

Q&2 Seniors Scene

MAY 2024



Increase in Country Age Pension Regional Fuel Card

Premier Roger Cook visited the Centre on the 30 April and announced to a delighted group of seniors that from the 1st July the Country Age Pension Regional Fuel Card was increasing from \$575 to \$675 per annum. A great bonus for seniors!!

QEII CENTRE UPDATE

A huge welcome to all new centre users! We now officially have 1505 registered members.

Annual Centre Survey

Our annual centre survey opens the 1st May so it's your opportunity to give valuable feedback on the services, programs and resources we provide. Hard copies are available at the centre or scan the QR code at the back of the newsletter.

Additional Senior Events

We have some FREE special sessions coming so it's a great opportunity to invite someone who's never been to the centre.

6 May - Cooking Healthy Meals on a Budget

21 May - Have a Go E Bike

30 May - Energy Ahead – Reducing Your Electricity Bill

To the most amazing
mom in the entire
universe... you! Happy
Mother's Day. Thanks
for being so awesome!



The QEII Seniors & Community Centre is provided by the City of Greater Geraldton and funded by the State Government through the Department of Communities

Supported by



YOUR MOVE SENIORS Have a Go E-Bike

Tuesday 21 May 2024 - 9am to 12pm
QEll Seniors and Community Centre (rear grass area)

Under the experienced guidance of Paul Baldock, the Wheelie Good Owner of Revolutions Geraldton, come and experience the joy and ease of riding the best thing in cycling since the Penny Farthing.

Suitable clothes and helmet must be worn (helmets provided).



Government of **Western Australia**
Department of **Transport**

The City of Greater Geraldton acknowledges the financial support of the Department of Transport through the Western Australian Bicycle Network grants program.

Proudly supported by





On ya bike!

Peter Moore swears by his E-bike, and if anyone knows bikes, it's Pete whose sound knowledge helps him to run the local chapter of Bikes for Humanity.

Bicycles for Humanity WA B4HWA is part of an exciting global volunteer-run, non-profit organisation that uses donated bikes to help alleviate poverty through sustainable transport.

Every year around 1.5 million bikes are sold across Australia, with around half of these ending up unused or abandoned.

At a local level, through the generous financial support of the Rotary Club of Greater Geraldton, Peter (pictured) and his trusty mates, have recycled nearly 2000 bikes which have then been sent far and wide to those in need.



nom!

Tasty Learning for life

nom!



Learn to cook healthy meals on a budget

Learn how to plan and cook healthy meals on a budget with our easy, tasty and healthy recipes.

Our interactive sessions give the knowledge and skills to make healthy choices before cooking some of our delicious recipes. The best part is sitting down together to enjoy your freshly cooked meal.

This program is great for all levels of cooking experience – even if you don't know how to boil an egg.

Why nom!

- » Learn about the Australian Guide to Healthy Eating
- » Get meal prep ideas
- » Take home a free recipe book
- » Free resources for meal planning
- » Increase your confidence to cook healthy meals

When

Monday 6 May 2024
11.15am to 1.45pm

Where

QE11- Geraldton Seniors & Community Centre, 88 Durlacher Street, Geraldton WA 6530

Register

[nom! – nom! \(bit.ly\)](https://bit.ly/nom-nom)



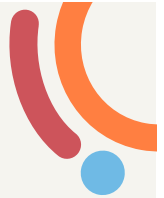
Cost

FREE, Generously Funded by The City of Greater Geraldton & Iluka.



nom.org.au





Caring for a family member or friend in Geraldton and surrounds?

Practical and emotional support for unpaid family carers is available in every region of WA. This support is available to anyone caring for someone with disability, a mental health challenge, a long term health condition, an alcohol or other substance dependency, or who is frail aged.

Carers WA will be hosting free community events in Geraldton so that you can take a short break from your caring role and connect with other carers in your region.



For more info or to register scan the QR code

Carer Wellbeing Art & Meditation

Connect with your creative side and create a watercolour artwork. Followed by a gentle yoga and mediation session. Choose 1 of 2 sessions. Light lunch provided.

