

# Have a Go News SENIORS WEEK 2018 EVENTS GUIDE

## Loads of fun to be had during Seniors Week 2018

AGL Seniors Week Film Festival

Plenty of Activities

Win a Cruise at *Have a Go Day*



There's so much to do during Seniors Week 2018. See inside to plan your activities for the week.

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#### PERTH BROCHURE LAUNCH

**MONDAY 22 OCTOBER 2018**  
InterContinental Perth  
815 Hay St, Perth WA 6000  
**Morning Session:** 10:00am – 12:00pm  
**Afternoon Session:** 2:00pm – 4:00pm

**Cost:** \$5 per person payable prior to the event

Register your place for our Perth or Mandurah Brochure Launches and advise what session you would like to attend by calling **08 9380 6656**

#### MANDURAH BROCHURE LAUNCH & 1ST ANNIVERSARY CELEBRATION

**FRIDAY 26 OCTOBER 2018**  
Sebel Mandurah  
1 Marco Polo Dr, Mandurah WA 6210  
**Morning Session:** 10:30am – 12:30pm  
**Afternoon Session:** 1:30pm – 3:30pm

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## Seniors Week is an opportunity to celebrate later life



**WA Seniors Week**  
11 - 17 November 2018



WELCOME to the annual Seniors Week Liftout which enables people to plan their activities for this week celebrating our elders held from 11 to 17 November.

*Have a Go News* is proud to be one of the major sponsors of Seniors Week and within this lift-out are all the listings

for the many of events happening around Perth and in regional areas.

The premier event of the week *Have a Go Day* will be held on Wednesday 14 November at Burwood Park from 9am to 3pm and is free to attend.

The day offers people the opportunity to come down and try all sorts of activities, enjoy entertainment and have a fabulous day out.

Inside this liftout you will find your guide to *Have a Go Day* which includes a map, stall holder's listings, how to get there, parking information and the coupon for the major prize draw on

the day.

The layout of *Have a Go Day* follows the same format as last year; it is located riverside in Burwood Park.

Come down and visit *Have a Go News* at the hospitality tent where we will serve free tea, coffees and water. Our famous Chocolate Wheel will be running every half hour in our tent and we have lots of great prizes for people to win.

The hospitality tents give you the opportunity to relax and socialise.

It's the first year our major partner AGL have attended *Have a Go Day* and to celebrate them

coming on board there is the opportunity for attendees to win a cruise for two people aboard the *Astor*. See the coupon in this guide, bring it along for your chance to win.

We also present the third *AGL Seniors Week Film Festival* which will be held on 10 and 11 November at the newly opened Palace Cinemas in Raine Square.

This year we will screen an exclusive preview of Robert Redford's last film *The Old Man and the Gun*.

Thanks to AGL for their support and enabling us to provide tickets to the film festival free of charge.

See details on how to win tickets on page 3.

This year the WA Seniors Awards will be announced at a gala ceremony at the Hilton Hotel on 17 November.

Keep this handy guide to plan which events to attend during the week and to utilise your guide to *Have a Go Day*.

*Have a Go News* takes the opportunity to wish everyone a happy and enjoyable Seniors Week 2018 and looks forward to seeing everyone at *Have a Go Day*.

**Jennifer Merigan**  
Editor

[www.haveagonews.com.au](http://www.haveagonews.com.au)

### Have a go – have fun square dancing

ENTERTAINMENT, exercise, mental stimulation, fellowship and friendship – not too many activities give you all of these things. Modern square dancing does.

"I like the physical exercise, but I love the brain exercise," says Janice McGuire of Northern Stars Square Dance Club. "Listening to the directions of the caller which vary every time, gives my brain a great workout."

"There's a great variety of songs from the 60s to the current year, making every dancing night entertaining, too," she adds.

With 20 clubs around Perth, it's easy to get out and have fun and fellowship with like-minded people.

Introductory sessions are held regularly, allowing newcomers to have a go. For more information phone 0419 900 441.

### Parliament remembers during Seniors Week 2018



Seniors touring Parliament House

IF a good old fashioned yam washed down with a nice hot cuppa appeals to you, then Seniors Week at the Parliament of Western Australia is the place to be.

Returning by popular demand is *Quirky Tales and True Stories*, an engaging and often humorous look at the history of our State Parliament.

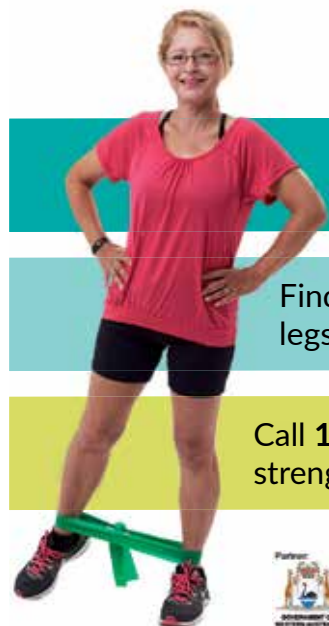
This special event has become increasingly popular with our senior Western Australian citizens interested in the fascinating facts behind the bills, spills and rumour mills. A place shrouded in mystery for many, *Quirky Tales and True Stories* unveils the mystique and mythology by delving deeply into the inner workings of the Parliament of Western Australia.

Also during Seniors Week, the Parliament of Western Australia is marking 100 years since the end of World War I, so the Talk and Tour will include a special feature segment *Parliament Remembers*. More than 32,000 Western Australians served in the Great War, so Parliament will be reflecting upon the significant contributions and sacrifices our men and women have made. Rare film footage and little known facts will be unearthed to commemorate this significant anniversary.

After the entertaining talk and a freshly prepared morning or afternoon tea, guests will have an in-depth tour of Parliament House, focusing upon its architecture, history and art collection.

Make your Seniors Week one to remember and reserve your place now. Scheduled from the 12 to 16 of November, these one and a half hour tours will run twice daily from 10.15am and 1pm. Bookings are essential and places strictly limited to 20 people per tour. The cost is a modest \$5 per person to cover light refreshments. To secure your place give Cherie or Tina a ring on 9222 7259.

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Approximately 50% of Australians die without ever getting around to making a Will. We invite you to obtain our free 20-page booklet that may help answer many of your questions and show you how simple it can be.

After you have made provision for your loved ones you may also decide to include a gift (bequest) to the Salvos in your Will, which will enable you to play an active part in the ongoing work of changing people's lives for the better.

For more information please complete this coupon and send to: Wills & Bequests, The Salvation Army, PO Box 8498, Perth Business Centre, WA 6849 or FREECALL 1800 337 082.

- Please send me a free copy of your 20-page Wills booklet
- I have already included The Salvation Army in my Will
- I am interested in including The Salvation Army in my Will

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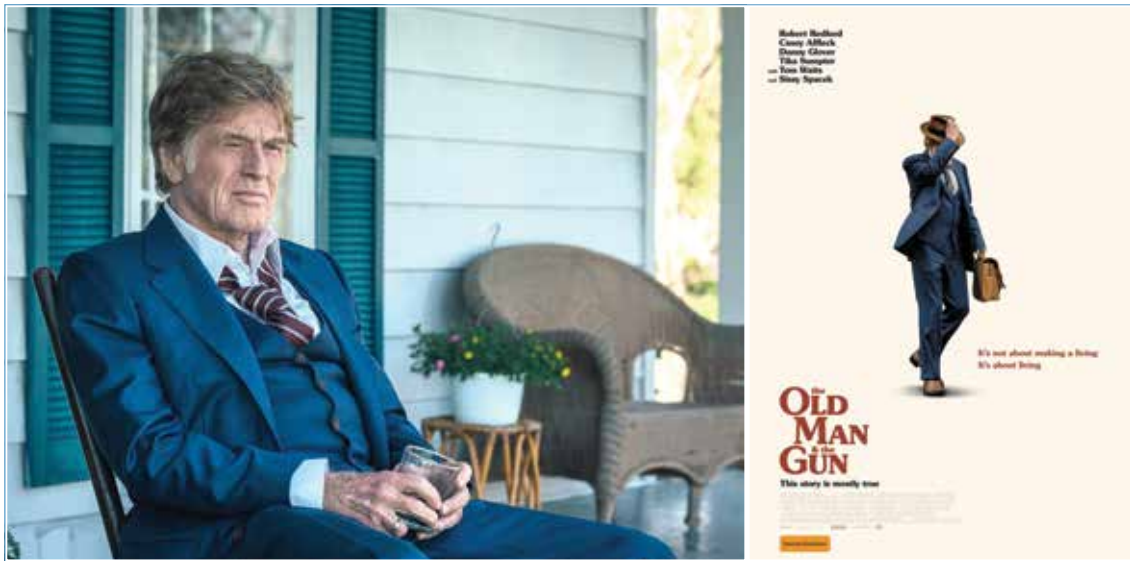
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T 9383 2799 E [info@wbi.net.au](mailto:info@wbi.net.au)

A 103 Forrest Street, Cottesloe [www.wbi.net.au](http://www.wbi.net.au)

BA002-61101014

# Roll out the red carpet as AGL presents the 2018 Seniors Week Film Festival



Join us for an exclusive preview of much-loved actor Robert Redford's final film, *The Old Man and the Gun*

THIS year 190 lucky people have the opportunity to attend an exclusive film preview during Seniors Week 2018 for free.

We are presenting much-loved actor Robert Redford's final film, *The Old Man and the Gun*.

Thanks to Palace Cinemas, Raine Square,

our lucky winners will be spoilt as they enjoy cinema reimagined in the new cinemas in the city.

Each leather seat reclines and offers a small sliding table, the screens and audio are state of the art and if you haven't been before this is your opportunity to experience

this brand-new facility.

Included in your ticket is a delicious snack pack including water, popcorn, and a handmade choc bomb.

Academy Award winner Robert Redford has played many charisma-laden rebels and renegades in his expan-

sive career – the sharp-shooting train burglar in *Butch Cassidy and the Sundance Kid* or the con artist in the classic caper *The Sting* – and he now brings the legend of Forrest Tucker to life in his final acting role.

*The Old Man and the Gun* is inspired by the true story of career robber, Forrest Tucker. Tucker only ever had one occupation, but it was one he was unusually gifted at and pursued with unabashed joy. It just happened to be bank robbing.

In the early 1980s, as a septuagenarian, Tucker embarked on a final legend-making spree of heists with his Over-the-Hill Gang, a posse of older bandits who employed smooth charm over aggression to make off with millions.

He never stopped defying age, expectations, or rules – he made his twilight the pinnacle of his life of crime. If the sole art form he knew was robbery, he was darned if he wasn't going to try to perfect it, no matter how elusive the dream.

The film opens on his 17th successful escape – at the age of 70. Tucker and his crew continue an unprecedented string of bank robberies that confound the authorities and

enchant the public. It also stars Academy Award winner Casey Affleck as Detective John Hunt who becomes captivated with Tucker's commitment to his craft. Academy Award winner Sissy Spacek is Jewel, who the charming Tucker meets and falls for. Accomplices include Teddy, played by Danny Glover and Waller played by Tom Waits.

*The Old Man and the Gun* is a charming, beautifully crafted film about what it means to live a life.

Thanks to our partner AGL – it's gas plus a whole lot more... we are pleased to celebrate Seniors Week and present these very special screenings of Robert Redford's final film *Old Man and the Gun*.

WIN WIN WIN

To be in the draw to win one of 95 double passes to the AGL Seniors Week Film Festival for an exclusive preview screening of *The Old Man and the*

*Gun at Palace Cinemas Raine Square. Simply email win@haveagone.ws.com.au with AGL Film Festival in the subject line or write to AGL Seniors Week Film Festival C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address, email address, and phone number in your entry. Competition closes 31/10/18.*

**NB – Ticket winners need to be available for either session. Please include phone numbers so we can call you.**

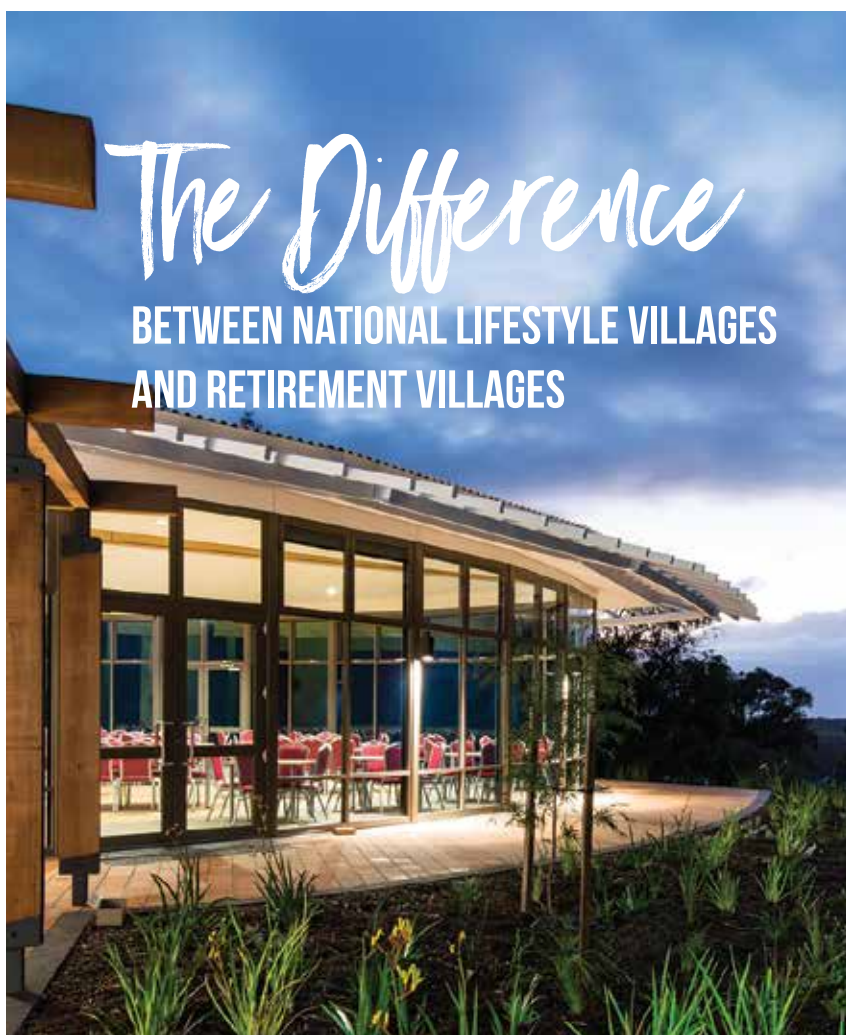
**Gun at Palace Cinemas Raine Square. Simply email win@haveagone.ws.com.au with AGL Film Festival in the subject line or write to AGL Seniors Week Film Festival C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address, email address, and phone number in your entry. Competition closes 31/10/18.**

**NB – Ticket winners need to be available for either session. Please include phone numbers so we can call you.**



PALACE CINEMAS RAINE SQUARE

**Old Man and the Gun – Exclusive Preview Saturday 10 and Sunday 11 November 12.30pm for a 1pm screening at Palace Cinemas, Raine Square**



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For people in their 70's, 80's and 90's.

