

Q&2 Seniors Scene

AUGUST 2026



Group aims to hit new targets

Every Monday morning from 9 to 11 am, a friendly group of dart players comes together for good company, plenty of laughs aiming for a bullseye.

Darts is a relaxed and enjoyable way to support hand-eye coordination, fine motor skills, precision and arm stability. It helps keep the mind active with scoring, encouraging maths, focus and concentration. Most of all, it brings people together each week to build connection, confidence and community spirit. Whether you're an experienced player or simply curious to give it a go, everyone is welcome. Contact the Seniors Action Group on 0427 607 473 for further info.

Centre Update

COMING UP

New regular monthly program – Brain Gym commences 20 August

RUOK Day – Special Pilates event - 8 September

VOLUNTEERS WANTED

We are looking for two volunteers to help water and maintain the patio garden. If you are interested in lending a hand, please contact the office

CHANGE IN PROGRAM

The Tuesday afternoon Pickleball session will now be held Monday afternoons and organised by the Seniors Action Group.

REMINDER

QEII carpark: For your own safety and others centre users are encouraged to follow the arrows when navigating through the carpark and exiting. Signage has recently been repainted.

SAVE THE DATE

2026 Seniors Week

Sunday 8 to 15 November



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



RECIPES FROM THE HEART

MERINGUES by Heather Allen

A recipe to use up spare egg whites (especially if you are making lemon butter)

Ingredients

- 1 ½ cups caster sugar
- 2 egg whites
- 1 teaspoon vinegar
- 1 teaspoon cornflour
- ½ teaspoon vanilla essence
- 4 tablespoons water

Directions

1. Turn oven to slow (approx. 140 degrees)
2. Place all ingredients in a bowl and beat until shiny (about 15 mins) on high speed.
3. Spoon small amounts onto trays either greased or lined with baking paper.
4. Bake in a slow oven until dry and crisp (about 1 ½ hours).



You can tell if the sugar is all beaten into the mixture if you can feel sugar when rubbing a small amount between fingers. It needs to be beaten in completely.

You can dip meringues into chocolate or just leave plain and enjoy. Makes about 40 to 50 small meringues.



Creative Journalling Sessions

Come along and dip into a range of writing and art techniques with creative writing specialist, Lorraine Chapman.

Taste intuitive, memoir and fiction writing. Take a bite of drawing, painting and collage using some surprising everyday materials.

Discover the benefits of journalling, have fun and see what decides to turn up on your page. Suitable for experienced artists and writers and also for complete beginners.

All art materials, visual art diary and afternoon tea supplied.

August 11, 18 & 25 and September 1, 8 & 15

Cost is \$5

**QEII Seniors & Community Centre
Contact the Centre on 9956 6636 or
email rosettaf@cgg.wa.gov.au**

We're grateful for our greenthumbs

Huge thanks Jean Steer & Wendy for organising volunteers who have done a wonderful job refreshing the front garden bed. They pulled out and separated all the overgrown plants and replanted with a few extra thrown in. Great work everyone!



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TUESDAY 8th SEPTEMBER – R U OK? DAY

CRAZY HAT DRESS-UP PILATES

Arrive 11:45 am



Cost: \$5

**Venue: QE2 Seniors
and Community Centre**

Wear your favourite crazy outfit & hat...

— or choose one from the Crazy Hat Box! —

Optional — stay and bring a healthy plate of something to share for lunch afterwards.

Remembered with Love – Beryl Scott

Beryl Scott, a former centre volunteer for over 24 years passed away the 6 July 2026. Beryl was instrumental in commencing the Mahjong Group over 22 years ago and attended weekly before becoming ill.

Over the years she took on other volunteer roles as a Centre greeter and welcoming and registering participants in the Balance Gym program.

