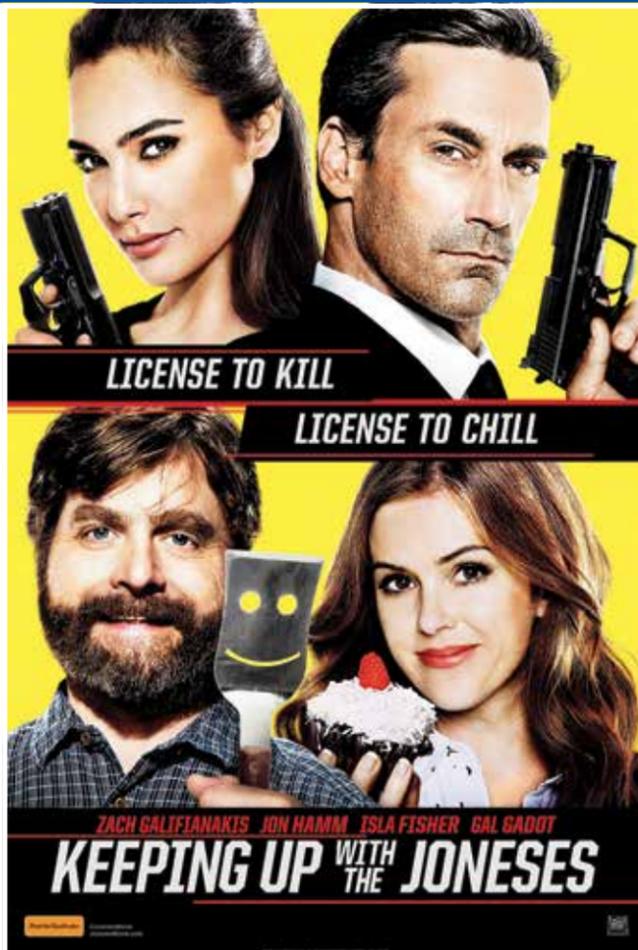


# Have a Go News SENIORS WEEK 2016 EVENTS GUIDE

## Lights, camera, action... The inaugural Seniors Week Film Festival



Have a Go News is proud to present the inaugural Seniors Week Film Festival at the Backlot Cinema from 6 to 13 November inclusively. Films include exclusive previews of *The Light Between Oceans*, *Keeping up with the Joneses* and Disney's *Queen of Katwe*. Check the listings inside for the films screening daily during Seniors Week and book your ticket now...

## JOIN THE KINGS GOLD CLUB

Join our Gold Club and go in the draw to WIN a 3-night cruise on the majestic PS Murray Princess on the mighty Murray River in South Australia.

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\*Conditions of this Prize: Travel is valid until 30 June 2017 and is subject to cabin and cruise availability. Not valid on special event cruises. The prize is non-transferrable and cannot be used in conjunction with any other special offer. Unused cruise prize vouchers cannot be refunded, exchanged, sold or redeemed for cash.

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Tours and Travel

# Celebrate later life during Seniors Week 2016



WELCOME to the annual Seniors Week liftout which we proudly present for people to plan their activities during Seniors Week.

Seniors Week is a time for celebration and this year's theme *Celebrate Later Life* is an opportunity for community celebration of older Western Australians. *Have a Go News* is proud to be one of the major sponsors of Seniors Week and this year we are pleased to present within this liftout a plethora of events happening around Perth and in regional areas.

The week kicks off with the annual WA Seniors Awards which honour people aged 60 and over who work tirelessly within the community. The Seniors Awards will be held at Crown Perth and winners will be announced at a gala ceremony to kick off the week. People can meet the finalists on page 4 and 5.

The peak event for the week is *Have a Go Day* which will be held on Wednesday 9 November at Burswood Park from 8.30am to 3pm. This year *Have a Go Day* will be a little different as it moves away from both sides of Burswood Park to be presented along the riverside.

Come down and visit *Have a Go News* at the hospitality tent where will serve free tea, coffees and water and have a go playing giant chess or giant jenga.

*Have a Go News* is pleased to present the inaugural *Seniors Week Film Festival* which will be held at the Backlot Cinema in West Perth. The film festival presents an array of films including three previews. We are proud to present this new event.

Keep this handy guide to plan which events to attend during the week.

*Have a Go News* takes the opportunity to wish all our seniors a happy and enjoyable Seniors Week 2016.

### LADIES/GENTS

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Juniper community nurse Janet Anderson and Caitlin will perform free health checks at Have a Go Day

BY having some simple tests and seeking professional advice, people can take positive steps

## Free health checks at *Have a Go Day* to help people live longer and stronger

towards maintaining good health and avoiding chronic illness like kidney and cardiovascular disease.

The good news is that the free health sessions at this year's *Have a Go Day* at Burswood Park on 9 November can help people stay on the correct path.

Brought by Juniper's Outreach and Wellness team and supported by the Council on the Ageing WA, people can have their body mass index (BMI) measured and blood pressure checked by qualified staff.

"By measuring these variables, people can monitor their overall health and assess their

risk of developing chronic diseases such as heart disease and diabetes, and even things such as dementia," Juniper dietician Caitlin Parker said.

"BMI is calculated on a person's weight compared to their height and blood pressure is the application of a simple arm cuff we know from GP visits. "If people don't look after their health, their risk of chronic diseases can increase. Knowing what the readings are and treating them accordingly can help reduce risk".

"For example, untreated hypertension (high blood pressure) can increase the risk of stroke or kidney damage. If high

blood pressure is treated with lifestyle modification and/or medication, the risk is decreased."

The free health checks by Caitlin and Juniper community nurse Janet Anderson will be supported by handy presentations.

COTA WA is excited to be partnering with Juniper at *Have a Go Day* and emphasising the health benefits of screening, said chief executive officer Trish Langdon.

"COTA WA will also be promoting its health and wellness programs such as Living Longer Living Stronger and Mail Walking which assist with maintaining strength and balance, psychological

wellbeing and opportunities for community connection," she said.

The Juniper Outreach and Wellness Program delivers low and no-cost services to seniors including health management for a range of chronic health conditions. Free at-home health monitoring is also available through Juniper's Telehealth service, for those who meet the criteria.

Assisted by their doctor, Telehealth helps people with chronic heart disease, chronic lung disease and/or diabetes to monitor their condition from home to better understand and manage their health to reduce hospital visits.

Juniper's one-on-one podiatry, which includes the treatment of problematic nails, corns, calluses and foot-related issues plus associated footwear assessment are included in the program.

For more information on staying healthy, active and connected to friends and family, visit [www.juniper.org.au](http://www.juniper.org.au) and [www.cotawa.org.au](http://www.cotawa.org.au).



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## HAPPY SENIORS WEEK

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## Come along to the Back to Norseman reunion

A REUNION for former and current residents of the historical gold mining town, Norseman will be held on Sunday 6 November from 10am.

The venue is in Kings Park on the grassed area between the Vietnam War Memorial and the Zarnia Cafe. Attendees are requested to bring any memorabilia of interest, a chair, wear a nametag and BYO picnic and drinks.

Please contact Bill King 9534 9913 or email [bill113@bigpond.com](mailto:bill113@bigpond.com) for further information.

## Message from the Hon Paul Miles MLA, Minister for Seniors and Volunteering



Hon Paul Miles MLA

the opportunity to plan their week. Also, the WA Seniors Awards will take place on 6 November, providing an opportunity to recognise and celebrate the invaluable contributions made by seniors and by those organisations and local governments that support seniors.

The diversity of the events on offer this year is wonderful, with many organisations receiving grants of up to \$3,000 to host activities, thanks to a partnership between the Liberal National Government, Lotterywest and the Council on the Ageing WA.

These experiences are always more enjoyable when shared, so why not consider attending a Seniors Week event with a group of friends, or link up with an older person and accompany them to one of the week's many activities?

I would like to warmly thank the many organisations – particularly *Have a Go News* – and volunteers that host Seniors Week events and activities.

As with most other community programs, Seniors Week would not be possible without their support and involvement. As Western Australia's seniors population continues to grow, their continued involvement in the wider community provides enormous benefits to the economic and social wellbeing of our State.

I feel a deep sense of gratitude towards those generations who have worked to create a community that current and future citizens of WA can appreciate and enjoy.

What a privilege it is to live in a state where people of all ages can live life to the full!

SENIORS Week aims to promote opportunities for older Western Australians to remain physically and mentally active and socially engaged in community life, allowing them to age well and enjoy independent lives.

As part of Seniors Week, a wide range of events will be held across the State to encourage seniors to maintain and strengthen social networks and make new connections.

I hope this liftout provides people with

## Laughing the way to good health and happiness



People enjoying laugh therapy

MENTAL Health Week in October is a good opportunity to reflect on how health and wellbeing can be improved. Positive emotions and positive relationships are two pillars of wellbeing and can include love, gratitude, optimism, joy, kindness and compassion.

Stress can easily undermine people's wellbeing and one of the quickest and easiest ways to improve how they feel is to have a good laugh. Fortunately, there is a form of Laughter Therapy called Laughter Yoga which is a group session of aerobic activity which creates real organic laughter from intentional simulated laughter.

The brain cannot differentiate between these, providing the benefits anyway. Laughter Yoga consists of hand-clapping rhythms, deep breathing from yoga and playful laughter exercises. Within the group, genuine laughter be-

comes contagious, providing well-researched health benefits.

Laughter lowers blood pressure and produces a feeling of relaxation and wellbeing.

According to Dr Patch Adams, laughter is the glue that connects us together. Recently, Laughter Yoga was included in the Stay Sharp Program held at the Rod Evans Community Centre. People taking part reported being warmer, more awake and alert, and with improved mood after the laughter session.

If people wish to participate in Laughter Yoga, just go to the website [www.laughwa.org.au](http://www.laughwa.org.au) and there is a list of Laughter Clubs to attend. An excellent article about Laughter Yoga by Emily Ace can be found at [www.perthunderground.com](http://www.perthunderground.com) which will provide further information.

Is laughter the best medicine? Try a dose and find out.

### Like to enjoy good company and exercise at the same time?

Why not come along to the West Australian Carpet Bowls Association Inc (WACBA) indoor bowls where beginners are welcome and our members will assist in training you to play.

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# Meet the finalists of the 2016 WA Seniors Awards



WA Senior Awards finalist; from left John MacMillan - Mary Cowley - Pamela Barnett - Lynne Tognolini - Roberta Chapman and Jenny Davis

### Community Award Finalists

THESE finalists have made an ongoing and dedicated commitment to the service of others which has resulted in lasting positive outcomes for the community.

**John MacMillan** (aged 80) is a JP and former City of Perth and Town of Victoria Park councillor. He is a senior vice-

president of the board of Connect Victoria Park and is a strong supporter of the Connect Victoria Park's Activities such as the provision of social housing to local seniors. He was instrumental in securing land and resources to construct 70 housing units in Vic Park. He has been involved in the community for more than 50 years.

**Mary Cowley** (65) is an Aboriginal Elder born in Broome and raised in Derby with strong cultural connections with the Bardi, Worora and Ngarinyin country. She has spent her lifetime working to improve health, social and justice conditions for Aboriginal people. She has a Bachelor of Science in Aboriginal Community Management and Development, is a JP and member of the Children's Court. She started as enrolled nurse and worked full-time while playing A grade netball and bas-

ketball sport and volunteering in sporting clubs. She has also led as CEO, the Aboriginal Family Law Service which provides legal representation as well as strong leadership around family and domestic violence. She is now living in Perth but still has strong ties to the northwest.

