

# Q2 Seniors Scene

FEBRUARY 2026



## Welcome to a new year of connection and wellbeing

Join us for another wonderful year of friendship, movement, and meaningful moments. Our centre is buzzing with programs designed to support your physical health, stimulate your mind, and nurture social connection. Whether you're looking to stay active, learn something new, or simply enjoy good company, there's something here for everyone.

We look forward to sharing a year filled with activity, laughter, and community spirit with you!

*"The best way to keep moving forward is to stay connected to the things—and people—that lift you up."*

# Centre Update

Welcome back, wonderful centre users and volunteers!

Can you believe it's already February? All our programs are now back in action.

We've got some great events on the horizon, so pop these in your diary:

- **February** – Morning Melodies featuring a Beatles Tribute Band at QPT. Get ready to twist and shout!
- **March** – Advanced Care Planning Workshop & Document Completion Session.  
A quick note: you'll need to attend the first workshop before joining the documentation session.
- **May** – Move Your Body and Flourish (details coming soon!)

## Stay Connected

Follow us on Facebook on Over 50's Geraldton Life to keep up with the latest updates, photos, and program news.

We also love hearing from you — if you have new ideas, suggestions, or activities you'd like to see, please share them with us!

See you all soon at the Centre



The Q&C 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

## with Rosetta Finlay (aka Nonna Rosa)

A visit to the “From Nonna with Love” exhibition at Fremantle Maritime Museum brought emotional memories of growing up Italian in Australia. On the welcome wall outside is my name engraved alongside my parents noting our arrival in 1966 on the Galileo Galilei.

The exhibition reflected stories of tradition and triumph. Women leaving their homeland, overcoming language barriers, pioneering new ground and becoming entrepreneurs against all odds making a mark on the Fremantle/ Perth fishing, retail businesses and community. Many from villages close to mine in Sicily. These strong women became Nonna’s passing on heritage, culture and passion for food and in my mind popped up that famous Godfather movie quote

“In Sicily, women are more dangerous than shotguns”  
They persevered, building community in a strange land, assimilating but keeping their identity.

I wandered through the room set up just like Nonna’s kitchen, the table set with virtual Italian food delicacies and it dawned on me that over the years I’ve morphed into a Nonna – teaching my grandchildren to make pasta, cannoli’s, crostini, arancini. My recipes are in safe hands

The finale was 20 free recipe cards displayed on a wall contributed by the women portrayed in the exhibitions. Excitedly I took every single recipe card. Of course, I know how to make most of those recipes but us Italian Nonna’s are competitive and dare I say highly critical. Are they as good as mine?? We shall have to wait and see. I’ve got quite a bit of experimenting to do.

Do you have a special food memory or recipe to share? We would love to hear it.  
Email [rosetta@cgg.wa.gov.au](mailto:rosetta@cgg.wa.gov.au) or drop it into the centre.





Government of Western Australia  
Department of Health



Palliative Care  
Western Australia  
Living, dying & grieving well

# Advance Health Directive

## document support workshop

**We all want to have a say in what happens in the last part of our lives. By making plans that cover your future care, lifestyle, health and finances, you're not only working out what you want, you are also making things easier on those around you. This process is called Advance Care Planning.**

If you have completed My Future Care Advance Care Planning workshop, you can attend a FREE Advance Health Directive (AHD) document support workshop that will assist you to complete your AHD.

During this workshop we will work through each page of the AHD allowing you to work towards the completion of the document to a stage where it is ready for signing, witnessing and presenting to your health professional.

Participants should have considered their end-of-life wishes, values and preferences and should be ready to complete their document in preparation for attending this workshop.

Friday 27 March, 1pm to 3.30pm  
QEII Seniors & Community Centre  
RSVP by Monday 23 March  
P: 9956 6636 E: [rosettaf@cgg.wa.gov.au](mailto:rosettaf@cgg.wa.gov.au)

**This workshop is being hosted by:**





Government of Western Australia  
Department of Health



# My future care

## Introduction to Advance Care Planning workshop

**We all want to have a say in what happens in the last part of our lives. By making plans that cover your future care, lifestyle, health and finances, you're not only working out what you want, you are also making things easier on those around you. This process is called Advance Care Planning.**

In this **FREE** workshop we will cover information on what's involved in Advance Care Planning, how to get started, and how to talk about your wishes for the last stage of your life with your family, loved ones and health care providers. The workshop is suitable for all members of the community. You can be any age or have any level of health.

