

Q&2 Seniors Scene

JUNE 2026



Meet Renette - our new Pilates Instructor

Renette spent many years teaching in public and private primary schools, supporting young learners with patience and care. Her wellbeing journey developed and matured later in life, shaped by the challenges she faced during her son's illness and the strength she discovered. During that time, she experienced significant weight gain and was diagnosed with type 2 diabetes.

Determined to reclaim her health she transformed her lifestyle through nourishing food choices and daily movement losing more than 40kg and, within months, no longer needed diabetes medication. She has maintained healthy blood sugar levels ever since - a testament to her resilience and commitment to long term wellbeing. **[Cont page 2]**

[Cont from front cover]

She brings that same passion helping others on their own health journeys. Whether you're trying Pilates for the first time, returning to exercise, or continuing a fitness routine, she offers encouragement, understanding, and a welcoming space to grow stronger together. She believes deeply in the power of community—meeting, moving, and motivating one another toward better health.

A favourite memory at the Centre is attending Line Dancing, where instructor Diana once gave her husband Jeremy a playful little tug to help him stay in step. Moments like these remind her why shared movement matters.

Pilates builds strength, posture, and body awareness gently and mindfully, enhances mobility, supports joint health, and improves balance - helping you feel more confident and capable in everyday life.

Centre Update

What a wonderful month May was! A Recycled Fashion parade, Denis's 100th birthday and an Improve Your Health Forum. June and July are shaping up to be just as exciting:

HERE'S WHAT'S COMING UP:

16 June: Morning Melodies

25 June: World Elder Abuse Awareness

16 July: Geraldton Disability Expo

We love receiving feedback on our services. Thank you so much to a recent centre user who took the time to leave a review.



Supported by



The QEII Seniors & Community Centre is provided by the City of Greater Geraldton and funded by the State Government through the Department of Communities




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
QEII Centre – Upper Hall

 Interactive guest speaker panel - sharing their
insights and expertise!

Free admission and morning tea



Get in touch - frederickb@cgg.wa.gov.au

Small act, big difference *with Jo Luxton*

Jo Luxton from the Midwest Community Living Association recently noticed Mary and John long-time QEII Centre members of over 15 years continuing to bring energy and joy to the centre. Whether joining activities, enjoying a cuppa, or trying Pilates, they stay active and connected, usually walking everywhere.

On hotter days though, they take the bus, and Jo noticed they were left standing after their usual bench had been removed due to damage. Recognising how important a simple place to rest can be, Jo took action and contacted Council.

Before long, a new bench was installed much to Mary and John's delight. It's a beautiful reminder that small acts of care make a big difference.

Thank you, Jo you are a wonderful advocate!



Come along and try Pole Walking!

Hosted by the Seniors Recreation Council of WA Inc, Greater Geraldton Branch

We'd love you to join us for a friendly social pole walk on Saturday 11 July.

Meet near the Jaffle Shack on Forrest Street for an 8:30am start. Spare poles will be available for anyone who would like to give it a try.

Everyone is welcome, stay for coffee afterwards if you wish.



RECIPES FROM THE HEART

Tropical Mango Slice

Makes 18 bars Prep 20mins

Tip: You will need to use about 2-3 passionfruit

Ingredients

250g packet shortbread biscuits

250g packet dried mango slices, finely chopped

125g butter, melted

1/2 cup desiccated coconut

2/3 cup macadamias, roasted, chopped

1/2 cup condensed milk

ICING

1 ½ cups icing sugar mixture

25g butter, melted

3 tbsp passionfruit pulp



Directions

1. Grease an 18cm x 28cm rectangular slice pan. Line base and sides with baking paper, extending paper 3cm above pan edges.
2. In a large food processor, process biscuits until coarsely chopped. Transfer to a large bowl with the remaining ingredients. Mix well. Spoon into prepared pan. Press down firmly with back of a spoon.

Passionfruit Icing

1. In a medium bowl, stir all the ingredients until smooth. Spoon over the base. Smooth top. Refrigerate for 4 hours or until firm.
2. Using baking paper, lift slice onto chopping board and cut into bars.

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



Recycled Fashion Parade Recap

by Rosetta

What a wonderful response to the Recycled Fashion Parade on 21 May, hosted by the Pensioners Social Club. Tickets sold quickly, with 100 seniors joining us for a lovely morning of socialising, enjoying a delicious Devonshire Tea and watching their peers strut their stuff.

What started as a simple conversation with Val Brown and Lina Mittoni on how they could boost their club membership soon blossomed into the idea of a Recycled Fashion Parade. From there, the excitement quickly grew, and before long everything was coming together beautifully.

My brief was to set the scene or should I say, decorate. Being an avid lover of all things vintage especially tablecloths (at last count I have approx. 100, packed away in categories, floral, crocheted, white, cream, 1970's etc) And don't get me started on vases, currently at 38. Well, as the saying goes, one day they will come in handy, and the event was the perfect time. Always on the lookout for free flowers a friend who couldn't attend as she was overseas let me raid her garden and so the table was graced with yellow and white chrysanthemum blooms. So, a little part of her was there on the day. Lina, Val, Tania added the final touches with other flowers and trinkets, vintage clothing & bunting was hung around the room, standard roses placed strategically with dressed mannequins and voila the atmosphere was set.

It was heartwarming to see people offer their time, support, and resources to make the event such a success. It was a morning full of laughter, creativity and community spirit, and one we will all remember fondly.

