

# Q&2 Seniors Scene

APRIL 2024



## Come and have a cuppa with us

A huge thanks to everyone for helping us recycle and reuse – Our cup library has been working well and it's great to see so many seniors taking up the challenge and bringing their own cup too.

With approximately 1480 registered centre users our lounge room is a very busy hive of activity and a great place to socialise and make new friends.

In fact, listening to many of the conversations we reckon seniors could solve most of the world's problems. Invite your friends to come for a free coffee/ tea and at the same time showcase the wonderful programs we have on offer.

We look forward to seeing you!

# QEII CENTRE UPDATE

In March Dementia Australia held Brain Hub Sessions at the Centre which were very well attended.

Centre staff also participated in virtual reality training – “Assisting EDIE, Its Your

Business” and experienced the challenges of those living with dementia and their carers. The training provided valuable insight on the steps to become a dementia friendly Centre.



## REMINDER:

**Centre is closed  
Easter Monday, 1st April and on  
Anzac Day, Thursday 25 April**



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





# FIT FOR LIFE

Have you ever wondered...

- Why good nutrition is so confusing?
- How what we eat affects our health?
- Why there is no “one fits all” solution?

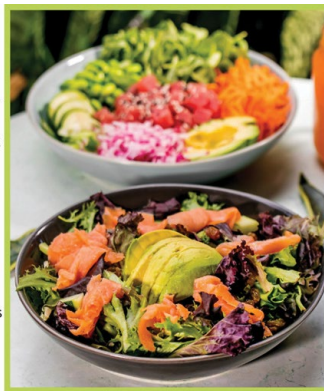
In the FIT FOR LIFE workshop you can ask all the questions you want answers for!

We will discuss food, drinks, exercise, what’s good, what’s bad, how to break a habit, food labels, additives and tips and tricks to live a little bit healthier.

Join me, Karen, a certified Fitness Instructor and Personal Trainer with years of experience in the field of exercise and nutrition for this interactive workshop

**Tuesday 9 April, 9am to 11.30am**  
**QEII Seniors & Community Centre**  
**Cost is \$5.**

**Register at the QEII Centre on 9956 6636**



# RECIPES FROM THE HEART

## Creamy Baked Chicken by Isabelle Cornish

### INGREDIENTS

4-6 On the bone, skin on chicken thighs  
1 ½ tsp Mixed Italian herbs  
1 tsp Sweet Paprika  
1 tsp Salt  
¼ tsp Ground black pepper  
2 tbsp Olive oil  
30g Thinly sliced oil packed sun-dried tomatoes plus 1 tbsp Oil from the jar  
4 Cloves of garlic, finely chopped  
½ cup Dry white wine  
2 cups Chicken stock  
½ cup Thicken cream  
500g Gnocchi  
140g Baby Spinach  
50g finely grated Parmesan



### METHOD

1. Preheat oven to 200°C (180°C Fan forced). Season chicken on both sides with Italian seasoning, Sweet Paprika, salt and black pepper. In a pan over medium-high heat, heat olive oil. Add chicken and cook until golden brown, about 4 minutes per side. Transfer chicken to a plate.
  2. Return pan to medium-high heat and heat tomato oil. Add garlic and cook, stirring, until fragrant, about 1 minute. Add wine and cook, stirring until reduced by half, about 1 minute more. Add chicken stock, then slowly stir in cream. Bring to a simmer and stir in gnocchi, tomatoes and ½ tsp salt. Return chicken to pan.
  3. Bake in oven until chicken is cooked through, 15 – 20 minutes.
  4. Transfer chicken to a plate. Add spinach and Parmesan to pan. Cook, stirring until spinach wilts, about 2 minutes. Return chicken to pan. Season with salt and pepper.
- Ready to serve. Note: Ensure pan is oven safe.



## HAVE YOU HEARD OF A BOOMERANG BASKET?

Neither had I but recently I made up a welcome home gift basket for a friend after a long absence due to sickness. My only request was I would like the basket returned so it could be used again. So, the title Boomerang Basket popped into my head.

