coles/Myer voucher donated by Have a Go News and Kings Tours and Travel

NAME:

CONTACT NUMBER:

ADDRESS:


Paul Murray

Meet personalities
and listen to
Radio 882 6PR
announcers
broadcast from
Have a Go Day 2012


Tony McManus



Meet Channel 7 Perth personalities - from left to right; Ric Ardon, Susannah Carr, Monika Kos and Basil Zempilas

TRANSPORT to Have a Go Day



For further information on how to plan your way to Have a Go Day 2012, ring Transperth on 13 62 13 or visit www.transperth.wa.gov.au.

During Bendigo Bank Seniors Week 2012 (11 to 18 November) all public transport is free for seniors.



Seniors Week Festival
11-18 November 2012



Welcome to the 2012 Have a Go Day

BURSWOOD Park Board is pleased and proud to welcome the annual Have a Go Day to our beautiful gardens on the banks of the Swan River.

Each year the event grows in reputation, size and liveliness as a day where seniors get out and about and celebrate life and living in the great outdoors.

We congratulate Seniors Recreation Council of WA, the organisers of Have a Go Day on their 19 years of celebration and encouragement to seniors to live life to the full. And there's nowhere better than Burswood Park to enjoy everything that living in Perth has to offer.

We hope Have a Go Day will remind some people of the year-round recreational and leisure options available in the park - and introduce others to the variety of activities and experiences that Burswood Park offers.

Our award winning Tour Hosts conduct free guided walk tours of the park, leaving from the Visitors' Centre on Resort Drive. The tours highlight WA's history with stunning life-size bronze sculptures of our pioneers and the unique flora and fauna along the way. Bookings are essential, please phone 9361 4475.

If you play serious golf or you're just a weekend golfer, a visit to our magnificent 18-hole public golf course is a must. Winding among seven lakes by the Swan River and with the Perth city skyline as a backdrop, the Burswood Park Public Golf Course is immaculately manicured with some challenging holes.

We also have a fun-filled calendar of summer events from our annual Carols in the Park to outdoor movies with Movies by Burswood.

Visit our website www.burswoodpark.wa.gov.au for latest news and the complete seasonal program.

In the meantime, we look forward to welcoming you to the 19th annual Have a Go Day and invite you to experience the beauty of Burswood Park - the people's park - located right on the doorstep of our wonderful city.

Brian Wishart
General Manager
Burswood Park Board





Seniors Recreation Council Have a Go Day 2012 PARTICIPANTS and SITE NUMBERS

10th Light Horse Bunbury Troop	99	Geocaching - SRC	67	Niagara Therapy	7	SRC Perth	68
882AM 6PR	156	Glaucoma Australia	103	North Coast Marine Modelers Inc	148	SRC Rest Marquee	126
Aboriginal Health Council of WA	144	Gliding Club of WA	49	Nyoongar Sports Association	144	SRC Rockingham	68
Act-Belong-Commit - Curtin Uni	154	Golf WA	147	Official Opening	66	Stampin Up	157
Advocate	11	Gordon's Food Van	16	Older Peoples Rights Service	11	State Theatre Centre	116
AIM Over 50 Archery Group Inc	38	Gosnells Women's Health Service	153	Osborne Park Probus Club	108	Stockland	77
Alzheimers Aust WA	83	Gravity Discover Centre	154	Oum Habibi Seniors Belly Dancers	122	Subiaco Arts Centre	116
Ambulatory Care - NMPH	144	Hainsworth Lifeball Group	25	Over 50's Ballroom Dancing Inc	81	Taoist Tai Chi Society of Australia	56
APIA	133	Have a Go News	111	Over 55 Cycling Club	55	Tech Savvy Seniors	69
Arthritis & Osteoporosis WA	40	Health Consumers Council	114	Over 55 Walking Association Inc	64	Technology Assisting Disability WA	79
Athol Wightman	111	Healthy & Tasty Gozleme	2	PA Van	126	Tennis Seniors WA	3
Austin Owners Club WA	1	Healthy & Tasty Kebab Van	100	Park Home Owners Assn. WA Inc	104	Tennis West	142
Australia - Britain Society	108	Hearing Life	8	Parkinson's Centre (ParkC) ECU	3	The Bell Tower	78
Australian Hearing	44	Heart Foundation	6	Peel Collectors Club	108	The Entertainers	31
Australian Model Ship Society	148	Heritage Perth	78	People Who Care	27	The Salvation Army	119
Belswan Lifestyle Estate	86	His Majesty's Theatre	116	Peripheral Neuropathy Support Group Inc	157	The Shamrock	28
Bendigo Bank	72	Historic Commercial Vehicle Club of WA	1	Perth Coffee Express	58	The Society for Creative Anachronism	29
Beyond Blue	72	Hora Shalom Dances of Israel	82	Perth Concert Hall	116	The Spud Wagon	20
Bonsai Society of WA	129	Hospitality Tent		Perth Male Voice Choir	59	Tin Collectors Club	108
Bowls WA	118	Have a Go News/ 882AM 6PR	155	Perth PC Users Group	132	Toilets	97
Breastscreen	144	Have a Go News/ Channel 7	111	Petanque WA Inc	65	Toilets	138
British Pensions in Australia	135	Hospitality Tent		Philatelic Society of Western Australia	157	Torchbearers For Legacy WA	54
Burswood Park Board	17	Hospitality Tent		Photographic Competition		Tourism Malaysia	110
Bus Preservation Society of WA Inc	39	Have a Go News/ Phoenix Insurance	21	/WA Camera Club	89	Tracmack	14
Camera Electronics	88	Independent Living Centre	93	Playgroup WA	134	Transperth	73
Cancer Council of WA		Independent Living Centre		PMH Foundation	107	Traveljoy	76
- Sunsmart Van	47	- Respite & Carelink Centre	94	Polewalking - SRC	71	Trinity School for Seniors	61
Canoeing DSR	24	Information Booth DSR	120	Prime Movers Inc	33	Uniting Church Homes	92
Caravan Industry Association WA Inc	98	Injury Control Council of WA	84	Probus Association of WA	154	University of the Third Age	41
Carealot	51	Jim Drysdale	22	Progressive Axemen's Association of WA		UWA Sport & Recreation Association	152
Casey Tours	95	Joondalup Men's Shed	14	Association of WA Inc	140	Villa Holiday your Way	105
Chi Ball - SRC Peel Branch	71	Kernal Corn	74	Recfishwest	149	Vintage Caravans.com	1
Chopin Patisserie	57	Kings Tours & Travel	112	Red Cross	90	Vintage Wireless	
City of Subiaco	13	Land Yachting Clubs of WA	25	Retirees WA Inc	117	& Gramophone Club of WA	3
Climbing Wall (Armadale PCYC)	150	Lend Lease Retirement Living	131	Rock 'N' Roll Record Collectors		VIP Hospitality Tent	70
Cockburn Seniors Centre Line Dancing	12	Lions Cancer Institute	102	Club of WA	25	Volunteer Task Force	113
Collier Park Seniors Golf Club	36	Lions Christmas Cakes	102	Rose and Wattle	87	WA Assn. of Polish Women Inc	52
Come Out Camping Older Adults	42	Lions Club International 201W1	102	Rotary International	34	WA Bush Poets & Yarnspinners Assn.	32
Conservation Volunteers	26	Lions Club of Canning City Sausage Sizzle	109	Scarborough Toyota	15	WA Camera Club	89
Contenance Advisory Service of WA	43	Lions Hearing Foundation	101	School Volunteer Program	154	WA Cervical Cancer Prevention	144
Cool Room - Auswest Coolroom Hire	127	Lions Mints	102	Seafood Van	158	WA Feldenkrais Guild	63
COTA WA	91	Lions Save Sight Foundation	102	Seniors Card Centre	72	WA Historical Cycle Club Inc	4
Country Womens Association of WA	25	Masters Swimming Western Australia	108	Seniors Line Dance	106	WA Lapidary & Rockhunting Club Inc	62
Crown Perth	80	Maylands Autumn Club Inc	25	Seniors Recreation Council of WA Inc.	68	WA Police Pipe Band	22
Curtin FM 100.1	37	McCusker Foundation	102	Shuttle Bus Stop	139	Warwick Lifeball Group	25
Department for Communities	72	Men of the Trees	35	Silver Threads Band	22	Water Corporation GWRT	136
Derbarl Yerrigan Health Service	144	Meniere's Australia (WA)	128	Sing and Swing	82	Wavecrest Village	18
Diabetes WA	157	Mens Health Checks - NMPH	145	Skin Check WA	85	West Australian Card Collectors Society Inc	54
Dryandra Woodland Village - Lions	102	MG Car Club of WA Inc	146	Sleep Disorders Australia	3	West Australian Participant Pool	3
DSR Indigenous Sports	144	MGB's Car Club of WA Inc	121	Solaricare Foundation	130	West Coast Metal Detector Club	124
Esperanto League of WA Inc.	154	Midland Men's Shed Inc	14	Sorrento Croquet Club	19	WAGS (Western Australian Genealogical Society)	157
Exergaming		Mineralogical Society of Western Australia	62	Sound for Life	46	Wisdom Activities	143
- Nintendo Wii/Xbox Kinect	69	Murphy's Spuds	75	Sound Shell	22	Woodturners Association of Western Australia	125
Fab Shad Dancers	9	Museum of Performing Arts	116	Southsiders Prostate Cancer Support Group	25	Yorgum Aboriginal Corporation	144
First Aid - Royal Life Saving Society	23	National Seniors Australia	115	Square Dance Society of WA	123	You Try My Thai	141
First Aid - Royal Life Saving Society	48	National Stroke Foundation	53	SRC Bunbury	68	Zumba Gold	10
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Cockburn Seniors Line Dancing	12
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Golf WA	147
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EVENTS GUIDE