Exit fees 35% to 40% of the home's selling price. Additional fees charged for selling & refurbishment costs.

Facilities more focused on passive recreation & wellness.

Multi-unit developments & independent homes, often with common walls, that you do not own.

Greater focus on common spaces for quiet enjoyment & personal reflection.

Health & age are often motivating factors when purchasing. A retirement village will likely have nursing staff, visiting doctors & support services for ageing.

Governed under Retirement Villages Act 2006.

Footnote: This summary represents generalisations and is designed to provide a general education of the differences between a residential park and a retirement village.

nlv.com.au | Call 1300 45 55 65 for an Information Pack



# Thanks to AGL you can win a south west escape on board the Astor



AGL are celebrating Seniors Week 2018 and are giving attendees to *Have a Go Day* the chance to win a cruise for two aboard the Astor.

The lucky winners will enjoy five nights aboard the Astor as she sails to the glorious south west visiting the ports of Esperance and Albany.

Included in your cruise is delicious full board cuisine, afternoon teas and late-night snack, self-service tea and coffee, big show entertainment, cabarets and classical interludes, daytime

activities and leisure facilities, portage and port taxes.

This cruise departs Fremantle on 29 January 2019 for five nights and is valued at more than \$2,000.

For your chance to win, just fill in your details on the coupon on page 21, agree to be contacted about AGL gas plans and bring along to the *Have a Go News* hospitality tent at *Have a Go Day*, stand number 106. For an extra chance to win talk to an AGL representative at *Have A Go Day*.

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## Weightlifter's reunion planned for senior's week at Bayswater Hotel



1965 Mr Perth competition 1965. Winner: Colin Colombera, runner up Bill Robinson.

by Frank Smith

WEIGHTLIFTERS of the golden years of WA weightlifting (1950-1970) are invited to a reunion planned for Senior's Week this year.

The reunion will take place at the Bayswater Hotel on Monday 12 November from noon and includes a buffet lunch.

All former weightlifters, officials and their partners are invited to attend. It will be a great chance to meet old friends and colleagues and to ensure your place in the history of the sport.

Members of the Marvel Gym decided to es-

establish the Olympic sport of weightlifting in Perth in 1950. The result was the first Australian Amateur Weightlifting Association with Frank Lamp as president and Keith Summers as secretary. This became affiliated to the Australian Weightlifting Federation soon afterwards.

Others on the committee were Robert Crowe, George Ghirardi, John Fawcett, Warren Harding and Alfred Mouredaundt.

Alf Mouredaundt was still weightlifting in 1987 when former members of the gym met for a reunion and to honour the 84 year old.

A Mr Perth competition of physical excellence were held in from early 1952 at the Capitol Theatre, Williams Street. In 1954 this was joined by a Miss Perth Beauty Competition.

Three members: Rudi Lozsan, John Newand and Gerald Hay entered trials for the weightlifting events at the 1964 Tokyo Olympics.

The first draft of the history of Olympic weightlifting in Western Australia will be presented at the reunion.

Frank Lamp, who is compiling the history, is keen to find out the results of the State Weightlifting Championships, held at the Assembly Hall, Pier street, Perth in 1953 and subsequent years.

He has a list of competitors, officials, judge and referees but no idea who won.

"There are huge gaps that must be filled to complete the history of Olympic Weightlifting during 1950-1970.

"I would appreciate receiving more information and support," he said.

Mr Lamp continued weightlifting until 2009, retiring at the age of 82, after 61 years in the sport. Nevertheless, he retains an interest in the sport.

"He modestly says: 'I was never a great lifter. My strength was in organisation. adding, 'The buffet lunch at the Bayswater Hotel is fantastic.'

To RSVP and provide more historical information contact Frank Lamp on 9277 7781.

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## Message for Seniors from Minister for Seniors Mick Murray



year we should also take some time to reflect on some of the very serious matters impacting upon seniors.

SENIORS Week 2018 will be held at an especially relevant time for older Western Australians and the wider community.

The week has always been an opportunity to celebrate all that older people contribute to our communities, but this

Issues in aged care are finally getting the attention they deserve with the announcement of a Royal Commission – and it doesn't come a minute too soon. It is fair to question why it has taken so long for the industry to be put under the microscope.

The hidden shame of elder abuse too is starting to emerge from the shadows. While recent revelations about its prevalence have shocked many, it is important that we now have a better understanding of the extent of the issue and how we can best respond.

The State Government is undertaking significant work towards combatting elder abuse and will work closely with the relevant players to ensure the Royal Commission can maximise its impact.

While we must acknowledge the challenges we face, Seniors Week 2018 also gives

us a lot to be positive about.

Once again we will recognise some magnificent older Western Australians at the Seniors Awards on 17 November.

Not only do the awards recognise some of our most inspiring and dedicated seniors from metropolitan and country WA, this year the awards will also celebrate businesses and local governments who have shown an outstanding focus on making their operations age-friendly.

This new aspect is important because it moves the awards towards recognising

those who are working hard to come up with innovative ways to encourage older Western Australians to remain active members of their communities.

I'd like to thank the Council on the Ageing for their excellent work in putting together another terrific Seniors Week – and of course *Have a Go News* for their

continued support and advocacy for us older Western Australians.

**Mick Murray,**  
Minister for Seniors and Ageing

### Singers honour the fallen

SWAN Harmony Singers are holding a special Commemoration Day Concert to mark the 100th Anniversary of the end of the First World War on Sunday 11 November at the Salvation Army Church in Swan View.

The inspiration for the concert came from longstanding choir member Chris Durrant, whose relatives served in the Great War.

Chris has a program of songs, several with an Australian theme, interspersed with readings of poetry from the works of war poets like Rupert Brooke and Robert Graves.

The concert has a lighter side too, and includes a number of well-known numbers popular during the period.

The concert will, of course, be followed by a scrumptious afternoon tea in the church hall.

Tickets (including afternoon tea): adults \$20, concessions \$15,

groups of 10 or more \$150, children under 10 free.

The concert will be held at the Salvation Army Church, Morrison Road (opposite Swan View School), Swan View at 3pm on Sunday 11 November.

More info and advance bookings: call Anna Wright 9299 7249 or Mundaring Community Bank 9295 6411.

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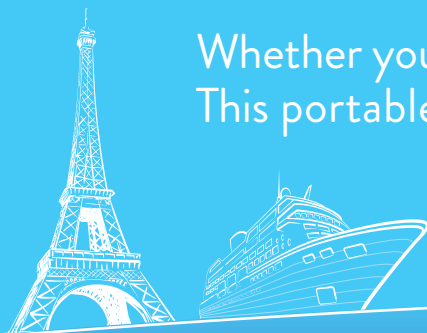
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## PRE-SENIORS WEEK EVENTS SATURDAY 10 NOVEMBER Perth Metropolitan Area

### AGL Seniors Week Film Festival

Palace Cinemas Upper Level, Raine Square Perth 12.30pm to 4pm  
Robert Redford's final film: *The Old Man and the Gun* inspired by the true story of career robber Forrest Tucker. Enjoy this exclusive premiere at the new cinemas in the city. Tickets include a

snack pack.  
Cost: Free  
See page 3 to win a double pass  
*Have a Go News*  
win@haveagonews.com.au  
Open to public

### Connecting Across the Years Seniors Storytelling

Southcare 19 Pether Road Manning 1pm to 3pm

This interactive workshop will introduce seniors to the benefits of sharing their stories with family and friends. We create a comfortable, safe, and fun environment where seniors will have an opportunity to share a story from their life.

Cost: \$25  
RSVP by 09/11/18  
Southcare  
Seniors Storytelling

9450 6233 or nicky.h@southcare.org.au  
Open to public

### Short Course in Taoist Tai Chi Arts of Health

52 Railway Parade Bayswater  
Sat 1pm to 5pm  
Sun 9.30am to 4.30pm  
Seniors discount available as you experience Taoist Tai Chi Arts of Health over a weekend.

Register online at [Taoist.org.au](http://Taoist.org.au)  
Cost: \$175 for seniors  
Taoist Tai Chi Society of Australia  
Sally Mercer 9371 7033 or perth@taoist.org  
Open to public



## Calendar of Events

### SUNDAY 11 NOVEMBER Perth Metropolitan Area



### AGL Seniors Week Film Festival

Palace Cinemas, Upper Level, Raine Square, Perth 12.30pm to 4pm  
Robert Redford's final film: *The Old Man and the Gun* inspired by the true story of career robber Forrest Tucker. Enjoy this exclusive premiere at the new cinemas in the city. Tickets include a snack pack.  
Cost: Free  
See page 3 to win a double pass  
*Have a Go News*  
win@haveagonews.com.au  
Open to public

### act-belong-commit Bonsai

Morley Sport and Recreation Centre  
Cnr Wellington Rd & Mangini St, Morley  
9am to 5pm  
Exhibition of bonsai including colourful Satsuki azaleas hosted by members of Bonsai Society of WA and Satsuki Society of Australia.  
Cost: Donation  
Bonsai Society of Western Australia  
Nigel Atkinson 9330 6242 or [committee@bonsaisocietywa.com.au](mailto:committee@bonsaisocietywa.com.au)  
Open to public



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Bringing  WA closer



## SUNDAY 11 NOVEMBER Perth Metropolitan Area

### Applause - an afternoon of entertainment for Seniors

JewishCare WA  
61 Woodrow Avenue  
Yokine  
2.15pm to 4.15pm  
JewishCare will once again hold our eagerly awaited Seniors concert. Perth Variety Performers will entertain with music, dance and comedy acts from the 50s and 60s to awaken old memories of fun and happy times from the past.  
Cost: Gold coin donation  
JewishCare WA  
9275 6743 or projects@jewishcarewa.com.au  
Open to public

### Belmont Community Garden Morning Tea and Talk

Rm 4, Rivervale  
Recreation Centre and Garden, cnr Francisco and Surrey Rivervale  
10.30am to 12pm  
The Belmont Community Gardeners welcome all seniors to come along and enjoy a tour of the garden, hear a talk about the benefits of a commu-

nity garden and share in a delicious morning tea with some produce from the garden.

Cost: Free  
RSVP by 09/11/18  
Belmont Community Growers  
Sandy Sutton-Mattocks  
0448 005 967 or sandy.7notrumps@gmail.com  
Open to public

### Connecting Across the Years Seniors Storytelling

Southcare  
19 Pether Road Manning  
1pm to 3pm  
This interactive workshop will introduce seniors to the benefits of sharing their stories with family and friends. We create a comfortable, safe, and fun environment where seniors will have an opportunity to share a story from their life.  
Cost: \$25 per person  
RSVP by 09/11/18  
Southcare  
Seniors Storytelling - 9450 6233

enquirers@southcare.org.au  
Open to public

### Remembrance Day - RSL Club

Belmont War Memorial, Faulkner Park, Progress Way, Cloverdale  
11am to 11.30am  
Remembrance Day in Australia commemorates the sacrifices of armed forces and civilians during times of war. Come and join us to remember. The ceremony will be accompanied by a range of talented musicians.  
Cost: Free  
City of Belmont  
Helen O'Sullivan  
9477 7149 or helen.osullivan@belmont.wa.gov.au  
Open to public

### Senior's Technology Expo

Bassendean Community Hall  
48 Old Perth Rd  
Bassendean  
11am to 2pm  
An exhibition of ideas and technologies to promote independent living. Opened by the Hon. David Kelly MLA, this expo will showcase a range of products and services available to seniors and their families to ease the pressures of everyday life.

Cost: Free  
Town of Bassendean  
Tim Dayman 9377 8000 or mail@bassendean.wa.gov.au  
Open to public



### Wesfarmers Arts Guru Guided Tours

Perth Cultural Centre, Northbridge Perth  
There is nothing like a personal interaction to spark the imagination. AGWA's Voluntary Gallery Guides bring the collection to life with their insights into the work, era and artist. Take your pick from a range of tours that teach provide a different way into the Collection and exhibitions on display.  
Cost: Free  
Art Gallery of WA  
Tel 9492 6600 or admin@artgallery.wa.gov.au  
Open to public

## SUNDAY 11 NOVEMBER South West

### Country Music Event for Donnybrook Seniors

Soldiers Memorial Hall, Bentley Street  
Donnybrook  
1pm to 4.30pm  
Hold a country music event, music and dance for seniors in and around the Donnybrook area and surrounding areas. Basically, it would be open to any senior. It will showcase country music for everyone that attends.  
Cost: \$7  
RSVP by 07/11/18  
Collie Country Music Club  
Audrey Brown  
0458 567 183 or the.browns@westnet.com.au  
Open to public



## SUNDAY 11 NOVEMBER Peel

### Yarn Bomb Waroona

Waroona Visitor Centre, 37 South West Highway, Waroona  
Fun and fantasy as yarn meets street art with displays including a mandala tree; Australia Zoo tree; decorated bikes, flowers, snakes, creepy crawlies and more. Outside and around the Visitor Centre and tourist bay.  
Cost: Free  
Yarn Bomb Waroona  
Tracy Goldworthy  
0472 595 266 or visitorcentre@waroona.wa.gov.au  
Open to public

## SUNDAY 11 NOVEMBER Great Southern

### Probus Open Day Albany, Denmark, Kojonup & Mt Barker

Probus Clubs in the Great Southern will conduct open days during Seniors Week. Open Days will be held in Albany, Denmark, Kojonup and Mt Barker. Please contact Mal directly for more information.  
Combined Probus Club of Albany  
Mal Gray 0488 946 388 or combinedprobusalbany@gmail.com  
Open to public



# White Oak Home Care

## The support you want, when you need it

White Oak provides a wide range of services under several main programs. Our Home Care Packages are tailored just for you, with services such as housekeeping, clinical care, respite, social visits and personal care available so you can live well in your own home.

We support veterans, war widows and widows across Perth through the DVA Community Nursing Program. Clinical services can assist you to maintain your best level of independence or restore your health following illness.

If you care for a loved one and need a break, we can arrange respite services through the Commonwealth Home Support Program (CHSP). Whether it's for a few hours, overnight in your home or for a weekend or more, we can arrange someone to step into your shoes and give you peace of mind. Not sure which program is right for you?



**White Oak**  
— Complete Community Care —

Our friendly staff offer a free advice service and will take the time to make it work for you. With our local staff based right here in Perth, we are small enough to put you first but big enough to have the answers you need.

