

# QEII January 2016 Newsletter



Department of  
**Local Government  
and Communities**

A Seniors & Community Centre promoting positive healthy ageing, managed by the City of Greater Geraldton with funding provided by the Department of Local Government and Communities

## Centre Update



On the 17<sup>th</sup> December a special luncheon was held at the centre to thank volunteers who run centre based programs. Their dedication and commitment contributes to the overall success of the centre and their welcoming attitude has been instrumental in seeing many new members join the centre in 2015.

QEII Program Volunteers (missing on the day were John & Jan Macey, Richard Young)

**Congratulations** to our 2016 Australia Day Award Nominees who are involved in running programs at the QEII Centre:



**Geraldton Seniors Week** – In 2015 the Committee liaised with government departments, local community groups and businesses which resulted in a program of 32 events promoting positive, active ageing throughout the City.

**Jim Evans** – An experienced painter who has coordinated the QEII Community Art Class for 11 years and shared his skill with approx. 250-300 people using various mediums; watercolours, oils and acrylics. The group's success is due to Jim being friendly, open and welcoming while serving a diverse range of people including those with mental and physical disabilities.



**Edna Freeman** - has taken part in and later organised the Gentle Gym Program at the QEII for 33 years. At the age of 97 ½, she is an excellent role model for positive healthy ageing to our community.

# QEII Cruise Club



Would you like information on cruising? Meet and share experiences?  
Looking for someone to go cruising with or as part of a group?

The QEII Cruise Club provides a relaxed and informal atmosphere to share personal experiences and handy hints. Free to join!

Meetings will include a cuppa, informal chats, visual presentations and talks.  
Contact Rosetta on 9956 6636 or drop into the QEII office to register.

**Next meeting is on Thursday 4 February at 1pm.**

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**Seniors  
Recreation  
Council  
of WA Inc.**

**Healthy Ageing through Activity**

**Greater Geraldton Branch**

Following have been voted into the executive positions:

**President:** Christine Mullender

**Vice President:** John Macey

**Secretary:** Diana Keighran

**Treasurer:** Jean Steer

Regular meetings will be held bi-monthly the second Wednesday  
of the month at 9:00am at the QEII Seniors & Community Centre.

**Next meeting is on Wednesday 9 March at 9:00am**

[srcincgreatergeradltonbranch@gmail.com](mailto:srcincgreatergeradltonbranch@gmail.com) Web: [www.srcwa.asn.au](http://www.srcwa.asn.au)

PATRONS: Her Excellency the Honourable Kerry Sanderson AO, Governor of WA



Department of Sport and Recreation  
Department of Local Government  
and Communities





## Scrabble Group



Monday & Wednesday - 1pm at the QEII  
All Welcome – Free

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## GERALDTON ORCHID SOCIETY INC

Monthly meetings are held at the Centre  
Second Monday of each month at 7:30pm

Meeting on Monday 11 January

Visitors and new members are welcome

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Would you like to play/ learn Canasta?  
Every Monday @ 1pm at the QEII Centre  
Cost is Free

# Lets Go Walking !!!



The QEII Seniors Walk Group meet at 7:30am Tuesday mornings in the QEII Centre carpark.

*All welcome. Join in – it's free*

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## Seniors Line Dancing

Every Tuesday at the QEII Centre



1.00pm – 3.00pm

Beginners & Intermediate Welcome

All Welcome – Free - **resumes 16 February 2016**

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## Mahjong

Tuesdays at the QEII

1pm to 3pm

All welcome – Free



# Learn the Ukulele with the Ukulele Dreamers

**Tuesdays 1pm to 4pm at the QEII**

1:00pm to 1:30pm – Beginners only

1:30pm to 3:30pm – Everyone

3:30pm to 4:00pm - Workshop



Contact Alan on 9938 1227 or 0429 381 227

**Class resumes 12 January**

***Are we having fun? ...You bet we are!! Free, Come and Join Us***

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## **QEII Craft Class**



Wednesday Mornings

9:00am to 12noon

All Welcome - Free

**Classes resume 20 January**

# Over 50's Gentle Gym Class

The aim of the Over 50's Fitness Group is an exercise program to slow the ageing process and keep you fit longer to prevent injuries and falls

**Wednesday 9:00am to 10:00am**  
**10:30am to 11:30am**

**Friday 9:00am to 10:00am**

Bring along a towel and wear gym shoes  
All Welcome - Free!