Thursday 26 March, 10am to 12 noon  
QEII Seniors & Community Centre  
RSVP by Monday 23 March  
P: 9956 6636 E: [rosettaf@cgg.wa.gov.au](mailto:rosettaf@cgg.wa.gov.au)

**This workshop is being hosted by:**





## Advocare

### Do you feel heard, valued, supported?

Learn more about your rights and how  
Advocare can support you

#### Come along to hear about:

- Access to aged care advocacy assistance
- AdvoCare's programs
- The Charter of Aged Care Rights explained
- Information on elder abuse and our helpline

**Date: WEDNESDAY**

21<sup>st</sup> January

18<sup>th</sup> February

18<sup>th</sup> March

15<sup>th</sup> April

**Time: 9.30 am to 11.30am**

**Venue:** QE2 Centre

Call in and chat with Karen  
about everything aged care

**Our services are free and confidential**  
[rights@advocare.org.au](mailto:rights@advocare.org.au) or call 1800 655 566

Advocacy | Information | Education | Volunteering | Elder Abuse Line  
[www.advocare.org.au](http://www.advocare.org.au) WA Elder Abuse Helpline: 1300 724 679

# Snippets of My Life

## With Molly Thompson

### A child of the 50's at School

School days began in 1950 and at 5 ½ years old I started at Geraldton State School (now Geraldton Primary) Home was two miles away and I recall walking through sandhills, bush and an old Chinese cemetery which was later cleared for housing. In 1952 Allendale School was completed on land donated by George Allen, a prominent local tomato producer. School was now a walk away from our 7th street home. The original school was prefabricated and comprised four classroom, headmaster office and small staffroom.

Early days at Allendale were carefree, we built cubbies in the bush, played up the hill where Grammar School is located now. We helped clear the school oval by forming lines and picking up sticks and double gees. On Arbour Day we planted a tree we were expected to water and look after. We walked over the hills to the beach for swimming lessons. This beach is now referred to as Medallion beach.

At playtime and after school skipping, hopscotch and knuckle jacks were popular with the girls and marbles (doogs) played by the boys. Free bottled milk came in a third of a pint bottle with a plug of thick cream on the top. The foil tops were saved and made into Christmas decorations. Teachers threw chalk and blackboard dusters at us if it was thought we were inattentive. One day in February 1952 I headed off to school only to be told by my neighbour the King had died and school cancelled that day. I remember crying, not for the King but because I wanted to go to school.

In 1957 it was off to Geraldton High School ... I learnt dressmaking, hand stitching etc. Thank you, Miss Dineen, I didn't appreciate it at the time but so much was beneficial in my adult life.

*Note: Molly is a Balance Gym and Over 50's Gentle Gym volunteer*





# Switched On Seniors Geraldton

switchedonseniorsgeraldton@gmail.com  
Facebook: Geraldton Switched on Seniors  
Telephone 0474 639 961

**Wishing you all a Healthy and Prosperous New Year.**

## APPOINTMENTS

One on One classes will resume on  
**Tuesday 3rd February 2026**

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## CLASSES

Both Beginners and Continuing Classes will resume on  
**Thursday 5th February 2026 at 9am to 10am**

Switched on Seniors Geraldton offers support and guidance to help seniors personalise their mobile phones, making technology more accessible and enjoyable. Through contact channels such as email, Messaging, and telephone, the group encourages older adults to tailor their devices to suit their individual needs and lifestyles, fostering confidence and independence with digital tools.

### **About Your Phone, Your Style**



Discover how to make your mobile phone truly suit your needs and preferences. Switched on Seniors Geraldton is here to help you personalise and get the most out of your device, ensuring it matches your lifestyle and comfort.

We still have places available for beginners and the continuing class where you will learn some very interesting topics.

One to one appointments on Tuesdays are maintaining their popularity and students bring along a wide variety of issues that we deal with, which keeps us on our toes and gives the client the satisfaction they seek.

## IMPORTANT INFORMATION

It is extremely important we all update our software on our devices. Failing to do so will result in our devices not working properly and may affect our safety online. So, when you receive a notification that says **Software Update**, please do it as soon as you can. If you don't know how to do this, we are happy to help. Just give us a call.

Our SOSG Students and Volunteers taken prior to our Christmas break.



Please contact us on **0474 639 961** if you wish to join or visit either of our classes and for one-to-one appointments on Tuesday mornings

*Your phone, your style.....*



# A Lifetime of Friendship

## Jeff Field and Ian Lake

Jeff Field and Ian Lake were both born in 1944 and have shared a lifetime of friendship. Jeff began school in the 1950s at Geraldton Primary School, while Ian attended Allendale School. Their paths crossed at Geraldton High School, where Jeff excelled as a champion hockey player and high jumper. Ian jokingly described himself as an “also-ran,” though he was a strong swimmer.