Tues, 7th May | 10.00am - 1.30pm
Wed, 8th May | 10.00am - 1.30pm

Be Job Ready Workshop

This 2 day workshop will provide information and skills that can be used to apply for, secure, and maintain employment. Learn resume writing, interview skills, job search techniques and more! Light lunch provided.

Tues, 7th May | 10.00am - 3.00pm
Wed, 8th May | 10.00am - 3.00pm

Carer Evening Yoga & Meditation

This gentle yoga and meditation workshop invites you to slow down, be kind to yourself, and connect with your body. Light supper provided.

Wed, 8th May | 6.00pm - 7.30pm

Carer Evening Art Workshop

Enjoy an evening of fun and creativity with a watercolour art workshop. The focus is on having fun so you don't need to have artistic experience. Light supper provided.

Wed, 8th May | 6.00pm - 8.00pm

Family Friendly Movie Event 'Coco'

Enjoy a well-deserved break with your loved ones with the screening of the animated marvel 'Coco' at Orana cinemas.

Fri, 10th May | 6.00pm

Carer Conversations Forum

A safe forum for carers to express their concerns and identify local solutions on the unique issues that carers in the regions encounter. Feedback provided to the minister.

Wed, 8th May | 1.30pm - 3.30pm



energy ahead



Take control of your energy use and reduce your electricity bill with FREE energy saving workshops.

Community Workshops

We run community workshops to help you understand and manage your household energy use. We provide practical energy saving tips that can help you reduce your electricity bills and get ahead.



FREE Workshop Thursday 30 May 2024

Seniors Workshop: 1pm - 2pm

Community Workshop: 5pm - 6pm

Light refreshments provided

QEII Seniors & Community Centre

Contact Rosetta 9956 6636 or rosettaf@cgg.wa.gov.au

Interested in booking the Energy Ahead team to host a workshop?
Find out more at thefwc.org.au/energyahead



Energy Ahead is funded as a commitment of the Western Australian Climate Policy and is delivered by the Financial Wellbeing Collective in partnership with Synergy. The Financial Wellbeing Collective is a collaboration of not-for-profit community service organisations and local government.





Switched On Seniors Geraldton

Welcome back to all our students following the two weeks school break. Prior to our break our beginners class were continuing with practical exercises on using the contact app on their devices to create, edit, and delete their contact list. It was very satisfying to Anne and myself to see all students having the confidence in using this feature. Credit to Anne in teaching this topic. Also in April the beginners class practised sending text messages with attachments to their "phone buddies". Well done to all our beginners. Anne will continue in May with the topic "using E-Mails" and how to attach files. Control and safety when students are using these features on their devices is paramount when teaching these topics.

Our continuous class in April were presented with the topic "using the Internet", and teaching students the difference between "Browsers" and "Search Engines". Our students found this topic very interesting. I would encourage students to complete their Be Connected activities for this topic to gain a certificate. In the month of May the topics "online banking" and "what is data" will be presented to students.

Our one-on-one sessions on a Tuesday (by appointment only) are still attracting many students requiring their specific issues being resolved on their devices, a donation of \$5 will be required in order to help us with supplies etc. Thank you for your understanding.

Classes are held Thursday mornings. Beginner's Class 9.00am to 10.00am and Continuation Class 10:15am to 11:15am.

Our One to one appointments for a particular issue are Tuesdays 9.00am and 1.00pm (contact QEll office for appointment) .



Farewell to one of our casuals

At the end of the May and after two years working at the centre, Sharon will be leaving us.

When asked to say something about her time here with us, she says "I have absolutely loved working here at the QEII Centre. Not only did I get to do plenty of administration work but also, I was able to connect with the

members on a social and friendship level. The programs are amazing, and the people are great. I will miss working here and seeing all the happy faces of everyone coming together to have fun, make friends, be social and live life better. I think the centre is a gem and I will always look back to this time with fond and lasting memories."



Pensioners Social Club

People gathered early for the April Meeting and had a cup of tea and some conversation around the trading tables which were back in use.

President Lyn opened the meeting. She looked lonely at the big table since we are all used to our friend Pat Parker assisting her as the Secretary, but she was not available due to ill health. We drew the door prize and started the meeting.