**Pamela Barrett** (76) lives in Wyndham and has been volunteering all her life as well as being a single mum to three children and providing support to eight grandchildren and 11 great grandchild-

ren. She was heavily involved with the start up of Joongari House which is the Family and Financial Service Centre. She also volunteers with the CWA, the Lions Club, St John Ambulance, local sporting teams, Tax Help and is a FESA volunteer. She has started women's and play groups, initiated education workshops on life skills and other craft activities.

### Arts and Culture Award

These finalists have made a significant contribution to the development, promotion and inclusion of older people in arts or cultural endeavours.

**Lynne Tognolini** (76) is a specialist arts teacher and joined the Uthando

Group when she retired. Lynne has been involved with the group from the outset and provides community education in schools and groups about the project as well as designing the dolls using beautiful fabrics which appeal to children. The Uthando project was initiated by a child psychiatrist, Dr Julie Stone. She knew that children orphaned by AIDS in KwaZulu-Natal who were attending therapy as a result of their parents' death, found great comfort playing with dolls and teddies in their play therapy sessions and wanted to take them home. The project started in Gooseberry Hill with the goal of making

enough dolls for the children to take home. The project has extended to thousands of dolls being sent to KwaZulu-Natal from WA, from schools and community groups, other Australian states and New York. During CHOGM, Lynne was instrumental in undertaking workshops and displays and has been to KwaZulu-Natal to help local women, mainly grandmothers, set up their own project. They were astounded by the fact that Australian dollmakers were so committed to the future of their children.

**Roberta Chapman** (78) has worked a teacher, school principal and registered nurse and has directed school choirs and classroom musicals. She jointly founded Catholic Performing Arts festival in 1989 which sees more than 25,000 students performing in this festival.

**Jenny Davis** (67) is a well-known actress and director in Perth. She was artistic director of WA Youth Theatre for 10 years. In 1993 Jenny founded Agelink Theatre which is a reminiscence theatre company which creates shows based on oral histories and WA history. The productions involve seniors giving their stories, sharing memories and cups of tea and laughter in reminiscence workshops. In some productions, seniors appear onstage alongside professional actors. The aim of the productions are to honour the participants and affirm their value, engage and stimulate, combat loneliness and isolation and inform younger generations of the life and time of older members of society. Jenny is currently working in a voluntary capacity with Bethanie Aged Care on a program with people with dementia.

*continued on page 5*

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## Meet the finalists of the 2016 WA Seniors Awards

### The Groups or Organisation Award Finalists

Presented to a group or organisation which has provided opportunities and encouraged older people to participate in the group and broader community life and be connected with others and achieve a sense of worth.

**Grandparents Rearing Grandchildren** is a not-for-profit group which provides mentoring, care and support to its members and their families by having activities such as monthly meetings and support groups, craft mornings at Bunnings, monthly 'pamper' days, retreats, periodic residential respite weekends, day camps for children and an annual Christmas party. Members receive mutual support and encouragement which reduces the isolation felt by these seniors who have put 'retirement' on the back burner.

**Umbrella Multicultural Community Care Service** is a not-for-profit body which provides services to more than 500 clients from 52 different countries in Perth and Mandurah. Umbrella offers 20 different innovative programs including the Internet café - which is delivered with Bedford Community Church and people can use Skype to keep in touch with loved ones; Home @Home which matches clients based on ethnicity, language, religion, culture and interest and has Italian, Polish, Spanish and former Yugoslavia and Hungarian group; Multicultural Men's Shed; Diverse care for LGBTI older people; Community Visitors Scheme for people experiencing social isolation and loneliness.

**Agelink Theatre** is a not-for-profit group established in 1993 and provides high quality, original, professional intergenerational and interactive theatre production that are based on oral

histories and recollection of seniors. It is based in Perth and the productions travel into the community and have been performed in metro and regional areas. Agelink is dedicated to:

Affirming the value of seniors, their wisdom, experience, body of knowledge and contribution to society;

Breaking down the isolation of seniors in the community;

Bringing generations together so that those stories can enrich the knowledge of the young;

Producing professional main stage and touring theatre that entertain, inspire and inform;

Engaging with communities through a creative process aimed at elevating mood, combatting depression, passing on new skills and increasing mental alertness.

### Local Government Award - Finalists

Presented to a local council which has delivered innovative service for older people which provides social, health and well being benefits and ensures that older people are valued members of the community.

**City of Wanneroo** - The city receives funding through HACC. However the program also provides a range of opportunities for seniors to continue to engage within the community such as

Popp'in Program which matches volunteers with socially isolated seniors

My Life My Words a volunteer biography program with vulnerable seniors

Social Support Outings program which provides a range of holistic activities to promote health and wellbeing

Partnership with North Metro TAFE to provide opportunities for seniors to get hand and beauty treatments, head and shoulder massage, preventable health and mental wellness screening.

Group exercise, personal training and hydrotherapy.

**Shire of Collie** - The shire has a Strategic plan includes access and inclusion strategies for older people including a purpose built art gallery, a bushland block. It holds social activities for seniors including lunches during Seniors Week.

### Business Award Finalists

Awarded to a profit business which actively involves older people in their business such as proactive employment of older people or the delivery of outstanding services for older people.

**Garden City AMP - Capital Shopping Centres.** Garden City has partnered with the City of Melville in achieving their vision of an age friendly city. Garden City is the only retail centre in WA to implement strategies to achieve this vision and provide outstanding service to seniors. Garden City employs older staff, supports a community information centre which is manned by senior volunteers and incorporated feedback from staff,

customers and external stakeholders to improve its service to seniors. Garden City started Mall Walking in 2002 and is now the most popular and longest running mall walking group in WA. It has established a courtesy lounge for older people and those with a disability, offering easily accessible drop off bays. Garden City has organised training to retailers on age friendly approaches and particularly dementia.

The marketing manager of Garden City, AMP Capital Shopping Centre said: "Garden City sees the collaboration with the local council as innovative, ground-breaking and beneficial for staff, tenants and shoppers. It allows us to tap into a breadth of knowledge and expertise that links and strengthens our links and relationships with the community to enhance the shopping experience for seniors ensuring we cater and exceed expectations for every shopper."

### Deborah Kirwan Media Award - Finalists

Awarded to a person or organisation which has promoted positive age-

ing, celebrated seniors or otherwise presented seniors in a positive manner thereby breaking down discriminatory or ageist community attitudes.

**Steve Butler** (The West Australian) on three stories on iconic Western Australians, Herb Elliott, Jon Sanders and

Jimmy Chadwick.

**Andrew Richie** - Photographer and **Laura Pond** - Reporter from the Community Newspaper Group who wrote on the relationship between Alex Poor aged 74 who shared the stage at the Quarry Amphitheatre with his 14-year-old grand-

daughter in a production of Don Quixote.

**Claire Tyrell** - Journalist and Nic Ellis - Photographer from The West Australian for a story on Shirley Mort aged 91 years, from the Salvation Army who worked for 26 years tin rattling, single handedly raising \$1.7 million.

**Seniors Week 2016**  
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Cost: Free  
Event organiser: DLGC  
6551 8700  
Open to public: Yes

**Have a Go News Seniors Week Film Festival – Opening Film**

**– The Light Between Oceans**  
Backlot Cinema  
21 Simpson Street, West Perth  
1.30pm to 5pm  
ENJOY the opening afternoon of the Seniors Week Film Festival with the special preview of *The Light Between Oceans*.  
Ticket price includes entrance fee, bag of popcorn, lolly bag and water as well as the opportunity to win a lucky door prize. The Backlot Cinema is a high end cinema with very comfortable seating and state of the art sound and caters for 40 guests.  
Cost: \$10  
Event organiser: Have a Go News  
Bookings 9227 8283  
[Tahlia@haveagonews.com.au](mailto:Tahlia@haveagonews.com.au)  
Open to public: Yes

Senior Resident Art Exhibition  
**Kalamunda**  
Zig Zag Gallery  
50 Railway Rd, Kalamunda  
10am to 4pm  
SENIOR Resident's art exhibition – *Pictorial Exchange*  
Cost: Free  
Event organiser: Shire of Kalamunda  
9257 9960  
Open to public: Yes

**Senior Resident Art Exhibition Kalamunda**

**Unknown Land Perth**  
Art Gallery of WA, Perth Cultural Centre

10am to 5pm  
EXPERIENCE WA through the eyes of the first European explorers and colonists. This exhibition featuring the earliest watercolours and drawings of WA, presents iconic locations still familiar, but now mostly transformed. Guru Guide Tours: 2-3pm. Get to know the "Unknown Land" with an hour long tour by a Guru Guide. Tickets through <http://www.artgallery.wa.gov.au/exhibitions/unknown-land.asp>  
Cost: \$8  
Art Gallery of WA  
[admin@artgallery.wa.gov.au](mailto:admin@artgallery.wa.gov.au) or 9492 6600  
Open to public: Yes

**South West Seniors Expo Bunbury**  
South West Sports Centre, Rotary Drive  
9am to 4pm  
INFORMATION within the South West, Free Health check in the Pit Stop, 100 sites with information for funerals, residences, mechanical devices, free entertainment, catering, travel and other needs. This is a major event for South West Seniors.  
Cost: Free  
Event organiser: South West Seniors Merv Mancer OAM  
[swseniorsexpo@gmail.com](mailto:swseniorsexpo@gmail.com) or 9795 7354  
Open to public: Yes



**WA Seniors Awards Gala Ceremony**  
Crown Perth Burswood, Great Eastern Highway  
10.30am to 12.30pm  
A GALA morning tea

awards ceremony for WA Seniors Awards finalists. Now in its 31st year, the WA Seniors Awards promote the value older people bring to our society, particularly through volunteer work. Invitation only  
Event organiser: COTA WA  
Trish Langdon  
Open to public: No

**SUNDAY  
6 NOVEMBER  
South West**

**South West Seniors Expo Bunbury**  
South West Sports Centre, Rotary Drive  
9am to 4pm  
INFORMATION within the South West, Free Health check in the Pit Stop, 100 sites with information for funerals, residences, mechanical devices, free entertainment, catering, travel and other needs. This is a major event for South West Seniors.  
Cost: Free  
Event organiser: South West Seniors Merv Mancer OAM  
[swseniorsexpo@gmail.com](mailto:swseniorsexpo@gmail.com) or 9795 7354  
Open to public: Yes

**CONVERT YOUR TOILET TO A BIDET**



ONE TOUCH OPERATION

Bidet Supplies WA are the major suppliers of electronic bidets in WA, established 2005 and offer a friendly personal service.

We will attend your home in the Perth metro area and demonstrate the Bidet operating to ensure that you obtain the correct bidet seat for your toilet, thus removing the chance of purchasing the wrong seat when dealing with other suppliers.

We will explain the benefits of a remote control bidet over a cheaper side control machine.

We offer a 12 month warranty on all of our bidets. After sales service is carried out in Perth and usually on the same day and in your own home.

All Bidets sold by Bidet Supplies WA are luxury models.

Our bidets can be fitted to a toilet raiser allowing easy access for wheelchairs or persons with disabilities or back injuries.

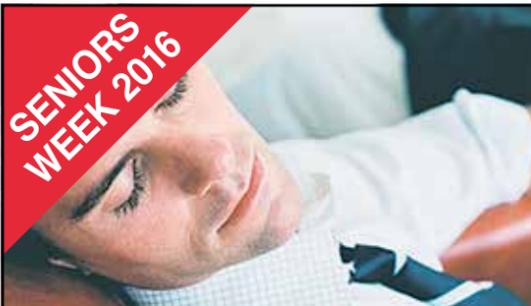


SUPPORT YOUR WA DEALER FOR FRIENDLY SERVICE AND RELIABILITY  
Phone 1800 046 847

**MONDAY  
7 NOVEMBER  
Perth Metropolitan Area**

**Author Talk – Desert Deacon**  
Kalamunda  
Cyril Road Hall  
58 Cyril Road, High Wycombe  
1pm to 2.30pm  
FREE talk with Reverend Pam Halbert about her courageous life from tragedy to triumph  
Cost: Free  
Event organiser: City of Kalamunda  
Bookings required  
9257 9960  
Open to public: Yes

SENIORS WEEK 2016



**\*FREE CPAP Service**

A good night's sleep is critical to our long term health and quality of life. Your CPAP equipment needs to be looked after to make sure it is looking after you!

