

Q&2 Seniors Scene

MARCH 2024



ANOTHER YEAR, ANOTHER BRUSHSTROKE

Jim Evans is into his 25th year of volunteering as the art class teacher at the Centre. He has helped many over this period to bring out their creative talents. Five years ago, in appreciation the Centre's passageway linking the Lower and Upper Hall was revamped and named the "Jim Evans Art Gallery" providing his students the opportunity to showcase their work. In Jims own words:

"I create, Art is my life, I'm passionate about what I do, I give people the opportunity to create and fulfill a desire to paint something on canvas".

QEII CENTRE UPDATE

In 2023 we processed 538 new centre registrations ending the year with 1459 members. It's important to register and provide your emergency contacts plus we can advise you if your program is cancelled.

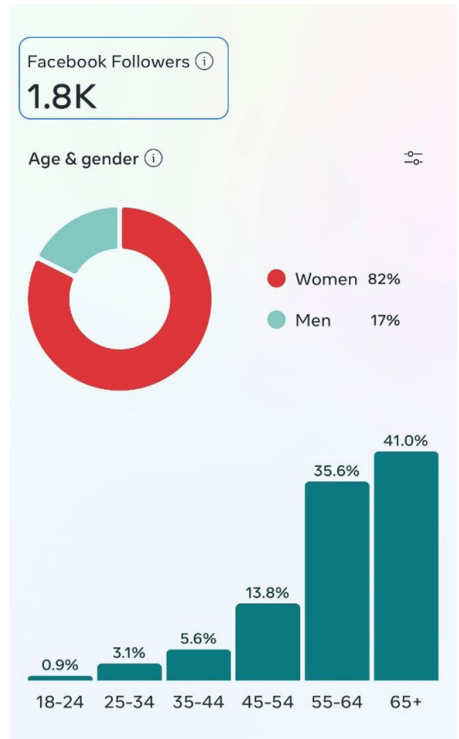
Balance Gym and Over 50's Gentle Gym

Sessions are capped at 40 participants. If you can't get into the early class, your welcome to join the second session.

A Reminder: Due to occupational health and safety enclosed shoes must be worn – no thongs, bare feet or strapless sandals.

Easter Break - Centre will be closed Good Friday 29 March 2024 and 1 April 2024

Wow! 1800 followers on our Facebook Over 50's Geraldton life. Thank you for all your support.



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

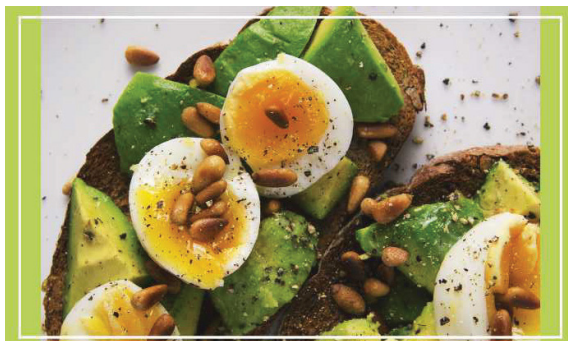
Eating food is something we will all do for the rest of our lives ... wouldn't it be good to find out what you can do differently to feel better, live healthier and maybe a little bit lighter?

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

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 5 March, 9am to 11.30am
QEI Seniors & Community Centre
Cost is \$5.

Register at the QEI Centre on 9956 6636



RECIPES FROM THE HEART

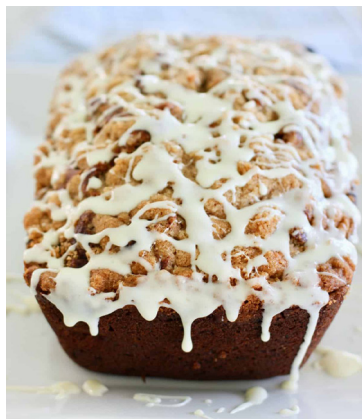
Vegan Banana Bread

by Rosetta

My first attempt at making vegan cake turned out absolutely delicious.