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## Chess Group

Come and play/learn chess  
Every Thursday at 1pm at the  
QEII Centre  
All Welcome - Free

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*Love Talking?? & Sharing your Opinion?*

## QEII “Let’s Talk” Discussion Group

*Second & fourth Thursday of the month*

Next sessions are on 14 & 28 January

**10:45 -11:45am**

**Come and join us – All Welcome – Free**



# QEII GARDENING CLUB

Held the third Thursday of the month

10:00am

Next meeting will be on the 18 February

All Welcome - Free



## QEII COMMUNITY ART CLASS



**Fridays 9:00am to 12:00 noon**

Designed for beginners to advanced.  
Classes are conducted in oils, acrylics, pastels and watercolours by local artist Jim Evans.

**\$3.00** per session

Includes equipment & a cuppa





## QEII Knitters & Crochet Group



**Friday mornings at the QEII**

**9:00 am to 12 noon**

Beginners and Advanced - Donations of wool accepted  
Cost - 50 cents. All welcome.



## QEII Seniors Friendship Group



No get together for January – stay  
tuned for February!

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## National Seniors

Australia

### Geraldton Midwest Branch

Meet at the QEII the second Friday of the month at 10:00am.

**No meeting in JANUARY**

Contact the President Douglas Bruce 99 641264

New members welcome

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# Square Dancing

A creative dance performed by 8 persons to the direction of a caller using a variety of music. A dance session is equivalent to a 2km walk. It's fun, stimulating, socially rewarding and challenging. The Friendly Squares Dance Club meets Friday nights at the QEII Centre.



For enquiries contact David on 9938 2180. **No dances in January - Resumes 5 February 2016**

## Piccadilly Dance Club

**New Vogue - Old Time Dance**

**Raffles**

**Spot Prizes**

### Saturday Night Dances

8pm till late

\$8.00 – Tea & Coffee supplied Bring & Share Supper

QEII Seniors & Community Centre  
88 Durlacher Street

Ph: Ron & Jean Jones: 9921 5064 or Sue Hunter: 9921 5569



### 2016 Dance Dates

16 January  
13 February  
9 April  
14 May  
11 June  
2 July  
6 August  
3 September  
1 October  
29 October  
3 December



## QEII New Vogue & Old Time Dance

Wednesdays 1pm to 4pm  
QEII Centre - Free

### Dances include:

Pride of Erin Fox Trot  
Quick Step Barn Dance Barclay Blues  
Rumba Modern Waltz Swing Waltz  
Twilight Waltz Evening 3 Step  
Bring & Share Afternoon Tea  
Free - Come along and join in. Its good fun and great exercise.

**Recommencing 20 January 2016**

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## How to prevent telemarketer calls

The Do Not Call Register is run by the Australian Communications and Media Authority (ACMA). If you put your phone or fax number on the register, telemarketers and fax marketers are required by law to stop contacting you.



**Who can sign up?** Any number that is primarily used for personal purposes, any lines that are solely for sending and receiving faxes (either business or personal) and numbers that are exclusively used by a government body. This means you can put your home number, fax line or mobile number on the register.

**Will this stop all telemarketing calls?** Unfortunately, no, but it will drastically reduce the number of calls you receive. Any business with which you have a prior relationship will still be able to call you. If you wish to stop receiving calls from such business, ask the person who calls you to remove your details from the business's system. Charities, political parties and educational institutions are also exempt, so that they can continue to provide services to the community.

### What if I get telemarketing calls after putting my number on the register?

If you continue to receive calls, you can make a complaint to ACMA. To make sure ACMA can take action on your complaint, be sure to get as much information about the telemarketing call as possible. Write down the time and date of the call, the phone number on which they called you, your phone service provider, and any details of the call – for example, the company name or product being sold.