Air Liquide is offering free service and maintenance on your therapy equipment:

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- Pressure Test
- Filter Change

\*Hurry! Offer valid until 28/10/16

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Equipment Check Up  
and Service\***

Time to get your equipment checked?  
Call now to secure your appointment!

Ph 6389 1199  
Email [ALWASleep@airliquide.com](mailto:ALWASleep@airliquide.com)  
51 Hampden Road, Nedlands



**MONDAY 7 NOVEMBER  
Perth Metropolitan Area**

**A very valuable morning tea and antique roadshow at Clarkson Library**

Wanneroo Clarkson Library Cnr Ebb Way & Ocean Keys Blvd, Clarkson 10am to 12noon EXPLORE the fascinating world of antiques and artefacts with Peter McKenzie, managing director of McKenzies Auctioneers. He will conduct free valuations of your own piece of art, collectables and jewellery and uncover some fascinating facts about a range of objects from the past - antique roadshow style. Cost: Free Event organiser: Clarkson Library 9407 1600 Open to public: Yes

**CAT Trails Perth/Fremantle CAT Bus routes in Perth and Fremantle**

DEVELOPED by the DLGC especially for Seniors Week 2016, the CAT Trails are four free, self guided bus tours based around the Perth and Fremantle Red and Blue CAT bus routes. See page 16 for maps and visit [www.dlgc.wa.gov.au](http://www.dlgc.wa.gov.au) for tours and offers on the routes. Cost: Free Event organiser: DLGC 6551 8700 Open to public: Yes

**Have a Go News Seniors Week Film Festival - Woman in Gold**

- starring Helen Mirren and Ryan Reynolds Backlot Cinema 21 Simpson Street, West Perth 1.30pm to 5pm ENJOY an afternoon at the Seniors Week Film Festival with the film *Woman in Gold*. Ticket price includes entrance fee, bag of popcorn, lolly bag and water as well as the opportunity to win a lucky door prize. The Backlot Cinema is a high end cinema with very comfortable seating and state of the art sound and caters for 40 guests. Cost: \$10 Event organiser: Have a Go News Bookings call 9227 8283 or email [Tahlia@haveagonews.com.au](mailto:Tahlia@haveagonews.com.au) Open to public: Yes

**Line Dancing for Seniors Wembley**

Wembley Community Centre 40 Alexander Street, Wembley 10am to 11am Morning Tea 11am Line Dancing 12noon AS part of Seniors Week 2016 Cambridge Senior Services will be hosting a morning tea and line dancing, led by instructor Gary Tukey. Put on your dancing shoes and channel your inner line dancer at a morning of line dancing

shenanigans this November. Come along to join in a line dancing session, accompanied by some great songs! Cost: \$5 Event organiser: Cambridge Senior Services 9387 9101 Open to public: Yes

**Senior Resident Art Exhibition**

Zig Zag Gallery 50 Railway Rd, Kalamunda 10am to 4pm SENIOR Resident's art exhibition - Pictorial Exchange Cost: Free Event organiser: Shire of Kalamunda 9257 9960 Open to public: Yes



**Seniors Week Morning Tea**

Mosman Park Bowling Club 39 Bayview Terrace, Mosman Park (cnr Johnson Parade) 10am to 12pm A FREE morning tea with entertainment, information and giveaways for senior residents of Mosman Park, Cottesloe or Peppermint Grove. Cost: Free RSVP to Danielle or Tina at the Mosman Park Bowling Club by 31/10/16 [info@mossies.com.au](mailto:info@mossies.com.au) or 9384 7951 Open to public: Yes

**Seniors Week - Lego Session**

Armadale Library - shop64/10 Orchard Ave, Armadale 10.30am to 11.30am LEGO is great for creativity and co-ordination. Just as young children use Lego to build fine motor skills, seniors can benefit by keeping their minds active and their hands moving. Lego is an activity that can build relationships between different generations, particularly in families. Refreshments will be available and places are limited Cost: Free Event organiser: City of Armadale 9394 5125 - bookings required. Open to public: Yes

**Unknown Land Perth**

Art Gallery of WA, Perth Cultural Centre 10am to 5pm EXPERIENCE WA through the eyes of the first European explorers and colonists. This exhibition featuring the earliest watercolours and drawings of WA, presents iconic locations still familiar, but now mostly transformed. Tickets through: <http://www.artgallery.wa.gov.au/exhibitions/unknown-land.asp> Cost: \$8 Event organiser: Art Gallery of WA [admin@artgallery.wa.gov.au](mailto:admin@artgallery.wa.gov.au) or 9492 6600 Open to public: Yes



**MONDAY 7 NOVEMBER  
Great Southern**

**Bremer Bay Seniors Week Movie Marathon - On Golden Pond**

Bremer Bay Community Centre 2pm to 3.30pm All seniors are welcome to attend the movie marathon for free. There will be an afternoon tea provided and Cost: Free Event organiser: Bremer Bay Community Resource Centre Karen Nardine 9837 4171 or email [tourism@bremerbaycra.com](mailto:tourism@bremerbaycra.com) Open to public: Yes

DLGC 6551 8700 Open to public: Yes



**Have a Go News Seniors Week Film Festival - Keeping up with the Joneses**

Backlot Cinema 21 Simpson Street, West Perth 1.30pm to 5pm ENJOY an afternoon at the Seniors Week Film Festival with the special preview of the new comedy film *Keeping up with the Joneses*. Ticket price includes entrance fee, bag of popcorn, lolly bag and water as well as the opportunity to win a lucky door prize. The Backlot Cinema is a high end cinema with very comfortable seating and state of the art sound and caters for 40 guests. Cost: \$10 Event organiser: Have a Go News Bookings call 9227 8283

Backlot Cinema 21 Simpson Street, West Perth 1.30pm to 5pm ENJOY an afternoon at the Seniors Week Film Festival with the special preview of the new comedy film *Keeping up with the Joneses*. Ticket price includes entrance fee, bag of popcorn, lolly bag and water as well as the opportunity to win a lucky door prize. The Backlot Cinema is a high end cinema with very comfortable seating and state of the art sound and caters for 40 guests. Cost: \$10 Event organiser: Have a Go News Bookings call 9227 8283

or email [Tahlia@haveagonews.com.au](mailto:Tahlia@haveagonews.com.au) Open to public: Yes

**Lifting the Lid! Victoria Park VISABILITY**

61 Kitchener Avenue Victoria Park 10am to 12pm AN information seminar on ways to prevent and manage bladder and bowel health issues Cost: Free RSVP 7.11.16 Event organiser: Bladder and Bowel Health Australia Stella Chan [schan@continencewa.org.au](mailto:schan@continencewa.org.au) or 9386 9777 Open to public: Yes

**TUESDAY 8 NOVEMBER  
Perth Metropolitan Area**

**CAT Trails Perth/Fremantle CAT Bus routes in Perth and Fremantle**

DEVELOPED by the DLGC especially for Seniors Week 2016, the CAT Trails are four free, self guided bus tours based around the Perth and Fremantle Red and Blue CAT bus routes. See page 16 for maps to follow the CAT bus routes to explore local sights across the CBD, Northbridge and Fremantle. Cost: Free Event organiser:

*Need to put a spring in your step?*



**The Integrated Listening Systems helps your**

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

**Gain Health And Have Fun**  
Try the *Integrated Listening Systems*, a form of Sound Therapy, at home or at our clinic.

**FREE INFORMATION SESSIONS;**  
Thursday 17 November 10am OR Tuesday 6 December 7pm **BOOKINGS REQUIRED**

**20% discount on the initial consultation and feedback**  
Offer expires 18/12/16 (Terms and conditions apply)



**How?**

- By listening to filtered classical music through headphones.
- Stimulating the balance mechanism in the ear.
- Improving neural connections in the brain.
- Giving you more energy and sense of calm.



Phone: Gillian 9329 9900  
Websites: [www.soundforlife.com.au](http://www.soundforlife.com.au)  
[www.integratedlistening.com](http://www.integratedlistening.com)  
Email: [soundforlife@westnet.com.au](mailto:soundforlife@westnet.com.au)  
Location: 2/45 McCoy Street, Myaree



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Wanneroo Golf Club are offering *Have a Go News* readers the opportunity to experience being a member of a private golf club with premium playing rights.



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✓ Full use of course  
✓ Official AGU handicap  
✓ Use of clubhouse  
PLUS MORE...

\*conditions of play apply

**3 MONTH TRIAL MEMBERSHIP \$600\***

44 Flynn Drive, Neerabup 9405 3677  
Email: [admin@wgc.net.au](mailto:admin@wgc.net.au) [www.wgc.net.au](http://www.wgc.net.au)



**KINGSLEY RETIREMENT VILLAGE**  
186 Twickenham Drive, Kingsley

**\$299,950 2 bed 1 bath**



**HOME OPEN Sunday 2PM-2.45PM**

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

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Active social club with weekly functions and events



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or 9386 8614**

[rhett@marron.com.au](mailto:rhett@marron.com.au)



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**TUESDAY  
8 NOVEMBER  
Perth  
Metropolitan  
Area**

**Parliament House  
Talk & Tour**

Parliament House  
4 Harvest Terrace, Perth  
10.15am & 1pm  
A TOUR of Parliament  
House with an interest-  
ing talk (a different topic  
each day) about Parlia-  
ment House 'the People's  
House' with light refresh-  
ments provided.  
Cost: \$5 per person  
Event organiser:  
Parliamentary Education  
Office  
Cherie / Tina  
education@parliament.  
wa.gov.au  
or 9222-7259  
Open to public: Yes

**Seniors Lunch**  
Kelmescott Church of  
Christ  
11.30am to 1pm  
SENIORS three course  
lunch with entertainment  
by the Kelmescott Senior  
High School Junior Band  
Cost: Free  
Kelmescott Church of  
Christ  
Jan or Donna 9390 5388  
or events@kelmscottcc.  
org.au  
Open to public: Yes

**Senior Resident  
Art Exhibition**  
Zig Zag Gallery  
50 Railway Rd,  
Kalamunda  
10am to 4pm  
SENIOR Resident's art  
exhibition - Pictorial  
Exchange  
Cost: Free  
Event organiser:  
Shire of Kalamunda  
92579960  
Open to public: Yes

**Seniors Week - Colouring**  
Armadale  
Seville Grove Library  
78 Champion Drive  
Seville Grove  
2pm to 3pm  
COLOURING has recently  
become a trend amongst  
adults who want to relax  
while unleashing their  
creativity. All materials  
provided and refresh-  
ments available.  
Bookings essential.  
Cost: Free  
Event organiser:  
City of Armadale  
9394 5800 - bookings  
required.  
Open to public: Yes

**Viva Italia**  
Perth Concert Hall  
7.30pm to 10.30pm  
A SPECIAL musical tribute  
night to Giuseppe Bertin-  
azzo and John D'Orsogna  
filled with opera, song,  
music and special guest  
star Alfredo Malabello. En-  
joy this night of all things