Have a Go News' Bendigo Bank Seniors Week Festival 2012



Tuesday 13 November

Morawa Bendigo Bank Seniors Week Festival Celebration 2012

Financial planners remind us to think about our financial portfolio. Are our investments balanced? Have we minimised risk if our situation should change? Have we invested well for long-term future returns? In an entertaining and engaging presentation Dr Ann Zubrick will cover other key 'portfolios' to invest in, monitor and review as we age, health and wellbeing, friendships, meaningful activity including technology, housing, location and community. In the afternoon participate in some different activities to experience ways to promote active ageing, including, for example: Trying new physical activities, ways to sharpen your memory, the value of singing in a group, exploring new uses for technology as we age. Morning tea and lunch will also be served." **Location:** Morawa Town Hall, Prater St, Morawa **Time:** 10am to 2pm **Cost:** \$2 entry also includes a ticket in the raffle which

will be drawn after lunch! **RSVP:** Tuesday 6 November 2012

For enquiries contact Sally Savage on 9971 1651 or 0408 946 727, email cydo@morawa.wa.gov.au.

Visit www.morawa.wa.gov.au

Woodlupine Seniors Fayre/Expo

There will be something for everyone at the Woodlupine Seniors Fair and Expo. Bring the family and enjoy arts, crafts, second-hand stalls and demonstrations. Performers include school choirs and professional entertainer Kristy Mollica. If you suspect you have a valuable antique piece, a prior booking will secure you a valuation by Hayes Antiques. And for the car lovers, vintage cars and fire engines will be on the grounds for all to see. This is a free event open to everyone young and old.

Location: Woodlupine Community Centre, 88 Hale Road, Forrestfield **Time:** 10am to 3pm **Cost:** Free

RSVP: Saturday, 10 November for Antique Valuations but otherwise no rsvp needed.

For enquires contact Nita Sadler on 9454 6569 or 0421 470 630, email davn11@bigpond.com.

Bendigo Bank Seniors Week Festival 2012 BookFest

This is the second event of Shire of Mundaring's Seniors Week Festival BookFest. Join us to celebrate Seniors Week Festival at the Hub Book Cafe. This is your opportunity to select a free preloved book and enjoy a presentation by local author Karen Treanor of Quenda Books. A delicious morning tea will be served and there is the opportunity to win a free e-reader! **Location:** The Hub of the Hills, 8 Craig St Mundaring **Time:** 9am to 12pm **Cost:** Free **RSVP:** Thursday, 1 November

For enquiries contact Kaye Bannerman on 9290 6682 or email hubcoordinator@mundaring.wa.gov.au.

Come and Try Kayaking at Champion Lakes

'Have a go' at kayaking. Boat, paddle and life jacket provided. Qualified instructor will show you some basic

techniques that will give you the confidence to handle a kayak on flatwater. Stay after the fun on the water and have a cup of tea. Meet some of our seniors club members, find out about what opportunities are available with Champion Lakes Boating Club for seniors.

Location: Champion Lakes Regatta Centre, Henley Drive (Off Lake Road, Opposite Camillo Drive), Champion Lakes. **Time:** 9am to 11am **Cost:** Free

RSVP: Friday, 9 November

For enquiries contact Robyn Brown 9525 2117 or 0401 311 817, email robyn.L.brown@bigpond.com

Visit www.champion-lakes.canoe.org.au

Penguin Island Tour

A four hour excursion to Penguin Island to see fairy penguins in their natural habitat and learn about the lifestyle of these adorable creatures. A guided tour, presentation on the fairy penguin and light barbeque lunch will be provided. The event is for seniors who come from a non-English speaking background and are socially isolated. Numbers are restricted to 60 people. A bus will provide transport from Cannington

to Penguin Island and return. **Location:** Penguin Island, 153 Arcadia Drive, Shoalwater Bay

Location for departure and arrival of bus, 13-15 Leila Street, Cannington

Time: 9.30am to 2.30pm **Cost:** \$5

RSVP: Tuesday, 6 November

For enquiries contact Margaret Armitage on 9350 6443 or 0431 741 127, email givlife@gmail.com

Visit www.hopecity-church.ws/givlife

Seniors Active & Healthy Expo

A Seniors Expo where you can: Try out 'Seniors-specific' exercises at a Living Longer Living Stronger class, speak with our qualified trainer and regular class participants, or join in a social game of badminton. Access information from a range of allied health professionals, eg physio, chiropractic, etc. Explore the mentally stimulating leisure pursuits of life story writing and digital photography. Enjoy a delicious healthy morning tea. Experience a warm and welcoming, inclusive environment. Meet other seniors in a friendly informal setting. Bring a friend along to this free community event for seniors.

Location: Lakeside Rec-

reation Centre, corner Bibra Drive and Farrington Road, North Lake.

Time: 9am to 12pm

For enquiries contact Robyn Jamieson on 9310 7111 or 0438 419 949, email robyn@lakeside.asn.au.

Visit www.lakeside.asn.au

Bassendean Senior Citizens WAAPA Concert



Performance from the top WAAPA students followed by afternoon tea.

Location: Bassendean Community Hall, 48 Old Perth Road, Bassendean **Time:** 1.30pm to 4pm

Cost: Ticketed - Free **RSVP:** Friday, 2 November

For enquiries contact Tim Clark on 9377 8051 or 0488 902 804, email tclark@bassendean.wa.gov.au.

Visit www.bassendean.wa.gov.au

Positive Ageing Expo

Free entertainment and information day for seniors. The day will showcase local artists, a fashion parade and information displays by a variety of local groups, health services, senior or-

ganisations and businesses. Refreshments available.

Location: Greendale Centre, Coombe Ave, Armadale

Time: 10am to 2pm

For enquiries contact Wendy Hill on 9399 0652 or email whill@armadale.wa.gov.au.