Ian recalls many nights when the hockey players would sleep outside on the verandah at Jeff's family home—a railway house located opposite the site of the current Geraldton Police Station. The friends also travelled together to compete in Country Week Hockey Championships.

Over the years, Jeff and Ian built their own lives around family and work, yet their friendship never wavered. Ian jokingly shared when he was young, his family lived on George Road and were so poor that on his walk to Allendale School, he would “pick up lunch on the way as he went through the local rubbish tip located in the area.”

Maureen, Jeff's wife, fondly commented, “Ian was very handsome and a ladies' man.”

A long story short – Jeff got into the plastering trade and a did a load of fancy cornices & ceilings. Ian managed Lake's Jewellery store. However his proudest achievement was commencing a Baptist Care housing mental health program which he went on to manage.

Today, both Jeff and Ian remain active and catch up weekly at the QELL Seniors & Community Centre participating in the Balance Gym program before joining the “Laughs & Crafts” class where there's plenty of socialising and reminiscing.

# Chat Pack: Talking with Stroke

## A friendly conversation group

- 👤 Had a stroke? Trouble talking?
- ☕ Join us for a chat over tea or coffee.
- 👥 Practice talking in a safe, relaxed space.
- ✓ Run by stroke survivors
- ✓ Supported by trained volunteers
- ✓ Free to attend!

### Where?

- 📍 **Geraldton Regional Library – Meeting Room**  
37 Marine Terrace, Geraldton
- 💻 **Also online** (Zoom link available)

### When?

- 📅 **Every second Monday**
- ⌚ **1:00 PM – 2:30 PM**

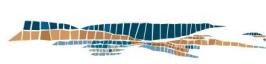
### 2026 Feb - July Dates

- ◆ **February:** 9<sup>th</sup> & 23<sup>rd</sup>
- ◆ **March:** 9<sup>th</sup> & 23<sup>rd</sup>
- ◆ **April:** 20<sup>th</sup> (this session is at WACRH)
- ◆ **May:** 4<sup>th</sup> & 18<sup>th</sup> (18<sup>th</sup> is at WACRH)
- ◆ **June:** 15<sup>th</sup> (15<sup>th</sup> at WACRH) & 29<sup>th</sup>

### More Information

- 📞 **Contact:** Trish Goodale (volunteer) – 0428 955 227
- 🎉 **Everyone is welcome!**

Supported by:



Western Australian Centre for Rural Health





**Tourism**  
WESTERN AUSTRALIA

 **MID WEST  
PORTS**

# CRUISE 2026 WORKSHOPS

**Volunteer Workshop**  
**Wednesday, 11<sup>th</sup> February, 9.30-12.30pm**  
**The Gerald Apartment Hotel**

Want to make visiting cruise passengers feel welcome? Join us for a friendly, informative workshop designed to help you build confidence when meeting and assisting cruise guests. A wonderful opportunity to connect, contribute, and explore volunteering with our cruise community.

**Cruise**  
**GER**  
**ALD**  
**TON**

Reserve your  
seat here →

Or arrive at 9.15am to register



# A letter from Germany

The centre received an interesting letter with photos recently from a Klaus Littmann from Germany who gave his vintage as 1943.

Good day Ladies & Gentlemen,

On internet of ABC Australia, I have seen there was a fire in Geraldton close by your centre in Durlacher St. It's amazing in my home village Durmersheim we also have a street with the same name (see attached picture)

Durlach is the name of a small town about 16 km from my home town. The old city was founded around 1150 and is also a family name. About 300 years ago people from Eastern Europe who had unpronounceable names were given the German name Durlacher. Many years ago Durlacher Street led directly from Durmersheim to Durlach, now it ends in the agricultural field. Do you know how did the name Durlacher get into Geraldton? I would be very grateful for a short message

*Note: Rosetta has responded and Klaus was most grateful for the reply and information.*



# Pensioners Social Club

## Happy new Year to All

Hope everyone had a great holiday and may 2026 be a healthy and peaceful one

## Did you Know? Venus is the only planet to spin clockwise!

Well, we ended 2025 with a Celebration Christmas lunch with delicious food and friendship. Many members & visitors were excited to win prizes and raffles.