Which got me thinking... Wouldn't it be lovely to spread a little kindness at the Centre. If you know someone who needs encouragement or acknowledgement, then please speak to QEII office staff. And if you'd like to contribute an item we will gratefully accept donations.

# CWA celebrates centenary

This year the Country Women's Association of WA celebrates 100 years of service to communities around WA. As part of the celebrations a book titled 'Women of Spirit – A Centenary of CWA Stories', was launched on International Women's Day 2024 at Frasers State Reception Centre Kings Park. Following this official launch Champion Bay Branch of CWA held a much smaller launch inviting members from neighbouring branches, Mayor of Geraldton Mr Jerry Clune and other guests who've been involved with the Association over time to celebrate the achievement.

Guests were welcomed by Branch President Heather Allen followed by 'The Story Behind The Stories presented by Pam Batten OAM, a member of the Editorial Team. Thousands of voluntary hours were devoted to the project by the team. Sue Collingwood recited her much loved poem 'Profile of a Branch Member', which has been included in the publication. Mayor Jerry Clune was invited to address the gathering, mentioning he felt the title very appropriate. He was sure there was plenty of spirit shown throughout the

*Women of Spirit*  
A Centenary of CWA Stories



pages. Following this, guests were treated to a sumptuous high afternoon tea served on fine bone china.

The Editorial Team has been working on the publication for the past 4 years. CWA of WA acknowledges the assistance of a gentleman as a member of the team, who had previously published a book.

Women with stories in the book who come from this Midwest region are the late - Lyn Diepeveen, Lillian Higgins MBE, Kath Richardson, Kate Clarkson, Isabelle Cochrane and those currently living in this area are Jean King OAM, Heather Allen, Pam Batten OAM and Sue Collingwood.

To purchase a copy of the book please contact Heather Allen 0408 930084 or Pam Batten 0428828441.

# Aqua Skills 55+

Do you want the skills and confidence to respond in an emergency?

**FREE 4 WEEK COURSE**

**Saturday 13th, 20th, 27th of April and 4th of May**

**10am - 12pm**

**Geraldton Aquarena**



To register for the course please scan the QR code:  
Or contact Jen at:

P: (08) 9383 8200

E: [jmickle@royallifesavingwa.com.au](mailto:jmickle@royallifesavingwa.com.au)

**REGISTER HERE**





## Switched On Seniors Geraldton

This may sound a bit like a weather forecast, but we're pleased to say the Covid fog is now clearing, and we're expecting brighter days! So much so, the beginner's class has refreshed their alerts on phone calls and how to deal with them if only a telephone number shows, how to hide their identity if they wish to and equip their phones with contact information on their locked screens, should they lose their phones. With the knowledge of notifications and what is coming onto their phones also gives our learners a quick view of what we may or may not want and they can deal with them immediately.

So, armed with new confidence and control, the topics we shall be concentrating on during April, will be messaging and emailing, again with emphasis on control and safety. Software updates are an ongoing check to make sure our phones are up to date. With all this in mind we shall be introducing 'Phone Buddies' in the beginner's class to practice our April Topics, which will culminate in attaching items to our messages and emails.

More new members have enrolled in the beginner's class during March, and we would like to offer them a warm welcome and look forward to their progress.

Our Continuation Class visited the topic of using 'The Cloud' and aspects of its properties. This is very useful and enables us to feel supported with the extra 'back-up' and knowing our information and data will be saved in the event of us losing our devices. This class was also treated to an insight into AI (Artificial Intelligence) during March, and this culminated in a very interesting video of a 'Conversation with a Robot' which this class shared with the beginner's class. It was absolutely



fascinating not to mention enlightening as nobody realised that AI had progressed that far.

Artificial Intelligence Topics are to be continued during April and the continuing class will revisit "Online bank-ing", understanding the security features used.

Our classes are closed for the school holidays and resume the 18th of April 2024.

Our Tuesday one-to-one appointments resume the 16th April and continue to be very popular.