Visit www.armadale.wa.gov.au

Connecting Seniors Expo

The Connecting Seniors Expo is an opportunity to thank seniors for their contribution to the Shire of Augusta-Margaret River. The event includes demonstrations by local groups, information stalls on clubs, groups and services within the Shire. Come along and enjoy live entertainment and a morning tea.

Location: Australis Margaret River, Wallecliffe Road, Margaret River.

Time: 10am to 12pm **Cost:** Free

RSVP: Monday, 12 November

For enquiries contact Erin Statz on 9780 5239, email estatz@amrshire.wa.gov.au

Visit www.amrshire.wa.gov.au/community/active-ageing/

READ US ONLINE

haveagonews.com.au

Our journey to Bethanie!



"We had been considering selling the big family home, it all required too much maintenance, and we wanted to downsize.

A family situation a few years ago escalated the need to move. We heard that Lifestyle Villages were fun, active places to live, while also giving the security of a safe community; so we started looking at a number of villages.

We visited eight villages from a variety of providers, but the Bethanie Villages really stood out. We were impressed by the fact that Bethanie had not only retirement villages, but also community care services as well as aged care facilities, so we felt Bethanie were a good choice for our later years.

We met with the local sales agent, Sue and quickly felt comfortable. We didn't want to have any pressure to buy, or a hard sales pitch. Sue was fantastic. She explained all the details in simple language, including outlining for us the terms and conditions of the DMF, or deferred management fee. It really wasn't as complicated as we thought it would be!

We signed up and moved into our beautiful new villa which we absolutely love. The village has an amazing community spirit, we have made so many new friends, and the Bethanie Management is always there to help us out with anything we need.

We also enjoy the peace of mind, knowing we have a 24 hour emergency duress system and access to transport should we need it, and being able to bring our dog and bird with us meant our villa felt like home straight away!

Living at Bethanie is fantastic! We've now been here nearly 6 years and still have no regrets - just wish we'd made the move earlier!"

Colin & Chris Edwards

To join Chris & Colin at Bethanie or to find out about any Bethanie service options available, call us today on: **1300 883 893** or visit: www.bethanie.com.au



Bethanie

Has Bedding Superstore owner finally lost his mind?

It's Outrageous - Crazy Bedding Superstore Owner Has Gone SO Crazy With Discounts His Wife Is Threatening To Put Him In A Straight Jacket!



SAVE UP to 60%

Crazy Discount Prices This Month Only!

"You're crazy!" my wife screamed across the crowded store...

...when she saw the deals I was putting together for our next bedding sale. "Sweetheart, can we talk about this in private? - we have customers?", I said with embarrassment. "I don't care".

You're out of your tiny-British-mind!! People are going to take us to the cleaners", she yelled. "We'll lose everything."

After reassuring our customers that everything was going to be okay, I managed to drag my wife to the back room to explain. "It's just for one month, my love. And it's only a test. If it doesn't work, we won't do it again", I told her.

Still upset, she called me a lunatic, bonkers, crackpot, nutty, psycho Englishman (plus a few other words too colourful to repeat here).

Thinking I could convince her with logic, I went through each deal one by one. I started with our orthopaedic range. "Honey, we have quite a bit of stock on this line, and we did buy well...so why don't we pass these savings onto our customers and give them xx% off? And because they're saving so much on a mattress, they might buy other things too like pillows, sheets and even other bedroom furniture."

Seeing she still wasn't convinced I told her about our Latex Pillow Top Range. "Darling I know we hardly make anything on these mattresses but customers love them. Please, for just one month, can't we let them go at 67% off?"

"And sweetheart, you know how good our memory foam mattresses are - a must-have for people with bad backs. If we discount them by 55% just for this month, I think a lot more people will be able to afford them."

I think I had worn her down. With a frustrated sigh she stormed out saying, "Just this month. But if it doesn't work, I'm putting you in a straight jacket."

I love my wife. And I know she loves me. She just worries sometimes about the crazy ideas I come up with. And the crazy deals I give customers. She's a gem - truly. She has to be to put with me. So, if you've been thinking about getting a new mattress or bedroom furniture, come down this month and save up to 69%. I'd really appreciate it because if this one month sale is not successful there's no way my wife will let me do it again. So come this October, save up to 69%... and save me from having to wear a straight jacket!

SAVE UP to 50% OFF Single & Queen Mattresses

	Normally	Save	Now
Queen	\$399	\$200	\$199
Single	\$199	\$70	\$129

These orthopaedic beds are especially designed to give you a level of flexibility and help ensure your spine is held in a natural, neutral and comfortable position enabling for restful sleep and a feeling of well being the following morning.



Remember, The Sleep Council states that "A good quality mattress is as important as diet and exercise" when it comes to feeling good." So ensuring you buy a new bed which supports your back is a critical decision. **Five year guarantee.**

SAVE UP to 66% on Bedroom Suites Aspen 4 piece suite

Was \$3796 Save \$2497 Now \$1299

Grab a great saving and set your bedroom up in style with this Queen four piece Bedroom Suite which includes; 2 x 3 drawer bedside tables and a 5 drawer tallboy.



But hurry as there are only 6 left!

SAVE UP to 67% on Queen Latex Pillow Top Mattresses

	Normally	Save	Now
Latex Pillowtop Mattress	\$1499	\$1005	\$499

Over the last 20 years, everyone has been raving about latex mattresses because of their extreme levels of comfort: relieving your body's pressure points and improving circulation. When you lie on a good latex bed like this one, you will feel as if you have died and gone to heaven because it gives total support and hugs your body.



ADJUSTABLE BED

	Save	Now
King	\$2500	\$5999
Queen	\$2398	\$4999
Long Single	\$1000	\$2949
King Single	\$1200	\$2999



Australian made latex core mattress with aqua cool gel for amazing comfort all year round. Cool in summer. 10 year guarantee. German made electric motors five year guarantee.

Why use an adjustable bed?

Adjustable beds have many great health and wellbeing benefits which include being able to transform an adjustable bed system. Adjustable beds help to relieve and assist the following ailments and injuries: back pain, circulation, snoring, breathing, asthma, tension, acid reflux, sleep, fibromyalgia, insomnia.

These ailments and injuries are not just confined to the elderly but many young and middle aged adults who also require adjustable bedding to assist them with their health issues.

Come in store to try one out.

50% OFF Single, Double, Queen and King Single Bed frames

	Normally	Save	Now
King Single	\$449	\$225	\$224
Queen	\$499	\$250	\$249
Double	\$479	\$240	\$239
Single	\$439	\$320	\$219

These sturdy bed frames are some of the strongest steel frames on the market. Easy to assemble, they fit together in minutes. What's more, they'll set a harmonious atmosphere in your bedroom.



Desperate Business owner pleads...

Buy my Beds... Save May Marriage!!

My wife just gave me an ultimatum. She said, "Make this one-month sale a success or I'm putting you in a straight jacket." She also said, "Try this sort of prank again and our marriage may be on the line."

So please help me out. I promise to give you an incredible deal - save up to 69% on mattresses, beds and bedroom furniture. This October only.

No sale is worth risking my marriage... Or having to wear a straight jacket... So these crazy prices are for this month only. Come during October and save up to 69% on mattresses, beds and bedroom furniture.

Greg Case

30 NIGHT COMFORT GUARANTEE: You'll love your bed or we'll exchange it for FREE

That's quite a bold promise, but it's true. Listen, we know how difficult it can be to choose the right bed for you. And there's nothing worse than purchasing a bed and lying on it for a couple of nights, only to find out that you don't feel comfortable. And that's why we take so much time with you in the store to make sure you get the right bed for you. And if we fail to deliver on our promise, just bring it back to us within 30 days, and we'll exchange it for free.

