

# Q&2 Seniors Scene

JULY 2026



## Fresh new look for boxers

The amazing Parkinson's boxing group - Fighting Back Against Parkinsons (FBAP), has a new look.

Encompass Financial, a local accounting business graciously donated the shirts & caps. Huge thanks to Tom Thuijs and Encompass Financial for their generous support.

The group began in 2016 at the PCYC premises and commenced using the centre in August 2021.

The program is aimed at improving motor function, balance and coordination with the added benefit of socialising with like minded people.

Sessions are held Mondays & Wednesdays with QEII volunteer Sharky Ryan leading the group with the assistance of other volunteers.

# Centre Update

## 2026 QEII SENIORS & COMMUNITY CENTRE ANNUAL SURVEY

Our annual survey is out and we'd appreciate your feedback on current programs and future planning. Hard copies are available at the centre, additionally a link has been emailed to centre members.

## QEII FRONT GARDEN

Lead by Jean Steer volunteers have been busy transforming the front garden bed. We can't wait to share the finished result — stay tuned for the big reveal! (pictured are some of the volunteers, we will share a group photo with the finished result).



**REMINDER:** Check the timetable/ class details in the newsletter for changes in the programs you attend e.g. No classes held during school holiday period for Art, Switched on Seniors and ESL.



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







# CHRISTMAS IN JULY

# PILATES

Tuesday, 21 July

 **Class: 12:00 – 12:45 pm**

 **Please arrive 15 minutes before 12 pm**

- ★ *Gentle festive Pilates session*
- ★ *Relaxing, joyful atmosphere*
- ★ *Fun holiday music & mindful movement*

 **Bring a mat if you have one!**

*Optional – please bring a small plate of something to share after the session to continue our celebrations.*



## It's a Boy!

We are delighted to introduce our little boy, Josef John Towers (Joey), who arrived on 25 May 2026 after an eventful 42-hour labour.

Joey was welcomed into the world at 2:09 pm, weighing 2.9kg, and was proudly caught by his dad, Rhys.

Thank you to everyone who has been thinking of us and for the many thoughtful gifts. The knitted blankets, beanies, clothing and vouchers have all been greatly appreciated. Joey especially loves snuggling up in his beautiful handmade blankets.



We are both doing well and are currently busy with the newborn routine of feeding, sleeping and nappy changes! Once Joey has received his vaccinations, we look forward to bringing him to QEII to say hello to everyone in person.

Thank you again for your kindness, support and warm wishes

Pavlina

# BIG SKY

*geraldton region  
community library*

Readers and  
Writers Festival

## SHORT STORY PRIZE 2026

*Invitation to all local writers*

Explore your imagination and showcase your talent by creating a short story using a theme of your choice.

**Enter for your chance to win \$500  
plus VIP access to festival events!**

**ENTRY IS FREE**

***Entries open 17 April 2026***

***Entries close 10 July 2026***

For more details on how to enter please visit  
**[www.library.cgg.wa.gov.au/bigsky](http://www.library.cgg.wa.gov.au/bigsky)**



# RECIPES FROM THE HEART

## **Mrs M Boiled Chocolate Cake** *submitted by Rosetta*

This recipe dates from the 1980's from my neighbour at the time, Mrs Miragliotta.

As an eight-year-old my earliest recollection of "Mrs M" is popping in regularly with my mother for an Italian espresso and eating delicious biscotti and cakes in her 1950's kitchen. I still remember the old tins with pictures of roses up high on the cupboards. This is one of her recipes, Enjoy!

### **Ingredients**

1 cup sugar  
1 ½ cups water  
3 tblsp cocoa powder  
2 eggs  
2 cups self-raising flour  
1 tsp bicarb soda  
1 tbsp golden syrup  
vanilla and cinnamon

### **Directions**

1. Boil butter, sugar water, cocoa. Let cool.
2. Add 2 eggs, beat well
3. Dissolve bicarb soda in a little warm water and add the golden syrup. Mix into the mixture.
4. Add the flour, vanilla and cinnamon and beat with a mixer.
5. Cook in a round tin – 180 degrees for 45 mins or until cooked in the middle.

*Ps – I jazzed it up and turned it into a Dubai Chocolate cake*



Your Phone your style .....