Topics for discussion were the Bus tour to Mingenew in August and the upcoming Mother's Day celebrations next month, a special day on our group's calendar. Lunch and the big cake were talked about and some entertainment items for the day were suggested.

Then Barbara Bolt showed us with pride the new Country Women's 100 year book which is for sale for \$65.00 from the CWA. She spoke about the many country women who were mentioned in the pages and who had achieved so much in the last century.

Many prizes were won in the raffle and Lyn was very busy handing them out and making people happy. We were pleased to see Paul back to give her a hand.

After a short break we welcomed our Guest speaker Mayor Jerry Clune who is the leader of our city since October last year. He worked previously as a Deputy Mayor and Councillor for ten years and made a great contribution to the Local community.

He grew up in the farming community in Bringo and remembered with joy big groups of young children coming to the village school in school buses. Most families were big families and even though times were hard, he remembers a happy childhood.

He is a 5th generation Clune and has four grown children. His wife is from South Africa and her experiences and views have helped him often to develop his thinking using a different approach. He showed us pictures of the city which now has 40 000 people and about 37 000 visitors and discussed what needs to be done to keep it all functioning.

We went from key industries to low unemployment figures, from basketball courts to the swimming pool, to the airport and talked about important businesses in town.

He spoke about important events that keep the people happy and interested and bring money into the town like Christmas on the Terrace, Readers and Writers' Festival, Australia Day Awards, Disability Court and Cruise Ships coming in from overseas.

Certain places attract tourism like the Mullewa Town Hall, Old Hospital, Greenough Settlement, Walkaway and especially the Sydney Memorial which is a real money spinner and does our city proud.

At question time many people expressed interest in different topics and issues but the Oakajee Road and its development were a special target since it has been spoken about for many years.

Of special interest was also a huge pot hole that has been

fixed many times right near the lights, not far from our village and caravan park in Point Moore. Barbara Bolton explained how dangerous it is and it was fixed properly a few days later. We thank you Mr Clune for your help.

The Mayor, who grew up on a farm and became a farmer, had an answer for everyone. It was all in his head and he did not need to look up any notes or answers in his book. We were truly impressed and well entertained.

A beautiful lunch was served and we enjoyed tasty meat balls with mashed potatoes and two vegetables and beautiful cake and fruit.

All are welcome to our Mother's Day lunch in May. Our Guest speaker will be our friend and helper Rosetta Finlay.



RECIPES FROM THE HEART

One egg pavlova by Lee

INGREDIENTS

- 1 egg white
- 1 cup castor sugar
- 1 teaspoon vinegar
- 1 teaspoon vanilla
- 2 tblsp boiling water
- 1 teaspoon baking powder

METHOD

1. Place egg white, castor sugar, vinegar and vanilla in bowl & beat for two minutes.
2. Add boiling water, beat seven minutes, fold in baking powder.
3. Line tray with baking paper and pile meringue onto it
4. Bake 1 ½ hours in moderate cool oven.
5. Turn upside down on plate and peel off paper.
6. Decorate as preferred – whipped cream, fruit etc.
7. May double mixture if needed.



QEI Knitters & Crochet Group

Donations February – March 2024

Carnarvon – (distributed by Variety) 2 pair child socks, 32 t-shirts, 9 pair shorts, 15 pair baby booties, 2 child hats, 6 recycled ytoys

7 local schools – 5 raffle rugs, 6 crochet blankets, 6 pkts scrap wool

Wandina Primary School – 2 Easter bunnies (toys)

Irene Sheperd – 2 crochet blankets

Mission Australia – 12 scarves, 12 beanies

Centacare – 12 beanies, 12 scarves, 3 head warmers, 6 pair mittens, 6 pair socks, 4 baby rugs, 15 baby beanies, 5 face washers, 3 cardigans, 3 jumpers, 3 African t's, 2 pair baby booties, 1 beanie & booties set, 4 pair kids socks

Ngala – 4 baby rugs, 15 baby beanies, 5 face washers, 5 cardigans, 1 jumper, 3 African t's, 2 pair baby booties, 1 baby beanie & booties set, 4 pair kids socks

Vinnies – 6 Easter bunnies (toys)

Ambulance Geraldton – 32 trauma teddies

Flexible Learning Centre – 10 crochet blankets



Seniors Action Group

Lara Dalton MLA Bowling and Darts Competitions:

Two morning competitions were held on Monday 8th April.