I believe in business we should treat others how we would like to be treated. And that's why I'm being so generous with this guarantee. It's also why I am making the following guarantee for this month only: If you can find any other comparable bed at a better price than the specials we have on offer, just bring in their flyer and we'll beat it by 10%. However you'll need to hurry because with crazy prices like these, this stock won't last for long.

Many more in store and UP to 69% OFF in October

This is just a sample of the products offered at our 'One-Month -Crazy-Price- Sale'. There are many more to choose from. Come this month and save up to 69%.

Sale ends Wednesday 31 October 4pm

BEDDING SUPERSTORE

The Bedroom Specialists

16 Forrest Road, ARMADALE PH 9497 1111
86 Erindale Road, BALCATT A PH 9344 2244

Crazy Bedding Superstore owner is determined to make this sale a success so he can save his marriage and avoid having to wear a straight jacket. Come this October and save up to 69% on mattresses, beds and bedroom furniture.

OPENING HOURS: Monday to Friday: 9am to 5pm - Thursday and Saturday 9am to 5pm - Sunday 11am to 5pm



EVENTS GUIDE

Have a Go NEWS



Wednesday 14 November

Stay Well In Time

Information forum on topics specific to ageing, with light morning tea provided. Recognising and maintaining good mental health, with the Community Mental Health Team, includes information on depression, alzheimer's and dementia. Ways to maintain/improve mobility, which will include tai chi and gentle joints demonstration and activities. Information on services that travel to Waroona - hearing, podiatry as

well as information relevant to seniors on the topics of banking, wills and estate planning, retirement villages and body and skin care. Location: Waroona Community Resource Centre, 10 Henning Street, Waroona Time: 10am to 1pm Cost: Free

For enquiries contact Administration Assistant, Waroona CRC, Jo Fraser on 9733 3011, email wccadm-nassist@westnet.com.au. Visit www.waroona.

crc.net.au.

Information booth for park home owners and prospective park residents at Have a Go Day

The Seniors Recreation Council Be Active Have A Go Day will feature many interesting and interactive activities for seniors. One of these will be a booth from the Park Home Owners Association of WA. This association represents all caravan park and lifestyle long-term residents in WA. Written information from the association and government departments will be available. There will also be an opportunity for potential park residents to talk with current park residents on their experience living in a park.

Location: Burswood Park, Burswood Time: 8am to 3pm Cost: Free

For enquiries contact Julia Lynch on 9350 6872 or 0401 284 555, email julia-lynch@westnet.com.au.

Visit www.parkhome-owners.com.au.

Forever Young Concert

An interactive sing-along event for seniors, encouraging audience participation. The Waratah Community Singers will lead the singing. The Hora Shalom Danc-

ers will demonstrate circle dancing and invite audience participation. Afternoon tea will be served at the conclusion of the concert.

Location: Dalkeith Baptist Church Hall, 123 Waratah Avenue, Dalkeith Time: 2pm to 3.30pm Cost: \$2

RSVP: Tuesday, 6 November For enquiries contact Catherine Plowman on 9389 7730, email cathplowman@hotmail.com.

Whale Watching Adventure

The Dowerin Companion Club is excited to invite seniors living in Dowerin to an event like no other, a whale watching experience starting from Hilary's Boat Harbour. The Dowerin Companion Club is providing a bus to transport Dowerin seniors to and from Hillary's boat harbour and then take them on a two-hour journey on a whale watching passenger vessel, followed by a visit to the aquarium.

Location: Hillarys Boat Harbour, Southside Drive, Hillarys Cost: Approx \$40

RSVP: Friday, 2 November For enquiries contact Misty Richards on 9631 1202 or email cso@dowerin.wa.gov.au.



Bendigo Bank Seniors Week Festival Week Morning Tea

A free morning tea to thank and acknowledge the senior residents of the Towns of Mosman Park and Cottesloe and the Shire of Peppermint Grove. Entertainment provided. RSVP essential.

Location: Mosman Park Bowling Club

Time: 10am to 12pm Cost: Free

RSVP: Wednesday, 7 November For enquiries contact Danielle at Mosman Park Bowl-

ing Club on 9384 7951, email info@mosman-parkbowlingclub.com.au.

Visit www.mosmanpark.wa.gov.au.

Free Introductory Bridge Lesson and Afternoon Tea

The Dome Hall, The Old Peninsula Hotel on the corner of Railway Parade and Eight Avenue, Maylands, opposite Railway Station. The Bayswater Bridge Club invites seniors to enjoy a free lesson on the basics of Bridge taught by a supportive teacher, followed by a free afternoon tea where seniors can socialize with people from this friendly club, which is based on kindness and access to all. This could be the first day of a wonderful life of recreation and friendship. The lesson starts at 12.30 followed by a mentoring session, refreshments and a chat from 2pm until 3pm.

Location: The Dome Hall, Old Peninsula Hotel on the Corner or Railway Parade and Eighth Avenue, Maylands opposite Railway Station.

Time: 12.30pm to 3pm Cost: Free

RSVP: Wednesday, 7 November For enquiries contact Sandy Sutton-Matlocks on 9495 1864 or

0448 005 967, email bayswaterbridgeclub@iinet.net.au.

Landing at Fremantle

Residents from Italian Aged Care's Hostel will go by bus to Fremantle to visit the Welcome Wall at the Maritime Museum where they can reflect on the past when their life in Australia started from the Port of Fremantle. This will be followed by a picnic lunch and bocce in the park.

Location: Maritime Museum, Victoria Quay, Fremantle

Time: 10am to 4pm For enquiries contact Marie-Louise MacDonald on 9247 0888 or 0448 052 072, email ml@iaci.com.au.

Multicultural Event

Expo celebrating everything Anglo Indian, including dancing, cooking, music, art stalls and more.

Location: Bassendean Community Hall, 48 Old Perth Road, Bassendean

Time: 9am to 4pm Cost: Ticketed - Free

RSVP: Friday, 2 November For enquiries contact Tim Clark on 9377 8051 or 0488 902 804, email tclark@bassendean.wa.gov.au. Visit www.bassendean.wa.gov.au.

FUNERALS

Some of the larger funeral homes are charging \$7500 or more for a cremation and between 10 and \$12,000 for a burial. Senior Citizens Funeral Service charge \$4600 and \$6600 for the same service. Why the difference you may ask. Answer; overheads. The bigger the company, the higher the overheads, the more you pay. Choose a family owned business and West Australian owned, choose Senior Citizens Funeral Service and save.

SENIOR CITIZENS FUNERAL SERVICE

Seniors supporting seniors

24 hours all areas

(SOUTH) 9209 1393 (NORTH) 9300 9051

People Who Care
Founded 1980

No point watching the grass grow
Help People Who Care make a difference today



For more information go to www.peoplewhocare.org.au or call 9379 1944 and ask for Cathy West

Let your life touch the lives of those in need.

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Please call Dorothy Koh on (08) 9201 6768

Visit www.silverchain.org.au to learn more.

Silver Chain

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Many adults and children with cerebral palsy need 24 hour care 7 days a week.

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the centre for cerebral palsy

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A: Wreford Court, Gosnells WA 6110
P: 9490 3899 F: 9398 4923 E: amaroo@amaroovillage.com.au W: www.amaroovillage.com.au



Wednesday 14 November

M. Butterfly; a drama by David Henry Hwang

A compelling, award-winning play, based on a real story in which a French Diplomat is fascinated by a beautiful Peking Opera singer; only years later does he realise that 'she' is not what she seems! Barry Park directs a talented cast for the Graduate Dramatic Society.

Location: Dolphin Theatre UWA, Stirling Highway, Netherlands.

Time: M. Butterfly will be performed from Wednesday 14 to Saturday, 17 November, 7.30pm start (Box office opens at 7pm) to 10.30pm (approx).

Cost: Tickets \$25 Seniors and other concessions. Group bookings of 10 people are \$20 per person.

For enquiries email Yvette Wall bookings@grads.com.au. Visit www.grads.org.au.