### More information

To put your number on the register, visit the [ACMA "Do Not Call Register"](#) website or call [1300 792 958](tel:1300792958)



## Free Senior Service Providers at the Centre



Contact: Wendy on 9964 4154  
ESL Volunteer Teachers

English for Migrants

Every Friday

(Excludes school holidays)

2.00pm to 4.30pm

“No Fees, No Forms, No Test”

Recommences Friday 5 February

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Are you living with blindness or vision loss?

# VISABILITY

The Visibility group meets the fourth Tuesday of the month  
10:00am at the QEII Centre.

New members are welcome for morning tea and a chat.

For further information please ring **1800 847 466**

**Resuming 23 February 2016**

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## **Free** Broadband for Seniors Kiosk

**NEED HELP WITH YOUR TABLET, LAPTOP,  
MOBILE PHONE?**

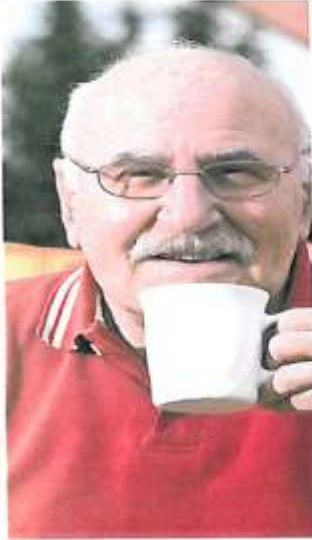
Frank, a centre volunteer is available to assist with setting up an email address, surf the web etc and is available in the seniors on line computer room Wednesday and Friday mornings - 9:00 to 10:00am.

Book an appointment with Rosetta or just drop in.

Alternatively try the Very Easy Online Lessons provided by Broadband for Free Online Computer Lessons provided by Broadband for Seniors.



## Carers Morning Tea



### Queen Elizabeth II Seniors & Community Centre 10am every third Thursday of the month

*A Carer is a family member, friend or neighbour, who provides regular and sustained care and assistance to another person without payment for their caring role other than a pension or benefit.*

If you are a carer and would like to come along for support and education please call the Respite and Carelink Centre

### Midwest Commonwealth Respite and Carelink Centre

Phone 1800 052 222\*



Australian Government

Geraldton Health Campus—51-85 Shenton Street, Geraldton

## Fruit & Veg Van



Foodbank  
An Australia Without Hunger



Foodbank Geraldton brings affordable, fresh produce to the QEII Seniors & Community Centre through the Fruit & Veg Van.

**Wednesdays 8:45am & Fridays 9:30am**

Track down the van - Call Foodbank on 9964 8011



### Yummy Beetroot Jelly by Marge Stanton

(Marge made this dish for the Over 50's Gentle Gym Christmas Luncheon)

- 1 large tin of beetroot
- 2 x packets of blackcurrant jelly
- Chopped mint
- 2 tsps gelatine
- 4 ½ -5 cups of liquid (include beetroot juice)

Dissolve the blackcurrant jelly in the 4 ½ -5 cups of boiling water (include beetroot juice) and gelatine. Add the beetroot and place in fridge to set. Garnish with mint when set.

# Pensioners Social Club

**The Pensioners Social Club** host the following at the Centre:

## Monthly Meeting

Held the first Thursday of the month at 10:30am followed by lunch at 12 noon.

Annual membership is \$10 **No meeting in January - Next meeting 4 February**

## Bingo



**Second Thursday of the month at 1:00pm**

**Next session is on the 14 January**

## Pensioners Games Afternoon



**Third Wednesday of the month at 1:00pm**

**Next session is on the 20 January - Cost is \$3**

**Please bring a small plate of afternoon tea to share**



The Geraldton Pensioners Social Club Committee

For information contact President **Annie Townshend** on 0432 298 774  
or the Secretary **Pat Parker** 0448 421 626



## Visitor Centre can now save lives!

St John Ambulance Western Australia handed over an Automated External Defibrillator (AED) to City of Greater Geraldton Mayor, Shane Van Styn, which will be housed at the Geraldton Visitor Centre.