INGREDIENTS

2 ³/₄ cups plain flour
1/2 cup white sugar
1/2 cup light brown sugar
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
1 tsp cinnamon
2/3 cup coconut milk
3 large bananas (mashed)
1/4 cup coconut oil
1 tbsp ground flaxseed meal with 3 tspn hot water (this replaces eggs, follow packet directions)
2 tbsp applesauce
2 tsp vanilla essence



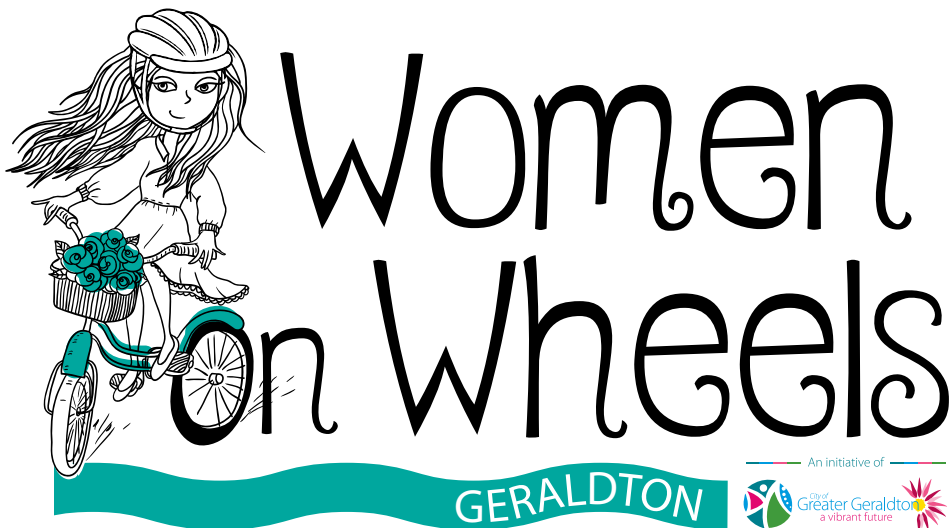
ICING

1/2 cup icing sugar
Coconut milk to make desired icing consistency (drizzle on top of cake, decorate with walnuts and shredded coconut)

METHOD

Sift dry ingredients together. In a separate bowl mix mashed banana, coconut oil, flax egg, apple sauce and milk and then add to dry ingredients. Mix with a wooden spoon until combined. Bake at 180 degrees for approximately 35 minutes.

Note: recipe was from "loving it vegan" but I modified it.



A celebration of active travel, connectivity and

INTERNATIONAL WOMEN'S DAY!

**10am Sunday 10 March 2024
at the Geraldton Foreshore**

(shaded area between Geraldton Yacht Club and Regional Sounds)

The 10km route will take participants on a leisurely journey along the Foreshore, Marina, Beresford Foreshore to St George's beach and back again. With any mode of wheels welcome – you can ride your bike, bring along your scooter, walk with a pram or even dig out those 80's roller skates – and of course a helmet! On return to the Foreshore – there will be free delicious cakes and coffee from local providers.

**Participants must register
via QR code or by visiting
<https://bit.ly/3l8zgsQ>**

Everyone is welcome!



#womenonwheelsgeraldton

Snippets of my life

with Heather Carroll

Born in London, England 69 years ago I grew up in the countryside with my two sisters and brother. We always created adventures and little clubs, cycling off into the country lanes searching for wildflowers. Leaving home at 18 I worked in the Wine Trade in London City and met my first husband. We were married for 19 years and have a gorgeous daughter (and now a grandson too). After divorcing in 1999 I went globetrotting - St Lucia, Greek Islands, New York, Colorado, France, China, Canada and cruised the River Nile.

I came to Australia for a friend's wedding and met Jeff, married the same year and continued globetrotting with a round the world cruise, trips around Asia and of course Australia! My new Aussie family includes two children, five grandchildren and three great grandchildren! I was a Red Hatter for ten years, (Queen Scarlet) and organised a huge gathering of Red Hatters in Geraldton called a "Mayhem". We held a fantastic ball at the QEII Centre with a Neil Diamond act and Dame Edna skits as well as a treasure hunt all over Geraldton!