Call us on **9301 0299**



[www.whiteoak.com.au](http://www.whiteoak.com.au)



**08 9301 0299**



## Our services include:

Clinical nursing • Case management • Palliative care  
Personal care & respite care • Housekeeping & laundry  
Shopping & meal preparation • Socialisation & companionship  
Travel to appointments & outings • Home & garden maintenance



**MONDAY 12 NOVEMBER  
Perth Metropolitan Area**

**Bassendean Walking Group Senior's Week Walk**

Sandy Beach Reserve Bassendean 9am to 11am  
Come down and enjoy a stroll around Sandy Beach Reserve and Ashfield Flats, followed by a morning tea, provided by the Town of Bassendean.  
Cost: Free  
Town of Bassendean Tim Dayman 9377 8000 or mail@bassendean.wa.gov.au  
Open to public

**Golden Years of Olympic Weightlifting 1950 - 1970 Reunion**

The Bayswater Hotel, Bayswater 12pm to 2.30pm  
A reunion of Weightlifters and Officials who were active in this era. Partners are very welcome. The first draft of the history of the establishment of Olympic Weightlifting in WA will be presented. (P.S. - the buffet lunch is fantastic)  
Free entry (food and drinks at own expense)  
Golden Years of Olympic Weightlifting Frank Lamp 9277 7781

**Intergenerational Open Day**

11 Dunraven Drive Yangebup 9.30am to 11.30am  
A family day out celebrating Aboriginal culture and CaLD members of the Cockburn Community. With a morning tea provided; there will be a hands-on Aboriginal arts session, health and wellbeing stalls, and activities for all ages.  
Cost: Free  
Yangebup Family Centre Lora Bikic 9417 9995  
Open to public

**Just Dance -**

Belmont Sport and Rec Centre Corner Keane Street and Abernethy Road, Cloverdale 6pm to 9pm  
Come along and dance the night away to new Vogue and Old time - all levels welcome.  
Cost: Yes  
City of Belmont Helen O'Sullivan 9477 7149 or helen.osullivan@belmont.wa.gov.au  
Open to public

**Open Day - Harman**

Park Community Centre 21 Harman Street Corner Sydenham Street Belmont 10am to 2pm  
Drop by Harman Park for a casual open day. Find out more about social activities and other services provided by the City. An exercise session will take place at 10am followed by morning tea (free).  
Chat with staff about services, see projects underway and enjoy a barbecue lunch at 1pm

(\$8.50). Bookings essential for lunch and transport assistance provided if booked ahead of time.  
Cost: Morning tea free BBQ lunch \$8.50  
RSVP Yes  
City of Belmont Helen O'Sullivan 9477 7149 or helen.osullivan@belmont.wa.gov.au  
Open to public

**Talk & Tour of Parliament House**

Parliament House Harvest Terrace, Perth 10.15am & 1pm and 11.45am & 2.30pm  
This 90-minute Talk and Tour of Parliament House including light refreshments will inform, educate and entertain. 2018 is the 100-year anniversary of Armistice which will be the emphasis of this year's talk - Parliament Remembers. Parliament quirky tales and true will also be covered. Places are limited to 20 people per session and bookings are essential. Parliament House is a universal access building. Getting here is easy, take the Red or Green CAT bus to the Parliament House stop.  
Cost: \$5 per person (cash payable on the day)  
Places are limited, bookings are essential.  
Parliamentary Education Office Cherie Toovey education@parliament.wa.gov.au or 9222 7259  
Open to public

**Wesfarmers Arts Guru Guided Tours**

Waroona Visitor Centre, 37 South West Highway, Waroona  
Fun and fantasy as yarn meets street art with displays including a mandala tree; Australia Zoo tree; decorated bikes, flowers, snakes, creepy crawlies and more. Outside and around the Visitor Centre and tourist bay.  
Cost: Free  
Yarn Bomb Waroona Tracy Goldsworthy 0472 595 266 or visitorcentre@waroona.wa.gov.au  
Open to public

**Yarn Bomb Waroona**

Waroona Visitor Centre, 37 South West Highway, Waroona  
Fun and fantasy as yarn meets street art with displays including a mandala tree; Australia Zoo tree; decorated bikes, flowers, snakes, creepy crawlies and more. Outside and around the Visitor Centre and tourist bay.  
Cost: Free  
Yarn Bomb Waroona Tracy Goldsworthy 0472 595 266 or visitorcentre@waroona.wa.gov.au  
Open to public

**MONDAY 12 NOVEMBER  
Mid West /Gascoyne**



**MONDAY 12 NOVEMBER  
Great Southern**

**Probus Open Day**

Probus Clubs in the Great Southern will conduct open days during Seniors Week. Open Days will be held in Albany, Denmark, Kojoonup and Mt Barker. Please contact Mal directly for more information. Combined Probus Club of Albany Mal Gray 0488 946 388 or combinedprobusalbanby@gmail.com  
Open to public

**MONDAY 12 NOVEMBER  
Peel**



**Morning Tea with the Mayor**

Mandurah Seniors and Community Centre, 41 Ormsby Terrace Mandurah 9am to 11am  
To launch Seniors Week in Mandurah Mayor Rhys Williams and elected members will join people for morning tea. Book in for a cuppa, a chat and help us recognise some special seniors and their contributions to our community.  
RSVP by 05/11/18 Mandurah Seniors and Community Centre Reception 9550 3799  
Open to public

**Mystery Bus Tour**

Depart from Senior Citizen Hall Olivia Terrace Carnarvon, across from Woolworths 9am to 4pm  
Bookings essential.  
Cost: \$5  
Shire of Carnarvon Nadine 9941 0000 or brown.n@carnarvon.wa.gov.au  
Open to public

**perth respiratory and sleep clinic**



Providing a wide range of specialty medical services related to the field of sleep and respiratory medicine  
**Ph 9481 2244**

Visit [www.perthsleep.com.au](http://www.perthsleep.com.au) E: [admin@perthsleep.com.au](mailto:admin@perthsleep.com.au)



**Sunday 25 November  
11am til 6pm**

Artisan Food, Art, Fashion & FREE Family Fun!

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

Support recycling at East Fremantle's GEORGE STREET Festival to WIN a \$50 GEORGE STREET QUARTERS VOUCHER! For your chance simply write your name & phone number on this advert then drop it into the barrel at the Town Tent (near the main stage, Sewell Street intersection).

Presented by Town of East Fremantle  
Sponsored by Lotterywest, Keep Australia Beautiful & Roadwise

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**Dr Burke Hugo**

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Ingrown Nails  
Fungal Nail Laser  
Claw / Hammer Toe  
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Morton's Neuroma  
Steroid Injections  
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- respite/carer support
- personal care
- day excursions
- transport
- dementia care
- home maintenance
- private care

Quality home care, based on **your** 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)

'THANKS TO ALL OUR VOLUNTEERS'

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FREECALL 1800 101 291  
Email [rainbow1@iinet.net.au](mailto:rainbow1@iinet.net.au)  
[www.polishwomen.org.au](http://www.polishwomen.org.au)  
33 Eighth Avenue, Maylands**

## TUESDAY 13 NOVEMBER Perth Metropolitan Area

### Bassendean 55 Plus Association Classic Concert

Bassendean Community Hall, 48 Old Perth Road  
1pm to 3pm

A free event with a smörgåsbord of music. The 2018 Classic Senior's Week concert features *Tuxedo Junction*, under the direction of Simone Bishop from WAAPA. Tickets must be reserved to avoid disappointment. Afternoon tea will follow.  
Cost: Free  
RSVP by 09/11/18  
Bassendean 55 Plus Association  
Tim Dayman 9377 8000

or mail@bassendean.wa.gov.au  
Open to public

### Come and Try Social Bowls

City of Belmont RSL Sub-Branch  
22 Leake Street, Ascot  
10.30am to 2.30pm  
Learn to play lawn bowls, lunch supplied, lots of free prizes, entertainment by Adam Penn.  
Cost: \$2  
RSVP by 08/11/18  
City of Belmont RSL Sub-Branch  
RSL 9478 2329  
Yvonne Richardson

0417 174 637  
Open to public

### Reading for All - Expo

Perth Convention and Exhibition Centre  
21 Mounts Bay Rd, Perth  
10am to 12pm  
Reading For All Expo Launches Exciting Technology For Australians With Reading Disability. The revolutionary OrCam MyEye 2.0 device empowers everyone to read again. This special WA event is for those interested in the latest assistive technology. Come and try the world's most advanced solution for Information Access.

Cost: Free  
RSVP: ASAP  
Quantum Reading Learning Vision  
Olga Berkovsky  
1300 883 853 or  
info@quantumrlv.com.au  
Open to public

### Talk & Tour of Parliament House

Parliament House  
Harvest Terrace, Perth  
10.15am & 1pm  
11.45am & 2.30pm  
This 90-minute Talk and Tour of Parliament House including light refreshments will inform, educate and entertain. 2018 is the 100-year anniversary of Armistice which will be the emphasis of this year's talk - Parliament Remembers. Parliament quirky tales and true will also be covered. Places are limited to 20 people per session and bookings are essential. Parliament House is a universal access building. Getting

here is easy, take the Red or Green CAT bus to the Parliament House stop.  
Cost: \$5 per person (cash payable on the day)  
Places are limited, bookings are essential.  
Parliamentary Education Office  
Cherie Toovey  
education@parliament.wa.gov.au  
or 9222 7259  
Open to public

## TUESDAY 13 NOVEMBER Peel

### Dance Fit 4 Life

Mandurah Seniors and Community Centre,  
41 Ormsby Terrace  
Mandurah  
1.30pm to 3pm  
Dancing is a fantastic way to stay healthy, happy and mentally sharp. Every week seven different dance classes, with a range of intensity, meet at the Mandurah Seniors Centre. Take this chance to see what's the best fit for you. Join in and try or just watch and enjoy a free afternoon tea.  
Cost: Free  
RSVP by 12/11/18  
Mandurah Seniors and Community Centre  
Reception  
9550 3799  
Open to public

### Yarn Bomb Waroona

Waroona Visitor Centre,  
37 South West Highway,  
Waroona  
Fun and fantasy as yarn meets street art with displays including a mandala tree; Australia Zoo tree; decorated bikes, flowers, snakes, creepy crawlies and more. Outside and around the Visitor Centre and tourist bay.  
Cost: Free  
Yarn Bomb Waroona  
Tracy Goldsworthy  
0472 595 266 or  
visitorcentre@waroona.wa.gov.au  
Open to public

## TUESDAY 13 NOVEMBER Wheatbelt

### A Day with Rhett & Scarlet

"The Bushel" Lot 5700,  
Railway Terrace Wyalkatchem  
9am to 5.30pm  
Wyalkatchem CRC are planning to show two movies for seniors, the first (TBC on the advice of the Wyalkatchem Senior Leisure Group) at 9am - 12pm before a special lunch then the movie *Gone With The Wind* between 1pm - 5.30pm.  
Cost: Free  
RSVP by 02/11/18  
Wyalkatchem Community Resource Centre  
Craig Cooper 9681 1500 or  
Wyalkatchem@crc.net.au  
Open to public



### Senior's Luncheon showcasing Dancing through the Decades

Cummins Theatre  
31 Bates Street Merredin  
12pm to 3pm  
A luncheon to recognise and thank the seniors for their valued contributions to the community. Entertainment will include 'Dancing through the Decades' a display of dancing from the 1920s to the 1990s and more.  
Cost: Free  
RSVP by 09/11/18  
Merredin Community Resource Centre  
Debbie Morris  
9041 1041 or  
merredin@crc.net.au  
Open to public

## TUESDAY 13 NOVEMBER Great Southern

### Probus Open Day Albany, Denmark, Kojonup & Mt Barker

Probus Clubs in the Great Southern will conduct open days during Seniors Week. Open Days will be held in Albany, Denmark, Kojonup and Mt Barker. Please contact Mal directly for more information.  
Combined Probus Club of Albany  
Mal Gray 0488 946 388 or  
combinedprobusalbanyny@gmail.com  
Open to public

## TUESDAY 13 NOVEMBER East Kimberley

### Out & About In Wyndham

Community Club & Bessie Wiley Park  
Wyndham  
9am open  
Invitations to all Seniors - Transport available.  
Morning tea, bingo, games, entertainment.  
Morning tea in the park, fishing comp, museum tour.  
Cost: Free  
Joongari House  
Pamela Barrett  
9161 1383 or joongarihouse@westnet.com.au



**WA Seniors Week 2018 Mandurah Events**

- Morning Tea with the Mayor - Mon 12 Nov, 9-11am
- Dance Fit 4 Life - Tue 13 Nov, 1.30-3pm
- Variety Extravaganza - Wed 14 Nov, 1.30-3pm
- Mega Bingo - Thu 15 Nov, 12-3pm
- "Living Well" Mandurah Seniors Week Expo - Fri 16 Nov, 10am-2pm.

For more information and bookings visit  
www.mandurah.wa.gov.au  
or phone 9550 3799



**If you have had skin cancer  
your family could be at risk.**

**Encourage your loved ones to get a skin check today. It could save their lives.**

National Skin Cancer Centres  
Cottesloe Medical Centre, 525 Stirling Highway  
P: 6280 0180 | www.skincancercentres.com.au



**PARLIAMENT HOUSE TALK & TOUR  
FOR SENIORS WEEK 2018**

**Monday 12<sup>th</sup> - Friday 16<sup>th</sup> November  
'Parliament Remembers'**

Commemorating the 100<sup>th</sup> anniversary of Armistice with two 90 minute Talk and Tours at 10.15am and 1.00pm.

**Bookings are essential on 9222 7259**  
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/education

supported by RSLWA



**GINGIN**

**Seniors' Week  
FREE EVENT**

Our Senior community members are invited to enjoy **craft and upcycling activities**, plus a **delicious meal** on

**Monday 12 November 2018**  
Bendigo Complex, Gingin  
10am - 2pm

This year's theme is **'REDUCE-REUSE-RECYCLE'**.  
Bus may be available for the coast/Lancelin - depending on numbers.  
RSVP Cher Groves on 9575 5138 by 26 October.



Government of Western Australia  
East Metropolitan Health Service

**Innovative programme to deliver a better way to care for people with dementia and delirium in hospital**

Due to its huge success, Royal Perth and Bentley Hospitals are looking for more volunteers to continue improving the care for patients living with dementia and/or delirium.

We are offering the opportunity for you to come and be part of our dynamic team and help provide comfort and a feeling of safety and well being to some of our most vulnerable patients.

It will be an opportunity to learn new skills with free training dedicated to dementia and delirium care, as well as a rewarding experience by contributing to the difference this makes to the patients and their hospital stay.

If you have time in your week to make someone else's day a little brighter - we would love to hear from you.

Please email Elaine Newman at [elaine.newman@health.wa.gov.au](mailto:elaine.newman@health.wa.gov.au)

**TUESDAY  
13 NOVEMBER  
Mid West  
/Gascoyne**

**Bus Tour of the Roads and Seniors Social Morning**

Depart from Senior Citizen Hall  
Olivia Terrace Carnarvon, across from Woolworths 9am to 3pm  
Includes visiting the Fire and Ambulance Stations. Morning tea and lunch included.  
Cost: Free  
Shire of Carnarvon  
Nadine 9941 0000 or brown.n@carnarvon.wa.gov.au  
Open to public

**Discover the Majestic Donnelly**

46 Blackwood Road, Greenbushes  
9.30am to 4pm  
Meet at the CRC on Blackwood Rd for a bus ride down to Donnelly

River Cruises. Enjoy a cruise along the Donnelly River enjoying the majestic Karri forest and wild life along the way. A picnic lunch will be available during the cruise, followed by a walk along the beach for those feeling fit enough.