The defibrillator was kindly donated to the Visitor Centre by the **Geraldton Pensioners Social Club**. It will also be listed on the St John Ambulance Community First Responder System (CFRS), which creates a direct link between St John, the triple zero (000) call centre, local communities and organisations.

This direct link enables individuals to provide immediate assistance to cardiac arrest victims in that time critical period before an ambulance arrives – when it matters most. St John Ambulance Regional Manager Mid-West, Lynne Hunt, said the news of having another defibrillator in Geraldton was wonderful.

“For every minute that a victim is not defibrillated, their chance of survival decreases by 10 per cent,” Ms Hunt said. “By adding this machine to the St John Ambulance Community First Responder System in Geraldton we are significantly increasing the chance of survival and recovery for people who may enter sudden cardiac arrest.

“In 2014 the Community First Responder System had 871 locations operating across Western Australia and today we have more than 1065 locations, including 615 devices in regional WA.

“Sudden cardiac arrest is one of the leading causes of death across Australia. More people die from cardiac arrest annually than from road accidents and it can happen to anyone, of any age, at any time.

The Community First Responder program enables bystanders to help save lives when someone suddenly suffers cardiac arrest.

When a person unexpectedly collapses, bystanders can phone 000 and request an ambulance. The St John Ambulance State Operations Centre checks to see if the location is registered on the Community First Responder System. The location is then called, the defibrillator retrieved and applied to the patient.



City of Greater Geraldton Mayor, Shane Van Styn, and Geraldton Pensioner Social Club President, Annie SmithTownshend, receiving the Automated External Defibrillator from St John Ambulance Regional Manager Mid West, Lynne Hunt.

## **Geraldton & Districts Seniors Action Group (SAG)**

The Geraldton & Districts Seniors Action Group organises the following events at the Centre including bowling tournaments, bus trips, Melbourne Cup luncheon, Celebration lunch & quiz afternoon.

Membership is \$20 (includes cost of badge) the first year and \$12 following years.

**Monthly Meeting:** Held the second Tuesday of the month at 10:00am (with guest speakers) followed by lunch.



### **Indoor Bowls**

Mondays 8:30am to 12 noon or 1:00pm to 4:00pm

(stay all day if you like)

Cost is \$3.00 (includes refreshments)

### **Table Tennis**

Monday afternoons 1:00pm to 3:00pm

Cost is \$3 per person



### **Darts**

Every Monday morning – 9am. Cost is \$3.00

### **Euchre & Frustration Cards Afternoon**

Every Friday 1:00pm to 4:00pm

\$3 per person

Bring a plate of goodies & enjoy a wonderful afternoon.



Contact the club on 0437 310 613 for or *Check out the website*  
[www.seniorsactiongroup.org.au](http://www.seniorsactiongroup.org.au)

## GERALDTON & DISTRICTS SENIOR CITIZENS ACTION GROUP (Inc) NEWS by Jan Wennekas

On the 1<sup>st</sup> December the final meeting for 2015 was opened by President Lina Mittoni with 72 in attendance. It was decided to donate \$1,000 to the Esperance Fire Fund.

**Reminder:** 2016 membership fees are due. Please bring Membership card and money to Di.

There was no guest speaker this month so members were entertained with a program which was enjoyed by all. Skits were performed by Iris, Lyla and Alan and the Seniors Line Dancing



Group and the Ukelele Dreamers played and we sang along to well-known tunes. Jenny Port provided a humorous take on the well-known poem "Twas the Night before Christmas" which provided much hilarity.



**The annual Christmas lunch** was held on the 8<sup>th</sup> December at the Spalding Park Golf Club. 102 members gathered together and enjoyed good food and good company. Several raffles were donated and money raised will be given to the Royal Flying Doctor Service. Special guests included Hon Darren West (MLC), Mr Ian Blayney (MLA), Eileen Jones (Rigters Rep.) & Rosetta Finlay (QE11 Seniors Centre)

**JANUARY BIRTHDAYS:** Shirley Bentley, Nancy Neilson, Daphne Jones, Chris Blanco, Kevin King, Val Stubbs, Nancy McQueen, Joy Robertson, Trevor Schofield, Denis Sturt.