With



**SWITCHED ON SENIORS GERALDTON**  
**EMPOWERING**  
**SENIORS WITH**  
**TECHNOLOGY AND**  
**THEIR DEVICES**

[switchedonseniorsgeraldton@gmail.com](mailto:switchedonseniorsgeraldton@gmail.com)

[Fbk: Geraldton Switched on Seniors](#)

**Telephone 0474 639 961**



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

# QEII Knitters & Crochet Group

## DONATIONS - MAY & JUNE 2026

**St John Ambulance Geraldton** - 20 trauma teddies

**Midwest Community Living** - 15 beanies, 15 scarves

**NGALA** - 5 crochet blankets, 10 scarves, 15 adult beanies, 5 pr mittens, 5 pr banana socks,

20 child beanies, 5 pr small banana socks, 2 child jumpers, 2 child cardigans, 2 baby

rugs, 5 baby jackets, 4 pr booties, 10 baby beanies, 4 trauma teddies

**Mission Australia** - 40 crochet blankets, 18 adult scarves, 4 face washers, 5 pr banana socks, 1 large pr socks, 1 shawl, 15 pr mittens, 50 beanies child, 4 neck warmers, 30 beanies, 4 jumpers, 1 vest, 1pr banana socks,

Baby- 5 jackets, 20 beanies, 4 pr booties, 3 beanie/bootie sets

**Soroptimist** – For nuns in Bhutan - 20 red beanies, 4 red scarves, Vinnies- 10 Scarves

**Nanna K** - 8 trauma teddies, 5 soft baby toys, CWA Geraldton - 10 Adult Beanies

World Elder Abuse Awareness information sessions were held at the Centre on the 25 June:

Preventing Financial Abuse & Scams and Stand up to Ageism.

Pat Parker & Jean Jones on behalf of the QEII Knitters & Crochet Group were presented with a Thank You certificate by Judy for joining the Older People's Rights Service Purple Road Project raising elder abuse awareness.

**All donations of yarn gratefully accepted**



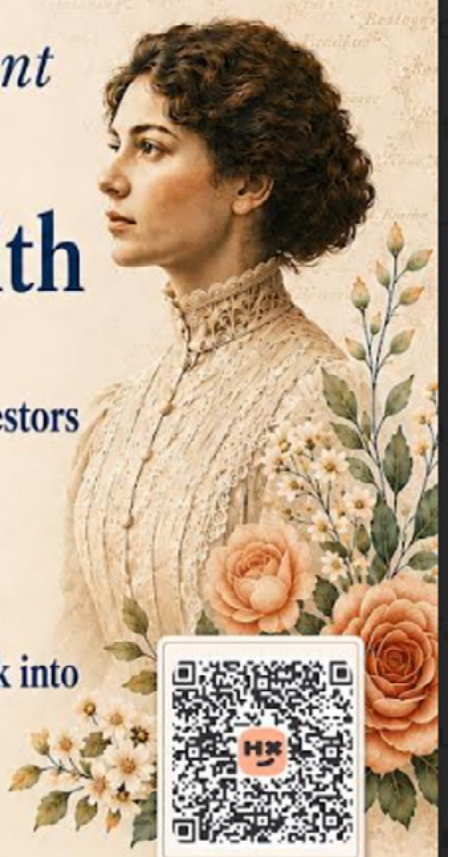
# GERALDTON FAMILY HISTORY SOCIETY



*Special Online Event*

GUEST SPEAKER

## Helen V Smith



### Mapping Your Ancestors

Discover the stories  
behind the places.



### Writing Women Back into Your Family History

Find. Understand. Share  
the women in your story.



ONLINE EVENT



*Saturday 4 July*  
10 am to 12.30 pm AWST

*Bookings Essential*

**\$10**



EXPLORE • DISCOVER • CONNECT



All enquiries: [gfhsecretary@gmail.com](mailto:gfhsecretary@gmail.com) or 0408 958 370



# Zumba - Change of times

Commencing 23 July Zumba will be held at 10:30am Thursday morning instead of 2pm.



Scarlet O'Hara's is a chapter of the Red Hat Society.  
The ladies gather once a month at the Residency, Marine Terrace  
and informally monthly at Macca's for coffee.

They are purely a social group aimed at fun & friendship.