### Dates to Remember:

#### Thursday 5 February

General Meeting 10:30am  
Bring & Share lunch

#### Thursday 12 February

Bingo - 1pm. All welcome

#### Monday 2 March

Committee Meeting 11am

#### Thursday 5 March

General Meeting 10:30am  
Catered lunch only \$15.00. All welcome & bookings essential.

#### Thursday 12 March

Bingo - 1pm. All welcome



# Lorraine's a worthy winner

Lorraine Chapman was named City of Greater Geraldton's Australia Day Seniors Citizen of the Year for 2026

Recently, I was thrilled to receive an email telling me I had been nominated for the Senior community citizen of the year. I was delighted to think that someone appreciated my efforts and valued the writing groups I organise and teach.

When I saw that Donna Rolston and Max Correy, two well respected members of the community who have volunteered their services for many years, I knew one of them would be the worthy winner.



I was shocked and of course delighted when Sandra Carr read my name out as the winner. It was particularly wonderful to have Sandra present the award because she was also a member of Writers of the Coral Coast before a parliamentary career called her away.

I feel very humble to be awarded for doing what I love, writing and swimming with wonderful people. It makes me very happy that the activities I organise bring joy to other people too.



**CREATIVE  
JOURNALLING**  
with Lorraine Chapman

**Tuesdays 1:30 to 3:30pm  
February 17 & 24  
March 3, 10, 17, 24  
Cost is \$5**

QEII Seniors & Community Centre

**Contact the Centre on  
9956 6636 to book or email  
[rosettaf@cgg.wa.gov.au](mailto:rosettaf@cgg.wa.gov.au)**

# Seniors Action Group

**with Secretary Pauline Stacey,  
Social Butterfly**

Happy New Year everyone!

Welcome to February and another year. We hope you all had a lovely Christmas and New Year and didn't eat too many extra treats (no judgement here!).

For those who may be new, the group is all about keeping active, staying connected, and having a good laugh along the way. We're a friendly bunch enjoying carpet bowls, darts, table tennis, cards, and most importantly, catching up for a chat and a cuppa. You don't have to be an expert at any of the games, enthusiasm and a sense of humour are what really count. Whether you come for the activity, the company, or just to get out of the house for a while, you'll always be made to feel welcome.

## Happy Birthday February Members!

We hope your day is filled with smiles, cake, and a little extra spoiling. If you're celebrating a birthday this month, please let us know so we can wish you a happy birthday in person. People born in February are said to be creative, caring, and

great problem-solvers, which probably explains why they fit in so well with our group.

## Our Activities

**Carpet Bowls** -Mondays, 8.30am to 4.00pm, A full day of bowls with morning and afternoon tea, music, laughter, fun and raffles.

**Darts** – Mondays, 9.00am to 11.00am, Friendly games in a relaxed and social atmosphere.

**Table Tennis** – Mondays & Thursdays 1.00pm to 3.00pm, except every second Thursday. Plenty of fun, laughs and raffles included.

**Cards** – Fridays 1pm to 4pm -Enjoy a game, a chat and good company.

## Special Monday Bonus!

Try three Monday activities — Carpet Bowls, Darts, and Table Tennis, for just \$5. Where else can you get a bargain like that? Plenty of fun, laughs, music, raffles, and good company all in one day!

## Caring Cards from Val Brown

A big thank you to Val Brown, who sends out thoughtful cards to members, whether it's a get well, thinking of you, or sympathy card. Her kind messages are a lovely way to show we're thinking of each

other and always bring a little smile when someone needs it most. Val sent a total of 31 Cards in 2025. For January Val has sent out 1 get well and 1 thinking of you card

## **NOTICE OF ANNUAL GENERAL MEETING**

Date: Tuesday 10th February  
Time: 10.30 am

The business of the meeting will include:

- Confirmation of the minutes of the previous AGM
- Presentation of the President's and Treasurer's reports
- Election of office bearers and committee members
- Appointment of auditor (if applicable)
- General Business

All financial members are entitled to attend and vote.

By order of the Committee

After the meeting, stay for a 2-course lunch main and dessert just \$15 for members and \$18 for non-members.

Lunches are held every second Tuesday of the month and feature special guest speakers, raffles, and entertainment. Bring a friend or two and enjoy a relaxed time with great company. You might learn something new from our guest speakers, find a little inspiration, and of course, share some laughs over a good meal.

Come hungry, leave happy, and maybe even win a raffle!