A terrible accident in 2012 left me with broken vertebrae and months of recovery so



I rediscovered my love of craft as couldn't walk far so furiously knitted and crocheted. In 2015, a friend and I started the Spalding ChatnDo group to engage locals in craft supported by the QEII Centre. Last year while the centre underwent renovations, we relocated to the QEII. The Spalding centre is amazing however the ladies decided to remain in town rather than return. I retired from nine years of running ChatnDo in December but still an active member.

I try to attend the Rehab Class group regular and used to love the mosaic group at the centre.

I fly to England yearly to spend time with my daughter and grandson. This year we will travel round France. Good opportunity to practice my French! I don't know what the future holds as my sight is deteriorating but whatever life brings, I will make the most of it!

Brain Hub

Geraldton, WA
18 - 21 March 2024



Dementia Australia's Brain Hub can connect you to the information, education and support you need. These sessions are available to anyone who wants to learn about dementia, including local residents and health care providers.

Worried about your memory - QEII Centre

Tuesday, 19 March 2024, 10:00am - 12:00pm

Book online at https://waym_1903_wa.eventbrite.com.au

It starts with you - QEII Centre Tuesday, 19 March, 3:00pm - 5:00pm

<https://www.eventbrite.com.au/e/it-starts-with-you-geraldton-wa-registration-817866379357>

Understanding dementia - Geraldton Multipurpose Centre

Wednesday, 20 March 2024, 10:30am - 1:00pm

Book online at https://ud_2003_wa.eventbrite.com.au

Afternoon tea with Dementia Advocates - QEII Centre

Wednesday, 20 March 2024, 2:00pm - 4:00pm

No booking required

Activities at Home - QEII Centre

Wednesday, 20 March 2024, 6:00pm - 8:00pm

Book online at https://aah_2003_wa.eventbrite.com.au

This Brain Hub is funded by the Federal Government and enables Dementia Australia to reach more people living in regional and remote areas, providing greater equity of access to our services.

Find out more

For further information please contact Jane Wells on 08 6116 8638
or email jane.wells@dementia.org.au

National Dementia Helpline **1800 100 500**

Find us online **dementia.org.au**



For language assistance
call **131 450**



Switched On Seniors Geraldton

Hi to you all, and great to be back in 2024. Anne and I commenced our beginners and continuous classes on Thursday the 1st February. The topics covered in February for the beginner's class included, importance of security on a device, e.g. having a pin number to access the users phone data, "managing a user's contact list" and other features with the sole aim of the user being in control of their smart devices. Anne will continue with these topics in March with practical exercises.

Unfortunately, practical exercises couldn't be completed in February as Anne and I tested positive to COVID and Thursday classes 22nd and 29th classes were February were cancelled.

I'm pleased to advise Thursday classes resume the 7th March. Also in March Anne will present the topic on "Passwords" and beginners will be guided on registering

on the 'Be Connected' program, which requires a student to create their new password in order to complete the exercises on topics covered and obtaining a certificate.

The continuation class covered the topics "What is the Internet" and "What is Wi-Fi" the first two weeks of February. For most students the topics were more of a refresher and all students had access to the internet at their homes and using the internet. Great to see. There will be some very interesting topics presented in March which will include, "Understanding the Cloud", "Artificial Intelligence explained", There will be a lot of interesting information presented on this topic, stay tuned.

Our one-on-one classes were also cancelled due to our third volunteer Bee also being struck down with COVID. I'm pleased to advise Bee has recuperated and our

one-on-one appointments will resume on Tuesday the 5th March, please be advised that masks will be required to be worn in the computer room. Thank you for your understanding.

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 on a Thursday morning Our Beginner's class commencing at 9.00am to 10.00am and the Continuation Class 10:15 am until 11:15am.

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



**MENTAL
HEALTH
FIRST AID
Australia**

BECOME A MENTAL HEALTH FIRST AIDER

is pleased to provide **Mental Health First Aid (MHFA)** training for staff

Many older Australians experience mental health problems. Older Person Mental Health First Aid (MHFA) training will teach you practical skills to support an older person with a mental health problem. Make a real difference to the older people in your community.



LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems in older people
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12-hour educational course, not a therapy or support group.



HOW DO I SIGN UP?

Email Liz at Elizabeth.Lockyer@health.wa.gov.au or call 9956 1963 for any queries.