Cost: \$20  
RSVP by 20/10/17  
Greenbushes Community Resource Centre  
Sophie Wilkinson Knight  
9764 3575 or trainee@greenbushescrc.net.au  
Local community only.



**WEDNESDAY  
14 NOVEMBER  
Perth Metropolitan Area**

**Have a Go Day Burswood Park**

9am 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 activities including canoeing, dancing, and much more. Free tea, coffee provided.  
Cost: Free entry  
Seniors Recreation Council  
Dawn Yates 9492 9773  
Open to public



**Aboriginal community intergenerational craft afternoon tea**

Swan Child & Parent Centre, Middle Swan PS, Cockman Crescent, Stratton  
3pm to 4.30pm  
Shire of Mundaring is hosting a local event for our Aboriginal community. This event will be an intergenerational cultural craft session and afternoon tea. Members of RISE Moorditj Mia craft group and Aboriginal students who utilise before and after school care facilities at Middle Swan PS will join together for the event.  
Cost: Free  
RSVP by 08/11/18  
Shire of Mundaring  
Karen White 9290 6715 or CEF@Mundaring.wa.gov.au

**Big Bethanie Bake Off Have a Go Day, Burswood Park**

10am to 3.30pm  
The Big Bethanie Bake Off returns for the fifth year, taking place at *Have a Go Day*. Join us as we fire up the hot plates and the state's oldest and youngest foodies come together in the hope of taking out the top prize of Big Bethanie Bake Off

Champion. Loads of spot prizes and a big giveaway to be won!!

Cost: Free  
Bethanie Narelle Thompson  
1800 968 754 or narelle.thompson@bethanie.com.au  
Open to public

**Belmont Forum Walking Group**

Belmont Forum – meet in front of Cotton On at 8am  
8am to 9am  
Come and meet the 'mall' walkers and have chat while getting some gentle walking exercise. Go at your own pace and join us for a cuppa after.  
Cost: Free  
City of Belmont  
Helen O'Sullivan  
9477 7149 or helen.osullivan@belmont.wa.gov.au  
Open to public

**Board Games Drop In**

Ruth Faulkner Public Library Belmont  
10am to 12pm  
Do you like board or card games? Mahjong or a simple game of scrabble/ Drop in for a game and a cuppa – no experience required!  
Cost: Free  
City of Belmont  
Helen O'Sullivan

9477 7149 or helen.osullivan@belmont.wa.gov.au  
Open to public

**Come and Try Nedlands Croquet Club**

Cnr Bruce Street & Melvista Avenue  
Nedlands  
4pm to 8pm  
Introduction to Golf Croquet.  
Cost: Free  
Nedlands Croquet Club  
Wendy 0408 911 974 or wenpren@hotmail.com  
Open to public

**Free bus trip to Have a Go Day for Seniors in remote locations**

Have a Go Day, Burswood Park  
9am 1st bus, return by 2pm  
Shire of Mundaring is

offering its older residents free transport to and from the WA Seniors Recreation Council *Have a Go Day* at Burswood. Option of two pick up points - Mundaring or Wooroloo. Buses will circulate around outer regions of the Shire.  
Cost: Free  
RSVP by 8/11/18  
Shire of Mundaring  
Karen White 9290 6715 or CEF@Mundaring.wa.gov.au  
Open to public



**Tired of being Tired?**



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Phone 6298 8314  
Ground floor, 36 Parliament Place, West Perth (head office)  
Email reception@sleepaustralia.com.au

WEST PERTH • BUNBURY • PORT HEDLAND

THINKING ABOUT A SEA CHANGE?



Albany brand new villas now \$285,000\*

Just five hours from Perth, the beautiful village is located in the picturesque town of Albany. Along with relaxed lifestyle, you can enjoy beautiful beaches, vineyards, wild flowers, parklands and more.

Join the friendly community with clubhouse, library, gym and more. You'll be just a short distance from medical facilities, shopping centre and cafes. Village service fees cover all repairs & maintenance (inside & out). Onsite boat and caravan parking available.

ONLY 2 VILLAS LEFT!

\*OFFER ENDS 31 OCTOBER 2018

\*Terms and conditions apply.

**HOME OPEN**

10am - 12pm WEDNESDAY 10am - 12pm SATURDAY  
OTHER TIMES BY APPOINTMENT

Call Geoffrey  
**0408 793 173**



# Welcome to your guide to Have a Go Day a LiveLighter Event Burswood Park Wednesday 14 November



## Welcome to Have a Go Day from Crown Perth



ON BEHALF of Crown Perth I am delighted to welcome you to Burswood Park to celebrate *Have a Go Day* 2018. This year is the 26th year the event has been held in the grounds of Burswood Park – and we are very proud of our long history sponsoring this event since it first began.

I'd like to congratulate Dawn Yates and the team at the Seniors Recreation Council of WA on their hard work bringing to life this successful event each year and for establishing *Have a Go Day* as a highlight on the community calendar.

I invite you all to stop in to the Crown Perth marquee to visit our friendly team and enjoy a cup of coffee. There will be lots of great activities to enjoy with food demonstrations, tastings and plenty of chances to win great prizes with our special guest hosts, Tod Johnston and John Burgess.

I wish everyone a wonderful day and encourage you all to 'Have a Go' and enjoy the exciting line-up of entertainment and activities.

We look forward to welcoming you to Crown Perth.  
Kindest personal regards,

**Barry Felstead**  
Chief Executive Officer - Australian Resorts



## Have a Go Day a LiveLighter Event Wednesday 14 November 2018 HAVE A GO DAY PERSONALITIES



John Burgess

Tod Johnston

Terry Bennetts

## Burswood Park welcomes Have a Go Day 2018



ern singer, Terry Bennetts. Get up and exercise with the visually spectacular Prime Movers, or kick back with a little ballroom and square dancing. If a little relaxation is more your thing, then don't miss the Taoist Tai Chi.

With more than 200 stands abound, why not hitch a ride on the tri-shaw for a ride before strolling leisurely through at your pleasure.

Finally, for those adventurous at heart, why don't you try the climbing wall or the laser pistol shooting. Let's see how good you really are.

If you've not been to Burswood Park before, then take some time to stroll around our beautifully manicured gardens and soak in our rich history of life-sized bronze sculptures of Western Australian pioneers.

Look out for one of the Burswood Park staff and we will be more than happy to show you our treasures.

If you do see us, please stop and say hello. We'd love to find out what more we can do at Burswood Park to bring you and your family back again and again and again.

Burswood Park Board continues its tradition as a proud and long-time supporter of the *Have a Go Day* - A LiveLighter Event. Enjoy the festivities and have fun!

**Linda Kut**  
General Manager  
Burswood Park Board



## Have a Go Day a LiveLighter Event Wednesday 14 November 2018 ENTERTAINMENT STAGE

Time	Name of entertainment	Site
9.20-9.45	WA Bush Poets	94
9.50-10.20	Phil Wilson - Entertainer	96
10.30	Official Welcome	96
10.55	Have a Go Day, Official Walk	96
10.55-11.25	Prime Movers	95
11.25-11.55	WA Police Pipe Band	96
11.55-12.25	Jim Sings Country	96
12.25-12.50	Terry Bennetts - Entertainer	96
12.50-1.20	Wayne Pride - Entertainer	96
1.20-1.50	Prime Movers	95
1.50-2.10	WA Bush Poets	94
2.10-2.45	Terry Bennetts	96
2.45	MAJOR PRIZE DRAW	96

## Have a Go Day a LiveLighter Event Wednesday 14 November 2018 FOOD VENDORS

Site No	Name
75	FOOD: Sausage Sizzle - Bethanie
122	FOOD: Chicken Treat Mobile Catering
160	FOOD: Chopin Patisserie
44	FOOD: Fob Delicious
7	FOOD: Gordons Food Van
27	FOOD: Hales Ice Box
89	FOOD: Sausage Sizzle - Lions Club of Canning City
101	FOOD: Mac's Burgers
24	FOOD: Perth Coffee Express 1
121	FOOD: Perth Coffee Express 2
74	FOOD: Porta Pizza
57	FOOD: Tapi Truck
103	FOOD: The Spud Wagon
139	FOOD: Tim's Ice Cream
138	FOOD: WA Spit Roast Catering
93	Hospitality Tent <i>Have a Go News</i>
106	Hospitality Tent <i>Have a Go News/Channel 7</i>
115	Hospitality Tent <i>Have a Go News /Phoenix Insurance</i>

### TRANSPORT

Free parking in the Crown multi-level car park  
Shuttle buses running from Burswood Station and Crown car parks to the event  
Seniors Card/Seniors Smart Riders travel free  
9am-3.30pm

### PERSONALITIES

John Burgess & Tod Johnston - Crown Marquee  
Terry Bennetts  
WA Police Pipe Band  
Channel 7 Personalities

### OFFICIAL WELCOME

10.30am-10.50am  
Official welcome: Hon. Mick Murray MLA, Minister for Seniors and Ageing; Volunteering; Sport and Recreation  
Police Pipe Band will be performing the national anthem  
*Have a Go Day*, a LiveLighter Event Official Walk  
Over 55 Walking Association & Heart Foundation

## Have a Go Day a LiveLighter Event Wednesday 14 November 2018 TIMED ACTIVITIES

Site	Name of activity
106	<b>Athol Wightman</b> 9am-9.20am; 9.40am-10am; 11.30am-11.50am; 12.40am-1pm; 1.30pm-1.50pm; 2.10pm-2.30pm
56	<b>Ausdance WA</b> 9am-9.20am; 10am-10.20am; 11.20am-11.40am; 12.30pm-12.50pm; 1.40pm- 2pm
86	<b>Australia Fu Nei Pai Tai Chi</b> 9.20am-9.40am; 10am-10.20am; 11.30am-11.50am; 1pm-1.20pm; 2.10pm-2.30pm
111	<b>Ballroom Fit</b> 9.40am-10am; 12.30pm-12.50pm; 1.50pm-2.10pm;
79	<b>Big Bethanie Bake-Off</b> See site for details
149	<b>Brightwater Care – silent disco</b> 10am-10.20am; 12.30pm-12.50pm
56	<b>Dance for Parkinson's</b> 9am-9.20am; 10am-10.20am; 11.20am-11.40am; 12.30pm-12.50pm; 1.40pm-2pm
144	<b>Esperanto League of WA</b> 10am; 11am; 12pm; 1pm; 2pm
96	<b>Have a Go Day Official Walk</b> 10.50am
70	<b>Heart Foundation</b> 10.50am (official walk); 1.30pm
5	<b>Hora Shalom</b> 9am-9.20am; 11.30am-11.50am
43	<b>Hot Hula fitness</b> 9.30am-9.50am; 11am-11.20am; 12pm-12.20pm; 1pm-1.20pm; 2pm-2.20pm
36 E	<b>Infinite Qigong Association of WA</b> 9am-9.20am; 10am-10.20am; 11am-11.20am; 12pm-12.20pm; 1pm-1.20pm; 2pm-2.20pm
96	<b>Jim Sings Country</b> 11.55am-12.25pm
22	<b>Kalamunda Circle Dance Group</b> 9.20am-9.40am; 10.50am-11.10am; 11.50am-12.10pm; 1.10pm-1.30pm; 2.20pm-2.40pm
111	<b>Mad Tatters Morris Dancers</b> 10.50am-11.10am; 12.10pm-12.30pm
96	<b>Official Walk – Have a Go Day</b> 10.50am
96	<b>Official Welcome</b> 10.30am – 10.50am
110	<b>Oum Habibi/Free Spirit Dance Community</b> 9am-9.20am; 11.10am-11.30am; 1.10pm-1.30pm; 2.30pm-2.50pm
6	<b>Over 50's Ballroom Dancing Club Inc.</b> 9.40am-10am; 11.10am-11.30am; 12.30pm-12.50pm; 1.50pm-2.10pm
50	<b>Perth International Folk Dance Group</b> 9am-9.20am; 10am-10.20am; 11.40am-12pm; 1.30pm -1.50pm; 2.20pm-2.40pm
96	<b>Phil Wilson - Entertainer</b> 9.50am-10.20am
49	<b>Pole Walking SRCWA</b> 10am; 11am; 12noon; 1pm; 2pm
95	<b>Prime Movers</b> 10.50am-11.20am; 1.20pm-1.50pm
5	<b>Retstappers</b> 9.20am-9.40am; 11.50am-12.10pm; 1.30pm-1.50pm; 2.30pm – 2.50pm
111	<b>Seniors Linedance Legends</b> 10am-10.25am; 11.50am-12.10pm; 1.30pm-1.50pm;
5	<b>Silver Star Wanda'rs</b> 10.50am-11.10am; 12.50pm-1.10pm; 2.10pm-2.30pm;
110	<b>Square Dance Society of WA</b> 9.20am-9.40am; 11.30am-11.50am; 12.50pm-1.10pm; 2.10pm-2.30pm
21	<b>Taoist Tai Chi Society of Australia</b> 9am-9.20am; 10am-10.25am; 11.10am-11.30am; 12.10pm-12.40pm; 1.30pm-1.50pm
96	<b>Terry Bennetts - Entertainer</b> 12.25pm-12.50pm; 2.15pm-2.45pm
94	<b>WA Bush Poets &amp; Yarnspinnners</b> 9.20am-9.45am; 1.50pm-2.10pm
96	<b>WA Police Pipe Band</b> 10.30am (official welcome); 11.25am-11.55am
92	<b>WA Stage School</b> 10am-10.20am; 11.30am-11.50am; 12.30pm-12.50pm; 1.40pm-2pm
96	<b>Wayne Pride - Entertainer</b> 12.50pm to 1.20pm
20	<b>Yogazell</b> 9.40am-10am; 11.30am-11.50am; 12.50pm-1.10pm; 1.50pm-2.10pm
6	<b>Zumba Gold</b> 10am-10.20am; 12.10pm-12.30pm; 1.10pm-1.30pm

**WIN WIN WIN: To be in the draw, to win one of these great prizes, simply fill in this form and place in the entry barrels at the information booths at site 17 and 51 between 9am to 2.30pm at Have a Go Day, a LiveLighter Event. \*One prize per family**

### First Prize - Donated by Crown Perth

- Overnight accommodation for four people at Crown Towers Perth in two Premier King Rooms with Crystal Club access for breakfast and pre-dinner drinks with canapés in the evening
- French champagne delivered to both rooms upon arrival
- Valet parking for two vehicles
- Dinner to the value of \$200 at a Crown restaurant of choice

### Second Prize - Donated by Have a Go News and Kings Tours and Travel

A \$500 Coles/Myer voucher

### Third Prize - Donated by Telstra

Samsung Tablet and Pre-Paid Telstra Sim Card

### Fourth Prize - The Camfield

A \$500 Gift voucher

### Fifth Prize - Donated by Sizzler

A \$200 Gift card

### Sixth Prize - Donated by Channel 7

A Channel 7 Merchandise prize pack

\*One prize per family

NAME: ..... CONTACT NUMBER: .....

ADDRESS: .....