### **DATES FOR YOUR DIARY: 2016**

**4 January:** QE11 activities for Seniors Action Group (Bowls, Darts, Table Tennis and Cards)  
**Feb 9<sup>th</sup>** Next Lunch Meeting is the ANNUAL GENERAL MEETING .NEW MEMBERS ARE WELCOME. PROSPECTIVE MEMBERS CAN JOIN AT AGE 55 AND OVER .

We wish a speedy recovery to our members who have been ill recently. Deepest sympathy to those who have lost a loved one.

**New Year Quote:** "Write it on your heart that every day is the best day in the year"- Ralph Waldo Emerson.





# Balance Gym



Held Mondays & Wednesdays -10:30 to 11:30am

**Recommences Monday 11 January**

Please contact Rosetta if you are interested in attending.

Just a reminder: The bus service for this program is no longer available so participants will need to arrange their own travel to the centre.

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## Seniors Information Service

The Department of Local Government and Communities runs a seniors information and referral telephone service which is operated by volunteers at the [Seniors Card Centre](#) in Perth. The volunteers are trained to provide referrals and information on issues such as accommodation options, education, finance, business, health and lifestyle.

The service operates between **8.30am and 4.30pm weekdays**.

**Telephone:** 6551 8800 (metro)

**Freecall:** 1800 671 233 (country)

## What is an App?



An App is a program which can be downloaded onto your smartphone or tablet. It can be a game, digital publication, or a condensed version of your favourite website. There are Apps for just about everything. Apps can be purchased, or in some cases downloaded for free, from App stores. Depending on your phone type, there are a number of different App stores which you can use. For example, Apple uses the App Store and Android devices use Google Market Place. There are now over a million Apps which you can download; you're only limited by your imagination.

## FunOnTheGo App

**YOURLifeChoices** has a new App for your iPhones and iPads! Available now from iTunes, it is simple to download, has a lot of great features and best of all it's free. It keeps you up-to-date with the latest news in health, wealth, travel and work. It helps you decide what to have for dinner (and tells you how to make it), it entertains you with a daily trivia quiz and it knows the location of every public toilet in Australia, which means you do too

**'CARING CUPPA'**  
**BEREAVEMENT SUPPORT GROUP**

**Hosted by: Midwest & SJOG Palliative Care Services**

**Queen Elizabeth II Seniors & Community Centre (QEII) – 88 Durlacher Street  
Small Meeting Room (First Room on the right of the entrance)**

The Caring Cuppa Group is an informal gathering of Palliative Care staff members (Nurses, Social Worker and Pastoral Care) with people who have recently experienced the loss of a family member or friend who was cared for by Palliative Care Services.

We simply get together for a cuppa and a catch up in an environment of mutual support.

Meetings occur on the third Wednesday of each month from 2:00 to 3:00pm  
We would love to have you join us. Next meeting is on the 17 February

For further details please contact: Midwest Palliative Care Service: 9956 2497 or SJOG Pastoral Care 9965 8888

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**I am a Seenager. (Senior teenager)**

I have everything that I wanted as a teenager, only 50 years later.  
I don't have to go to school or work.  
I get an allowance every month.  
I have my own pad.  
I don't have a curfew.  
I have a driver's license and my own car.  
I have ID that gets me into bars and the whisky store.  
The people I hang around with are not scared of getting pregnant.  
And I don't have acne.  
Life is great.

And you may feel better after reading this:

People do not decline mentally with age: it takes them longer to recall facts only because they have more information stored in their brains, some scientists believe. Much like a computer struggles as the hard drive gets full, so too do humans take longer to access information when their brains are full.

Researchers say this slowing down process is not the same as cognitive decline. "The human brain works slower in old age," said Dr. Michael Ramscar, but that's simply because the brains of older people have more information to sort through before finding the right answer.