Darts pairs winners were: 1st place Sharkey Ryan and Jim Fiorenza with 2nd Place Dexter Fowler and Joe Oliveri. Congratulations.

Carpet Bowls: 42 members distributed into 12 teams for the tournament. It was hotly contested and everyone enjoyed the competition. Thankyou to Janet Rodan for organising this event.

Winners: Rhonda Reynolds,

Judy Kendrick-Currell, Marilyn Damien and Pearl Wheatley.

Second Place: Jan Wennekes, Janet Rodan, Jan Bailey and Lee Green.

Third Place: Rob Lucas, Madge Pogilits, Sylvia Peel and Carmela Oliveri

Fourth Place: Allan Brandis, Sue Wood, Graham Scott and Reg Stribley.

Congratulations to all prize winners.

Money prizes provided by our sponsor Lara Dalton MLA were presented at the end of the competition. We appreciate Lara's support.



Seniors Action Group quiz winners.

A special morning tea was served to celebrate the event. Thankyou Carol and her helpers.

Their efforts are always appreciated.

The monthly lunch Meeting was held Tuesday 9th April with 39 members and 1 apology and commenced with morning tea at 10am followed by the meeting opened by President Trevor Hansen. Card winners were Lyn Blackmore & Pat Parker. Birthdays were also announced. Long time member Alfonsina Mandosio turned 97. Happy Birthday Alfonsina. Previous minutes, reports and financial statements were presented.

Unfortunately, the guest speaker was unable to attend but a new date has been set. It was an opportunity for members to have a social chat.

A delicious lunch of Lasagne, chips and salad was served with sweets of Apple Slice, Fresh Fruit and Ice-cream. Thanks to our fabulous caterers.

DATES for your DIARY:

6th May – Committee Meetings

6th May– Lunch Meeting at 10.30am

Our sympathy to those who have lost a loved one recently and best for a speedy recovery to members are ill.



Seniors Action Group tournament winners.

Gardening with Rosetta

Bean scene

The weather has cooled down, so I've started planting vegetables. Broad beans have always been a favourite of mine and beans were on Dean Martin's mind too because everyone knows that line – "just like pasta e fasule, that's amore".

Of course, broad beans need companions so I went onion seeds, garlic cloves and seed potatoes. These four conjure up memories of delicious meals prepared by my Italian mother with freshly picked produce from the backyard. It was many years before I realised most people only ate the beans and throw away the shell, but did you know you can eat the shell too?

We grew up with lots of crop rotation and I vividly remember the annual paddock of peas and shelling them with my nonna and siblings, a "scuola pasta" (colander) on our lap to capture the crisp green peas. It always turned into a competition of who shelled the most and when someone wasn't looking, we would always steal from their pile. All the produce was frozen, and you may think – why bother, peas are cheap to buy. But as

every gardener knows nothing tastes like home grown.

The broad bean seeds I planted were remnants from a crop harvested by my father over eight years ago and safely stored in an old Moccona jar. Apparently, the oldest seed ever germinated was excavated from Artic Tundra and and flowered after 10,000 years of dormancy so surely my chances of success are high. Stay tuned....





HAVE A GO AT MAHJONG

*You are invited to come and
have a go at Mahjong
Tuesdays 1 to 3pm and
Thursdays 9am to 11:00am
Attendance is free*

Timetable

MONDAY

*Seniors Action Group

Start	Finish	Class	Cost	Notes
8.30	4.00	Indoor Bowls	\$5.00	*SAG
9.00	11.00	Darts	\$5.00	*SAG
9.15	10.00	Balance Gym	Free	
10.30	11.15	Balance Gym	Free	
11.30	12.30	Parkinson Support Group	Free	
1.00	3.00	Table Tennis	\$5.00	*SAG
1.00	4.00	Scrabble	Free	
1.00	4.00	Canasta	Free	