Our Beginner's Class is every Thursday morning at 9.00am until 10.00am and our Continuing Class also on Thursday morning at 10.15am until 11.15am.

If you feel that either of these classes could help you please don't hesitate to contact Anne or Roger at the QE11 Senior Centre or email [switchedonseniorsgeraldton@gmail.com](mailto:switchedonseniorsgeraldton@gmail.com) with any questions you may have.



# Pensioners Social Club

Thirty two members attended our March Meeting. It was on a hot day, but no one complained much. Everyone was happy to come into the cool hall and buy tickets to win the Easter Bunnies waiting for us with their big smiles. All of us were hoping to win one.

President Lyn welcomed us all, especially new members. She read the financial report and provided cash balance figures. Pat followed on after Lyn and read the minutes from last month's meeting.

An item for discussion included the trading tables previously operated. They will hopefully be back next month. Lyn explained books

and items had been given to other traders when the cupboards were cleaned out in the Christmas holidays,

A bus tour is planned to go to the Mingenew Show in August. You can sign your name on a form provided in the hall. Cost is \$50 per person. The show is always enjoyed by many people and pensioners get to see the wildflower display on the side of the road which is a special bonus.

Before the raffle tickets were picked, we sang a happy birthday to Ross Stuart and his lucky wife Judy who won the door prize. We thank the companies in town who for



Pat



Lyn

many years have provided raffle prizes to support us elderly citizens. We had a quick chat among ourselves before the Guest Speaker arrived.

Geoff Wood is a former teacher and Counsellor at Nagle Catholic College. For many years, Geoff has been a member of the Rotary Club in Geraldton and he was our speaker for this month. His information was an eye opener for many of us as we had seen the Rotary Club solely as the club that supported the exchange of students from other countries to Australia and vice versa.

Geoff became a volunteer early in life, coaching younger students and involved in community events. Even on his honeymoon, Geoff and his wife took a group of kids from Kalgoorlie to Perth for Country week cricket. He explained how important it is for young people to learn to help younger members in school or on the sports field to achieve their goals. The best place to learn is in the family and from your parents.

After some time working in business, Geoff worked as an assistant teacher for two years. At the age of 27, he finally enrolled at university to do his teacher training and once settled in Geraldton

joined the Rotary Club and the achievements, he has been part of left us all stunned.

From the Wishing Well, to the Sydney Memorial, to the Women's Refuge, to STAY (Short Term Accommodation for Youth), their achievements are endless. They've also been involved in bicycle repairs and shipment to East Timor, supported Holland Street School, donations to the Women's Refuge, Driver's License Training for Teenagers and sending 1200 Shelter Boxes to Gaza. They've built a school in Africa and look after needy children in East Timor. I was stunned by how so much money has been raised in Geraldton through their hard work.

They also work as bar tenders at the Landor races and at the Mullewa Muster. They hand out the money raised to many different community groups. They're always looking for new members to join the Rotary Club as new members are getting harder to come by. Let us encourage our young people to join such a great club that works so hard for the good of many needy people.

Guest speaker next meeting will be Mayor Jerry Clune. See you all there.

# Have a go at Pole Walking

We are having a social Pole Walking morning on 13 April. Starting at 8:30am in Forrest Street near the Jaffle Shack.

Spare poles are available for anyone wanting to have a go. Everyone welcome, stay for coffee after if you wish.



## THURSDAY 18<sup>TH</sup> APRIL, 2024 QUIZ

ENTRY COST - \$5.00 PER PERSON

VENUE - QE2 CENTRE – GERALDTON

TIME: 1 PM

BOOK YOUR TABLE OF 6 OR COME ALONG  
AND MAKE UP A TABLE WITH NEW FRIENDS

SEE YOU THERE ..... ☺ ☺

COME & HAVE  
FUN -TEST YOUR  
KNOWLEDGE

GREAT PRIZES  
FOR YOUR TABLE  
WINNER OR  
PLACE

AFTERNOON TEA  
YUMM

BOOK YOUR  
TABLE OF 6  
FOR A GREAT  
AFTERNOON

SENIORS ACTION  
GROUP  
QE2 CENTRE  
GERALDTON.