**Have a Go Day - a LiveLighter Event MAJOR RAFFLE FORM\***



Sponsored by

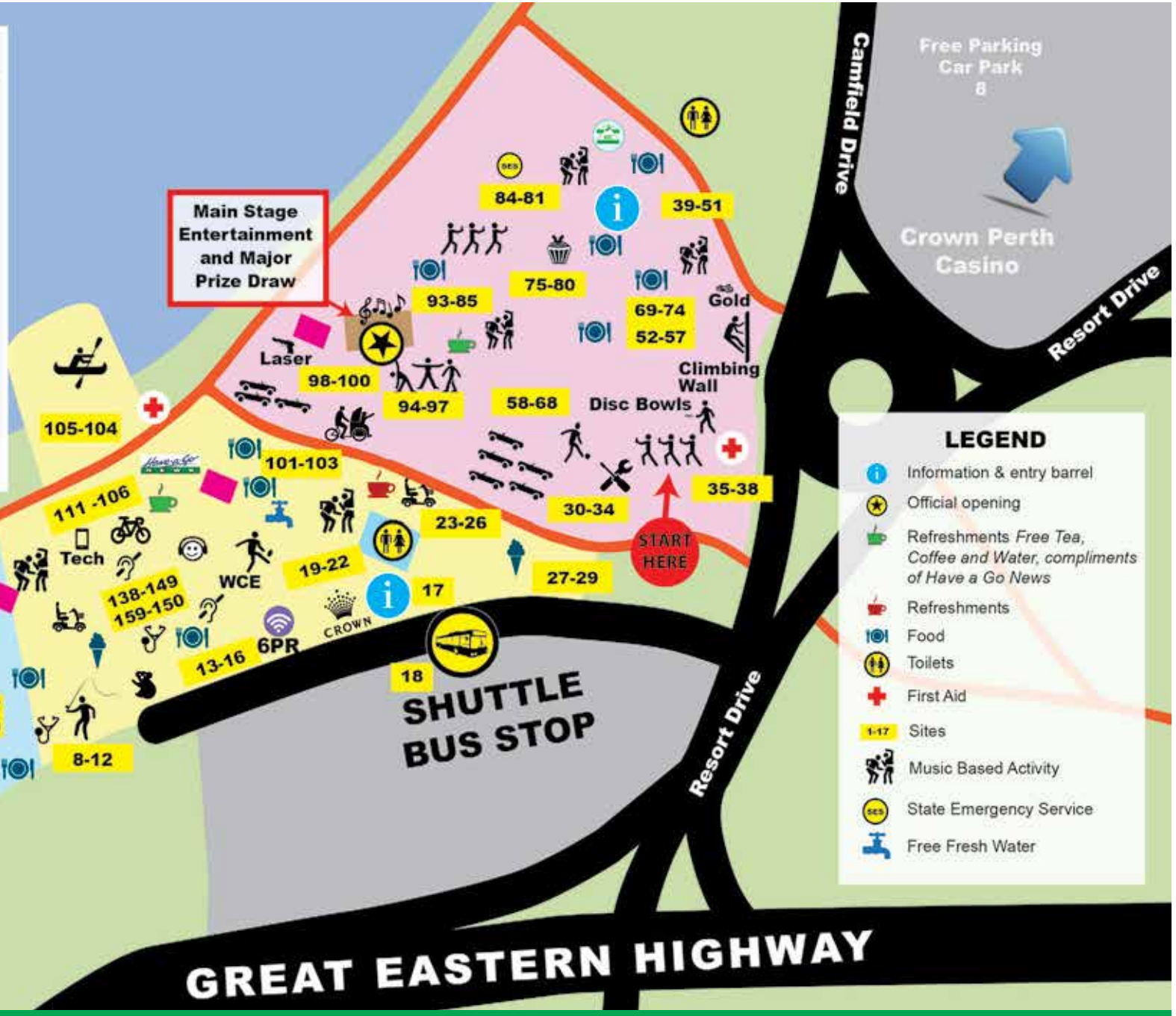


**Seniors Recreation Council of WA Inc.**

# Have a Go Day 2018

A 'LiveLighter' Event  
**Wednesday 14th November**  
**Burswood Park, Great Eastern Hwy**

**AGE IS NO BARRIER**  
**FREE SENIORS EVENT**  
**DRESS TO PARTICIPATE**



**Have a Go Day 2018 a LiveLighter Event Wednesday 14 November EVENT PARTICIPANTS with SITE NUMBERS**

87	Advocare Inc	104	First Aid- Royal Life Saving	130	Melville Volunteer Resource Centre	85 B	Theatre Organ Society of Australia
78	Alchera Living Inc.	35	First Aid- Royal Life Saving	14 B	Mentally Healthy WA	31 A	Tin & Collectables Club
31 C	Alexander Park Craft House	10	Fishability	128	MercyCare	23	Toilets
136	Alibabes Scrappin Hearts	75	FOOD: Bethanie Sausage Sizzle	59	MG Car Club of WA Inc	47	Toilets
30	Alzheimer's WA	122	FOOD: Chicken Treat Mobile Catering	131	Midland Men's Shed	120	Toilets
167	Apia	160	FOOD: Chopin Patisserie	109	NBN Co	171	Town of Victoria Park
29	Arcadia Group	44	FOOD: Fob Delicious	118	Nedlands Scrabble Club		- Aqua Leisure Life/Digital Hub
54	Arthritis & Osteoporosis WA	7	FOOD: Gordon's Food Van	130	Nedlands Volunteer Resource Centre	159	Transperth
106	Athol Wightman	27	FOOD: Hales Ice-Box	19	North Coast Marine Modellers	159	TransWA
143	Audio Clinic	89	FOOD: Lions Club of Canning City	96	Official Welcome	124	Trinity School for Seniors
56	Ausdance WA	101	FOOD: Mac's Burgers	133	Older People's Rights Service	146	Umbrella Community Care Inc
62	Aussie Redback Tours	24	FOOD: Perth Coffee Express 1	64	Oska Wellness Inc	28	Unicare Health
86	Australia Fu Nei Pai Tai Chi	121	FOOD: Perth Coffee Express 2	110	Oum Habibi/Free Spirit Dance Community	85 C	University of Third Age (U3A)
72	Australian Alzheimer's Research Foundation	74	FOOD: Porta Pizza	6	Over 50's Ballroom Dancing Club Inc.	148	Victoria Park RSL
119	Australian Facetors Guild	57	FOOD: Tapi Truck	112	Over 55 Cycling Club	81	Villa Carlotta Travel
116	Australian Hearing	103	FOOD: The Spud Wagon	91	Over 55 Walking Association	31	Vintage Wireless and Gramophone Club
19	Australian Model Ship Society	139	FOOD: Tim's Icecream	97	PA Van	37 E	WA Association of Caravan Clubs
132	Australian Red Cross	138	FOOD: WA Spit Roast Catering	31 B	Peel Collectors Club	94	WA Bush Poets & Yarnspinners
172	Avivo: Live Life	68	Football West Limited- Walking Football	145	Perth Friendship Force Club	162	WA Card Collector Society Inc
111	Ballroom Fit	85 E	Geocaching - West Oz	50	Perth International Folk Dance Group	99	WA Classic Speedway
11	Beachcombers Angling & Boating Club	39	Gosnells Woodturners Club	52	Petanque WA	14 E	WA Genealogical Society (WAGS)
80	Bethanie	42	Guardian Safety Pendants	96	Phil Wilson- George Formby & Pals Show	4 C	WA Guild of Woodcarvers
113	Bicycles for Humanity WA	34	Hand Tool Preservation Society	31 D	Philatelic Society of WA	58	WA Historical Cycle Club
79	Big Bethanie Bake-Off	171	Harold Hawthorn Community Centre	170	Playgroup WA	119	WA Lapidary and Rockhunting Club
67	Black Swan Health Ltd	96	Have a Go Day Official Walk	49	Pole Walking -SRCWA	131	WA Men's Shed Association
168	Bladder and Bowel Health Australia	106	Have a Go News	95	Prime Movers	4 A	WA Miniatures Association
166	Bowls WA	85 D	Healthy Ageing Research Program	4 D	Probus Association of WA Inc. (PAWA)	96	WA Police Pipe Band
152	Brad Hutchinson Hearing		- School of Psychological Science	127	Public Advocate	26	WA Primary Health Alliance
158	BreastScreen WA	73	Healthy Living Clinic	127	Public Trustee	12	WA Seniors Card Centre
149	Brightwater Care Group	70	Heart Foundation WA	69	RAAFA (WA Division) Inc	92	WA Stage School
49	Burswood Park Board	125	Hetherington Funerals	32	Retirees WA	129	Walridge Country Estate
13	Cancer Council of WA- Sunsmart Van	106	Home in WA	5	Retstappers	65	Water Tank- Free Drinking Water
157	Cancer Council Western Australia	5	Hora Shalom	33	Rise	102	Water Tank- Free Drinking Water
105	Canoeing: DLGSCI Camps	106	Hospitality Tent Have a Go News/Channel 7	123	Riverside Gardens Estate	106 A	Water Tank- Free Drinking Water
105	Canoeing: UWA Sport	115	Hospitality Tent Have a Go News	153	Road Trauma Support WA	114	Water Tank- Free Drinking Water
134	Capital Community Radio		/Phoenix Insurance	36 A	Rose Society of WA	96	Wayne Pride - Entertainer
126	Captain Cook Cruises & Sealink Rottneat	93	Hospitality Tent Have a Go News/VIP	107	Samsung	98	West Australian Pistol Association
71	Carers WA	43	Hot Hula fitness	60	Scarboro Toyota	49A	WA Police - Community Engagement
1	Casey Australia Tours	140	Independent Living Centre WA	111	Seniors Linedance Legends	150	West Coast Eagles
90	Catholic Homes	36 E	Infinite Qigong Association of WA	49	Seniors Recreation Council of WA	40	West Coast Metal Detectors Club
88	Chung Wah Community & Aged Care	17	Information Booth	84	SES Canning/South Perth	14 D	Western Australian Museum
38	Climbing Wall	51	Information Booth	83	Shelterbox Australia	4 E	Western Social Club/Perth Seniors Social
78	Colliers International	153	Injury Matters	25	CPE Group		Meet up
135	Come out Camping Older Adults (COCOA)	36 B	Inner Wheel	18	Shuttle Bus Pick Up/Drop Off	142	Western Union
171	Connect Victoria Park	96	Jim Sings Country	5	Silver Star Wanda'ers	154	Whiteman Park (Dept Planning, Lands & Heritage)
141	Consumer Protection	117	Juniper	82	SilverChain		YogazellT
117	Council on the Ageing - COTA WA	14 C	Just Friends Inc.	8	Southern Plus- Home Care	20	Zumba Gold
16A	Crown Perth	22	Kalamunda Circle Dance Group	9	Southern Plus- Independent Living Units	6	
16	Crown Perth	63	Kalbarri Palm Resort	66	Springy Feet		
173	Curtin FM 100.1	151	Kevrek (Australia) P/L	110	Square Dance Society of WA		
73	Curtin University	147	Kings Tours & Travel	49	SRCWA Branches		
107	Cyclemania/Virtual Cycling	77	Lendlease	161	St John Ambulance WA		
100	Cycling Without Age Western Australia	156	Life Ready Mobile	153	Stay on Your Feet		
56	Dance for Parkinson's	41	Lions Club of Noranda	61	Step Forward Orthotics		
165	DBCA- Parks and Wildlife Service	41	Lions Dryandra Woodland Village	164	Swan Care		
12	Department of Communities	48	LiveLighter Healthway	130	Swan Volunteer Resource Centre		
127	Department of Health	15	Macquarie Media 882am 6PR	21	Taoist Tai Chi Society of Australia		
14A	Diabetes WA	53	Macular Disease Foundation Aust	107	Tech Savvy Seniors		
76	Ed Connect Australia	111	Mad Tatters Morris	3 A	Technology Assisting Disability WA (TADWA)		
55	El Caballo Lifestyle Village	137	Mandurah Houseboats	3	Technology Assisting Disability WA (TADWA)		
36D	Embroiderers' Guild of WA	45	Mareena Purslowe Funerals	169	Telethon Community Cinemas		
144	Esperanto League of WA	163	Masonic Care WA	108	Telstra		
49	Exergaming	36 C	Masters Athletics WA Inc.	96	Terry Bennetts - Entertainer		
46	Fairway Villages	64	Medic Technology International	85 A	The British Ex-Services Association Inc		
2	First Aid- Royal Life Saving	4 B	Melville City View Club	155	The Salvation Army		

**Have a Go Day a LiveLighter Event Wednesday 14 November 2018 HEALTH CHECKS**

156	Life Ready Mobile
143	Audio Clinic
116	Australian Hearing
67	Black Swan Health Ltd
152	Brad Hutchinson Hearing
158	BreastScreen WA
117	Council on the Ageing - COTA WA
73	Curtin University
73	Healthy Living Clinic
153	Injury Matters
128	MercyCare
8	Southern Plus- Home Care

## WEDNESDAY 14 NOVEMBER Perth Metropolitan Area



### "Have a Go" at Taoist Tai Chi Arts of Health

Have a Go Day, Burswood Park 9.30am to 3pm  
Have a Go at Taoist Tai Chi Arts of Health and watch demonstrations at SRC *Have a Go Day* at Burswood.  
Cost: Free  
Taoist Tai Chi Society of Australia  
Sally Mercer 9371 7033 or perth@taoist.org  
Open to public

### Introductory Bridge Lesson and Luncheon

58 Murray Street Bayswater 10.30am to 12.30pm  
The Bayswater Bridge Club is holding an Introductory Bridge Lesson,

taught by a friendly Australian Bridge Federation Teacher, followed by a delicious luncheon with the members of the Bayswater Bridge Club.  
Cost: Free  
RSVP by 12/11/18  
Bayswater Bridge Club  
Sandy Sutton-Matlocks 0448 005 967 or sandy.7notrumps@gmail.com  
Open to public

### Talk & Tour of Parliament House

Parliament House Harvest Terrace, Perth 10.15am & 1pm 11.45am & 2.30pm  
This 90-minute Talk and Tour of Parliament House including light refreshments will inform, edu-

cate and entertain. 2018 is the 100-year anniversary of Armistice which will be the emphasis of this year's talk – Parliament Remembers. Parliament quirky tales and true will also be covered. Places are limited to 20 people per session and bookings are essential. Parliament House is a universal access building. Getting here is easy, take the Red or Green CAT bus to the Parliament House stop.  
Cost: \$5 per person (cash payable on the day)  
Places are limited, bookings are essential. Parliamentary Education Office  
Cherie Toovey education@parliament.wa.gov.au or 9222 7259  
Open to public

### Treasuring our Community

Wanneroo Library and Cultural Centre 3 Rocca Way, Wanneroo 12pm to 3pm  
The City of Wanneroo is offering a free valuation of antiques, collectables and heirlooms for the City of Wanneroo residents. This event will replicate the popular television show 'Antiques Roadshow' and will include an

afternoon tea. Limited spaces, for further information please call 9405 5600.  
Cost: Free  
City of Wanneroo Community Planning and Development team  
Louise Giles 9405 5600 or communitydevelopment@wanneroo.wa.gov.au  
Open to public