Italian presented by ICW  
productions.  
Cost: \$49 - \$79  
ICW Productions  
www.perthconcerthall.  
com.au/events/event/viva-  
italia-2016  
Open to public: Yes

**TUESDAY  
8 NOVEMBER  
Peel**

**'Elders in Wonderland'  
tea party with giant  
garden games**

Edenvale Heritage  
Complex Gardens,  
Cnr of Murray and  
Henry St, Pinjarra  
9am to 12pm  
THE 'Elders in Wonder-  
land' event will see the  
Edenvale Gardens in  
Pinjarra transformed with  
a colourful array of mad  
hatter props and giant  
garden games. Seniors  
will be provided with a  
free morning tea and  
will be entertained for  
the duration of the event  
with interactive activi-  
ties, demonstrations and  
information applicable to  
Seniors.  
Cost: Free  
RSVP 1.11.16  
Event organiser:  
Shire of Murray  
Kelly Shipway  
mailbag@murray.wa.gov.  
au or 9531 7775  
Open to public: Yes

**TUESDAY  
8 NOVEMBER  
Avon Valley**

**Silver Fair  
Northam**

Northam Recreation  
Centre  
10am to 2pm  
COME along and enjoy an  
opportunity to socialise,  
with live entertainment,  
morning tea, technol-  
ogy taster session, mind  
games, exhibitors and  
carpet bowls  
demonstration.  
Cost: Free  
Event organiser:  
Northam Visitor Centre  
96222100 or events@  
northam.wa.gov.au  
Open to public: Yes

**TUESDAY  
8 NOVEMBER  
Wheatbelt**

**Merredin Seniors  
Luncheon**

31 Bates Street, Merredin  
12pm to 3pm  
FREE luncheon for all  
seniors living in Merredin  
commencing at 12 noon  
and finishing around 3pm.  
Attendees will have the  
opportunity to socialise  
with other seniors and be  
entertained throughout  
the afternoon. The Lun-  
cheon will be held in the  
Cummins Theatre.  
Cost: Free

RSVP 2.11.16  
Merredin CRC  
Debbie Morris  
merredin@crc.net.au or  
9041 1041  
Open to public: Yes

**TUESDAY  
8 NOVEMBER  
Mid West  
/Gascoyne**

**Create your own  
Birthday/Christmas/gift  
cards**

Shark Bay Community  
Resource Centre  
10 Denham Road,  
Denham  
10am to 12pm  
PARTICIPANTS will learn  
how to create their own  
birthday/Christmas/gift  
cards using comput-  
ers, printers and collage  
material with the help of a  
graphic designer. Morning  
Tea supplied.  
Cost: Free  
RSVP 4.11.16  
Event organiser  
Shark Bay Community  
Resource Centre  
Jamie, Patricia, Judy or  
Natt  
sharkbay@crc.net.au or  
9948 1787  
Open to public: Yes

**WEDNESDAY  
9 NOVEMBER  
Perth  
Metropolitan  
Area**

**Bingo**

**Kalamunda**  
Woodlupine Community  
Centre  
88 Hale Road, Forrestfield  
1pm to 4pm  
A FUN afternoon of bingo  
provided by the For-  
restfield Leisure Group,  
Afternoon tea provided  
Cost: Free  
Event organiser:  
City of Kalamunda  
9257 9960 - bookings  
required  
Open to public: Yes

**CAT Trails  
Perth/Fremantle  
CAT Bus routes in Perth  
and Fremantle**

DEVELOPED by the  
DLGC especially for Se-  
niors Week 2016, the CAT  
Trails are four free, self  
guided bus tours based  
around the Perth and Fre-  
mantle Red and Blue CAT  
bus routes. See page 16  
for maps and visit www.  
dlgc.wa.gov.au for tours  
and offers on the routes.  
Cost: Free  
Event organiser: DLGC  
6551 8700  
Open to public: Yes

**Celebration in Action -  
Group Exercises**

Centenary Park  
Community Centre,  
Corner Daly Street  
/Barker Street, Belmont  
10am to 2pm  
10am to 11.30am Tai Chi  
in the Park facilitated by  
Fr. Quang Hong Pham,  
black belt in Karate, Judo,  
Tae-Kwon-Do, Aikido  
and Kendo followed by  
Drumbeat - facilitated  
by Holyoake accredited  
Trainer Anna Amhrose.  
1pm Exercise Class and  
Health Talk by Ms Susan  
Birtwistle  
Cost: Free  
Event organiser:  
Multicultural Services  
Centre of WA Inc.  
Pary Manicom, Wellness  
Coordinator, Multicultural  
Wellness Program (HACC  
wellness@mscwa.com.au  
or 9444 8283  
Open to public: Yes

**European Festival  
MYVISTA**

11 Nugent Street, Balcatta  
1pm to 3pm  
AN opportunity for family  
and community mem-  
bers to celebrate Seniors  
Week WA, our residents  
and European culture in a  
festival like atmosphere in  
the gardens of MYVISTA.  
Residents and visitors will  
be able to enjoy entertain-  
ers, tai chi demonstration  
and activities together  
along with barbecue food  
and wood fired pizzas.  
Cost: Free  
Event organiser:  
Irene Mooney  
info@myvista.com.au or  
9207 4666  
Open to public: No



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Research is the key to reducing the  
devastating effects of heart disease -  
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linda.bolton@heartfoundation.org.au  
heartfoundation.org.au/giftsinwills

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- Phone 1300 885 886
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- Drop into our Cockburn Centre, 9am - 4pm weekdays
- Visit [www.ilc.com.au](http://www.ilc.com.au)



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and attention?

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**If this sounds like you call Jenny from House and Pet Sitters on 0400 611 840, email [jenny@houseandpetsitters.com.au](mailto:jenny@houseandpetsitters.com.au) or visit [www.houseandpetsitters.com.au](http://www.houseandpetsitters.com.au) for an application form.**

**House  
and Pet sitters**



**WEDNESDAY 9 NOVEMBER  
Perth Metropolitan Area**

**Have a Go News Seniors Week Film Festival – Forrest Gump**

Backlot Cinema  
21 Simpson Street,  
West Perth  
1.30pm to 5pm  
ENJOY an afternoon at the movies with the Seniors Week Film Festival with the classic film *Forrest Gump*. Ticket price includes entrance fee, bag of popcorn, lolly bag and water as well as the opportunity to win a lucky door prize. The Backlot Cinema is a high end cinema with very comfortable seating and state of the art sound and caters for 40 guests.  
Cost: \$10  
Event organiser: Have a Go News  
Bookings call 9227 8283 or email Tahlia@haveagonews.com.au  
Open to public: Yes

**Have a Go Day Burswood Park**

8.30am to 3pm  
THIS popular event is a free information and activities expo for seniors and is the peak event of Seniors Week. Come along to try a variety of ac-

tivities including canoeing, dancing, and much more. Free tea, coffee provided.  
Cost: Free entry  
Event organiser: Seniors Recreation Council  
Dawn Yates  
P: 9492 9773  
Open to public: Yes

**City of Vincent Shuttle Bus to Have a Go Day**

9am to 3.30pm  
THE City of Vincent is providing a free shuttle service for residents to the Seniors Recreation Council's *Have a Go Day 2016 A LiveLighter* event for Seniors Week at Burswood Park, Great Eastern Highway. Registration is essential for the shuttle service. Call the City of Vincent to book your place.  
Cost: Free  
Event organiser: City of Vincent  
P: 9273 6000  
Open to public: Yes

**Have-a-Go Golf Croquet**

Nedlands Croquet Club  
Cnr Bruce Street & Melvista Avenue  
4pm to 8pm  
LEARN how to play Golf

Croquet. Have fun and become competitive in one easy lesson. Devonshire tea provided.

Cost: Free  
Event organiser: Nedlands Croquet Club  
Wendy Prendiville  
P: 0408 911 974  
wenpren@hotmail.com  
Open to public: Yes

**Parliament House Talk & Tour**

Parliament House  
4 Harvest Terrace, Perth  
10.15am & 1pm  
A TOUR of Parliament House with an interesting talk (a different topic each day) about Parliament House 'the People's House' with light refreshments provided.  
Cost: \$5 per person  
Event organiser: Parliamentary Education Office  
Cherie / Tina  
education@parliament.wa.gov.au or 9222 7259  
Open to public: Yes

**Seniors Week – Lego Session**

Kelmscott Library  
2784 Albany Hwy, Kelmscott  
2pm to 3pm  
LEGO is great for creativity and co-ordination. Just as young children use Lego to build fine motor

skills, seniors can benefit by keeping their minds active and their hands moving. Lego is an activity that can build relationships between different generations, particularly in families. Refreshments will be available and places are limited  
Cost: Free  
Event organiser: City of Armadale  
9394 5810 – bookings required.  
Open to public: Yes

**Seniors Week Treasure Hunt**

Gosnells Mills Park  
86 Brixton Street, Beckenham  
10am to 11.30am  
SET among the beautiful grounds of the new state-of-the-art Mills Park facility the treasure hunt will be sure to test your puzzle solving abilities in an exciting and social atmosphere. Make a pair, trio or a team to see if you can solve the riddles and find your way to the treasure at the end and the possibility of winning double movie tickets.  
Cost: Free  
Event organiser: City of Gosnells  
Bookings required from 25/10  
9391 6030

amc@gosnells.wa.gov.au  
Open to public: Yes

**Seniors Week Community Barbecue**

Gosnells Mills Park  
86 Brixton Street, Beckenham  
11.45am to 1pm  
SENIORS Week 2016 provides an opportunity for the City of Gosnells to acknowledge the

contribution seniors make to the community in which they reside. This barbecue will be at the new grounds of Mills Park in Brixton Street and will give people a chance to mingle, meet new people or enjoy a steak with old friends.  
Cost: Free  
Event organiser: City of Gosnells  
Bookings required from 25/10

9391 6030  
amc@gosnells.wa.gov.au  
Open to public: Yes



**SLEEP APNOEA**

**BARGAIN CPAP PACKAGES**  
Fully automatic machine

from **\$175\***

- Super quiet Apex machine
- Heated humidifier
- Mask included
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- Bag and hose

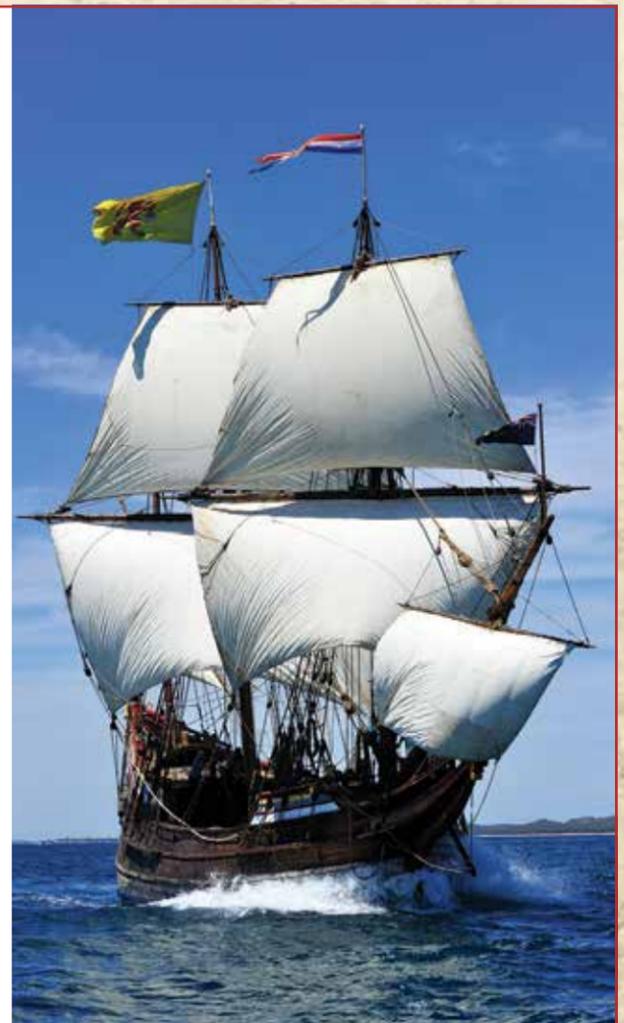
**CPAP Products Perth**  
9349 0799 192A Flinders Street, Yokine  
[www.cpaproductsperth.com.au](http://www.cpaproductsperth.com.au)  
\*Offer assumes health insurance rebate of \$720

**DUYFKEN needs volunteer Tour Guides for Elizabeth Quay...**



Duyfken is heading to Elizabeth Quay from November 2016 for a five month exhibition program and the Duyfken Foundation is seeking volunteers to help deliver the program. So if you're looking for an exciting volunteer opportunity then this could well be for you! Opening hours will be from 1-5pm Wednesday through Sunday. Ideally we are looking for volunteers who can fill a regular weekly or fortnightly time slot. All guides will be provided with on-site training, and a team uniform.