0498 999 406

# Iwarra Wilungga Festival

Join us for a celebration of Aboriginal Culture at the Iwarra Wilungga Festival – Celebrating Urnura, Autumn by the Sea

The Community Development Team is excited to extend a warm invitation to everyone for a day of cultural celebration at the Iwarra Wilungga Festival. Mark your calendars for 6 April 2024 at the Queens Park Theatre and various locations throughout the city.

This year, the festival is set to showcase aboriginal dances, didgeridoo and music performances, complemented by a light show featuring Aboriginal art.

You can visit the Museum of Geraldton to explore a captivating photo exhibition that tells stories through the lens of local community, or attend a poetry reading session at the library.

Don't miss the market and activity day at Rocks Laneway, where you can enjoy hands-on activities and find unique crafts. Additionally, the QPT will host an Aboriginal Art exhibition.

For a detailed program of all the events and activities, pick up a brochure from the QEII Centre.

We look forward to seeing you there.



# Seniors Action Group

The monthly lunch Meeting was held Tuesday 12th March with 33 members. The day commenced with morning tea at 10am followed by the meeting which opened by new President Trevor Hansen. Card winners were Rhonda Reynolds and Ruth Patman. Birthdays were announced and previous minutes, reports and financial statements presented. Lunches are now \$15. Table Tennis numbers have been growing at an amazing rate and there were 34 last Monday.

Former President Lina Mittoni presented Mrs Betty Hosken with a Life Membership badge

and Certificate for her work over many years in the Darts Group and on the Seniors Action Group Committee. Thankyou Betty.

Guest Speakers were Anne Karczub and Debbie Fry who represent Geraldton Tree Canopy Advocates (GTA). This is a community group of volunteers passionate about improving the liveability of the City of Greater Geraldton and surrounds. Their focus lies with planting of trees on verges and in public spaces to provide a green canopy that will shelter and cool our streets from the hot sun whilst providing habitats



**Anne Karczub and Debbie Fry**



**Betty Hosken and Lina Mittoni**

for local birds, Insects and wildlife. The City of Greater Geraldton provide and plant free mature verge trees every and available to anyone on request. Planting commences in May each year. Everyone can help by planting a tree in your area, adopt a bus stop to create more shade, talk to family and friends about the value of trees or adopt an ailing tree in your area and water it. If you would like to be a part of upcoming projects send an email to [geraldtonca@gmail.com](mailto:geraldtonca@gmail.com) or ring Jackie Patience on 0458497655 [jpatience62@gmail.com](mailto:jpatience62@gmail.com) for further information.

A delicious lunch of Crumbed chicken with Cold Meat and Salad was served followed by Vanilla Slice and Ice-cream.

**DATES for your DIARY:**

**25th March and 6th May** – Committee Meetings

**8th April** – Morning Bowls Tournament

9th April - **Lunch Meeting at** 1030am.

**18th April** - 1pm Quiz. Groups of 6. \$5. Afternoon Tea.

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



*Would like to wish everyone a safe and happy Easter*

## Gardening with Rosetta

# Branching out

Indoor plants have never been one of my forte's but since purchasing a home with lots of natural light I have really branched out. I now have 6 in my kitchen/ dining area, 7 in my lounge, 2 in my bathroom, 1 in the toilet area and 12 in my laundry. At this point your probably thinking my house looks like a jungle but I can assure you they are all strategically placed.

Googling a plant's needs while perusing though the garden section at the big green warehouse is the best thing since sliced bread.

This means I get to pick and choose who I want to share my life with. Reading labels - light requirements, acidic soil, don't over water, don't overfeed, etc etc. Too fussy and it's returned to the shelf.