### WA Seniors Week 2018 Celebration with Ivan King

99 Loftus Street, Leederville 10am to 11.30am  
Join us in the library to celebrate WA Seniors Week 2018 with special guest speaker, Ivan King. Ivan is a veteran of over 100 stage productions and is the founder and curator of the Museum of Performing Arts at His Majesty's Theatre.  
Cost: Free  
RSVP by 13/11/18  
City of Vincent  
Sally Kingsley 9273 6090 or libadmin@vincent.wa.gov.au  
Open to public

### Wesfarmers Arts Guru Guided Tours

Perth Cultural Centre, Northbridge  
There is nothing like a personal interaction to spark the imagination. AGWA's Voluntary Gallery Guides bring the collection to life with their insights into the work, era and artist. Take your pick from a range of tours that teach provide a different way into the Collection and exhibitions on display.  
Cost: Free  
Art Gallery of WA  
Tel 9492 6600 or admin@artgallery.wa.gov.au  
Open to public

## WEDNESDAY 14 NOVEMBER Avon Valley

### York Seniors Have A Go Outing

Leave from 89 Avon Terrace York 9am to 3pm  
A bus trip with 18 seniors and the York CRC Co-ordinator, Senior Office Assistant and Sergeant Luke Collins. We will be attending the *Have a Go Day* event at Burswood

Park and then have lunch at Empire Bar before heading back to York.  
Cost: Free  
York Community Resource Centre  
Sarina Narkle 9641 2328 or yorktcaccounts@westnet.com.au  
Open to public

## WEDNESDAY 14 NOVEMBER Peel

### Variety Extravaganza Mandurah Seniors and Community Centre

41 Ormsby Terrace 1.30pm to 3pm  
A free variety show will entertain and delight, do not miss out on this chance to see such a talented and popular line up. Local legends Eddie Storm OAM, George, Kelly Green, musical duo Just Us and dance group Beat the Feet all perform live.  
Cost: Free  
Mandurah Seniors and Community Centre Reception  
9550 3799  
Open to public

**Yarn Bomb Waroona**  
Waroona Visitor Centre, 37 South West Highway, Waroona  
Fun and fantasy as yarn meets street art with displays including a mandala tree; Australia Zoo tree; decorated bikes, flowers, snakes, creepy crawlies and more. Outside and around the Visitor Centre and tourist bay.  
Cost: Free  
Yarn Bomb Waroona  
Tracy Goldsworthy 0472 595 266 or visitorcentre@waroona.wa.gov.au  
Open to public



*Check it out for yourself!*

# NEW ECONOMY HOME RANGE COMING SOON!

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- ✓ No Settlement Fees
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Email info@eclv.com.au for more information

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OPEN 11AM - 3PM

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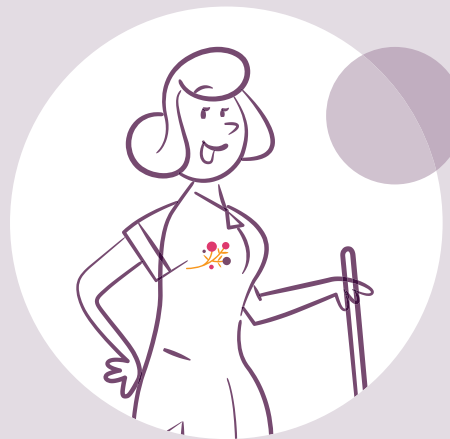


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## WEDNESDAY 14 NOVEMBER Wheatbelt

**Bingo Bonanza**  
33 Wolfram Street  
Westonia  
11.30am to 3.30pm  
Invitations to surrounding areas and seniors groups to join us for a lovely luncheon at the Westonia Tavern where a special menu is being prepared for them. Followed by an open invitation afternoon to the whole community to join our seniors groups for a Bingo Bonanza afternoon with emphasis placed on the youth of our communities to join in.  
Cost: Free  
RSVP by 07/11/18  
Westonia Community Resource Centre  
Terri Blake, Jodie Adams  
9046 7077 or admin@westonia.org.au  
Open to public

Shire of Moora  
Natalie Maloy  
9651 0000 or events@moora.wa.gov.au  
Open to public



### Rottneest Fast Ferries Whale Watching

Bus will leave from behind Shire office, 13 Cottrell Street, Dowerin or meet at Hillarys Boat Harbour, 86 Southside Drive  
Dowerin 7am, Hillarys 10.30am to 12.30pm  
Bus trip from Dowerin to Perth (Hillarys Boat Harbour) to board the whale watching vessel for a 2-hour journey returning back to Hillarys for a bus returning to Dowerin.  
Cost: \$50  
RSVP by 01/11/18  
Shire of Dowerin  
Noela Newman  
9631 1279 or Julie Bailey  
9631 1013  
Open to public

**Intergenerational Musical Morning Tea**  
Apex Park, Moora  
9.30am to 12.30pm  
Morning tea and musical activities for local seniors with the kids from Moora Childcare.  
Cost: Free  
RSVP by 09/11/18

## WEDNESDAY 14 NOVEMBER Great Southern

**Probus Open Day**  
Probus Clubs in the Great Southern will conduct open days during Seniors Week. Open Days will be held in Albany, Denmark, Kojonup and Mt Barker. Please contact Mal directly for more information.  
Combined Probus Club of Albany  
Mal Gray 0488 946 388 or combinedprobusalban@gmail.com  
Open to public

## THURSDAY 15 NOVEMBER Perth Metropolitan Area

**Afternoon Tea dance**  
Rivervale Community Centre, corner Francisco and Surrey Street  
1pm to 4pm  
Following the success of last year's seniors' musical event - Musical Moments and Memories - we invite you to again come and join us to sing along, dance or just have a yarn with friends at our Seniors Afternoon Tea Dance. A scrumptious afternoon tea will be provided including a delicious selection of treats prepared with the traditional Aboriginal native herbs and spices from Bindi Bindi Dreaming.  
Cost: Free  
City of Belmont  
Helen O'Sullivan  
9477 7149 or helen.osullivan@belmont.wa.gov.au  
Open to public

social and fitness benefits of belonging to a club. Participants must be able to swim for Paddle WA Insurance purposes.  
**MUST PRE BOOK**  
Cost: \$10  
RSVP by 14/11/18  
Champion Lakes Boating Club  
Kayaking Coordinator  
0401 311 817 or kayaking@clbc.org.au  
Open to public



### Come and Try - Prime Movers

Oasis Leisure Centre, Robinson Way, Cloverdale  
9.30am to 11am  
Exercise for the over 50s to aiming to improve your health and fitness. Come down have a stretch and a low impact workout followed by a nutritious morning tea.  
Cost: Free  
City of Belmont  
Helen O'Sullivan 9477 7149 or helen.osullivan@belmont.wa.gov.au  
Open to public

**Come and Try Kayaking**  
Henley Drive, Champion Lakes, Armadale  
9am to 11am  
This is a relaxed opportunity to meet some of our club seniors who meet regularly and enjoy the



### Darts for ladies Over 60

Corner Keane Street and Abernethy Road, Cloverdale  
9.30am to 1pm  
Come join us to try your hand at darts. Open to all skill levels. This group also have many social outings and fun bunch of ladies.  
Cost: Free  
City of Belmont  
Helen O'Sullivan  
9477 7149 or helen.osullivan@belmont.wa.gov.au  
Open to public

### Internet Cafe - Umbrella

Community Care Inc  
39 Abernethy Road, Belmont  
11am to 1pm  
This session will provide seniors an opportunity to learn the ins and outs of how to use electronic devices and how to connect safely online in a social and friendly group. This is a come and try session but also runs regularly. Morning tea included. Please book for catering purposes.  
Cost: Free  
City of Belmont  
Helen O'Sullivan  
9477 7149 or helen.osullivan@belmont.wa.gov.au  
Open to public

ry of Armistice which will be the emphasis of this year's talk - Parliament Remembers. Parliament quirky tales and true will also be covered. Places are limited to 20 people per session and bookings are essential. Parliament House is a universal access building. Getting here is easy, take the Red or Green CAT bus to the Parliament House stop.  
Cost: \$5 per person (cash payable on the day)  
Places are limited, bookings are essential. Parliamentary Education Office  
Cherie Toovey  
education@parliament.wa.gov.au  
or 9222 7259  
Open to public



### WA Seniors Week 2018 Morning Concert

Blue Gum Community Centre  
33 Moolyean Road Brentwood  
10am to 11am  
Seniors and their family and friends are invited to hear beautiful music and share morning tea together. This is a dementia-friendly, accessible event, supported by City of Melville and The Department of Communities and COTA WA. Companion Card accepted.  
Cost: \$5  
RSVP by 14/11/18  
Music Book Stories Inc  
Peta Gourlay 93451632, 0438 898 822, musicbookstories@gmail.com  
Open to public

## Would you like to be independent, well and safe at home?

Our friendly and experienced health professionals can support you to achieve this.



### The Independent Living Centre WA is a leading centre of excellence for:

- assistive technology and equipment options
- home modifications
- allied health services in your home (occupational therapy and physiotherapy)

Our client satisfaction rate is 97%, find out why today.

Contact us to discuss how we can help you, including what government funded options may be available.

- Phone 1300 885 886
- Visit [www.ilc.com.au](http://www.ilc.com.au)
- Drop into our Nedlands or Cockburn Centre



Join us on facebook



## Applause!

### An afternoon of entertainment for Seniors

Featuring musical, dance and comedy acts

By PERTH VARIETY PERFORMERS

Entry by gold coin donation

**Sunday 11 November**

**2.15 - 4.15pm**

The Jewish Centre,  
61 Woodrow Ave, Yokine

RSVP: JewishCareWA 9275 6743

### Are you recently retired and looking for some interesting social activity with heaps of variety?

Look no further...

Combined Probus Club of Attadale warmly invite you to join them at the

South of Perth Yacht Club

Call Nadine on 9330 9664 for info. We look forward to meeting you soon!

POWERFUL & UPLIFTING  
A SOUL-STIRRING CELEBRATION OF

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LIMITED SEASON  
11 SHOWS ONLY

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## THURSDAY 15 NOVEMBER Perth Metropolitan Area

### Walyalup Kannajil – celebrating with Nyoongar songs and stories

Fremantle PCYC,  
Paget Street, Hilton  
12.30pm to 2.30pm  
The event will be a celebration with community singing and everyone can join in a range of Aboriginal songs in Nyoongar and English. All backgrounds and abilities welcome. The event will be facilitated by talented musician Kobi Morrison from Aboriginal-led choir Madjitol Moona.

Two Aboriginal Elders have been invited to share their cultural stories, experiences and songs.

A cultural afternoon tea will be served.

Cost: Free  
RSVP by 09/11/18  
City of Fremantle  
Kay Raymond 9432  
9999 or info@fremantle.wa.gov.au  
Open to public

### Wesfarmers Arts Guru Guided Tours

Perth Cultural Centre,  
Northbridge  
There is nothing like a personal interaction to spark the imagination. AGWA's Voluntary Gallery Guides bring the collection to life with their insights into the work, era and artist. Take your pick from a range of tours that teach provide a different way into the Collection and exhibitions on display.

Cost: Free  
Art Gallery of WA

Tel 9492 6600 or admin@artgallery.wa.gov.au  
Open to public

## THURSDAY 15 NOVEMBER Peel

### Mega Bingo

Mandurah Seniors and Community Centre  
41 Ormsby Terrace  
12pm to 3pm

Mega prizes at the Mandurah Seniors Centre's regular Bingo mean you could win big! Entry is free and books are only \$2 each, food and drink are available for purchase at the event

Cost: \$2 per book  
Mandurah Seniors and Community Centre  
Reception  
9550 3799  
Open to public

### Shake, Rattle & Roll

Civic Centre  
1915 Pinjarra Road,  
Pinjarra  
4pm to 7pm

1950's Nostalgia Themed Dinner, Dance & Quiz Night. Live music, dinner, dancing, activities, raffles, demonstrations & 1950s themed quiz. Dressing up in 1950s clothes is encouraged to add to the atmosphere (optional)

Cost: \$5  
RSVP by 31/10/18  
Shire of Murray

Fiona McBride  
9531 7636 or cdao@murray.wa.gov.au  
Open to public

### Yarn Bomb Waroona

Waroona Visitor Centre,  
37 South West Highway,  
Waroona  
Fun and fantasy as yarn meets street art with displays including a mandala tree; Australia Zoo tree; decorated bikes, flowers, snakes, creepy crawlies and more. Outside and around the Visitor Centre and tourist bay.

Cost: Free  
Yarn Bomb Waroona  
Tracy Goldsworthy  
0472 595 266 or  
visitorcentre@waroona.wa.gov.au  
Open to public

## THURSDAY 15 NOVEMBER Mid west /Gascoyne



### Carnarvon Library Bingo

Carnarvon Library,  
Egan Street  
4pm to 6pm  
Afternoon tea provided

Cost: Free  
RSVP - Yes  
Shire of Carnarvon  
Nadine 9941 0000 or  
brown.n@carnarvon.wa.gov.au  
Open to public



### Celebrating Seniors 2018

Leeman Recreation Centre  
Ruddock Street  
10.30am to 12.30pm  
A morning tea to celebrate Seniors Week and provide an information session on Seniors Cyber Crime prevention. This information session will aim to help senior become aware of the online risks and threats of cyber-crime.

Cost: Free  
RSVP by 08/11/18  
Leeman Green Head  
Community Resource Centre  
Leanne Green 9953 0300  
or info@leemancrc.net.au  
Open to public

### Mission Australia Morning Tea

Egan Street, Carnarvon  
next door to the library  
10am to 11.30am

Cost: Free  
RSVP - Yes  
Shire of Carnarvon  
Nadine 9941 0000 or  
brown.n@carnarvon.wa.gov.au  
Open to public

### Seniors Service Expo

Senior Citizen Hall, Olivia Terrace, Carnarvon,  
across from Woolworths  
9.30am to 1.30pm  
Morning tea and lunch included.

Cost: Free  
Shire of Carnarvon  
Nadine 9941 0000 or  
brown.n@carnarvon.wa.gov.au  
Open to public

## THURSDAY 15 NOVEMBER East Kimberley

### Out & About In Wyndham

Community Club & Bessie Wiley Park Wyndham  
9am open  
Invitations to all seniors -  
Transport available.

Morning tea, bingo, games, entertainment.  
Morning tea in the park,  
fishing comp, museum tour.

Cost: Free  
Joongari House  
Pamela Barrett  
9161 1383 or joongarihouse@westnet.com.au

## THURSDAY 15 NOVEMBER Great Southern

### Probus Open Day Albany, Denmark, Kojonup & Mt Barker

Probus Clubs in the Great Southern will conduct open days during Seniors Week. Open Days will be held in Albany, Denmark, Kojonup and Mt Barker. Please contact Mal directly for more information.