*New members are always welcome.*  
**Enquiries Suzanne 0419 947 003**



Midwest Multicultural Association

# MULTICULTURAL CONCERT

2pm

Saturday 25 July 2026

Queens Park Theatre

Geraldton



Purchase tickets:

Civic Centre OR

[www.queensparktheatre.com.au](http://www.queensparktheatre.com.au)



**TICKETS:**

**\$25 MEMBERS/PERFORMERS/CONCESSIONS**

**\$75 FAMILY (2 ADULTS/2 CHILDREN)**

**\$30 GENERAL**



Inner Wheel Club of Geraldton Inc



City of  
Greater Geraldton  
a vibrant future





# GERALDTON Disability Expo

Come along to connect with local support services,  
hear from a panel of speakers and explore the  
range of assistance available in your community

*EVERYONE IS WELCOME*

**Thursday, 16 July 2026**

**9am – 11am**

**QEI Centre – Upper Hall**

 Hear from a dynamic panel of guest speakers  
sharing their insights and expertise!

***Free admission and morning tea***



**Get in touch** - [frederickb@cgg.wa.gov.au](mailto:frederickb@cgg.wa.gov.au)



SAILING ON

SUPPORTING VETERANS  
SAILING TOWARDS  
A BETTER FUTURE

# GERALDTON SQUADRON

- EXPRESSION OF INTEREST -

## WE NEED YOU!

Sailing On is a Not-For-Profit organisation supporting the mental health and wellbeing of Veterans and their families through sailing, skill building and community connection.



Learn new sailing skills  
and build confidence on the water



Repair and maintain boats  
and learn practical, valuable skills



Build camaraderie  
and lasting mateship



Compete if you want to  
or enjoy the challenge



Spend time on the water  
with like-minded people  
having fun and supporting each other

*Connect. Heal. Grow.*



**WE ARE LOOKING FOR  
A FOCUSED VETERAN TO  
HELP DRIVE OUR  
GERALDTON SQUADRON.**



We have support from the  
local RSL Sub-Branch



Strong support from the  
Geraldton Yacht Club



Backed by local businesses  
and the community

If you're a veteran with a passion for people, community and the water, you may be exactly the right person to step up and lead our new Geraldton Squadron with state support.

**CHECK OUT OUR WEBSITE AND  
GIVE US A CALL TO DISCUSS FURTHER.**

## GET INVOLVED TODAY



**GUY MEWBURN**  
FOUNDER  
0447 447 788



**STEPHEN KNIGHT**  
PATRON  
0411 603 444



**LACHLAN BROMLEY**  
SECRETARY  
0402 126 748



**EMAIL**  
secretary@sailingonwa.org.au



[www.sailingonwa.org.au](http://www.sailingonwa.org.au)



[facebook.com/sailingonaus](https://facebook.com/sailingonaus)



[instagram.com/sailingonaus](https://instagram.com/sailingonaus)

# Seniors Action Group

**with Secretary Pauline Stacey**

Welcome to our July Newsletter! We hope everyone is keeping warm and enjoying the winter season. Thank you to all members who continue to attend our lunches, activities and support our group.

## General Meeting:

The meeting was opened by President Janet Rodan and previous minutes read and accepted as true and correct.

Thankyou Rhonda Reynolds for taking the role of Treasurer while Mike Kendrick was away and all committee members for the hard work you do

Congratulations to our Card winner: Pat Parker.

Entertainment was provided by Di & Kevin from the Line Dancers who kicked things off with some ballroom dancing before inviting everyone to join in for the Chicken Dance. There was plenty of laughter, music and wonderful community spirit throughout the afternoon. Lunch was delicious and enjoyed by all. Thank you Angie's Bella Cucina catering .



**Gary and Pauline joining in the fun**

Happy Birthday to members celebrating in July!  
Enjoy your special day

We extend our sympathy to members and families who have recently experienced ill health, loss or sadness.

A big welcome to new members

## Reminder: July Diary Dates

**Monday 6th** – 11:00am Executive Committee Meeting

**Tuesday 14th** -10:30am General Meeting, Guest Entertainment followed by lunch 12pm.

# SENIORS ACTION GROUP GERALDTON

*Celebrating our*

# 43<sup>rd</sup>

# BIRTHDAY

**43 YEARS OF  
FRIENDSHIP  
FUN  
SUPPORT  
COMMUNITY**

*Thank you to all  
our members,  
volunteers and  
committee members  
past and present.  
You are what make  
our group so special!*