Her daughter Corrine has kindly provided some snippets from her eulogy



Beryl was brave & fierce

She went Hot Air Ballooning for her 70th

Climbed the Sydney Harbour Bridge for her 80th

She was a formidable businesswoman & bookkeeper

She managed service stations & newsagencies

She was kind & generous with her time

She was an active community member participant & volunteer at the QEII Centre, Geraldton Yacht Club, Croquet Club, countless committees and various jobs

She sat with and held the hands of sick and dying friends and gave her time and compassion.

She leaves behind a lifetime of memories, laughter and stories and enormous space in the hearts of everyone who knew and loved her.



nom!

nom!

Tasty learning for life



Learn to cook healthy meals on a budget

Come and join us to learn how to plan and cook healthy meals on a budget with our easy, tasty and healthy recipes.

Our interactive sessions delivered by our Foodbank Nutritionists, 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.

Why nom?

Come along to our program to learn about
Week 1: Money saving tips and healthy eating
Week 2: Budgeting and meal planning

- » Take home free recipe booklets and meal planning resources each week.
- » Increase your confidence to cook healthy and tasty meals.
- » Get a \$10 Foodbank WA voucher on completion. Participants Must hold a valid Foodbank WA referral.

When

Week 1: Monday 17 August

Week 2: Monday 24 August

Time

10.00 am to 12.30 pm

Where

Foodbank WA Geraldton 6530

31 Webberton Road, Geraldton WA

Register

Via link

<https://nom.org.au/event/nom-adults-at-fo-wa-geraldton-aug/>
email nom@foodbankwa.org.au



Cost

Generously funded by Iluka



ILUKA

Only 15 tickets available, be quick to book your spot.

nom.org.au



Snippets of my life - Jean Jones

Jean Jones is celebrating a milestone birthday in August – 90 years young.

Jean was born in Carnarvon and her family moved to Geraldton when she was 11 and she commenced attending Geraldton Primary School. Her first job was at Dowies Drapery Shop in Marine Terrace where Blooms Chemist is now situated. At 19 years of age she married Ron Jones in the Methodist Church on the corner of Fitzgerald & Marine Terrace. She remembers vividly it was pouring when the ceremony was on and when they stepped outside the church doors the sun came out.

They soon moved to Witcherina which was the main water supply to Geraldton as Ron gained employment as an engine driver at the power station. Both sons Ron & Barry were born there and in 1963 they moved back to Geraldton.

Jean & Ron loved dancing and were members of the Picadilly Dance Club and eventually ended up running the club for over 25 years. Dances were held Sunday nights at Birdsword House and monthly at the QEII Centre. One of Jean's many achievements over the years was fundraising for Holland Street school facilities and the workshop.

Jean has been a QEII centre user for approximately 30 years and a committee member of many clubs – Pensioners Social Club, Probus Club, Seniors Action Group, Geraldton Seniors Week Committee and a registered centre volunteer.

Over the years Jean said she has made many treasured friends and it's been a pleasure being involved in all the various clubs.



Apply for your \$100 fuel rebate

The Fuel Support Payment is a cost-of-living measure to help ease fuel costs for Western Australians.

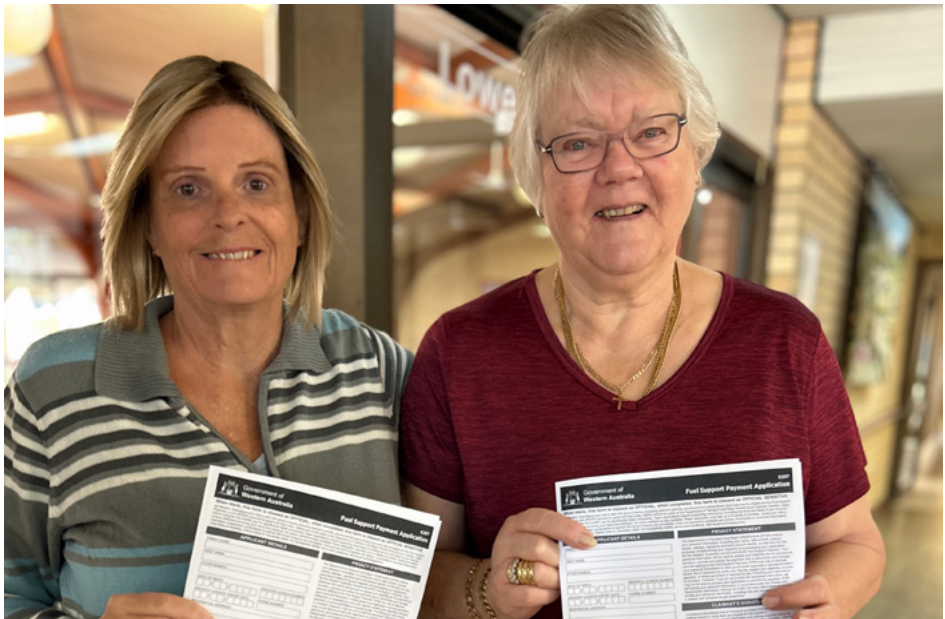
The centre has paper forms available. In addition to the paper form you can apply through the Service WA App or a much easier option is to go online by directly to the Department of Transport **www.transport.wa.gov.au**