If you enjoy interacting with people and would love to be part of a vibrant not-for-profit Foundation, then make contact with Pic Lee at [administration@duyfken.com](mailto:administration@duyfken.com) for more details or apply online at <http://www.duyfken.com/volunteers>



**WE NEED YOU!**

For further information phone 0427 160 606 or visit [www.duyfken.com](http://www.duyfken.com)

**WEDNESDAY  
9 NOVEMBER  
Perth  
Metropolitan  
Area**

**Senior Resident Art Exhibition**  
Zig Zag Gallery  
50 Railway Rd, Kalamunda  
10am to 4pm  
SENIOR Resident's art exhibition - *Pictorial Exchange*  
Cost: Free  
Event organiser  
Shire of Kalamunda  
9257 9960  
Open to public: Yes

**Unknown Land**  
Art Gallery of WA,  
Perth Cultural Centre  
10am to 5pm  
EXPERIENCE WA through the eyes of the first European explorers and colonists. This exhibition featuring the earliest watercolours and drawings of WA, presents iconic locations still familiar, but now mostly transformed.

**Guru Guide Tours: 2-3pm.**  
Get to know the "Unknown Land" with an hour long tour by a Guru Guide. Tickets through <http://www.artgallery.wa.gov.au/exhibitions/unknown-land.asp>  
Cost: \$8  
Event organiser:  
Art Gallery of WA  
[admin@artgallery.wa.gov.au](mailto:admin@artgallery.wa.gov.au) or 9492 6600  
Open to public: Yes

[admin@swwhic.com.au](mailto:admin@swwhic.com.au) or 9791 3350  
Open to public: Yes

**Moving Bodies and Minds**  
Boyup Brook  
86 Abel Street  
9am to 1pm  
THE Boyup Brook Community Resource Centre (BBCRC) will conduct a 'Have-a-Go' Gentle Gym class to senior community members. This will be followed by morning tea and a presentation by guest author Liz Harfull. Participants will be encouraged to reflect on their lives and stories and share with the group. Lunch will also be provided.  
Cost: \$5  
RSVP 7.11.16  
Event organiser  
Boyup Brook Community Resource Centre  
Jodi Nield  
[boyupbrook@crc.net.au](mailto:boyupbrook@crc.net.au) or 9765 1169  
Open to public: Yes

to attend the movie marathon for free. There will be an afternoon tea provided and  
Cost: Free  
Event organiser:  
Bremer Bay Community Resource Centre  
Karen Nardine 9837 4171 or email [tourism@bremerbaycrc.com](mailto:tourism@bremerbaycrc.com)  
Open to public: Yes

**WEDNESDAY  
9 NOVEMBER  
Mid West  
/Gascoyne**

**Roy Orbison Tribute Show**  
Carnarvon Civic Centre, Woolshed, Robinson Street  
6pm to 8.30pm  
JAY Weston is a classically trained vocalist who performs with ease the songs we have come to recognize as being simply timeless. *Crying, Only the Lonely and Pretty Woman* are to name but a few. Jay's tone is perfect and if you closed your eyes you would believe the Big O was there. Tickets are free for Seniors Card holders and include one free drink. Tickets for the public are on sale from the Carnarvon Civic Centre for just \$10 each.  
FREE for seniors, \$10 non seniors  
Event organiser:  
Shire of Carnarvon  
Melissa Frearson  
[cdo3@carnarvon.wa.gov.au](mailto:cdo3@carnarvon.wa.gov.au) or 9941 0039  
Open to public: Yes



**Gnowangerup Seniors Cabaret**  
Gnowangerup CRC,  
47 Yougenup Rd,  
Gnowangerup  
12pm to 3pm  
CABARET afternoon celebrating our local seniors and seniors from surrounding communities. The event will include a spring luncheon, live 50s/60s music and a 'cabaret style' dress up theme.  
Cost: \$10  
Event organiser:  
Gnowangerup Community Resource Centre  
[gnowroundup@westnet.com.au](mailto:gnowroundup@westnet.com.au) or 9827 1635  
Open to public: Yes

**South West**

**Engage Our Five Senses**  
Prince Philip Drive,  
South Bunbury  
10am to 2pm  
THE goal of this event is to promote activating all the senses, including art, contact with animals and offering free hearing tests. Bush essences will also be offered to smell by a Noongar community member. The location of this event is ideal as it enables visitors to appreciate the wildlife and socialise with each other throughout the day.  
Cost: TBC  
Event organiser:  
South West Womens Health and Information Centre  
Emma Hislop

**Great Southern**

**Bremer Bay Seniors Week Movie Marathon - Driving Miss Daisy**  
Bremer Bay Community Centre  
2pm to 3.30pm  
ALL seniors are welcome

Have a fantastic, fun-filled family day at Fremantle Ports'

**Maritime Day**

HMAS Sheean B Shed, Victoria Quay | Saturday 12 November | 10am - 4pm

Be there for fun, action and colour.

- Fun day for all
- Maritime careers information
- Royal Australian Navy

**2016**

**FREE ENTRY**

Attractions include the submarine HMAS Sheean, the sail-ship, *Duyfken*, the Taiko Japanese Dancers, a children's maritime fancy dress competition, gold coin admission to the Maritime Museum and a technology display by Rolls Royce marine equipment.



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**THURSDAY 10 NOVEMBER  
Perth Metropolitan Area**

**CAT Trails  
Perth/Fremantle  
CAT Bus routes in Perth and Fremantle**

DEVELOPED by the DLGC especially for Seniors Week 2016, the CAT Trails are four free, self guided bus tours based around the Perth and Fremantle Red and Blue CAT bus routes. See page 16 for the maps and visit [www.dlgc.wa.gov.au](http://www.dlgc.wa.gov.au) for tours and offers on the routes.

Cost: Free  
Event organiser: DLGC 6551 8700  
Open to public: Yes

**Claremont Cruisers and Walking Group and Morning Tea**

City of Claremont  
Lake Espresso  
Claremont Park  
TBC  
ENJOY a walk in the park with the Claremont Cruisers and morning tea to celebrate Seniors Week.

Cost: Free  
Event organiser: City of Claremont  
Chris Cottle 9285 4300  
Open to public: Yes

**Come and try kayaking**

Champion Lakes Boating Club Henley Drive 9am to 11am  
THIS event will provide an opportunity to try kayaking in a very stable boat under instruction from a qualified instructor. There will also be a physiotherapist to explain the benefits of paddling as an exercise. Canoeing WA requires all participants to be able to swim 50 metres.

\$10 RSVP by 8/11/16  
Bookings essential  
Event organiser: Champion Lakes Boat Club  
Event organiser: Robyn Brown  
[robynlorrainebrown@gmail.com](mailto:robynlorrainebrown@gmail.com) or 0401 311 817  
Open to public: Yes

**Have a Go News Seniors Week Film Festival – Love and Mercy – The story of the Beach Boys’ Brian Wilson**

Backlot Cinema  
21 Simpson Street, West Perth  
1.30pm to 5pm  
ENJOY an afternoon at

the Seniors Week Film Festival with the film Love and Mercy. Ticket price includes entrance fee, bag of popcorn, lolly bag and water as well as the opportunity to win a lucky door prize. The Backlot Cinema is a high end cinema with very comfortable seating and state of the art sound and caters for 40 guests.

Cost: \$10  
Event organiser: Have a Go News  
Bookings call 9227 8283 or email [Tahlia@haveagonews.com.au](mailto:Tahlia@haveagonews.com.au)  
Open to public: Yes

**Opera in the Studio**

West Australian Opera, Level 3, His Majesty’s Theatre, Perth  
10.30am to 12pm  
WEST Australian Opera invites you to join them for a morning of song, stories and more as they take you on an intimate, operatic journey. Enjoy a complimentary morning tea with the artists following the performance. Places are limited. Maximum seating capacity is 100.

Cost: Free  
RSVP 8.11.16  
Event organiser: West Australian Opera  
[Terasa.Letizia.education@waopera.asn.au](mailto:Terasa.Letizia.education@waopera.asn.au)

9278 8999 or 0417 902 592  
Open to public: Yes

**Parliament House Talk & Tour**

Parliament House  
4 Harvest Terrace, Perth  
10.15am & 1pm  
A TOUR of Parliament House with an interesting talk (a different topic each day) about Parliament House ‘the People’s House’ with light refreshments provided.

Cost: \$5 per person  
Event organiser: Parliamentary Education Office  
Cherie / Tina  
[education@parliament.wa.gov.au](mailto:education@parliament.wa.gov.au) or 9222 7259  
Open to public: Yes

**Seniors Week – Colouring**

Armadale Library  
10am to 11am  
COLOURING has recently become a trend amongst adults who want to relax while unleashing their creativity. All materials provided and refreshments available. Bookings essential.

Cost: Free  
Event organiser: City of Armadale  
9394 5125 – bookings required.  
Open to public: Yes

**Seniors Afternoon Tea Dance**

Fremantle Town Hall, William Street. Entry via main door.  
1pm to 4pm  
DANCE the afternoon away at the City of Fremantle. Enjoy a lovely afternoon tea and the live band.

Cost: Free  
Event organiser: City of Fremantle  
Kay Raymond  
[kayr@fremantle.wa.gov.au](mailto:kayr@fremantle.wa.gov.au) or 9432 9826  
Open to public: Yes



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

**Book today  
9291 3900**



**Retirement & Aged Care Association (Inc)**

Units for sale under a retirement village lease scheme. Walking distance to shops, library and pool.

**FOR SALE**

**Coral Estate (Unit 34)**  
1 Anzac Place, Mandurah  
\$280,000 ono  
• 3 bedroom, 1 bathroom  
• Lock up garage under main roof with room for storage.  
• Canvas blinds front windows and rear patio  
• Large built in robes in main bedroom  
• Freshly painted.  
• Split system in dining/lounge  
• Split system in bedroom  
• Resident can select new floor coverings to living area and bedrooms.  
• Floor tiles - kitchen/dining area  
• Solar panels installed

**Contact Cheryl 9535 0200  
Mon-Fri: 9am-3pm**

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- Nursing & personal care

Bethanie also offers an extensive range of residential aged care, dementia services and retirement villages.