Seniors Recreation Council Be Active Have a Go Day

Annual community festival featuring stalls from numerous organisations, live music and activities. This event is organised by the Seniors Recreation Council with an attendance of more than 8000 people each year.

Location: Burswood Park, Great Eastern Highway, Burswood

Time: 8.30am to 3pm

Cost: Free

For enquiries contact the Seniors Recreation Council of WA on 9492 9773, email info@srcwa.asn.au.

Visit www.srcwa.asn.au.

Seniors for Safety - Consumer Rights and Scam Awareness Workshop

Providing information and publications to empower and educate seniors with regard to their rights as consumers, seniors housing issues and potential scams targeting seniors.

Location: Augusta Council Chambers,

66 Allnutt Tce, Augusta

Time: 10.30am to 11.30am

Cost: Free

RSVP: 5 November

For enquiries contact Erin Statz on 9780 5255, email estatz@amrshire.wa.gov.au

Visit www.amrshire.wa.gov.au/community/active-ageing/

Bus Trip from Wundowie to Mandurah followed by a fish 'n' chip lunch

Seniors living in Wundowie, Bakers Hill, Clackline and Woorooloo, are invited to a visit Mandurah by luxury bus. The outing includes a fish and chip lunch on the foreshore next to the river. There will be some sightseeing opportunities also around Mandurah including the new developments, Dawesville Cut and the canals.

Location: Cicelleros in Mandurah, Foreshore in Mandurah

Time: 9am to 3pm

Thanks go for the free outing provided by the Silver Wings Over 55s, the Shire of Northam and Bendigo Bank.

Contact Denise Giltrow on 9574 0133, email aldeni@optusnet.com.au.



Thursday 15 November

Healthy Lunch and Bingo Session

Camarvon residents are encouraged to attend a bingo session at the Senior Citizen Hall and a healthy lunch.

Location:

Senior Citizen Hall,

Olivia Terrace, Camarvon

Time: 10am to 12pm

RSVP:

Thursday, 1 November

For enquiries contact Nadine Brown on 99412499 or email Nadine.Brown@cmsac.com.au.

Visit www.cmsac.com.au.

Shire of Denmark Afternoon Tea for Seniors

Take the opportunity to socialise with a free afternoon tea for Denmark seniors.

Location: Civic Centre,

Strickland Street, Denmark

(parking at rear).

Time: 2pm to 3.30pm

Cost: Free

RSVP: Friday, 2 November

For enquiries contact Claire Thompson on 9848 0300 or email ea@denmark.wa.gov.au.

Visit www.denmark.wa.gov.au.

Parkland Villas Mandurah - Open Day

To help celebrate Bendigo Bank Seniors Week, Parkland Villas Mandurah will host a special Open Day. There will be a range of free events to enjoy, as well as guided tours of the village and properties for sale. So join us in the celebrations, and experience first-hand the lifestyle at one of our friendly communities. Morning tea provided.

Location: Parkland Villas Mandurah, 2 Hungerford Avenue, Mandurah

Time: 10am to 1pm

Cost: Free

RSVP:

Thursday 8 November

For enquiries contact Lorraine Webb on 9535 2414, email lorraine.webb@lprimelife.com.

Visit www.lendlease-seniorliving.com.au.

Music For You

Enjoy an afternoon of classical music hosted by JewishCare WA. This classical music concert will be accompanied by light refreshments. A free bus is available for local seniors and entry is by gold coin donation.

Location: The Jewish Community Centre,

61 Woodrow Avenue,

Yokine

Time: 2pm to 4pm

Cost: Gold Coin Donation

RSVP:

Thursday, 1 November

For enquiries contact Sarah Robinson on 9275 6743 or 0451 151 667, email projects@jewishcare-wa.com.au.

Visit www.jewishcarewa.com.au.

Croquet

If it's good enough for the Queen of Hearts then it must be worthwhile. Get along to the Gosnells Croquet Club and learn how to play croquet.

Location: Gosnells Croquet Club, 75 Wheatley Street (corner Bert Street), Gosnells.

Time: 12pm to 4pm

Cost: Free

For enquiries contact Secretary, Elizabeth Winstanley on 9399 4502, email lizdon37@gmail.com.

Visit gosnellscroquet.myclub.org.au.

Bus Trip to Swan Valley including lunch

All executive and life members of NCWWA are invited to participate in a bus tour to Swan Valley to visit places of interest and enjoy a luncheon.

Time: 10am to 3pm

For enquiries contact Helen McDonagh, 9325 8897 or 0449 209 461, email ncwwa@inet.net.au.

Visit www.ncwwa.org.au.

Seniors Garden Party

An afternoon tea to recognise and thank seniors for their contribution to the community. The participants will be encouraged to talk about their experiences of gardening and we will discuss ways in which seniors can continue to garden in their own homes safely.

For enquiries contact Margaret 9313 2624, or email mcdougalfarm-cg@gmail.com.

Ngala Grand Expectations Workshop for Grandparents



This workshop will explore the role that grandparents play in supporting their

grandchildren's early brain development (0-six years) in the areas of relationships, sleep, nutrition and behaviour. Research shows that grandparents play a very important role in their grandchildren's lives. By attending this workshop grandparents can be even more equipped with up to date knowledge of child development that will be useful in helping to build strong positive relationships with their children and grandchildren. Grandparents will have the opportunity to discuss and reflect on their role with their grandchild/ren

Location: Ngala,

275 Abernethy Road,

Belmont

Time: 7pm to 9pm

Cost: Free

RSVP: 14 November

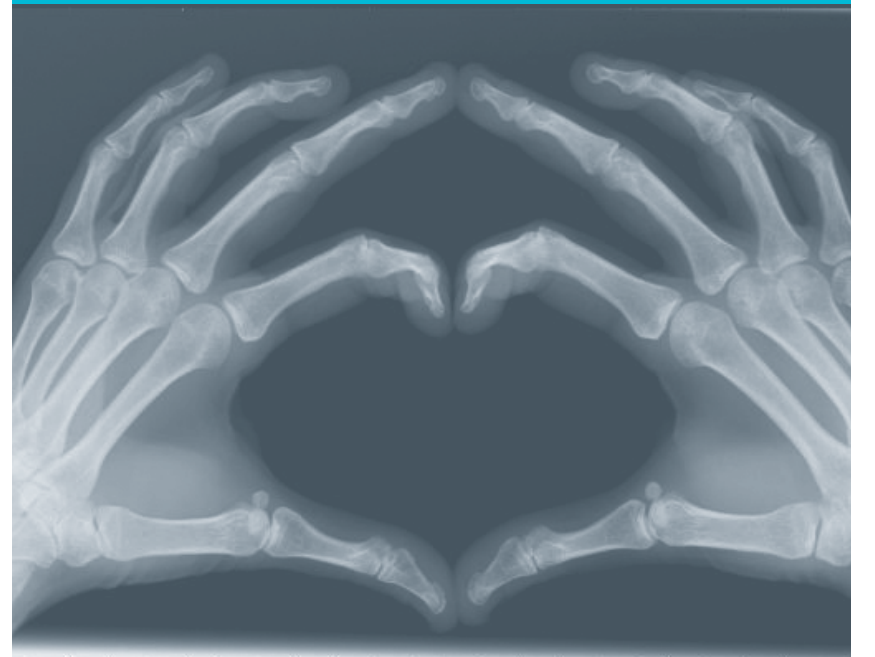
For enquiries contact

Ngala on 9368 9315, email

education.admin@ngala.com.au.