DATES

Wednesday 6th + Thursday 7th March 2024

TIMES

9am – 4pm both days

COST

FREE (subsidised by WACHS and WAPHA)

VENUE

Department of Local Government, Sport and Cultural Industries. Level 1, 268-270 Foreshore Drive.

FACILITATOR/S

Jacki Ward



Australia Day Citizen of the Year

As we look back over our lives there will always be someone who left an indelible impression on our journey. For me, it was my grandmother, Mati, my Dad's mother. Arriving in Australia just before WWII, speaking several languages which didn't include English, to start a new life with her family was truly a culture shock. By the time I came along the family had established themselves as tobacco farmers in the south west of WA.

It was normal to have Slavs, Macedonians, Italians and Australians working/socialising on the farm. Hearing their stories and challenges of starting a new life in Australia has always been an interest. Over the years my passion to bring people together at events and to celebrate our diversity has grown, especially when I became involved with the Midwest Multicultural Association (MWMA).

Currently as secretary, I assist with the annual Harmony Festival (16 March 2024), Festival of Lights (2 November 2024) and Seniors Week Multicultural Concert.

Geraldton is home to more than 60 different cultures and our community is richer because of their choice to live in the Midwest of WA.



Yvonne Lovedee

Providing opportunities (festivals) for cultural groups to showcase their music, dance and food preserves their cultural identities while sharing with others, breaks down barriers (whether real or perceived) and increases understanding between all.

My personal mission is to 'make a difference' wherever I am, bring people together, help reduce the isolation in communities and celebrate who we are and where we have come from. I'm privileged to be a 2024 Australian Day awards winner.



Mati is holding tobacco leaves which have been drying the kiln for a few days. (Yes, the little girl is me)

MIDWEST MULTICULTURAL
ASSOCIATION PRESENTS



ALCOHOL AND
SMOKE FREE EVENT



HARMONY FESTIVAL

16th March 2024
STOW GARDENS 11AM - 3PM

• CULTURAL ENTERTAINMENT • FOOD & GIFT STALLS
• REMAJA (TEENS) WORLD • WATOTO (KIDS) WORLD

HEADLINE ACT

PERTH'S PREMIER BRAZILIAN BAND

SAMBOZZY



Happy 60th Anniversary

On the 28 March Barry & Merrilyn Line celebrate 60 years of marriage.

Barry and Merrilyn have been centre volunteers for a few years and Barry asked if we could put this lovely photo into the newsletter. "I know she's going to kill me when she sees it" We reckon they look like movie stars.

Happy anniversary from QEII staff and we wish you all the best for many more years together.



Pensioners Social Club

Pensioners rushed from their cars during an extremely hot day into the cool of the QEII, all happy to see each other after the long Christmas break. President Lyn welcomed us all and after some problems with the loudspeaker started the first meeting for 2024.

The door prize which was won by one of our oldest friends Chris Brewer, also one of our Birthday girls for this month and after she picked her birthday flower, we congratulated Beth Hadley and Sandy Chapman with a Happy Birthday song. It was brought to our notice it was Judith and Rod Stewart's wedding anniversary, so we raised our voices once more to congratulate them.

Lyn explained our finances, money spent, and detailed figures of money held then Pat read the December meeting minutes. We learned the lunch which has always been available for \$10 has risen to \$15. At the closure of the meeting Lucky number winners were drawn and won by Faye Wright and Maria Flavel.

The next meeting will be held the 7th of March starting at 10:30am and Bingo the 8th of February. All welcome!

Lyn introduced guest speaker Narrelle Phillips, Vinnies Geraldton Retail Manager who spoke on the aims / values of Vincent de Paul. It's powered by people who give their time and effort to bring about change to the needy and those suffering mental health problems. They receive up to 200 calls a day in their 54 stores Australia wide. All work is done by volunteers who share their talent and time for our needy community. We thank Narelle for her visit and hope some of us will be able to help should they need staff.

Lunch was served at 12 noon sharp with plenty of variety and something tasty for everyone to choose from. It showed us of how many capable cooks and home makers are in our midst.

Sincere thanks for all the work done by the QEII staff and our Committee Members to give seniors a day out, meet new people and listen to guest speakers to gain new knowledge.