Of course, there's always the one plant that you need to have no matter what. This moment happened at one of the local supermarkets when I spied a variegated philodendron with no plant label. Wow I thought only \$18? Do they realise this is the White Knight Philodendron, a rare plant everyone around the world is after. Trying to contain my excitement

I quickly rushed to the checkout.

One year down the road and to my surprise the other day a beautiful pink appeared on one of the leaves. So my White Knight actually turned out to be the White Princess philodendron. Life's like that sometimes, your white knight in shining armour turns out to be a knight in tin foil and you were the princess after all. Happy gardening!

*"A beautiful plant is like having a friend around the house."* – Beth Ditto







City of  
Greater Geraldton  
Regional Library



## Friends of Geraldton Library

# Autumn BOOK SALE



**QEII Centre**  
**88 Durlacher Street**  
**SATURDAY 27 April 2024**  
**9.00am -12.00noon**

*Something for Everyone*

- Popular Fiction • Children's Book • DVDs • Non-Fiction
- Talking Books • Jigsaws • Large Print

**CASH ONLY (NO EFTPOS AVAILABLE)**

For more information contact the Library  
P: 9956 6659 | E: [library@cgg.wa.gov.au](mailto:library@cgg.wa.gov.au)



# 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  | 12.00 | Understanding your hand held device | \$5.00 | Appt only. No appt 2 or 9 April  |
| 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<br>Beginners Class |
| 4.00  | 6.00  | Pickleball                          | \$5.00 |                                  |
| 1.15  | 2.15  | Rehabilitation Gym                  | Free   |                                  |
| 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 /<br>Beginners Class | Free   | Bring own device<br>No classes 4, 11<br>or 25 April |
| 10.15 | 11.15 | Continuation Class                       | Free   |   |
| 9.00  | 11.00 | Mahjong                                  | Free   | No class 25 April                                   |
| 9.30  | Noon  | Chat N Do Craft<br>Group                 | \$2.00 | Not on 1st Thurs of<br>the Month or 25 April        |
| 10.00 | 12.30 | *PSC Meeting                             |        | 1st Thurs Monthly                                   |
| 11.00 | 12.00 | African Drumming                         | \$7.00 | No class 25 April                                   |
| 1.00  | 4.00  | 500 Card Game                            | Free   | No class 25 April                                   |
| 1.00  | 4.00  | Bingo                                    | Books  | *PSC Bingo 2nd<br>Thursday of Month                 |
| 1.00  | 4.00  | Rummikub                                 | Free   | No class 25 April                                   |
| 2.00  | 2.45  | Zumba                                    | \$5.00 | No class 25 April                                   |

## 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 | No class 5, 12 April |
| 10.00 | Noon  | Chess                           | Free   |                      |
| 10.15 | 11.15 | Rehabilitation Gym              | Free   |                      |
| 1.00  | 3.00  | English as a Second<br>Language | Free   | No class 5, 12 April |
| 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 0427 869 786**

## 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

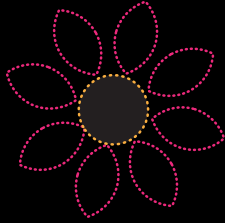
Free  
4th Tuesday of each Month  
10.00am  
**Contact 1800 847 466**

### Walk Group

Free  
Tuesday 7.00am  
Meet at Two Foreshore prior  
to department time  
**Contact Lina Mittoni  
0427 869 786**

### Zumba

\$5.00  
Thursday 2.00pm – 2.45pm



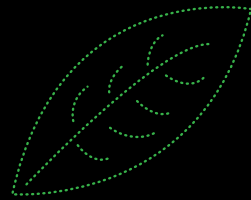
# IWARRA WILUNGGA

Festival of Aboriginal Art & Culture

Celebrating Urnura – **AUTUMN BY THE SEA**

**Saturday 6 April 2024**  
**3.30pm - 8.30pm**  
**Queens Park Theatre**

*Featuring live music with*  
**Born2Sing • Fred Ryan Band • Bradley Hall Band**  
**& MIIESHA**



**INCLUSIVE EVENT**  
**ALL WELCOME!**