Eligibility and who can claim the Fuel Support Payment

The payment is available to motorists with a valid Western Australian driver's licence, including learner's permits, provisional (P platers) and extraordinary driver's licences.

To claim the payment, you must have a WA residential address and an Australian bank account. There is one payment claim per eligible person.

- You won't be able to claim the payment if:
- Your driver's licence isn't a valid Western Australian driver's licence, has expired or is suspended.
- You hold a driver's licence from another Australian jurisdiction.
- You hold an overseas driver's licence.
- You are Western Australian living outside of the state.



Pilates Christmas in July

by pilates instructor Renette

A heartfelt thank you to everyone who joined our festive Pilates workout on Tuesday 21 July! Your enthusiasm, laughter and holiday spirit made the session truly special.

Thank you to all who dressed up, shared in the ho ho hos and playful snowball fights and kindly brought delicious food — from homemade fudge and chocolate biscuits to Sue's tasty, healthy sandwiches.

A special thank you to Rosetta and Jeremy for capturing wonderful photos and to Sarah and Lisa for their help with tables, decorating and hospitality.

One participant summed it up perfectly: "It felt just like Christmas."

New Pilate attendees are always welcome.

PLEASE ARRIVE at 11.45am if you are attending Pilates for the first time to ensure Renette; the instructor can greet you and go through the program with you.





We are presenting a
DISPLAY OF BRIDAL GOWNS
from
Yesteryear

When: during the month of
September 2026

Where: 15 East Terrace,
Nanson, Western Australia

Days: **Sundays** 10 a.m. to 4 p.m.

Tuesday 9 a.m. to 1 p.m.

Wednesday 9 a.m. to noon

Thursday, Friday and Saturday
9 a.m. to 1 p.m.

*Please take a drive into
the beautiful Chapman Valley
and enjoy our display.*

VINTAGE
ELEGANCE
ENDURING
LOVE

TREASURED
THEN
TIMELESS
NOW

Your Phone your style



With

SWITCHED ON SENIORS GERALDTON

EMPOWERING SENIORS WITH TECHNOLOGY AND THEIR DEVICES

switchedonseniorsgeraldton@gmail.com

[Fbk: Geraldton Switched on Seniors](#)

Telephone 0474 639 961

**For information about Thursday Classes
and Tuesday One to One Appointments**



Seniors Action Group

with Secretary Pauline Stacey

As we move into August, we have plenty of activities to enjoy. Whether it's carpet bowls, table tennis, darts, cards and now pickleball on a Monday afternoon 3.30 pm to 6.00pm or simply catching up with friends over a cuppa, we encourage everyone to come along and join in.

August is shaping up to be a busy and exciting month for our club.

Our 43rd Birthday Celebration will be held on Saturday, 1st August and we're looking forward to celebrating this special milestone with members and guests.

Due to illness, our July General Meeting wasn't held. Treasurer Mike Kendrick presented the July Financial Report to 32 members in attendance, ensuring everyone was informed of the club's financial position.