Combined Probus Club of Albany  
Mal Gray 0488 946 388  
or combinedprobusalbany@gmail.com  
Open to public



## FRIDAY 16 NOVEMBER Perth Metropolitan Area



### Bassendean Melody Club Gala Day

Bassendean Community Hall  
48 Old Perth Road  
10am to 3pm  
The Melody Club Gala Day promotes various forms of entertainment including sing-a-longs, comedy and all-inclusive fun. Lunch and afternoon tea are provided.

Cost: Free  
RSVP by 09/11/18  
Town of Bassendean  
Tim Dayman 9377 8000  
or mail@bassendean.wa.gov.au  
Open to public

## Turn Your Pain into Gain with Black Swan Health



Our **free** Persistent Pain Program, *Turning Pain into Gain* can help you to better-manage ongoing pain and live life to the full.

The program includes:

- > Up to 12 months of individualised support
- > A six-month education program
- > Advice and tools from experienced health professionals

We also provide the following pain management services:

- Counselling <
- Physiotherapy <
- Exercise Physiology <
- Group Exercise Classes <
- Dietetics <



Call us today or visit our website to find out more:

(08) 9201 0044 | [www.blackswanhealth.com.au](http://www.blackswanhealth.com.au)

Joondalup | Midland | Osborne Park | Fremantle

## Are you a Carer? Do you need support?



**A Carer** is someone who provides care for a family member, friend or neighbour who has a disability, mental illness, dementia, terminal illness or is frail aged.

**Carer Support** is available in the metropolitan area, the Wheatbelt, South West and Great Southern and offers practical support for Carers, including:

- Telephone support, advocacy and information
- Monthly support groups providing carers with 'time out' from their caring responsibilities
- An opportunity to meet other carers
- Various training, support and information.

### Please contact Carer Support Services to discuss eligibility on 1800 441 014

(Freecall from landline phones. Mobiles are charged at mobile rates)

**Carer Respite** provides Carers with one-off short term emergency respite, and / or a planned break, and can include:

- A qualified person coming into the home so the carer can go out
- In-home assistance with meal preparation, cleaning and shopping
- Out-of-home / residential respite care.

### Carer Respite can be contacted on 1800 052 222

(Freecall from landline phones. Mobiles are charged at mobile rates)

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



**FRIDAY 16 NOVEMBER  
Perth Metropolitan Area**

**Belmont Forum Seniors Morning Tea**

Belmont Forum  
227 Belmont Avenue,  
Cloverdale  
9am to 10am  
Belmont Forum will be offering a free morning tea to celebrate Seniors to be held in the Food Court. Booking is essential.  
Cost: Free  
City of Belmont  
Helen O'Sullivan  
9477 7149 or helen.osulivan@belmont.wa.gov.au  
Open to public

**Belmont Forum Walking Group**

Belmont Forum – meet in front of Cotton On at 8am

8am to 9am  
Come and meet the 'mall' walkers and have chat while getting some gentle walking exercise. Go at your own pace and join us for a cuppa after.  
Cost: Free  
City of Belmont  
Helen O'Sullivan  
9477 7149 or helen.osulivan@belmont.wa.gov.au  
Open to public

**Dance Hall Days ~ an afternoon tea dance in Free**

Italian Club Fremantle,  
65 Marine Terrace  
Fremantle  
2pm to 5pm  
Come join us to celebrate Seniors Week. Starts with a dance lesson 2-3pm.

Dance the afternoon away with the live band 3-5pm. Wheelchair accessible, easy parking. Tea and coffee available. No ticket necessary. Free event, all welcome.  
Cost: Free  
City of Fremantle  
Kay Raymond  
9432 9999 or info@fremantle.wa.gov.au  
Open to public

**Historical Bus Tour with Bus Preservation Society**

Forster Park Community Centre, corner Abernethy Road and Keane Street, Belmont  
12.45pm to 2.30pm  
The Bus Preservation Society and Belmont Muse-

um offer the opportunity for you to take a historical bus tour through Belmont's past! Commuters will meet at Forster Park then jump on a restored vintage bus and travel on a recreated 1950s bus route to learn what the city was like. After the tour, return to Forster Park to enjoy an old fashioned afternoon tea, reminisce and share your own stories.  
Cost: Free  
City of Belmont  
Helen O'Sullivan  
9477 7149 or helen.osulivan@belmont.wa.gov.au  
Open to public



**Serata Sociale for Seniors**

Macedonian Cultural Centre, Linden Hall  
71 Grindelford Drive  
Balcatta  
6pm to 10pm  
A dinner dance will be held on 16 November, 2018 with entertainment and a culturally appropriate meal. An evening for Cald seniors to socialise and have a great night and enjoy themselves.  
Cost: Free  
RSVP by 09/11/18  
Patronato Sias W.A.  
MCL Inc  
Fernando Capone JP  
9227 7918 or aus.perth@patronatosias.it  
Open to public

**Talk & Tour of Parliament House**

Parliament House  
Harvest Terrace, Perth  
10.15am to 11.45am & 1pm to 2.30pm  
This 90-minute Talk and Tour of Parliament House including light refreshments will inform, educate and entertain. 2018 is the 100-year anniversary of Armistice which will be the emphasis of this year's talk – Parliament Remembers. Parliament quirky tales and true will also be covered. Places are limited to 20 people per session and bookings are essential. Parliament House is a universal access building. Getting here is easy, take the Red

or Green CAT bus to the Parliament House stop.  
Cost: \$5 per person (cash payable on the day)  
Places are limited, bookings are essential.  
Parliamentary Education Office  
Cherie Toovey  
education@parliament.wa.gov.au  
or 9222 7259  
Open to public

**Belmont Sport and Recreation Centre club night**

Belmont Sport and Recreation Centre  
Corner Keane Street and Abernethy Road, Cloverdale  
6pm to 10pm  
Come down and enjoy an affordable meal, live music, drinks at club prices and great company.  
Cost: Free  
City of Belmont  
Helen O'Sullivan  
9477 7149 or helen.osulivan@belmont.wa.gov.au  
Open to public

**Wesfarmers Arts Guru Guided Tours**

Perth Cultural Centre, Northbridge  
There is nothing like a personal interaction to spark the imagination. AGWA's Voluntary Gallery Guides bring the collection to life with their insights into the work, era and artist. Take your pick from a range of tours that teach provide a

different way into the collection and exhibitions on display.  
Cost: Free  
Art Gallery of WA  
Tel 9492 6600 or admin@artgallery.wa.gov.au  
Open to public

**FRIDAY 16 NOVEMBER  
Peel**

**"Living Well" Mandurah Seniors Week Expo**

Mandurah Seniors and Community Centre  
41 Ormsby Terrace  
10am to 2pm  
A day full of information about the services, activities, groups and programmes offered in the region plus the chance to speak directly with the providers. Free have a try sessions will be held for Tai Chi, yoga, art, crochet, Mexican trains and mah-jong. Admission is free, food and drink are available to purchase and the grandkids are welcome too!  
Cost: Free  
Mandurah Seniors and Community Centre  
Reception  
9550 3799  
Open to public

**Yarn Bomb Waroona**

Waroona Visitor Centre,  
37 South West Highway,  
Waroona  
Fun and fantasy as yarn meets street art with displays including a mandala tree; Australia Zoo tree; decorated bikes, flowers, snakes, creepy crawlies and more. Outside and around the Visitor Centre and tourist bay.  
Cost: Free  
Yarn Bomb Waroona  
Tracy Goldsworthy  
0472 595 266 or  
visitorcentre@waroona.wa.gov.au  
Open to public

**Put a heart in your Will**  
Leave a lasting legacy for future generations!

Research is the key to reducing the devastating effects of heart disease – the single biggest killer of Australians!

One in every two research projects is made possible through gifts in Wills.

For a gift in Wills information kit please contact  
Heart Foundation WA (08) 9388 3343  
linda.bolton@heartfoundation.org.au  
heartfoundation.org.au/giftsinwills

**Homecare Assistance Morning Tea**

217 Hay Street Subiaco  
10am to 11am  
Come and join us for morning tea and meet the staff. Free information session on how to optimize your home care package.  
Cost: Free  
RSVP by 12/11/18  
Home Care Assistance  
Lisa Grove 9385 5675 or  
WCPsupport@homecareassistance.com  
Open to public

**The care you want, in the community you love.**

Peel's most experienced aged care team is ready to support you to live independently. We offer:

- Independent Living
- Rental and Lease for Life
- Services Apartments
- Home Care Services
- Respite Services
- Residential Care
- Dementia Care
- Day Club & Respite (No ACAT assessment required)

**CoolibahCare**  
for the Community, by the community

9535 0300 | info@coolibah.org.au | www.coolibah.org.au | 30 Third Ave, Mandurah WA 6210

**care with purpose**

**Home Care made easy for you and your family.**

Continue being active and independent in the community that you are familiar with. Let us help you stay connected.

We can create a personalised Home Care package that allows you to continue living in your own home and enjoying the things you love.

This November we are participating in Have A Go Day. Visit our stall for further information, or just to say hello!

Our caring staff are on hand to answer any questions you may have regarding support for your family or loved ones. We look forward to seeing you there!

**1300 244 000**  
catholichomes.com

**Smile @ Foothills Denture Clinic**

- New full dentures
- New implant retained over dentures
- Denture repairs & relines
- Sports mouthguards

We also deal with Veterans' Affairs and all health funds through HICAPS

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Phone **9250 1733**  
for an appointment  
**Shop 4, 16 The Avenue Midland**  
**www.foothillsdenture.com.au**

**FOOTHILLS DENTURE CLINIC**

Dental Prosthodontists Malcolm J McArthur & Raynee McArthur

**FRIDAY 16 NOVEMBER  
Great Southern**

**Probus Open Day Albany, Denmark, Kojonup & Mt Barker**

Probus Clubs in the Great Southern will conduct open days during Seniors Week. Open Days will be held in Albany, Denmark, Kojonup and Mt Barker. Please contact Mal directly for more information.  
Combined Probus Club of Albany  
Mal Gray 0488 946 388 or combinedprobusalbanyn@gmail.com  
Open to public

## FRIDAY 16 NOVEMBER Mid west /Gascoyne

**Beggars/The Seekers 50th Anniversary Concert**  
Civic Centre Carnarvon  
6pm to 9pm  
Morning tea and lunch included.  
Cost: \$10 for non-senior card holders  
Free bus service for seniors  
Shire of Carnarvon  
Nadine 9941 0000 or brown.n@carnarvon.wa.gov.au  
Open to public

**Water Aerobics**  
Carnarvon Aquatic Centre, Babbage Island Road, across from Police Station  
3pm to 4pm  
Cost: Free upon presentation of Seniors Card  
Shire of Carnarvon  
Nadine 9941 0000 or brown.n@carnarvon.wa.gov.au  
Open to public

## SATURDAY 17 NOVEMBER Perth Metropolitan Area

**WA Seniors Awards Gala Ceremony**  
Pamela Hilton, Mill Street Perth  
10.30am to 12.30pm  
A gala morning tea awards ceremony for WA Seniors Awards finalists. The WA Seniors Awards promote the value older people bring to our society, particularly through volunteer work.  
Invitation only  
COTA WA

**Wesfarmers Arts Guru Guided Tours**  
Perth Cultural Centre, Northbridge Perth  
There is nothing like a personal interaction to spark the imagination. AGWA's Voluntary Gallery Guides bring the collection to life with their insights into the work, era and artist. Take your pick from a range of tours that teach provide a different way into the Col-

lection and exhibitions on display.  
Cost: Free  
Art Gallery of WA  
Tel 9492 6600 or admin@artgallery.wa.gov.au  
Open to public



**Writing Your Life Story**  
Citiplace Community Centre, Perth Railway Station Concourse  
9.30am to 3.30pm  
Workshop 1 - Writing Your Life Story. 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 lost cost publishing.  
Cost: \$25 per person per workshop  
The Society of Women Writers WA Inc  
Booking Officer  
0429 116 395 or sww.wabookingofficer@gmail.com  
Open to public



## SATURDAY 17 NOVEMBER Peel

**Yarn Bomb Waroona**  
Waroona Visitor Centre, 37 South West Highway, Waroona  
Fun and fantasy as yarn meets street art with displays including a mandala tree; Australia Zoo tree; decorated bikes, flowers, snakes, creepy crawlies and more. Outside and around the Visitor Centre and tourist bay.  
Cost: Free  
Yarn Bomb Waroona  
Tracy Goldsworthy  
0472 595 266 or visitorcentre@waroona.wa.gov.au  
Open to public

## SATURDAY 17 NOVEMBER Mid west /Gascoyne



**Cinema under the stars with food and live music**  
Menshed  
Lot 29 Chapman Valley Road in Nabawa  
5pm to 10pm  
The Chapman Valley Menshed is celebrating Seniors Week by hosting a film evening under the stars for local seniors and their friends and family. The evening will also include live music and a free barbecue and refreshments.  
Cost: Free  
Chapman Valley Menshed  
Ralf Mulks  
0428 488 440 or cv.menshed@gmail.com  
Open to public

**Free Entry to the Space and Technology Museum**  
North West Coastal Highway Carnarvon  
All day  
Cost: Free upon presentation of Seniors Card.  
Shire of Carnarvon  
Nadine 9941 0000 or brown.n@carnarvon.wa.gov.au  
Open to public

## SATURDAY 17 NOVEMBER Great Southern

**Probus Open Day Albany, Denmark, Kojonup & Mt Barker**  
Probus Clubs in the Great Southern will conduct open days during Seniors Week. Open Days will be held in Albany, Denmark, Kojonup and Mt Barker. Please contact Mal directly for more information.  
Combined Probus Club of Albany  
Mal Gray 0488 946 388 or combinedprobusalban@gmail.com  
Open to public

## SUNDAY 17 NOVEMBER Perth Metropolitan Area



**Wesfarmers Arts Guru Guided Tours**  
Perth Cultural Centre, Northbridge  
There is nothing like a personal interaction to spark the imagination. AGWA's Voluntary Gallery Guides bring the collection to life with their insights into the work, era and artist. Take your pick from a range of tours that teach provide a different way into the Collection and exhibitions on display.  
Cost: Free  
Art Gallery of WA  
Tel 9492 6600 or admin@artgallery.wa.gov.au  
Open to public

# RIVERSIDE GARDENS ESTATE

## Discover Perth's Best Kept Secret

An unique and affordable lifestyle village for the over 50s

Prices starting from **\$155,000**

*"A lifestyle village for the young at heart"*



For more information or to organise a tour contact our sales team on 9490 4793  
www.riversidegardensstate.com.au info@riversidegardensstate.com.au  
2462 Albany Highway, Gosnells

## SUNDAY 17 NOVEMBER Peel

### Yarn Bomb Waroona

Waroona Visitor Centre  
37 South West Highway, Waroona  
Fun and fantasy as yarn meets street art with displays including a mandala tree; Australia Zoo tree; decorated bikes, flowers, snakes, creepy crawlies and more. Outside and around the Visitor Centre and tourist bay.  
Cost: Free  
Yarn Bomb Waroona  
Tracy Goldsworthy 0472 595 266 or visitorcentre@waroona.wa.gov.au  
Open to public

## SUNDAY 17 NOVEMBER Great Southern

### Probus Open Day

#### Albany, Denmark, Kojonup & Mt Barker

Probus Clubs in the Great Southern will conduct open days during Seniors Week. Open Days will be held in Albany, Denmark, Kojonup and Mt Barker. Please contact Mal directly for more information.  
Combined Probus Club of Albany  
Mal Gray 0488 946 388 or combinedprobusalbany@gmail.com  
Open to public

## Rock and roll with the University of the Third Age



The Haze performs at the Wesley Centre

The U3A (University of the 3rd Age) would like to invite anyone interested in some early rock and roll, swing, country, jazz and Latin to a concert. It will be held on Saturday 17 November at 1pm and performed by *The Haze* with afternoon tea at the interval.