Visit www.ngala.com.au

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Yes, I'd like to know more about: (Tick one)

Leaving a bequest to The Salvation Army

Information to assist with preparing a Will

Name _____

Address _____

State _____ Postcode _____ Email _____

Telephone No. _____ Best time to call _____ AM/PM

I have already included The Salvation Army in my Will





Have a Go News' Bendigo Bank Seniors Week Festival 2012



Thursday 15 November

Ageing With Attitude

Ageing With Attitude invites seniors to join in health enhancing activities offered by the recently formed Nedlands Affinity Club such as Yoga, Tai Chi and Laughter Yoga to enhance participants wellbeing and attitude. A healthy lunch will be provided.

Location: The Dalkeith Hall, Waratah Ave, Dalkeith
Time: 10am to 2pm
Cost: \$5
RSVP: Thursday, 1 November
For enquiries contact Patricia Jamieson on 9386 6170 or 0417 963 305, email pjamieson@nedlands.wa.gov.au.

Giving IT a Go - Seniors Come & Try Computers

Giving IT a Go provides older members of the community with the opportunity to drop in and have a go at using computers, finding out from other people about their experiences in learning to use computers at a mature age and how this has impacted on their life. People from culturally and linguistically diverse backgrounds are particularly welcome to attend during the day.

Location: Umbrella Multicultural Community Care Services Inc, 263 Coode St, Bedford
Time: 10am to 3pm
Cost: Free

For enquiries contact Wendy Bennett on 9275 4411 or 0419 168 676, email W.Bennett.Umbrella@westnet.com.au. Visit www.umbrellacomunitycare.com.au.

Bendigo Bank Seniors Week Festival 2012 BookFest

This is the third event as part of Shire of Mundaring's Seniors Week Festival BookFest. This casual workshop will help you to discover your writing talent. You will learn about existing writing groups or find out how to start your own! A delicious afternoon tea will be

served. Places are limited so book early!

Location: Katharine Susannah Pritchard Writers' Centre, 11 Old York Road, Greenmount
Time: 1pm to 4pm
Cost: Free
RSVP: Thursday, 1 November

For enquiries contact Kaye Bannerman on 9290 6682 or email hubcoordinator@mundaring.wa.gov.au.

Exploring a Country Garden



Seniors are invited to join us for a bus trip to a participating open garden from the Country Garden Week and

enjoy morning tea and a guided tour of the garden.

Location: Country Gardens in Bridgetown
Time: 9.30am to 12pm
Cost: \$5
RSVP: Thursday, 1 November
For enquiries contact Margaret Wragg on 9764 3575 or email admin@greenbushescrc.net.au. Visit www.greenbushescrc.net.au.

Ngilgi Cave and Lighthouse Tour

Meet at the Brunswick Junction CRC for a bus trip to Ngilgi Caves and the Cape Naturalist Lighthouse. Spend time walking through the visually stunning caves, followed by the tour of the Lighthouse. We will stop for a picnic lunch and hopefully see some migrating whales. The trip home will include stopping to taste local produce.

Location: Brunswick Junction CRC, 1 Ridley St Brunswick
Time: 9.30am to 5pm
Cost: \$30 approx
RSVP: Thursday, 1 November

For enquiries contact Karina Sewell on 9726 1452 or 0410 371 967, email brunswickjunction@crc.net.au. Visit www.brunswickjunction.crc.net.au.

Friday 16 November



Connecting Seniors

Ac-cent Mandurah and the City of Mandurah are proudly hosting a community focused expo that encourages community and service organisations relevant to seniors to participate and exhibit. The focus will be on supporting and encouraging health and wellbeing. Participants will be encouraged to participate in 'have a go' sessions and be proactive about collecting information to better their own health and wellbeing.

Location: Ac-cent Mandurah, 41 Ormsby Terrace, Mandurah
Time: 9am to 4pm
Cost: Free

Connecting Seniors

Ac-cent Mandurah is hosting a free, fun event for seniors that has a health and wellbeing flavour. Join in a drumming session, wander through our art exhibition, join in have a go activities and consume some good food, listen to some interesting speakers and enjoy some wonderful entertainment."

Location: Ac-cent Mandurah, 41 Ormsby Terrace, Mandurah
Time: 9am to 4pm
Cost: Free

For enquiries phone Jenni Bestwick 9550 3797 or email jenni.bestwick@mandurah.wa.gov.au. Visit www.mandurah.wa.gov.au.

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Books on Wheels is a free service, provided by City of Joondalup Libraries, for adults who, due to frailty, limited mobility or sight impairment, are unable to physically visit their public library. The service may also be used by people who have restrictive health problems, disabilities or those who are temporarily immobile and confined to their home.

Books on Wheels patrons can access the entire range of library materials including fiction and non-fiction, magazines, music CDs and DVDs. Large print, audio formats and items in languages other than English are also available.

Library materials are delivered each fortnight to people's homes by our friendly staff.

For more information or to discuss eligibility for the Books on Wheels service, contact the Books on Wheels Officer on 9400 4755.



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Friday 16 November

Day In The Park

Enjoy some sunshine and fresh air with a Day In The Park. Many activities are planned such as quoits, modified golf, bocce and table games. Have lunch at the sausage sizzle and enjoy the company of school children from a nearby school, who are also joining in the activities. For those interested in fitness there will also be a demonstration of a community physio exercise class.

Location: Wembley Community Centre, Rutter Park, 40 Alexander St, Wembley
Time: 10.30am to 2pm
Cost: \$5 pp, children free.
RSVP:

Monday, 12 November
For enquiries contact Di Lethridge on 9387 9101 or email dlethridge@cambridge.wa.gov.au.
Visit www.cambridge.wa.gov.au

City of Fremantle's Annual Tea Dance

Dance the afternoon away at The City of Fremantle's Annual Tea Dance. A lovely afternoon tea, live band, door prizes and spot prizes are included in this free event.

Location: Fremantle Town Hall, 8 William Street, Fremantle
Time: 1pm to 4pm
Cost: Free ticketed event. Tickets available from Monday 29 October at the Service and Information counter, Fremantle Town Hall Centre.

For enquiries phone 9432 9812 or email alexandra.draf@fremantle.wa.gov.au.
Visit www.fremantle.wa.gov.au

Visit to AQWA Adventure-Hillary's Boat Harbour

A visit to AQWA Adventure - Hillary's Boat Harbour. **Location:** AQWA - Hillary's Boat Harbour, 91 Southside Drive, Hillarys
Time: 10.30am to 4pm
Cost: Nil - The event is restricted to the library's household residents for the City of Vincent Library.

For enquiries contact June D'Silva on 9273 6090 or email june.d'silva@vincent.wa.gov.au.

Melody Club Gala

The Melody Club presents various forms of entertainment throughout the day. Lunch and afternoon tea provided.

Location: Bassendean Community Hall 48 Old Perth Road, Bassendean.
Time: 10am to 3pm
Cost: Ticketed - Free RSVP: Friday, 2 November.

For enquiries contact Tim Clark on 9377 8051 or 0488 902 804, email tclark@bassendean.wa.gov.au.

Visit www.bassendean.wa.gov.au.

Morning Tea and Free Introductory Bridge Lesson

A friendly introduction to Contract Bridge by a Life Master who will give the ba-

sics of this exhilarating game which maintains brain health and opens up a wonderful social network for the years to come. After the lesson there will be a chance to meet the bridge players, enjoy a delicious morning tea and watch a few games of bridge.

Location: St Mary of the Valley Church Hall River Road, Kelmscott
Time: 11am to 1pm
Cost: Free
RSVP: 9 November
For enquiries contact Sandy Sutton-Mattocks on 9495 1864 or 0448 005 967, email sandy.7notrumps@gmail.com.

Discover Your Inner Artist

Budding artists, or those who just want to have a go at a few activities, should get along to the Atwell Arts Centre and Gallery to participate in a range of free workshops. The one hour workshops will be just one part of the day, which also features art and craft demonstrations, morning tea and access to the exhibition "The Pictured Word" to celebrate before "The Year of the Reading".