Also, when older people go somewhere to get something, but after they get there, they stand for a while and think about what they came for, it is **NOT** a memory problem. It is just nature's way of encouraging older people to get more exercise.

**SO THERE!!**

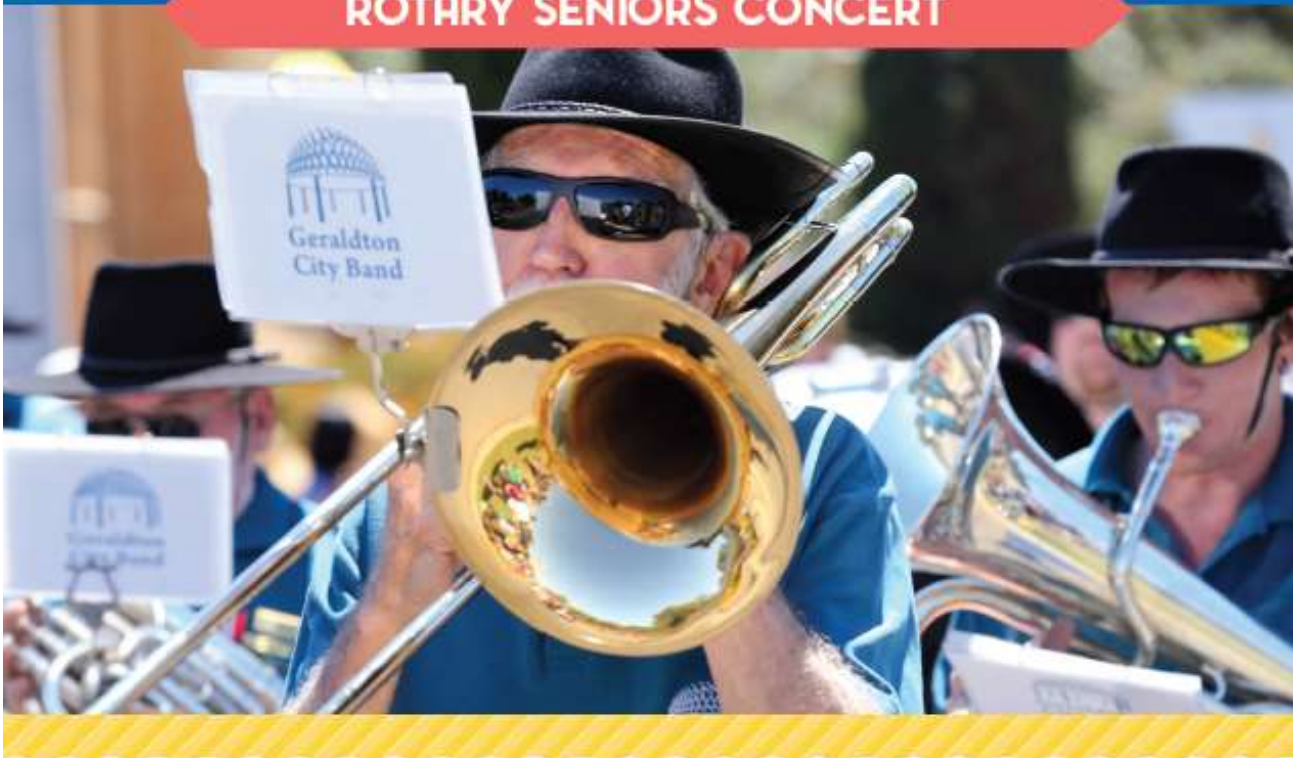
Free Concert For Seniors

# AUSTRALIA GERALDTON DAY

AUSTRALIADAYGERALDTON

*Yanajingamanka ~ All coming together*

## ROTARY SENIORS CONCERT



**Tuesday 26 January**

**2pm**

**Queen Elizabeth II Seniors and Community Centre**

Join us for an afternoon of live music performed by the Geraldton City Band and local artists. Afternoon tea provided.