Welcome all seniors who read this little passage. I'm a newcomer and I really hope when reading this you come along next month also. We welcome you warmly.

Seniors Action Group

The Seniors Action Group activities of bowls, darts, table tennis and cards are in full swing after the holiday break. The first lunch Meeting for 2024 was held Tuesday 13th February with 44 members and 1 apology. We commenced at 10am with morning tea followed by the meeting opened by President Lina Mittoni. Card winners were Fran Noble, Jean Steer and June Morris and birthdays announced. Previous minutes, reports and financial statements were presented. Lunches are now \$15. Membership has risen over the last year especially

with table tennis. There will be bowls tournaments during the year organised by Janet Rodan and a quiz on 18th April. More information to come...

The President read a report on 2023 activities. As Lina is standing down this year the members thanked her for an excellent job including organising a special 40th Anniversary of the Club in July. Other highlights of 2023 were mentioned in her final report. Lina thanked the 2023 Committee and Staff at the QE2 Centre for support and the excellent meals provided by our caterers.



The new committee for 2024 was announced as follows:

President: Trevor Hansen, Vice-President: Janet Rodan, Secretary: Pauline Fowler, Treasurer: Mike Kendrick. Committee Members: Carol Sutherland, Dexter Fowler, Judy Kendrick Currell, Di Faranda, Rhonda Reynolds, Jo Pascoe, Pauline Stacey and Jan Wennekes.



Appreciation Certificates: Don Aitken, Ron Boyd, Allan Brandis, Athol Duke, Diana Faranda, Jean Jones, Trevor Hansen, John Link, June Morris, Pat Parker, John Rodan, Sharkey Ryan, Dean Shanks, Jenny Dillon, Jean Steer.



Meritorious Certificates: Val Brown, Dexter Fowler, Pauline Fowler, Judy Kendrick-Currell, Mike Kendrick, Rob Lucas, Lina Mittoni, Shirley Paech, Janet Rodan, Carol Sutherland and Jan Wennekes.

Special Awards for most improved: Stanley Barbour and Graham Scott
Life Membership: Betty Hosken



nom!

nom!

Tasty learning for life



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

Mondays, 29 April,
6 May, 13 May and 20 May 2024.
11.00am to 1.30pm

Where

Foodbank WA Geraldton Branch.
31 Webberton Road, Geraldton WA

Register

<https://bit.ly/4bAeorV>



Cost

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



nom.org.au



Gardening with Rosetta

Oranges and Lemons

Sicily is the “cucina povera” cooking with fresh ingredients to create delicious meals. The biggest island in the Mediterranean is surrounded by sea so the fish markets are a great place to hang out. All the shouting and waving of hands really made me feel at home. Travelling by train from Catania to Messina, Etna, an active volcano looms as a spectacular snowcapped backdrop as you pass miles of orange and lemon trees. Sunshine and volcanic soil provides the essential ingredients.

An orange was on the top of my must try list along with arancini, gelato and cannoli. The later three proceeded to be a regular part of my daily diet. But hey, its ok – ‘I’m on holiday... and ended up walking 220km in five weeks so they burnt off.

Many Sicilian towns have rows of orange trees in the main streets. What a great idea I thought perhaps we could try this in Geraldton. Well, I couldn’t resist I had to pick one. I took the first bite, and it was bitter. Now I know why no one steals the fruit off the trees. My cousin laughed at me – “you can’t

eat them they are ornamental oranges”.

So back to Gero and my struggling three-year-old orange tree, half dead from the desert wind and 49.3 degrees heat. Its cheaper for me to save up for Italy than keep it alive. So, looks like there's another trip on the horizon.



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
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	
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	Bring own device
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	
1.00	3.00	English as a Second Language	Free	
1.00	4.00	Euchre & Frustration	\$5.00	*SAG

CLASS DETAILS

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 Merry Hide 0447 783
876**

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

LISA WOODBROOK



TUESDAY 19 MARCH 2024

10am Morning Tea – 11am Performance

ALL TICKETS ARE \$25

Tickets available from Civic Centre or Geraldton Regional Library.

Online at **www.queensparktheatre.com.au** or **Ph: 9956 6662**



City of
Greater Geraldton
a vibrant future



lotterywest
supported