Members having their hearing tested.

A big thank you to our guest speakers from Expert Hearing Care for their informative presentation at our recent meeting. Members enjoyed learning more about hearing health, hearing loss and the latest hearing aid technology. We appreciate the time they took to answer questions and share their knowledge with our members.

Instead of a General Meeting and lunch on Tuesday 11th August, members are invited to attend a Tai Chi Demonstration and Bring & Share lunch. This is a free event, so come along, enjoy the demonstration and have a go, bring a plate to share and catch up with friends. A special thank you to Val Brown for taking the time to send out sympathy and get-well cards on behalf of our club.

Our thoughts and heartfelt sympathies are with all our members, families and friends who have experienced the loss of a loved one.

Wishing you comfort and strength during this difficult time.

Brain Teaser

What comes once in a minute, twice in a moment, but never in a thousand years?

Think you know the answer? Bring it along to the club and see if your friends can solve it too!

Reminder: August Diary Dates

Monday 3 – 11.00am Executive Committee Meeting

Tuesday 11 - 10.00am - Tai Chi Demonstration & Bring and share lunch: Free

Pensioners Social Club

By scribe Mark Beswick

Hello to all our members, hope you are keeping warm during these cold and wet winter days.

Did you know? Tortoises are some of the longest living animals with most species living between 80 to 150 years? Not sure whether old tortoises get aged home care packages.

President Val Brown opened the meeting and welcomed 31 members. Secretary Lina Mittoni read the June minutes and Treasurer Wendy White presented the financial report.

New elected Committee:

President – Val Brown, Vice President – Janet Wennekes,
Treasurer – Wendy White

Secretary – Lina Mittoni, Scribe – Mark Beswick

Committee: Leslie Robinson, Faye Wright, Pauline Brockwell, Perdita Kellet, Joy Reid, Yvonne Burton, Lyn Blackmore & Jan Bailey



Thank you to our amazing caterer Angie's Bella Cucina who served a delicious lunch of Meatloaf & veges and Bread & Butter Pudding

Next month's menu: Roast Beef & veges, Apple Strudel & Custard & Ice cream

Lucky Door prizes won by Margaret Pitman & Pauline Brockman

General Business:

Brain Gym – Our games day at QEII is scheduled for 20 August at 9.00am. Cost is \$5. Participants need to register with Val Brown.

Birthdays - Dulcie Valenti, Pauline Brockwell, Marilyn Damien, Val Brown

Dates to Remember:

3rd August- Committee Meeting: 11.00am

6 August – Monthly meeting & lunch 10.00am

13th August – Bingo 1.00pm

20th August – Brain Gym (fun Memory games) 9.00am to 12.00 Noon

We send our best wished to those who are unwell for a speedy recovery and deepest condolences if you have lost a loved one.



Register with Val Brown
0447 372 120

Timetable

MONDAY

*Seniors Action Group

Start	Finish	Class	Cost	Notes
8.30	3.45	Indoor Bowls	\$5.00	
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	
12.30	3.45	Canasta	Free	
1.00	3.00	Table Tennis	\$5.00	
1.00	3.45	Scrabble	Free	
3.30	6.00	Pickle Ball	\$5.00	*SAG

TUESDAY

*Seniors Action Group

7.30	8.00	Walk Group	Free	Meet at Two Foreshore
9.00	11.00	Pickle Ball	\$5.00	
9.00	1.00	Understanding your hand held device	\$10.00	Appt only.
9.30	11.30	Dementia Carers Support Group	Free	1st Tuesday of the month
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	3.45	Ukulele Dreamers	\$3.00	12.15 - 12.45 Beginners Class
1.15	2.15	Rehabilitation Gym	Free	Referral required
7.00	8.00	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			

WEDNESDAY (CONT)