TUESDAY

7.00	8.00	Walk Group	Free	Meet at Two Foreshore
9.00	11.00	Pickle Ball	\$5.00	
4.30	6.00	Pickle Ball	\$5.00	
9.00	1.00	Understanding your hand held device	\$5.00	Appt only.
10.00	1.00	SAG Meeting		
10.00	11.30	Visibility Group	Free	
12.30	2.30	Line Dancing	Free	
12.00	12.45	Pilates	\$5.00	
1.00	3.00	Mahjong	Free	
1.00	4.00	Ukulele Dreamers	\$3.00	12.15 - 12.45 Beginners Class
4.00	6.00	Pickleball	\$5.00	
1.15	2.15	Rehabilitation Gym	Free	Referral required
7.00	9.00	African Drumming	\$7.00	\$10.00 Waged

WEDNESDAY

8.30	9.30	Pole Walking	Free	
9.00	10.00	Over 50's Gentle Gym	Free	
10.30	11.30			
9.00	Noon	Laughs & Crafts	Free	

WEDNESDAY (CONT)

Start	Finish	Class	Cost	Notes
9.15	10.00	Balance Gym	Free	
10.30	11.15	Balance Gym	Free	
9.30	10.30	Parkinson Support Group	Free	
1.00	4.00	Canasta	Free	
1.00	4.00	Scrabble	Free	
1.00	3.00	Pickle Ball	\$5.00	
2.00	3.00	Bereavement Support	Free	3rd Wed Monthly

THURSDAY

*Pensioners Social Club

9.00	10.00	Switched on Seniors / Beginners Class	Free	Bring own device
10.15	11.15	Continuation Class	Free	
9.00	11.00	Mahjong	Free	
9.30	Noon	Chat N Do Craft Group	\$2.00	Not on 1st Thurs of the Month
10.00	12.30	*PSC Meeting		1st Thurs Monthly
11.00	12.00	African Drumming	\$7.00	
1.00	4.00	500 Card Game	Free	
1.00	4.00	Bingo	Books	*PSC Bingo 2nd Thursday of Month
1.00	4.00	Rummikub	Free	
2.00	2.45	Zumba	\$5.00	

FRIDAY

*Seniors Action Group

9.00	Noon	Knitters & Crochet Group	\$0.50	
9.00	10.00	Over 50's Gentle Gym	Free	
9.00	Noon	Art Class	\$5.00	
10.00	Noon	Chess	Free	
10.15	11.15	Rehabilitation Gym	Free	Referral required
1.00	3.00	English as a Second Language	Free	
1.00	4.00	Euchre & Frustration	\$5.00	*SAG