*The Haze* is a Perth based band that has been delighting metro and country audiences for many years. Formerly known as *Purple Haze* way back in the 70s,

the quartet reformed in 2009 and has been busy ever since.

Vocal harmonies are a speciality of the band and they pay tribute to many artists and genres.

Greg (Bazz) Clarke is a fine sax player and vocalist who doubles on both trumpet and rhythm guitar.

Robbie Jones is a creative guitarist who can move between many styles of music. He plays both acoustic and electric guitar and contributes vocals.

Rod Christian is a composer and professional music teacher; he plays bass in *The Haze* and is the choir master behind the band's harmonies.

Nige Ridgway completes the quartet on drums and vocals. He has been playing in rock 'n' roll, jazz and country bands since the mid-60s.

Greg says: "We love performing for dances and concerts and our music appeals to a wide audience. We're looking forward to the U3A Concert on Saturday 17 November. We always have a lot of fun!"

The Concert will be held at Wesley Centre Level 1/97 William Street Perth. The cost is \$5 per person. Tickets are available at [ticketebo.com.au/U3A-Haze-concert](http://ticketebo.com.au/U3A-Haze-concert)

## Technology brings hope to vision impaired

ACCESSING all the information we are presented with each day is becoming increasingly challenging for people with a vision or reading disability. In employment, education and in daily life, obtaining information easily, and as we need, is vital.

OrCam MyEye is the most advanced wearable device in the world that can assist anyone who struggles to read due to dyslexia, vision impairment or acquired brain injury; just point and it reads to you!

OrCam MyEye, is an intuitive wearable device with a smart camera that clips onto a regular spectacle frame and allows the user to instantly and discretely read text, recognise faces, as well as identify products and currency notes. It

allows a person to regain their independence and confidence. It relaxes them, makes them feel safer leading to greater self-reliance.

Sybil Smith from Mandurah is a new OrCam MyEye user who is happy to tell the world about the difference it has made in her life.

Despite vision loss Sybil has remained active around her home and community. However, her inability to read has been the major negative impact on her life. Especially since one of her family members is the children's author Kim Maslin, who has recently published a book aimed at teaching children about living in the digital age.

It is called *The Tweeting Galah* and features Gabbo the Galah and his friends as they navigate their way through the world of social

networking, online gaming and digital devices. Using OrCam, Sybil is now able to read all about Gabbo, as well as all other printed text in her home and environment.

Sybil is now a true advocate and has offered to help others in her community who might want to explore OrCam for themselves.

A free seminar in Perth will introduce OrCam MyEye 2.0. Mr Leon Paull from OrCam Israel will introduce the audience to OrCam MyEye, the latest revolutionary solution for information access and will offer a peek into the future of this exciting technology.

The free Reading for All Expo will be held on Monday 12 November from 10am to 12noon at Perth Convention and Exhibition Centre at 21 Mounts Bay Road Perth.

Presented for your enjoyment by  
**Phil Paddon & Terry Bennetts Music**

## CHRISTMAS VARIETY CONCERT

**LAURA DOWNING**

**BAND OF MATES**

**KATHY CARVER\*\***

**SARAH BROOME\***

**MARK DONOHOE**

**PHILIP REGO & KINGSLEY DAY**

**KEITH LETHBRIDGE "COBBER"**

ENJOY THIS GREAT CONCERT AT TWO LOCATIONS...

<b>Wednesday 5 December</b> 12.30pm-5pm Morley Sport & Recreation Centre Cnr Wellington & Mangini Streets	<b>Saturday 8 December</b> 12.30pm-5pm Mandurah Citizens Centre 41 Ormsby Terrace
--	--

Refreshments at interval  
TICKETS \$30 per person from *Have a Go News* 9227 8283  
or Seniors Recreation Council 9492 9771  
*\*Mandurah show only \*\*Morley show only*

## Meet the Oska Pulse team at 'Site 64' (Blue Tent)

Proudly developed in Western Australia

### DRUG-FREE PAIN RELIEF

The Award Winning Oska Pulse is setting the standard globally in pain relief, rehabilitation & maintenance of musculoskeletal & soft tissue conditions including osteoarthritis. With no leads or pads to attach, it is entirely portable and convenient to use.

Trish Duke, International Physiotherapist, says  
"...." In my 40 years of clinical experience I've never had such a useful and easy to use device to accelerate the healing of both chronic and acute musculoskeletal conditions".

"Oska Pulse helps the body heal itself without the use of drugs. That's what makes it so good!" Say's Trish

**YOUR (USD) \$55 DISCOUNT CODE IS OZSHOWS**

**When pain stops - life begins!**

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

Contact Shirley: 0437 788 211  
Or Darren: 0414 230 022

# READING FOR ALL EXPO

## 12 November 2018

### OrCam MyEye

Perth Convention & Exhibition Centre

Reading • Learning • Vision

# 1300 883 853

## Mickey saved by pet foster care scheme



Mickey, a small seven-year-old Maltese cross with his new owners

MICKEY is a much-loved pet dog that ended up in the pound after his owner was suddenly hospitalised. Thanks to Saving Animals from Euthanasia's (SAFE) innovative foster care scheme he has been given a second chance at life.

Mickey, a small seven-year-old Maltese cross, lived happily

with his elderly owner in a unit in Perth. The pair would regularly go out for breakfast together and go on walks to deliver pamphlets in the local area. However, neighbours became concerned when they heard Mickey barking, and had not seen his owner out and about as usual. Police were alerted and found the elderly owner collapsed in his unit. Neighbours offered to look after Mickey, but he escaped, no doubt upset by his owner's sudden disappearance. Mickey ended up in the pound and Sue Hedley of SAFE (Saving Animals from Euthanasia) was contacted to see if she could help.

"We were worried when we heard Mickey was in the pound – he would have been very anxious to lose his owner and his home so quickly, and we knew SAFE could provide the help he needed," said Sue.

SAFE swung into action, finding Breanna, a suitable foster carer to pick Mickey up from the pound and take good care of him. Over the few weeks that Mickey was in foster care Breanna's grandparents got to know Mickey and developed a soft spot for him. When Mickey's owner passed away in hospital and Mickey had no home to return to, they immediately offered to adopt him.

"I have always wanted a lit-

tle dog like Mickey, so when the opportunity came up to adopt him – nobody else had a chance! He's a big teddy bear and loves running after the ball and playing tug of war – he's seven but acts like a puppy," said Beatrice Curry, Mickey's new owner. "He's mine now and he will not want for anything."

Mickey has a lucky second chance at life, but unfortunately pets in this situation often end up being euthanised. More and more pet owners are making provision in their wills for their animals in case they become unable to care for their pets or unexpectedly pass away.

SAFE has rescued many animals over the years from different circumstances, and ensures they get to live out the rest of their years in a loving new home, thanks to a large team of dedicated foster carers. Sue Hedley, who founded SAFE 15 years ago, is strongly committed to the foster care model in animal rescue and has pioneered this approach for the last few decades.

If you are interested in entrusting the care of your pets to SAFE when you are no longer able to care for them, or in becoming a SAFE foster carer to help animals in need, please contact Sue – founder@safe.org.au or 0448 893 033.

## Thanks to AGL Win a cruise aboard the Astor



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*Mrs T's daughters*

Dad has dementia, Mum is highly stressed they need to have people who have patience and an understanding of Dad's diagnosis. We have two CPE staff who are not only patient but also caring and professional, which has allowed me to lesson my control regarding my parents every day needs. Thank you to the wonderful people at CPE Group for their ongoing support and dedication.  
*Mr K's daughter*



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## Annual report - a snapshot of older Australians



One in seven Australians are aged 65 or older

by Frank Smith

THE Australian Institute of Health and Welfare pumps out a wealth of statistics, often of little interest to anyone other than specialists in a particular field. But last month they published a report on older Australians that makes for interesting reading.

One in seven Australians (3.8 million) are aged 65 or older. This is expected to increase to one in four by the end of the century.

One in three were born overseas, mostly in a non-English speaking country, especially Italy, Greece and Germany.

Twenty per cent of older Australians speak a language other than English at home. Italian was the most common non-English language (110,000 people) followed by Greek (73,000) and Chinese (80,000). Only six per cent of these seniors cannot speak English or do so only poorly.

One sixth of all homeless people, mostly men,

were over 55. The number of homeless older people has increased by nearly 50 per cent in the past ten years.

Two-thirds of older Australian live in major cities including most of those who are in residential care.

The number of same-sex couples who reported living together increased by 83 per cent between 2006 and 2016, and is expected to increase over the coming decades due to reduced stigma associated with homosexuality, improved legal rights for same-sex couples and the ageing of the 'baby boomer' population.

Three quarters of seniors own their own houses and 20 per cent volunteer their time. Two and a half million people receive at least a part pension. Pensioners have decreased as a proportion of older people in recent years.

Some 620,000 (18 per cent) of older Australians provided care for others – and one third are the

primary carers. More than half of older carers have some degree of disability themselves.

Unlike younger carers, the majority of whom were women, older carers were made up of a similar proportion of men and women. However, men become more likely to be carers as they age; two-thirds of carers over 85 are men.

One in seven seniors provide unpaid care for other people's children (usually grandchildren).

One in eight seniors are employed or studying and 43 per cent of men and 63 per cent of women undertake some intellectual activity such as solving puzzles or reading books.

Three-quarters of older Australians have participated in one or more recreational activities away from home in the past 12 months.

Most (90 per cent) older people have someone outside the household they can confide in and who could provide crisis support.

Only 40 per cent reported meeting the recommended amount of physical activity and only eight per cent met NHMRC guidelines by eating at least two fruit and five vegetables per day and 16 per cent drink more than two standard drinks of alcohol per day.

Only seven per cent smoke, but 75 per cent are vaccinated against 'flu.

Nearly 70 per cent are over weight.

Men at 65 can expect to live another 20 years and women 22 years. The leading cause of death for all older Australians is heart disease, followed by dementia, stroke, chronic obstructive pulmonary disease and lung cancer. Dementia was the leading cause of death in those aged over 70.

One in six older people have type 2 diabetes. This has doubled over the past 20 years and is the

seventh leading cause of death.

Older people visit their doctor more – there make almost twice as many Medicare claims per person as younger people and they occupy over 40 per cent of all overnight hospital beds.

If this were a school report the headmaster would comment: Not bad but could do better. Needs to pay more attention to diet and exercise.

Retain this guide to help plan your Seniors Week 2018

### New outlet in Warnbro

Have a Go News is now available from Warnbro Shopping Centre, 206 Warnbro Sound Avenue, Warnbro. Huge selection of retail outlets and more than 50 specialty stores in the centre. Newspaper stand located opposite notice board, entry via Coles. Call 9523 7200



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Name: ..... Phone: .....  
Address: ..... Suburb: .....  
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Your details will be added to the Bethanie database to update you on exciting events and the latest Bethanie information. If you do not wish to be added, tick here

Spot prizes will be drawn throughout the day from 10.30am to 12.20pm. Major prize will be drawn on 19 November 2018.

Call 131 151 anytime  
[bethanie.com.au](http://bethanie.com.au)



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# DISCOVER A NEW LIFESTYLE

## AT OUR SENIORS WEEK VILLAGE EVENTS



Dreamed of downsizing to a low maintenance home to a friendly over 55's community in the neighbourhood you already love?

With a Seniors Week event at ten WA Lendlease communities, it's the perfect opportunity to come and take a tour, enjoy some hospitality and discover a village near you. Bring your family or invite a friend to explore the grounds, homes available for sale and resident exclusive amenities. Register today on 1800 550 550 or visit [retireinwa.com.au/events](http://retireinwa.com.au/events) for more details.

Free Seniors  
Week Events

Village	Date	Time	Event Type
<b>The Pines</b> 21 Ponte Vecchio Boulevard Ellenbrook	Friday 9 November	2pm – 4pm	Waltz over to our <b>Victorian Tea Dance</b> with tours, music and dance lesson.
<b>Parkland Villas Woodlands</b> 52 Liege Street Woodlands	Saturday 10 November	11am to 2pm	Explore the village and have your treasures valued at our <b>Antiques Fair and Open Day</b> .
<b>Homestay Village</b> 267 Wharf Street Queens Park	Wednesday 14 November	2pm – 4pm	Enjoy music and delicious food at our <b>Afternoon Tea &amp; Tours</b> .
<b>Parkland Villas Mandurah</b> 2 Hungerford Avenue Halls Head	Wednesday 14 November	1pm – 3pm	Join us for afternoon tea, music and tours at our <b>Village Open Day</b> .
<b>Lakeside Village</b> 14 Lewington Gardens Bibra Lake	Thursday 15 November	1pm – 4pm	Learn a new craft and be inspired at our <b>Crafter-noon, Tea and Tours!</b>
<b>Timberside Villas</b> 10 Timbercrest Rise Woodvale	Friday 16 November	2.30pm – 4.30pm	Join us for afternoon tea, music and tours at our <b>Village Open Day</b> .
<b>Woodstock West</b> 146 Strickland Street Bunbury	Friday 16 November	11am – 2pm	Enjoy relaxed South-West vibes with music, food and tours at our <b>Open Day</b> .
<b>Parkland Villas Ellenbrook</b> 25 The Parkway Ellenbrook	Saturday 17 November	10am – 1pm	Join us for a BBQ lunch, jazz and tours at our <b>Village Open Day</b> .
<b>Harbourside Village</b> 7 Honiara Way Mindarie	Saturday 17 November	1pm – 4pm	Join us for afternoon tea, games, music and tours at our <b>Village Open Day</b> .
<b>Parkland Villas Booragoon</b> 510 Marmion Street Booragoon	Saturday 17 November	11am – 2pm	Join us for a light lunch, music and tours at our <b>Village Open Day</b> .

Call 1800 550 550 to RSVP, or visit [retireinwa.com.au/events](http://retireinwa.com.au/events) for more details.

\* Individual dwelling features and information regarding services and facilities may vary and are subject to change. The information contained in this publication was correct as at October 2018. Whilst Lendlease endeavours to ensure that the information in this publication is correct, no warranty, express or implied, is given as to its accuracy. Prospective purchasers must make and only rely on their own assessments and seek their own professional advice in all respects.