Start	Finish	Class	Cost	Notes
9.00	Noon	Laughs & Crafts	Free	
9.15	10.00	Balance Gym	Free	
9.30	10.30	Parkinson Support Group	Free	
10.30	11.15	Balance Gym	Free	
12.30	3.00	Pickle Ball	\$5.00	
12.30	3.45	Canasta	Free	
1.00	3.45	Scrabble	Free	
2.00	3.00	Bereavement Support	Free	3rd Wed Monthly

THURSDAY

*Pensioners Social Club

9.00	10.00	Switched on Seniors / Be Connected	Free	Bring own device
9.00	11.00	Mahjong	Free	
8.30	Noon	Chat N Do Craft Group	Free	Not on 1st Thurs of the Month
10.00	1.30	*PSC Meeting		1st Thurs Monthly
10.30	11.15	Zumba	\$5.00	
12.30	3.45	500 Card Game	Free	
1.00	3.00	Table Tennis	\$5	Not 2nd Thursday of the month
1.00	3.45	Bingo	Books	*PSC Bingo 2nd Thursday of Month
1.00	3.45	Rummikub	Free	

FRIDAY

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 2nd Language	Free	
1.00	3.45	Euchre & Frustration	\$5.00	

CLASS DETAILS

500 Card Game

Free

Thursday 12.30pm – 3.45pm

Contact Paula 0408 215 503

African Drumming

Tuesday 7.00pm - 8.00pm

\$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 – 3.45pm

*Proudly run by: Pensioners
Social Club*

President 0439 907 455

Canasta

Free

Monday & Wednesdays

12.30pm - 3.45pm

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

Free

Thursday 8.30am – 12noon

**Not on First Thursday of the
Month**

Contact Gloria 0427 170 548

Chess

Free

Friday 10.00am - 12noon

Contact Tony 0428 876 890

Darts

\$5.00

Monday 9.00am - 11.00am

Proudly run by: Seniors

Action Group

President 0427 607 473

Dementia Carers Support Group

Free

First Tuesday of the month

9.30am - 11.30am

Contact Nicole 131 151

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 – 3.45pm
*Proudly run by: Seniors
Action Group*

Contact President 0427 607 473

Indoor Bowls

Cost \$5.00

Monday 8.00am – 3.45pm
*Proudly run by: Seniors
Action Group*

**Contact President
0427 607 473**

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

CLASS DETAILS

Pensioners Social Club Inc Meeting

1st Thursday of each Month
10.00am – 1.30pm

Proudly run by: Pensioners Social Club

Contact President
0447 372 120

Pickle Ball

\$5.00

Mondays 3.30pm - 6.00pm

Tuesdays 9.00am - 11.00am

Wednesday 12.30pm - 3.00pm

Pilates

Tuesdays

12.00pm - 12.45pm

Pole Walking

Free

Wednesday

8.30am – 9.30am

Provided by Seniors

Recreation Council of WA

Inc Greater Geraldton

Branch

QEI 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 1.00pm – 3.45pm

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 0427 607 473

Switched on Seniors Geraldton/ Be Connected

Free
Beginners Class
Thursday 9.00am – 10.00am
Continuation Class
Thursday 9.00am – 10.00am
Bring your device
Contact 0474 639 961

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
Thursday 1.00pm - 3.00pm
(except 2nd Thursday of the month)
*Proudly run by: Seniors
Action Group*
Contact 0427 607 473
No session 18 June

Ukulele Dreamers

\$3.00
Tuesday 12.15pm - 12.45pm
Beginners.
Tuesday 1.00pm – 3.45pm
Membership \$20.00
Di Trotter 0407 217 312

Understanding your hand held device

Tuesday 9.00am – 12noon
Appointment only - \$10
donation
Contact QEII 0474 639 961
*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 departure time
**Contact Lina Mittoni
0427 869 786**

Zumba

\$5.00
Thursday 10.30am - 11.15am

THE SWEET CAROLINE TOUR

A TRIBUTE TO NEIL DIAMOND

SATURDAY 8 AUGUST 2026
7.30PM

Get your tickets P: 9956 6662 or
www.queensparktheatre.com.au



City of
Greater Geraldton
Queens Park Theatre