500 Card Game

Free

Thursday 1.00pm – 4.00pm

Contact Paula 0408 215 503

African Drumming

Thursday 11.00am – 12noon

\$7.00

Tuesday 7.00pm - 9.00pm

\$7 concession \$10 waged

Art Class

\$5.00

Friday 9.00am – 12noon

Balance Gym

Free

Mondays & Wednesdays

9.15am – 10.00am &

10.30am – 11.15am

Bingo

Cost of Books

1.00pm – 4.00pm

Proudly run by: Pensioners

Social Club

President 0439 907 455

Canasta

Free Monday 1.00pm -

4.00pm Wednesday 1.00pm-

4.00pm

Caring Cuppa – Bereavement Support Group

Free 3rd Wednesday of each

Month 2.00pm – 3.00pm

Hosted by Midwest & SJOG

Palliative Care Services

9956 2497 or 9965 8888

Chat N Do Craft Group

\$2.00

Thursday 9.30am – 12noon

**Not on First Thursday of the
Month**

Contact Gloria 0427 170 548

or Tina 0422 397 997

Chess

Free

Friday 10.00am - 12noon

Contact Shirley 9964 9584

Darts

\$5.00

Monday 9.00am - 11.00am

Proudly run by: Seniors

Action Group

President 0498 999 406

English as a Second Language

Free

Friday 1.00pm – 3.00pm

– Provided by Midwest

Multicultural Association

Marnie Ryan 0423 234 475

Euchre & Frustration

\$5.00

Friday 1.00pm – 4.00pm

Proudly run by: Seniors

Action Group

Contact President

0498 999 406

Indoor Bowls

Cost \$5.00

Monday 8.00am – 4.00pm

Proudly run by: Seniors

Action Group

Contact President

0498 999 406

Justice of the Peace

Free

Contact Peggy Hodgson

0427 290 136

Knitters & Crochet Group

\$0.50

Friday 9.00am – 12noon

Contact Jean Steer

0499 251 242

Laughs & Crafts

Wednesday 9.00am –

12noon

Join us for exciting crafts
each month

Line Dancing

Free

Tuesday 12.30pm -1.00pm

New Learners

1.00pm – 2.30pm Beginners &
Intermediate

Start time is 1.00pm on the
2nd Tuesday of each month

Mahjong

Free

Tuesday 1.00pm - 3.00pm

Thursday 9.00am – 11.00am

Over 50's Gentle Gym

Free

Wednesday 9.00am –

10.00am, & 10.30am –

11.30am

Friday 9.00am – 10.00am

Wear enclosed gym shoes
and bring a water bottle

Parkinsons Boxing/Support Group

FREE

Mondays

11.30am to 12.30pm

Wednesday

9.30am to 10.30am

Pensioners Social Club Inc Meeting

1st Thursday of each Month
10.00am – 12.30pm
Proudly run by: Pensioners Social Club

**Contact President
0439 907 455**

Pilates

Tuesdays
12.00pm - 12.45pm

Pickle Ball

\$5.00
Tuesdays 9.00am - 11.00am
Tuesdays 4.00pm - 6.00pm
Wednesday 1.00pm - 3.00pm

Pole Walking

Free
Wednesday 8.30am – 9.30am
Provided by Seniors Recreation Council of WA Inc Greater Geraldton Branch

Q&A Lounge & Library

Free
Everyday 8.15am – 3.45pm

Rehabilitation Gym

Free
Tuesdays
1.15pm - 2.15pm
Fridays
10.15am - 11.15am
Contact Geraldton Regional Hospital Physiotherapy Dept. on 9956 2204.

Rummikub

Free
Thursday 1.00 – 4.00pm
**Contact Bibah & Milan Chesi
0417 944 959**

Scrabble

Free
Monday & Wednesday
1.00pm – 3.00pm

Seniors Action Group Meeting

2nd Tuesday of each Month
10.00am – 1.00pm
Proudly run by: Seniors Action Group
Contact 0498 999 406

Switched on Seniors Geraldton/ Be Connected

Free
Beginners Class
Thursday 9.00am – 10.00am
Continuation Class
Thursday 10.15am - 11.00am
Bring your device

Seniors Recreation Council WA Geraldton Branch

2nd Wednesday tri-monthly
9.30am – 10.30am
Val Brown 0447 372 120

Table Tennis

\$5.00
Monday 1.00pm – 3.00pm
*Proudly run by: Seniors
Action Group*
Contact 0498 999 406

Ukulele Dreamers

\$3.00
Tuesday 12.15pm - 12.45pm
Beginners.
Tuesday 1.00pm – 4.00pm
Membership \$20.00
**Contact Di Trotter
0407 217 312**

Understanding your hand held device

Free - Donations Accepted
Tuesday 9.00am – 12noon
Appointment only - \$5
donation
Contact QEII 9956 6636
*Proudly run by: Switched
on Seniors Geraldton / Be
Connected*

Visibility Group

Free
4th Tuesday of each Month
10.00am
Contact 1800 847 466

Walk Group

Free
Tuesday 7.30am
Meet at Two Foreshore prior
to department time
**Contact Lina Mittoni
0427 869 786**

Zumba

\$5.00
Thursday 2.00pm – 2.45pm



City of
Greater Geraldton
Seniors & Community Centre



WE WANT YOUR FEEDBACK

Don't miss this opportunity to supply
your feedback on the services,
programs and resources provided
at the QEII Seniors and
Community Centre



**Scan the QR code,
visit the website or
pick up a hard copy**



Hardcopies of
the plan and feedback
forms are available at the
QEII Centre, Civic Centre,
Mullewa District Office and
Geraldton Regional Library.

<https://bit.ly/3vML1ma>

Survey closes 30 June 2024