Location: Atwell Arts Centre and Gallery, 586 Canning Highway, Alfred Cove
Time: 10am to 3pm
Cost: Free
Please phone Atwell Arts Centre and Gallery on 9330 2800 to reserve a place.

Seniors for Safety - Self Defence Seminar

The Seniors for Safety - Safe Defence Seminar is

a seniors' specific personal safety and self defence demonstration class. Participants will learn some simple and effective safety tips and techniques to improve their personal safety and awareness. A morning tea will also be provided.

The Shire of Augusta-Margaret River is running a weekly Seniors for Safety Workshop series until 11 December 2012.

Location: Council Chambers Margaret River, 41 Wallcliffe Road, Margaret River
Time: 10.30am to 11.30am
Cost: Free

Please RSVP your interest as spaces are limited.

For enquiries contact Erin Statz on 9780 5239 or email estatz@amrshire.wa.gov.au.

Visit www.amrshire.wa.gov.au/community/active-ageing/.

Intergenerational Fun with Sports

Seniors are encouraged to attend a fun intergenerational afternoon at the local primary school. Transport will be provided and a healthy lunch. There will be circuit activities involving mixed teams of seniors and children and prize giving at approximately 2.30pm.

Location: Bindoon Primary School, 19 Learners Drive, Bindoon
Time: 10 am to 3pm - will collect anyone who would like transport.
Cost: Free

RSVP: Monday, 12 November

For enquiries contact Arlene Carter on 9576 4600 or email cdo@chittering.wa.gov.au www.chittering.wa.gov.au.

Saturday 17 November

Carnarvon One Mile Jetty Seniors Day

Seniors are encouraged to take part in the Carnarvon One Mile Jetty Seniors Day. Free Coffee Pot train rides will be on for the public, there will be stalls and entertainment provided.

Location: Carnarvon Heritage Precinct Annear Place, Babbage Island, Carnarvon
Time: 9am to 2pm
Cost: Nil

For enquiries contact Sue Graham on 9941 4309 or 0417 977 907, email carnarvonheritage@wn.com.au.

Fitzgerald River National Park Improvement Tour

Tour of the Fitzgerald River National Park improvements. Coaches will depart Ravensthorpe at 9am from the Senior Citizens Centre, Morgans St and from Hopetoun at 9.45am from the Hopetoun Town Hall, Veal St. Coaches will travel to the Fitzgerald River National Park. Morning tea will be held at the Barrens Beach precinct where all will enjoy the recently developed recreational facilities with the most perfect

view in the world. Lunch will be in the Hopetoun Town Hall. Guest speaker Dr Graham Jacobs MLA, Member for Eyre, will address the group and then present Certificates of Appreciation to all in attendance.

Location: Fitzgerald River National Park, departing from and returning to the Hopetoun Town Hall, Hopetoun Town Hall, Veal St, Hopetoun.

For Ravensthorpe residents coach departs at 9am and Hopetoun at 9.45am de-

tails above, return 3.30pm.
Cost: Free

RSVP: Monday, 12 November
For enquiries contact Karen Campbell on 9838 3363 or 0458 331 300, email hprogress@westnet.com.au.

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For more information contact Elizabeth on 9267 3913 or email volunteer@savethechildren.org.au

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Have a Go News' Bendigo Bank Seniors Week Festival 2012



Saturday 17 November

Manning Activity Centre Open day

Diverse range of events, food stalls, activities and stalls.

Location: Manning Activity Centre, 3 Downey Drive, Manning.
Time: 10am to 3pm
Cost: Free

RSVP: Saturday, 10 November

For enquiries contact Glenn Rogers or Alison Hendy on 9450 6273, email manning seniors@bigpond.com

Parkland Villas Booragoon - Open Day

To help celebrate Bendigo Bank Seniors Week, Parkland Villas Booragoon will host a special Open Day. There will be a range of free events to enjoy, as well as guided tours of the village and properties for sale. So join us in the celebrations, and experience first-hand the lifestyle at one of our friendly communities. Refreshments and lunch provided.

Location: Parkland Villas

Booragoon, 510 Marmion Street, Booragoon.

Time: 10am to 2pm
Cost: No charge
RSVP: Friday 9 November

For enquiries contact Laura Mewett on 9330 3711 or email laura.mewett@llprimelife.com.

Visit www.lendleasenorliving.com.au.

The Pines - Open Day

To help celebrate Bendigo Bank Seniors Week, The Pines will host a special Open Day. There will be a range of free events to enjoy, as well as guided tours of the village and properties for sale. So join us in the celebrations, and experience first-hand the lifestyle at one of our friendly communities. Morning tea and lunch provided.

Location: The Pines Retirement Village, 21 Ponte Vecchio Boulevard, Ellenbrook
Time: 10.30am to 2.30pm
Cost: No charge

RSVP: Friday 9 November

For enquiries contact Fran Wallis on 9296 9914 or

email fran.wallis@llprimelife.com. Visit www.lendleasenorliving.com.au.

Timberside Villas - Open Day

To help celebrate Bendigo Bank Seniors Week, Timberside Villas will host a special Open Day. There will be a range of free events to enjoy, as well as guided tours of the village and properties for sale. So join us in the celebrations, and experience first-hand the lifestyle at one of our friendly communities. Morning tea provided.

Location: Timberside Villas, 10 Timbercrest Rise, Woodvale
Time: 10am to 12.30pm
Cost: No charge

RSVP: Friday 9 November
For enquiries contact Chris Shearwood on 9446 5584 or email chris.shearwood@llprimelife.com.

Visit www.lendleasenorliving.com.au.

Come N' Try Day Bassendean Bowling Club

Come and try your hand at lawn bowls at the Bassendean Bowling Club. Bowls and lunch provided. Flat soled shoes or bare feet required.

Location: Bassendean Bowling Club, 10 Whitfield Street, Bassendean

Time: 9am to 1pm
Cost: Ticketed - Free

RSVP: Friday, 2 November

For enquiries contact Tim Clark on 9377 8051 or 0488 902 804, email tclark@bassendean.wa.gov.au.

Visit www.bassendean.wa.gov.au.

Memories are Made of This

Inspirational guest speaker, Arthur Leggett, World War II Veteran and author of the autobiography *Don't Cry for Me*, followed by three writing workshops: 1) Writing Your Memoirs. 2) Setting Up Your Book/Photo Restoration. 3) Writing the Very Short Story. Seniors are shown how to write and structure their memoirs for their families or for publication.

Location: Citiplace Community Centre Perth Railway Station Concourse opposite Platform 9.

Time: 9am to 4pm
Cost: Seniors Card Holders, \$15 per workshop. General public, \$40 per workshop.

For enquiries contact The Society of Women Writers WA on 0415 840 031 or email swwofwa@gmail.com.

Visit www.swwofwa.com.

Variety Concert with Mike Bignell and Irena Preston

A variety concert com-

pered by local boy Mike Bignell and featuring the fabulous voice of Irena Preston, entertainer David comedian/entertainer Tony and country girl Christine. Drinks available from licensed bar. An afternoon of fun and great entertainment.

Location: Busselton Senior Citizens Centre, 22 Peel Terrace, Busselton

Time: 1pm to 3pm
Cost: \$10, includes afternoon tea.

For enquiries phone Wendy Taylor on 9752 2232 or email reception@bscc.net.au.

The Three Generations Concert

The Three Generations Concert will feature a seniors' band from Busselton, a choir of local school children and a duo of local musicians. A matched dress competition will be on for grandparents, parents and grandchildren. There will also be an historical photo display with photos of local seniors and their families. A morning tea and light lunch will be provided.

Location: RSL Sub Branch Hall, Cross Street, Nannup
Time: 10.30am to 3.30pm

RSVP: Wednesday, 14 November

For enquires contact Yvonne Harris on 9756 1974 or email ritann@westnet.com.au.