To find out more, or make an appointment, call 131 151 or visit [bethanie.com.au](http://bethanie.com.au)



**Bethanie**  
You're among friends

**THURSDAY 10 NOVEMBER  
Perth Metropolitan Area**

**Unknown Land Perth**

Art Gallery of WA, Perth Cultural Centre  
10am to 5pm  
EXPERIENCE WA through the eyes of the first European explorers and colonists. This exhibition featuring the earliest watercolours and drawings of WA, presents iconic locations still familiar, but now mostly transformed. Tickets through: <http://www.artgallery.wa.gov.au/exhibitions/unknown-land.asp>  
Cost: \$8  
Event organiser:

Art Gallery of WA  
admin@artgallery.wa.gov.au or 9492 6600  
Open to public: Yes

**Mid West /Gascoyne**

**Create your own birthday/Christmas/gift cards**  
Shark Bay Community Resource Centre, 10 Den-

ham Road, Denham 10am to 12pm  
PARTICIPANTS will learn how to create their own birthday/Christmas/gift cards using computers, printers and collage material with the help of a graphic designer. Morning Tea supplied.  
Cost: Free  
RSVP 4.11.16  
Event organiser: Shark Bay Community Resource Centre  
Jamie, Patricia, Judy or Natt  
sharkbay@crc.net.au or 9948 1787  
Open to public: Yes

**Goldfields**

**Seniors Week Celebration**

Barnes Drive, Kambalda West 9am to 4pm  
AIMS to bring together Seniors from Coolgardie, Kambalda and Norseman for a day of activities including first aid, technology workshop, singing and exercise.  
Cost: Free  
Event organiser: Shire of Coolgardie  
Val Whittaker  
9080 2100 mail@coolgardie.wa.gov.au  
Open to public: Yes

**Great Southern**

**Bremer Bay Seniors Week Movie Marathon – The Help**

Bremer Bay Community Centre  
2pm to 3.30pm  
ALL seniors are welcome to attend the movie marathon for free. There will be an afternoon tea provided  
Cost: Free  
Event organiser: Bremer Bay Community Resource Centre  
Karen Nardine 9837 4171

or email [tourism@bremer-baycrc.com](mailto:tourism@bremer-baycrc.com)  
Open to public: Yes

**FRIDAY 11 NOVEMBER  
Perth Metro Area**

**CAT Trails Perth/Fremantle CAT Bus routes in Perth and Fremantle**

DEVELOPED by the DLGC especially for Seniors Week 2016, the CAT Trails are four free, self guided bus tours based around the Perth and Fremantle Red and Blue CAT bus routes. See page 16 for the maps and visit [www.dlgc.wa.gov.au](http://www.dlgc.wa.gov.au) for tours and offers on the routes.  
Cost: Free  
Event organiser: DLGC  
6551 8700  
Open to public: Yes

**Have a Go News Seniors Week Film Festival – Lendlease Retirement Living Day**

Backlot Cinema  
21 Simpson Street, West Perth  
1.30pm to 5pm  
ENJOY the opening

afternoon of the Seniors Week Film Festival with the Ticket price includes entrance fee, bag of popcorn, lolly bag and water as well as the opportunity to win a lucky door prize. The Backlot Cinema is a high end cinema with very comfortable seating and state of the art sound and caters for 40 guests.  
Sponsored  
Event organiser: Have a Go News  
Open to public: No



**Parliament House Talk & Tour**

Parliament House  
4 Harvest Terrace, Perth  
10.15am & 1pm  
A TOUR of Parliament House with an interesting talk (a different topic each day) about Parliament House 'the People's House' with light refreshments provided.  
Cost: \$5 per person  
Event organiser: Parliamentary Education Office  
Cherie / Tina  
education@parliament.wa.gov.au or 9222 7259  
Open to public: Yes



**Playgroup time for Grandparents**

The Meeting Place, 245 South Terrace, Fremantle  
1pm to 2.30pm  
THIS playgroup provides the opportunity for you to meet other grandparents caring for children and gives children in your care a playgroup experience. Playgroup is a friendly relaxed environment designed for all children from birth to school age.  
Cost: \$16  
The Meeting Place  
Open to public: Yes

**Picnic at Stirk Park**

Sitrk Street, Kalamunda  
11.30am to 2.30pm  
ENJOY a picnic luncheon with music in the delightful surrounds of Stirk Park  
Cost: Free  
Event organiser: Shire of Kalamunda  
Bookings required  
9257 9960  
Open to public: Yes

**Could you be eligible?**



You may be eligible for a Companion Card if you have a significant and lifelong disability and require the help of a carer, support person or companion to participate in the community. This includes people who have acquired a disability later in life.

The Companion Card is free of charge and allows a person's carer free entry into participating venues and events.

For more information, including eligibility criteria visit [www.wa.companioncard.asn.au](http://www.wa.companioncard.asn.au) or phone 1800 617 337



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**our family caring**

**for your family when**

**you need it most.**



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**— FUNERALS —**

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**FRIDAY 11 NOVEMBER  
Perth Metropolitan Area**

**Seniors Week Morning Tea**  
City of Vincent Library  
99 Loftus Street,  
Leederville  
9.30am to 11.30am  
COME along and join in the celebratory morning

tea for all the wonderful seniors in the City of Vincent.  
In addition to morning tea, there will be presentations about exciting initiatives in the local community.

RSVP Friday 4 November  
Cost: Free  
Event organiser:  
City of Vincent Library  
Email: libadmin@vincent.wa.gov.au  
Phone: 9273 6090  
Open to public: Yes

**Unknown Land**  
Art Gallery of WA, Perth Cultural Centre  
10am to 5pm  
EXPERIENCE WA through the eyes of the first European explorers and colonists. This exhibition featuring the earliest watercolours and drawings of WA, presents iconic locations still familiar, but now mostly transformed. Guru Guide Tours: 2-3pm. Get to know the "Unknown Land" with an hour long tour by a Guru Guide. Tickets through: <http://www.artgallery.wa.gov.au/exhibitions/unknown-land.asp>  
Cost: \$8  
Event organiser:  
Art Gallery of WA  
admin@artgallery.wa.gov.au or 9492 6600  
Open to public: Yes

THE Long Table Dinner in the Shed will be a celebration and acknowledgment of the dedication to the Mukinbudin community by our senior population.  
Cost: Free  
RSVP 4.11.16  
Event organiser:  
Shire of Mukinbudin  
Nola Comerford-Smith  
cdo@mukinbudin.wa.gov.au or 9047 2100  
Open to public: Yes



**Turn Back Time Cinema**  
The Station  
1 Wongan Road,  
Wongan Hills  
9am to 12pm  
AN enjoyable and celebratory afternoon where we will turn back time with a classic movie and old time sweets creating an outing enjoyed by so many people over the years.  
Cost: Free  
RSVP 4.11.16  
Event organiser:  
Wongan Hills CRC  
Emmi info@wongan-hillscrc.com.au or 9671 1691  
Open to public: Yes

**Wheatbelt**

**Long Table Dinner in the Shed**  
Mukinbudin Men's Shed  
6.30pm to 10pm

**SATURDAY 12 NOVEMBER  
Perth Metropolitan Area**

**CAT Trails Perth/Fremantle**  
CAT Bus routes in Perth and Fremantle  
DEVELOPED by the DLGC especially for Seniors Week 2016, the CAT Trails are four free, self guided bus tours based around the Perth and Fremantle Red and Blue CAT bus routes. See page 16 for maps and visit [www.dlgc.wa.gov.au](http://www.dlgc.wa.gov.au) for tours and offers on the routes.  
Cost: Free  
Event organiser: DLGC  
6551 8700  
Open to public: Yes

bag and water as well as the opportunity to win a lucky door prize. The Backlot Cinema is a high end cinema with very comfortable seating and state of the art sound and caters for 40 guests.  
Cost: \$10  
Event organiser:  
Have a Go News  
Bookings call 9227 8283 or email  
Tahlia@haveagonews.com.au  
Open to public: Yes

**New City Theatre Production for Seniors Week**  
Addie Mills Centre, Gosnells  
3pm to 4.30pm  
THE New City Theatre will present 'Precipice: An evening Of One Act Theatre. With all performances written and performed by local artists. The shows include. *The Owl and the Pussycat*, *Shattered*, *Mothers can be a nightmare*.  
Cost: Free  
Event organiser:  
City of Gosnells  
Bookings required from 25.10  
9391 6030  
amc@gosnells.wa.gov.au  
Open to public: Yes

**Multicultural Day**  
Mandela Hall  
Mandela Crescent,  
Bateman  
10am to 2pm  
THIS day involves multicultural dance, music, and fashion performances, as well as panel discussions on issues of importance to seniors.  
Cost: Free  
Event organaiser:  
WA Tamil Seniors Association  
Alan Devadas  
9310 9437 adevadas9@gmail.com  
Open to public: No

**Writing your Life Story**  
Citiplace Community Centre  
Perth Railway Station  
9.30am to 3.30pm  
**Workshop 1** - Life Writing. LEARN how to structure your writing and capture the unique aspects of your life story.  
**Workshop 2** - Publishing Your Life Story & Photo Restoration. Bring your 'Life Writing Project' to the afternoon 'hands on' session and learn how to progress it towards publishing.  
Cost: \$20 per workshop  
Event organiser:  
The Society of Women Writers WA  
Secretary swwofwa@gmail.com or  
0415 840 031  
Open to public: Yes

**Unknown Land**  
Art Gallery of WA,  
Perth Cultural Centre  
10am to 5pm  
EXPERIENCE WA through the eyes of the first European explorers and colonists. This exhibition featuring the earliest watercolours and drawings of WA, presents iconic locations still familiar, but now mostly transformed. Guru Guide Tours: 2-3pm. Get to know the "Unknown Land" with an hour long tour by a Guru Guide. Tickets through <http://www.artgallery.wa.gov.au/exhibitions/unknown-land.asp>  
Cost: \$8  
Event organiser:  
Art Gallery of WA  
admin@artgallery.wa.gov.au or 9492 6600  
Open to public: Yes

**Supporting your choice, dignity and independence in the Gosnells/Armadale area**

- domestic assistance
- social support/shopping
- personal care
- transport
- home maintenance
- home care packages
- respite/carer support
- day excursions
- dementia care
- private care

Quality care, based on client and carer needs.

**9490 2393**  
23 Astley Street, Gosnells  
email: [admin@astleycare.com.au](mailto:admin@astleycare.com.au)  
[www.astleycare.com.au](http://www.astleycare.com.au)  
8.30AM - 4.30PM Mon to Fri

This October, remember to have your free screening mammogram at BreastScreen WA

October is Australia's breast cancer awareness month. It is important for women 50 years or over to have a **FREE** breast screening mammogram at BreastScreen WA every two years.

**Once is not enough.**

Book online at [www.breastscreen.health.wa.gov.au](http://www.breastscreen.health.wa.gov.au) or phone **13 20 50**

Visit the BreastScreen WA website for clinic locations and mobile screening unit visit dates.

Sep'16

**Parliament House 'Talk & Tour' for SENIORS WEEK**

Parliament House is offering 'Talk and Tour' sessions for Seniors Week.

**Tuesday 8<sup>th</sup> – Friday 11<sup>th</sup> November 2016**  
Two 1.5hr tours a day at 10.15am and 1.00pm

Each session will include a tour of Parliament House and an interesting talk on the following topics:

- Tuesday 'Parliamentary Firsts'**  
A look at some of the significant firsts of our Parliament
- Wednesday 'Quirky tales and true stories'**  
About the Western Australian Parliament.
- Thursday 'Parliament House – the People's House'**  
Stories of the history, architecture and art of Parliament House.
- Friday 'What Members want'**  
A talk from the Parliamentary library on information provided to Members.

**Bookings are essential on 08 9222 7259 8.00am - 4.00pm, Monday - Friday.**  
Numbers limited to 20 per tour with places allocated on a first come basis only. The cost for each tour is **\$5.00 per person** \* to cover the cost of light refreshments. \* Please bring correct money as no change can be given.