### **Dates for your Diary:**

**Monday 2 February - 10:30am**  
Executive Committee Meeting

**Tuesday 10 February- 10.30am**  
AGM & lunch

### **Valentine's Fun**

What did one ocean say to the other on Valentine's Day?

Nothing they just waved!



# Timetable

## MONDAY

\*Seniors Action Group

Start	Finish	Class	Cost	Notes
8.30	4.00	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	4.00	Canasta	Free	
1.00	3.00	Table Tennis	\$5.00	
1.00	4.00	Scrabble	Free	

## TUESDAY

\*Seniors Action Group

7.00	8.00	Walk Group	Free	Meet at Two Foreshore
9.00	11.00	Pickle Ball	\$5.00	
4.00	6.00	Pickle Ball	\$5.00	
9.00	1.00	Understanding your hand held device	\$5.00	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	4.00	Ukulele Dreamers	\$3.00	12.15 - 12.45 Beginners Class
4.00	6.00	Pickleball	\$5.00	
1.15	2.15	Rehabilitation Gym	Free	Referral required
7.00	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	
10.45	2.15	Online Bridge Game	Free	
12.30	3.00	Pickle Ball	\$5.00	
12.30	4.00	Canasta	Free	
1.00	4.00	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	12.30	*PSC Meeting		1st Thurs Monthly
12.30	3.45	500 Card Game	Free	
1.00	3.00	Table Tennis	\$5	Not 2nd Thursday of the month
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

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	4.00	Euchre & Frustration	\$5.00	

## 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 – 4.00pm

Proudly run by: Pensioners

Social Club

**President 0439 907 455**

## Canasta

Free

Monday & Wednesdays

12.30pm - 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

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 0498 999 406**

## 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 – 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

### Online Bridge Game

Free  
Wednesday 10.45am –2.15pm  
**Contact Graham 0427 242 265**

# CLASS DETAILS

## 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**

**0447 372 120**

## Pickle Ball

\$5.00

Tuesdays 9.00am - 11.00am

Tuesdays 4.00pm - 6.00pm

Wednesday 12.30pm - 3.00pm

## Pilates

Tuesdays

12.00pm - 12.45pm

**No classes 10, 17 or 24 Feb**

## Pole Walking

Free

Wednesday 8.30 – 9.30am

Provided by Seniors

Recreation Council of WA

Inc Greater Geraldton

Branch

## QEII 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 Val Keys**

**0428 287 187**

## 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 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 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**

Tuesday 9.00am – 12noon  
Appointment only - \$5  
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 7.00am  
Meet at Two Foreshore prior  
to departure time  
**Contact Lina Mittoni  
0427 869 786**

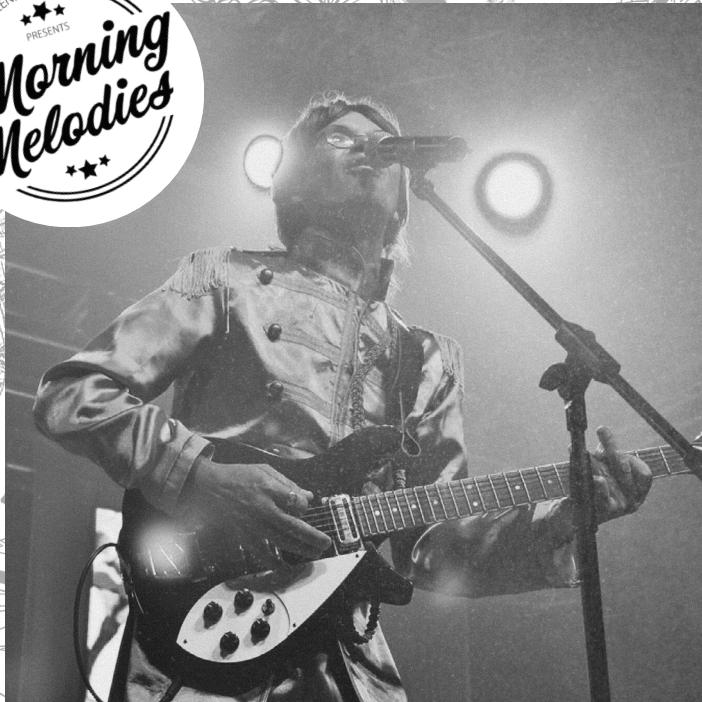
### **Zumba**

\$5.00  
Thursday 2.00pm – 2.45pm



# GET BACK WITH **THE BEATLES**

ALL TICKETS \$30



**TUESDAY 17 FEBRUARY 2026 | 11AM  
MORNING TEA FROM 10AM**