Sunday 18 November



Harbourside Village Mindarie - Open Day

To help celebrate Bendigo Bank Seniors Week, Harbourside Village Mindarie will host a special Open Day. There will be a range of free events to enjoy, as well as guided tours of the village and properties for sale. So join us in the celebrations, and experience first-hand the lifestyle at one of our friendly communities. Afternoon tea provided.

Location: Harbourside Village Mindarie, 7 Honiara Way, Mindarie
Time: 1.15pm to 4pm
Cost: No charge

RSVP: Friday 9 November

For enquiries contact Deborah Searle on 9407 8231 or email deborah.searle@llprimelife.com.

Visit www.lendleasenorliving.com.au.

Bendigo Bank Seniors Week Festival Evensong - Celebrating the Second Half of Life

The Minister for Seniors and Volunteering has partnered with Amana Living to host an evening service at St George's Cathedral in Perth city. The theme of the evening is wisdom, something many seniors offer to their families and community. There will be a reception and refreshments on the lawn outside the church after the service.

Location: St George's Cathedral, 38 St Georges Terrace, Perth
Time: 5pm to 6.45pm
Cost: Free

+ SALIN plus

...breathe easy

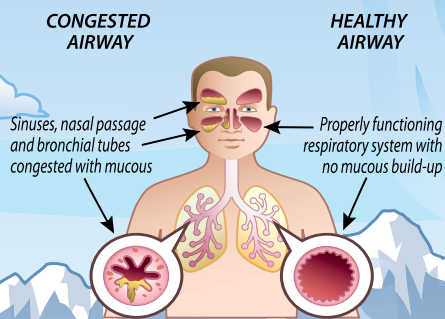
Do you suffer from

- snoring
- hay fever
- sinus congestion
- cough
- blocked or runny nose
- difficulty breathing

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How does it work?

The device saturates the ambient air with a salt aerosol, whilst removing air borne pollutants through its specially designed filter. The salt particles are small enough to be inhaled deep into the sinuses and lungs, where they may help to clear mucous and reduce inflammation.



"Over the years I have had a great deal of discomfort due to nasal passages and bronchial tubes being congested. This caused sleepless nights due to coughing and mucous build-up. Since using Salin Plus, I sleep well, breathe easily with no coughing and my general health has improved greatly. As an extra bonus my husband does not snore anymore" *Elissa, Perth*

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Sunday 18 November



Bunbury Men of Song: Songs for Seniors

Bunbury Men of Song (pictured above), a male voice choir, will perform an hour long concert at the facilities listed below. Music taken from: musicals, gospel, popular and Australian songs.

Location: Forrest Gardens, Carey Park, Bunbury and Bethanie Fields Independent Living Community Centre, Eaton Drive, Eaton
Time: 1pm at Forrest Gardens and 3pm at Bethanie Fields.

For enquiries contact Mr John Campbell on 0429 888 565 or email jvcampbell@iinet.net.au.

Homestay Village - Open Day

To help celebrate Bendigo Bank Seniors Week, Homestay Village will host a special Open Day. There will

be a range of free events to enjoy, as well as guided tours of the village and properties for sale. So join us in the celebrations, and experience first-hand the lifestyle at one of our friendly communities.

Morning tea and lunch provided
Location: Homestay Village, 267 Wharf Street, Queens Park
Time: 10am to 3pm
Cost: No charge
RSVP: Friday 9 November

For enquiries contact Laura Mewett on 9330 3711 or email laura.mewett@lprimelife.com.

Heat Professional Baseball Exclusive Ticket Giveaway to WA Seniors!

Whether you are a veteran baseball enthusiast or a new fan to the sport, the Alcohol. Think Again Perth Heat

of the Australian Baseball League want to promote a fun and positive game experience for all attendees of all ages! For this reason, the Heat is offering four exclusive On-Field Lounge tickets to WA Senior Cardholders on 18 November to celebrate Bendigo Bank Seniors Week 2012. Competition winners will watch the game from the family-friendly On-Field Lounge which includes food and non-alcoholic drinks. It's a day of fun, sun, and great athletic competition! The contest will be available to WA seniors from 7 October to 7 November. Go to the Senior Card website at www.seniorscard.wa.gov.au for entry details! Throughout the 2012-2013 ABL season, seniors can also use the WASENIORS code while purchasing tickets online to receive a discounted \$9 ticket. With great savings like that, everyone is a winner! The ABL's back-to-back champions are grateful to the WA senior community for their continued support. Visit the Heat's website at www.perthheat.com.au for more information about baseball in Australia and supporting the Heat this season.
Location: Barbagallo Ballpark, corner of Nicholson and Wilfred Roads, Thornlie
Time: 4pm to 7pm
For enquiries contact Al-

cohol. Think Again Perth Heat offices on 6336 7950 or email kate@perthheat.com.au.
Visit www.perthheat.com.au

Grandparents Day at Perth Zoo



As part of the Bendigo Bank Seniors Week Festival, the Minister for Seniors and Volunteering, Hon Robyn McSweeney MLC, is offering free entry to Perth Zoo for grandparents and their grandchildren on Sunday 18 November to celebrate this year's Grandparents Day.
Location: Perth Zoo, 20 Labouchere Road, South Perth
Time: 9am to 5pm
Cost: Free

To receive a free ticket, grandparents must register online at www.trybooking.com/busy and present their Senior Card on entry at Perth Zoo. Hurry, places are limited!



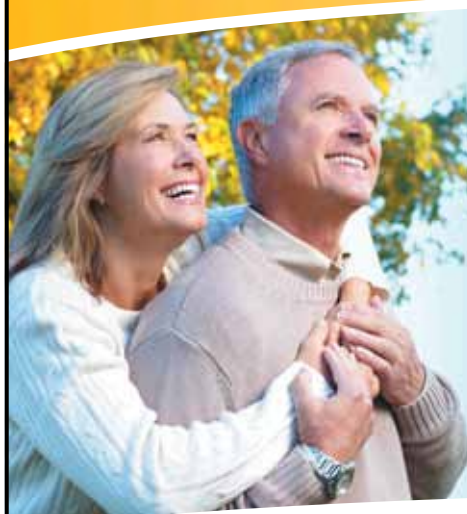
Mark McGowan and Margaret Quirk wish you a Happy Seniors Week 2012

Mark McGowan MLA
WA Labor Leader
Parliament House, Perth WA 6000
Phone: 6552 9900
Email: leader@loop.wa.gov.au
Web: www.markmcgowan.com.au

Margaret Quirk MLA
Shadow Seniors Minister
PO Box 6085
Girrawheen WA 6064
Phone: 9247 2477
Email: girra@mp.wa.gov.au

THE RISE AT GREENMOUNT

OPEN DAY
SUNDAY
21ST OCTOBER



Downsize without compromise

If you've decided on a more manageable lifestyle, The Rise at Greenmount has everything to offer.

The Rise is an elevated new over-55s estate comprising 19 private homes in a secure, gated community with a landscaped park, gazebo, fruit trees and an outdoor kitchen as its centrepiece. If you're seeking an alternative to the large family home on a large block, but don't want all

the compromises that go with the typical "downsizer", then The Rise at Greenmount is the answer. There are just a handful of exclusive home sites still available, all offered with two or three-bedroom designs. The homes feature high ceilings, stone bench tops, timber floors or porcelain

tiles and will be fully finished inside and out, leaving nothing to do but move in. Beautifully elevated, the estate overlooks the Greenmount National Park, nestled in a warm, inviting community where residents take pride in their street. The Rise is located just minutes from Midland

Gate Shopping Centre and the new public and private St John of God Hospitals underway. So if it's time to downsize without compromise, then come along to the Estate's Open Day! To ask questions or simply get more information, please contact Martin Jansen on 0406 214 617.

Open Day Sunday 21st October 10.30am - 3pm 6 Greenmount Rise, Greenmount Martin Jansen 0406 214 617

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