To learn more about our 'Talk and Tours' or to make a booking for community groups, visit our website [www.parliament.wa.gov.au](http://www.parliament.wa.gov.au) and click on the education tab.



**SUNDAY  
13 NOVEMBER  
Perth  
Metropolitan  
Area**

**Applause - a musical concert**  
Jewish Centre  
61 Woodrow Avenue,  
Yokine  
2.15pm to 4.15pm  
Featuring musical quartet  
*The Silvertones* playing  
music from the 50s and  
60s. Intermission refresh-  
ments. Entry by gold coin.  
Cost: Gold coin  
Event organiser:  
JewishCare WA  
projects@jewishcarewa.  
com.au or 9275 6743  
Open to public: Yes

**CAT Trails  
Perth/Fremantle  
CAT Bus routes in Perth  
and Fremantle**  
DEVELOPED by the  
DLGC especially for Se-  
niors Week 2016, the CAT  
Trails are four free, self  
guided bus tours based  
around the Perth and Fre-  
mantle Red and Blue CAT  
bus routes. See page 16  
for maps and visit [www.dlgc.wa.gov.au](http://www.dlgc.wa.gov.au) for tours  
and offers on the routes.

Cost: Free  
Event organiser: DLGC  
6551 8700  
Open to public: Yes



**Have a Go News Seniors  
Week Film Festival –  
Closing day – special pre-  
view of *Disney's Queen  
of Katwe***  
Backlot Cinema  
21 Simpson Street,  
West Perth  
1.30pm to 5pm  
ENJOY the opening  
afternoon of the Seniors  
Week Film Festival with  
the special preview of the  
new Disney film *Queen  
of Katwe*. Ticket price  
includes entrance fee,  
bag of popcorn, lolly bag  
and water as well as the  
opportunity to win a lucky  
door prize. The Backlot  
Cinema is a high end cin-  
ema with very comfortable  
seating and state of the  
art sound and caters for  
40 guests.  
Cost: Free – see competi-  
tion to win a double pass  
Event organiser:  
Have a Go News  
Bookings call 9227 8283  
or email  
Tahlia@haveagonews.  
com.au  
Open to public: Yes

**WA Sri Lankan  
Association Seniors  
Lunch – Bringing  
Generations Together**  
Victoria Park Bowling  
Club,  
18 Kent Street,  
East Victoria Park  
11am to 3pm  
THIS luncheon is a full day  
event bringing young and  
old together. There will  
be a seniors awareness  
presentation, demonstra-  
tion of Tai Chi, traditional  
Sri Lankan dancing,  
welcome drink, lunch and  
sing along at the end of  
the day.  
Cost: \$15 – non-seniors  
\$12 – Seniors over 65  
Event organiser:  
WA Sri Lankan  
Association  
Vicky Sivarajah  
Vicky267@bigpond.com  
or 9378 2028  
Open to public: Yes

**Unknown Land**  
Art Gallery of WA, Perth  
Cultural Centre  
10am to 5pm  
EXPERIENCE WA through  
the eyes of the first  
European explorers and  
colonists. This exhibition  
featuring the earliest wa-  
tercolours and drawings  
of WA, presents iconic  
locations still familiar, but  
now mostly transformed.  
Guru Guide Tours: 2-3pm.  
Get to know the “Un-  
known Land” with an hour

long tour by a Guru Guide.  
Tickets through <http://www.artgallery.wa.gov.au/exhibitions/unknown-land.asp>  
Cost: \$8  
Event organiser:  
Art Gallery of WA  
admin@artgallery.wa.gov.  
au or 9492 6600  
Open to public: Yes

**South West**



WA Seniors Week  
CELEBRATE LATER LIFE  
6th-13th November

**Have a Go  
Lawn Bowls Day**  
Bunbury Bowling Club  
72 Forrest Avenue,  
Bunbury  
10am to 1pm  
ENCOURAGING seniors  
to get out and have a  
go at lawn bowls, at the  
Bunbury Bowling Club.  
Cost: Free  
RSVP 11.11.16  
Event organiser:  
Bunbury Bowling Club  
Laurie Blurton  
Bbc72@people.net.au or  
9721 3291  
0427 097 935  
Open to public: Yes

**PRE-SENIORS WEEK EVENTS**

**3 November  
Positive Ageing Expo**

Jull Street Mall, Armadale  
9.30am to 1.30pm  
AN INITIATIVE by the Cities of Armadale and Gosnells and supported by the Armadale Shopping City, there will be stalls providing information about services and groups that assist positive ageing. Come along and get a local feel for what is available  
Cost: Free  
Event organiser: City of Gosnells & City of Armadale  
9391 6030  
amc@gosnells.wa.gov.au  
Open to public: Yes

**Joondalup libraries more than  
just an open book**

HOW much is my antique chair worth? Where can I learn to use my tablet? Who can help me plan my next dinner party? I love to play games, is there somewhere that I can join in?

People might be surprised to know that a City of Joondalup library can help you find the answer (or is the answer) to all of the above. Libraries offer so much more than just books for borrowing.

Staff members at the City's four library branches in Duncraig, Woodvale, Hillarys (Whitford) and Joondalup are on a mission to promote all the wonderful things available to library members through the 'I didn't know that my library did that!' campaign.

The range of activities and services offered is varied and includes free Wi-Fi and technology assistance, writers' groups, battery recycling, home book deliveries, game sessions, events and

a range of short courses. Joondalup libraries has eBooks available for download, family history research facilities and the Joondalup branch is even open on Sundays.

People don't even need to live within the City to join. Many members come from all over the metropolitan area to work, shop or visit family and friends and everyone is welcome to enjoy the services on offer.

During October and November, all new members will go into the draw to win one of two x \$200 book stacks. Current members also have the opportunity to win one of four x \$50 gift vouchers.

To find out more about *I didn't know my library did that!* and get involved in the great services City of Joondalup Libraries provide, visit [www.joondalup.wa.gov.au](http://www.joondalup.wa.gov.au) or call 9400 4751.

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\$4000	\$600 off	HGEBS600A	\$16,000	\$2400 off	HGEBS2400A

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WA Elder Abuse Helpline 1300 724 679

**Ride the CAT and enjoy a purr-fect Seniors Week!**

**Blue Cat Fremantle**

1 Fremantle Station	10 Orient Street
2 Cappuccino Strip	11 South Beach
3 Fremantle Markets	12 Fremantle Sailing Club
4 Fremantle Hospital	13 Capo D'Orlando Drive
5 Wilay Ave	14 South Street
6 Price Street	15 Howard Street
7 Gold Street	16 Esplanade Hotel
8 Charles Street	17 Fishing Boat Harbour
9 Wardie Street	18 Victoria Quay

DEVELOPED by the DLGC especially for Seniors Week 2016, the CAT Trails are four free, self guided bus tours based around the Perth and Fremantle Red and Blue CAT bus routes. Visit [www.dlgc.wa.gov.au](http://www.dlgc.wa.gov.au) for special offers to be found on the routes to explore local sights across the CBD, Northbridge and Fremantle.

For further information phone DLGC 6551 8700 or Transperth 13 62 13.

Relax in the beautifully restored pubs or breezy cafes in the heart of Fremantle, find out what courses are running at The Meeting Place, visit a free art gallery on the beach or stroll the boardwalk at Fishing Boat Harbour.

And if you're a WA Seniors Card holder, don't forget to bring your card to access discounts and special deals.

**Blue Cat Perth Swan River**

1 Elizabeth Quay Bus Station	5 Museum	10 Russell Square
2 Barrack Square	6 Art Centre	11 Northbridge
3 NOT IN USE	7 Central Institute	12 James Street
4 Beaufort Street Bridge	8 Aberdeen Street	13 Horseshoe Bridge
	9 Francis Street	14 Perth Underground

**Red Cat Fremantle**

1 Maritime Museum & E Shed Markets
2 Victoria Quay
3 Fremantle Station
4 Queen Street Shopping Precinct
5 Kings Square
6 CBC Fremantle
7 Fremantle Park
8 Fremantle Arts & Leisure Centres
9 Beach Street
10 Parry Street
11 Woolstores Shopping Centre
12 Fremantle Station

**Red Cat Perth**

1 WACA	9 NOT IN USE	17 West Perth	24 Perth Station
2 Don Aiken Centre	10 Forrest Place	18 Outram Street	25 Murray Street
3 Plain Street	11 Perth Underground	19 Old Street	26 Royal Perth Hospital
4 Wellington Square	12 Central Park	20 Havelock Street	27 Meroodes College
5 Carlton	13 His Majesty's	21 Gordon Street	28 Bennett Street
6 Perth Mint	14 QVI	22 Milligan Street	29 Queens Gardens
7 Victoria Avenue	15 Parliament	23 Raine Square	
8 Town Hall	16 Emerald Terrace		

Relax in an edible garden in the heart of Northbridge, do your bit for education by getting a discounted beauty treatment from a student therapist, or chime in at the Bell Tower on the riverfront.

And if you're a WA Seniors Card holder, don't forget to bring your card to access discounts and special deals.

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During Seniors Week

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We'll take you there...

# Lineup, lineup for the inaugural *Have a Go News' Seniors Week Film Festival*



LIGHTS, camera, action we welcome people to come along to be part of the inaugural *Have a Go News Seniors Week Film Festival* at The Backlot Cinema in West Perth.

Screening from 1.30pm to 5pm daily from Sunday 6 November to Sunday 13 November, people have the opportunity to see some great films and be part of this inaugural seniors week event.

Eight films will screen including three major previews.

When developing the program, *Have a Go News* editor Jennifer Merigan said; "we wanted to provide people with the opportunity to see some great films in this boutique cinema during Seniors Week.

"We have some fabulous previews for people including *The Light Between Oceans*, *Keeping up with the Joneses* and *Disney's Queen of Katwe*.

"This film festival is about making people feel special during Seniors Week. Each film goer will receive a bag of popcorn thanks to Lendlease Retirement Living, a lolly bag thanks to Kings Tours & Travel and a bottle of water.

"Before each screening there will be a lucky prize draw and people have the opportunity to win some great prizes as well as enjoying a selection of terrific films, there is something for everyone," said Jennifer.

Thanks to our sponsors Lendlease Retirement Living and Kings Tours & Travel there is a great array of films to see at the *Have a Go News Seniors Week Film Festival*.

To purchase tickets please contact Tahlia during business hours on 9227 8283 or email her at Tahlia@havea.gonews.com.au

## The films...

**Sunday 6 November 1.30pm - *The Light Between Oceans* - special preview thanks to Entertainment One.**

From acclaimed director Derek Cianfrance, (*Blue Valentine*, *A Place Beyond the Pines*), and based on the extraordinary best-selling novel from ML Stedman, *The Light Between Oceans* is a beautiful yet heart-breaking story of love and sacrifice.

Tom Sherbourne (Michael Fassbender) is a young lighthouse keeper on a remote island off Western Australia. The only inhabitants of Janus Rock, he and his wife Isabel (Alicia Vikander) live a quiet life, cocooned from the rest of the world. That is until one April morning, when they rescue an abandoned baby from an adrift rowboat. Only years later do they discover the devastating consequences of the decision they made that day, as the baby's

real story unfolds and the couple's morality and love is tested.

Also starring Rachel Weisz, *The Light Between Oceans* will be released on 3 November.