**DATE**  
**SATURDAY**  
**AUGUST 1<sup>ST</sup>**



**TIME**  
**10AM TO 1PM**



**VENUE**  
**GERALDTON**  
**COMMUNITY CENTRE**  
88 Durlacher Street

**CONTACT**  
**Mike Kendrick**  
Treasurer  
**0427 784 547**

## 3 COURSES



- Entrée
- Main
- Dessert

## COST

**\$ \$20**  
MEMBERS

**\$35**  
NON-MEMBERS

## ENTERTAINMENT



*Great  
Entertainment  
for everyone!*

## RAFFLES



★ **SPOT PRIZES** ★

*Great prizes  
to be won!*

*Come celebrate 43 wonderful years of  
friendship, fun and community!*

**RSVP BY:**  
**JULY 25<sup>TH</sup> 2026**

**CONTACT: Mike Kendrick**  
Treasurer 0427 784 547

# Pensioners Social Club

**By scribe Mark Beswick**

**Hello to all our members**, with the early morning & nights chill, we hope you are all keeping warm.

**Did you know?** Sunflowers absorb Toxins, including toxic metals & radiation. Following the Nuclear disasters of Chernobyl & Fukushima, Scientists planted Millions of Sunflowers to help those areas to Recover. They are Remarkable Plants.

**President Val Brown** opened the June meeting at 10.40am and welcomed 25 members.

**Lucky door tickets** were won by three Members – one ticket each.

**Lucky Money prize** was won by Pat Parker.

*There were no Birthdays in June.*

**Minutes** of the previous General Meeting and Committee meeting were read & passed.

Treasurer Wendy White was absent as she was unwell. We hope for a speedy recovery.

President Val Brown read the financial report. All going well.

- The Trading Table - will be none until further notice.
- Next Social Event will be “Brain Gym” Testing our memory skills – Thursday 20th August. 2026 – 9am to 12 noon. \$5per session - All Welcome to have a GO. A list is available to Register or contact Val Brown on 0447 372 120.
- We are in the process of obtaining quotes for bus & accommodation for a weekend trip to Perth on Friday 16th October. More information next meeting.

Guest Speaker was Bernadette from Helping Solutions who are healthcare providers and registered with NDIS & Age Care packages. They provide house cleaning, gardening, shopping, and short-stay accommodation in several Geraldton suburbs. Daily Living Products can be purchased from their Shop - at 164 Chapman Rd. Geraldton.

Our amazing Angie's Bella Cucina served lunch of Silverside, mash potato & vegetables followed by Sticky Date Pudding & Ice cream.

**Dates to remember**

**Monthly meeting & Lunch** –Thursday 6th August at 10.30am

**Bingo** 1pm, Thursday 9th July

**Committee Meeting** - 3rd August

We send best wishes for a speedy recovery to members who are unwell and our deepest condolences to all who 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	

## TUESDAY

\*Seniors Action Group

7.30	8.00	Walk Group	Free	Meet at Two Foreshore
9.00	11.00	Pickle Ball	\$5.00	
3.30	6.00	Pickle Ball	\$5.00	Temporarily on hold
9.00	1.00	Understanding your hand held device	\$10.00	Appt only. No appts 7 & 14 July
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
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	
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 No appts 9 & 16 July
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
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	
2.00	2.45	Zumba	\$5.00	Will be held at 10:30 from 23 July

## 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	No session 10 & 17 July
10.00	Noon	Chess	Free	
10.15	11.15	Rehabilitation Gym	Free	
1.00	3.00	English as a 2nd Language	Free	No session 10 & 17 July
1.00	3.45	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

**No session 10 & 17 July**

## 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**

**No session 10 & 17 July**

### 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

## 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

Tuesdays 9.00am - 11.00am

Tuesdays 3.30pm - 6.00pm

*Temporarily on hold*

Wednesday 12.30pm - 3.00pm

## Pilates

Tuesdays

12.00pm - 12.45pm

## 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 – 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**  
**No appointments 9 & 16 July**

### 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*  
**No appointments 7 & 14 July**

### 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 2.00pm – 2.45pm  
**10:30am - 11:15am  
commencing 23 July**

Have  
your  
say!

QEII SENIORS & COMMUNITY CENTRE  
**ANNUAL SURVEY**

Tell us what you love, what could use a tweak and what deserves a standing ovation.

*Your feedback will ensure the only thing getting old around here are the jokes!*

Take the survey online at  
**[surveymonkey.com/r/QEIICentre2026](https://surveymonkey.com/r/QEIICentre2026)**

or scan the  
QR code



Deadline to have your say is  
9.00am Monday 17 August 2026

PAPER COPIES AVAILABLE AT QEII OFFICE



City of  
Greater Geraldton  
Seniors & Community Centre