**Monday 7 November 1.30pm - *Woman in Gold***

Sixty years after fleeing Vienna, Maria Altmann (Helen Mirren), an elderly Jewish woman, attempts to reclaim family possessions that were seized by the Nazis. Among them is a famous portrait of Maria's beloved Aunt Adele: Gustave Klimt's "Portrait of Adele Bloch-Bauer I." With the help of young lawyer Randy Schoenberg (Ryan Reynolds), Maria embarks upon a lengthy legal battle to recover this painting and several others, but it will not be easy, for Austria considers them national treasures.

**Tuesday 8 November 1.30pm - *Keeping up with the Joneses* - special preview thanks to 20th Century Fox.**

An ordinary suburban couple (Zach Galifianakis and Isla Fisher) finds it's not easy keeping up with the Joneses (Jon Hamm and Gal Gadot) - their impossibly gorgeous and ultra-sophisticated new neighbours - especially when they discover that Mr. and Mrs. "Jones" are covert operatives. Come along and enjoy this comedy film.

**Wednesday 9 November 1.30pm - *Enjoy this classic film - Forrest Gump*.**

Slow-witted Forrest Gump (Tom Hanks) has never thought of himself as disadvantaged, and thanks to his supportive mother (Sally Field), he leads anything but a restricted life. Whether dominating on the gridiron as a college

football star, fighting in Vietnam or captaining a shrimp boat, Forrest inspires people with his childlike optimism. But one person Forrest cares about most may be the most difficult to save -- his childhood love, the sweet but troubled Jenny (Robin Wright).

**Thursday 10 November 1.30pm - *Love and Mercy***

In the late 1960s, the Beach Boys' Brian Wilson stops touring, produces "Pet Sounds" and begins to lose his grip on reality. By the 1980s, Wilson (John Cusack), under the sway of a controlling therapist, finds a saviour in Melinda Ledbetter.

**Saturday 12 November 1.30pm - *Hunt for the Wilder People***

Raised on hip-hop and foster care, defiant city kid Ricky gets a fresh start in the New Zealand countryside. He quickly finds himself at home with his new foster family: the loving Aunt Bella, the cantankerous Uncle Hec, and dog Tupac. When a tragedy strikes that threatens to ship Ricky to another home, both he and Hec go on the run in the bush.

As a national manhunt ensues, the newly branded outlaws must face their options: go out in a blaze of glory or overcome their differences and survive as a family. Equal parts road comedy and rousing adventure story, director Taika Waititi masterfully weaves lively humor with emotionally honest performances by Sam Neill and Julian Dennison. A hilarious, touching crowd-pleaser, *Hunt for the Wilder People* reminds us about the journey that growing up is (at any age) and those who help us along the way.

**Closing Day Sunday 13 November 1.30pm - special ticket giveaway. Disney presents *Queen of Katwe* - special preview.**



*Queen of Katwe* is the vibrant true story of a young girl from the streets of rural Uganda whose world rapidly changes when she is introduced to the game of chess, and, as a result of the support she receives from her family and community, is instilled with the confidence and determination she needs to pursue her dream of becoming an international chess champion. This special preview is proudly presented by Disney - see competition on page 18 to win a ticket.



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**WIN WIN WIN - Tickets to Disney's Queen of Katwe**

TO be in the draw to win one of twenty double passes to the Disney preview of Queen of Katwe on Sunday 13 November at 1.30pm simply send an email with your details to win@haveagonews.com.au with Katwe in the subject line or write to Seniors Week Film Festival PO Box 1042, West Leederville 6901 closes 31/10/16.

**Have a Go News celebrates 25 years in 2016 – the history of Seniors Week in our pages**



On 31 October 2001, Barrack Street Perth was filled with a sea of silver and blue balloons, and streamers with the Streets of Silver parade to celebrate Seniors Week

Tuesday in November and was included as one of the peak events for Seniors Week.

I have been in attendance for many Seniors Weeks over the years and some of the events that have been held that come to mind include a street parade of seniors through the city, a morning tea at the Bell Tower sponsored by Seniors Card held annually for more than 10 years, access to the panoramic views of level 46 of the former Bank-West Tower, seniors talent quests, concerts and dances.

We have contributed much to Seniors Week over the years including the Discover Western Australia with Your Camera photographic exhibition which ran for more than 10 years from 1994 to 2006. Hundred of photographs were submitted to the paper and after the winners judged the photographs were displayed at shopping centres around Perth during the week.

In 2010 we produced our first full colour Seniors Week Liftout for the readership and have continued to do so each year. As times change the week has adapted and I predict with the increased retirement age, life span and growing demographic of people aged over 60, it will adapt again.

I look forward to being a part of that change so we continue to provide positive and enriching activities which celebrate the demographic in WA.

Do you have any ideas of how Seniors Week could improve? Would you like to see the name changed to become more appropriate to mature people? Would you like to see a particular event held during the week? Then write to me with your thoughts...email jen@haveagonews.com.au

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by Jennifer Merigan

SINCE our inception in 1991 Have a Go News has provided information for our readership about events happening during the annual Seniors Week.

I took a quick look back about the history of Seniors Week and, in 1961, an Old People's Week was held which was the forerunner to Seniors Week.

Seniors Week as we

now know it was re-established in 1984 and has been run during either October or November for 32 years. This paper has been producing a liftout of events happening during the week since 1993.

Our original liftouts were printed on yellow paper and contained listings of the many events taking place during the week. In 1993 Seniors Week was organised by the Life Be in It campaign

and the WA Senior of the Year was Sister Germaine Kent.

The WA Seniors Awards have always been an integral part of Seniors Week and they have traditionally been held at the beginning of the week. The awards honour those people who are aged 60 and over and who work tirelessly in the community.

In 2004 Have a Go Day moved from the second

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## A packed program at Holly Wood Tuesday Morning Show



Michelle Davies and snake

by Michelle Davies

THE snakes were surprised, and so was I, when one great big snake thought he had found a new home around my neck.

City of Perth presented an exhibition in the foyer of the Perth Town Hall, *The Wild Life Show*, which highlighted the individuals and groups that participated, in the 1946 to 1975 Wild Life Shows, and examined their legacies.

These shows were extremely popular. We were told that Vince Seventy and Harry Butler would be up on the stage eating witchetty grubs with a crowd watching them. They were the rock stars of the day.

In the 1970s, laws came which restricted who could take native animals or plants from the bush or keep animals in captivity. The shows never recovered from the changes and

gradually petered out.

Eric McCrumm, long time naturalist and knowledgeable speaker, shared his memories and involvement in the instigation of the *Wild Life Show*, with a captivated audience. The *Wild Life Show* ran at the Perth Town Hall during the 50s and 60s and reappeared in July this year.

### The Tuesday Morning Show Program

**11 October** - Jennifer Merigan from *Have a Go News* will update you on the news, events and competitions in this month's issue.

*The Jane Cornes Collective*: Sultry vocalist Jane Cornes and guitar supremo Neil Steward join forces with multi-instrumentalist Chris Clark (double bass/sax/flute) to bring audiences a showcase of their favourite jazz and torch songs from the past 50 years.

**18 October** - Jay Weston: In our special

"Remembering Holly Wood" show, Jay Weston will provide a beautiful entertainment drawn from the Italian arias, musical theatre, romantic love songs and popular ballads. His shows have included opening for Sir Cliff Richard and singing for Her Majesty the Queen on the Perth Foreshore.

**25 October** - Shirley Hunt will chat with compere Bernard Carney about her interesting lifetime in show business and dance.

*Sometimes 3*: Joy and Kaye of *Sometimes 3* will give a great costumed show of old time sing-along 50s to 70s pop and a few jokes thrown in to tickle your fancy.

**2 November** - Please note no show due to the Melbourne Cup.

**8 November** - Jennifer Merigan from *Have a Go News* will update you on the news, events and competitions in this month's issue.

Adam Penn has been performing since the age of twelve and has had the pleasure of performing on all of the major stages throughout Melbourne and Perth, notably the roles of Prince Chulailongkorn in the 1984 production of *The King and I* and Javert in *Les Miserables*.

## A must - have for all adults - the gift of preparation



by Carole Sandberg

CLEARLY defined roles do exist particularly in our generation. Generally speaking the men have taken care of legal, financial and maintenance matters whilst the women have taken care of the home, family, social activities and the like. But what happens when one

of them is suddenly no longer there?

At a time when all people want to do is sit quietly and grieve their loss often they are suddenly thrown into having to deal with convoluted bureaucracy.

When my neighbour's husband passed away unexpectedly, all hell broke loose. He had looked after absolutely everything. She went through six months of hell simply out of ignorance. Insurance policies, passwords, access codes, bill paying, not a clue. Her husband never thought to teach his wife to be a widow.

Conversely, a male friend recently lost his partner. All their life he had relied upon her for so

much. It never occurred to them he might need to know how to cook a healthy meal, use all the household appliances, keep track of family birthdays/anniversaries. They had a dog, but what tablets did he have, and when?

Neither of them had given thought nor realised the importance of sharing at this level. She had never thought to teach him to be a widower.

For couples and those

of us living alone, there is a massive amount of information if shared/explained/recorded now will make a huge difference at some time in the future for whoever is left to deal with everything - and that is the gift of preparation.

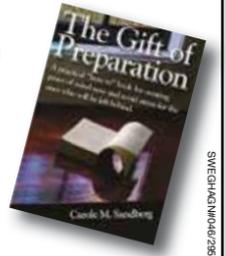
For more copies of the book *The Gift of Preparation* are available via [www.giftofpreparation.com](http://www.giftofpreparation.com), emailing to [info@giftofpreparation.com](mailto:info@giftofpreparation.com), or phone Carole on 0412 266 689.

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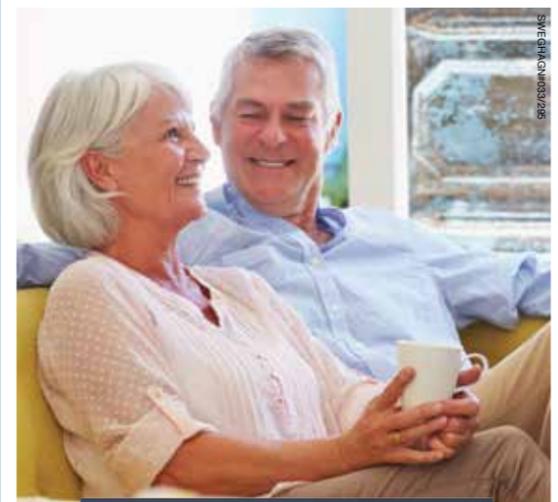
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Village	Date	Time	Address
Homestay Village, Queens Park	Saturday 5th November	11am - 2pm	267 Wharf Street Queens Park, WA 6107
Parkland Villas Woodlands	Saturday 5th November	11am - 2pm	52-54 Liege Street Woodlands, WA 6018
Parkland Villas Ellenbrook	Saturday 5th November	11am - 2pm	25 The Parkway Ellenbrook WA 6069
The Pines, Ellenbrook	Saturday 5th November	11am - 1pm	21 Ponte Vecchio Boulevard Ellenbrook, WA 6069
Lakeside Village, Bibra Lake	Saturday 5th November	11am - 2pm	14 Lewington Gardens Bibra Lake, WA 6163
Woodstock West, Bunbury	Saturday 5th November	11am - 2pm	146 Strickland Street Bunbury, WA 6230
Parkland Villas Mandurah, Halls Head	Friday 11th November	10am - 1pm	2 Hungerford Avenue Halls Head, WA 6210
Harbourside Village, Mindarie	Saturday 12th November	11am - 2pm	7 Honiara Way Mindarie, WA 6030
Parkland Villas Booragoon	Saturday 12th November	11am - 2pm	510 Marmion Street Booragoon, WA 6154
Timberside Villas, Woodvale	Saturday 12th November	1pm-3pm	10 Timbercrest Rise Woodvale, WA 6026

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