Special thanks to the following:

Cath Jennings – Our compere extraordinaire, who contacted our aspiring models, organised the categories and music, and kept everyone entertained with her wonderful one-liners.

Louise Dow – Generous use of her gorgeous screen for the stage.

Elaine Beard & Helpers – Organising and serving the morning tea.

Ray Henley – Our sound man with soul — we are so grateful for all that you do.

Narelle – Manager at Vinnies Geraldton, who kindly supplied the mannequins, took photos for us as an enthusiastic amateur photographer. Vinnies also generously offered a 15% discount on purchases made for the parade.

Models: To our wonderful seniors who put together outfits and bravely took to the stage, thank you for making the parade such a joy to watch. You were all stunning!

Audience – Thank you for dressing up, joining in so enthusiastically, and helping create such a warm and joyful atmosphere for everyone.

Note: The event has gone viral! Check out the following Facebook pages- Over 50's Geraldton Life, ABC Midwest & Wheatbelt, Sandra Carr MLC plus and Lina Mittoni interview on ABC Midwest & Wheatbelt radio.

More photos will be displayed in the QEII lounge!



Cath Jennings – compere extraordinaire



Evening wear winner Anne Dixon

STUDENT PHYSIOTHERAPY CLINIC

Are you experiencing pain or recovering from an injury? Our clinic offers free, high-quality care under the supervision of qualified Physiotherapists.



BOOK NOW

Where: WACRH, 167 Fitzgerald St, Geraldton

Who: Adults & Children (Under 18s must attend with parent/guardian)

To book: Call 9956 0200

Cost: Free of charge.

What we treat

- Headaches → Sports injuries
- Post-surgery rehabilitation
- Dizziness & balance issues
- Back, neck, joint & muscle pain
- Chronic pain & chronic conditions


Your treatment plan

Our students provide personalised care to:

- Reduce pain → Restore strength and mobility
- Support long-term recovery

You will receive a tailored home exercise program to maintain progress.



 9956 0200

 WACRH, 167 Fitzgerald St, Geraldton



Western Australian Centre for Rural Health



THE UNIVERSITY OF
**WESTERN
AUSTRALIA**

FREE

COMMUNITY EVENT

25 JUNE

For World Elder Abuse Awareness

11am-12pm PREVENTING FINANCIAL ABUSE & SCAMS

12pm

- The warning signs and 10 common types
- Protecting yourself and avoiding scams

12pm-

1230pm

LUNCH PROVIDED

For all registered attendees

1230pm-

130pm

STAND UP TO AGEISM

- Understanding ageism and positive ageing
- Speaking up for what is important to you

Location:

QEI Seniors & Community Centre

88 Durlacher St, Geraldton

Bookings essential.



Book now: QEI Centre on 9956 6636 or qebookings@cgg.wa.gov.au

QEI Knitters & Crochet Group

DONATIONS - MARCH & APRIL 2026

Salvo's Perth

Babies: 3 crochet rugs, 5 cardigans, 5 beanies, 3 pr booties, 4 knitted teddies. Child: 5 Jumpers, 5 beanies. Adult: 10 crochet blankets, 10 beanies, 10 scarves, 5 pr mittens

Salvo's Geraldton

10 crochet blankets, 15 scarves, 10 pr banana socks, 10 pr mittens, 15 adult beanies. Child: 5 jumpers, 5 cardigans, 10 beanies, 1 pr socks, BABY: 4 crochet blankets, 10 beanies, 3 pr booties, 10 jackets, 2 African tee's, 4 trauma teddies

Centacare, Geraldton

10 crochet blankets, 25 adult beanies, 10 pr mittens, 10 scarves, 5 pr banana socks. Child: 10 beanies, 1 pr mittens, 1 pr socks, 5 jumpers BABY: 5 jackets, 5 beanies, 2 pr booties, 1 onesie, 8 knitted teddies

Mission Australia

10 crochet blankets, 10 beanies, 10 scarves, 5 pr mittens, 5 pr banana socks

Geraldton Regional Hospital

20 knitted teddies, 6 monitor bags, 4 baby rugs, 10 pr booties, 10 baby beanies. 10 adult crochet rugs, 10 scarves, 20 adult beanies, 10 pr mittens

All donations of yarn gratefully accepted





Midwest Multicultural Association

MULTICULTURAL CONCERT



2pm

Saturday 25 July 2026

Queens Park Theatre

Geraldton



Purchase tickets:

Civic Centre OR

www.queensparktheatre.com.au



TICKETS:

\$30 GENERAL

\$75 FAMILY (2 ADULTS/2 CHILDREN)

\$25 MEMBERS/PERFORMERS/CONCESSIONS



Seniors Action Group

with Secretary Pauline Stacey

May was another wonderful month filled with friendship, fun, and memorable moments. Our May General Meeting was enjoyed by members, providing a chance to catch up, share lunch, and hear updates on upcoming activities. Our Guest of Honour was Denis Blackwell a life member of the Geraldton Seniors Action Group as we celebrated a truly remarkable milestone, his 100th Birthday. It was a wonderful occasion shared with members and friends, made even more special with Mayor Jerry Clune in attendance. Denis, as always, showed his wonderful sense of humour and humble nature, making it a celebration to remember for all who attended.



Bowling Tournament

Thank you to everyone who participated and supported the event. It was a great day filled with fun and friendly competition.

Congratulations to our winners

1st Place: Peter Cliff, Faye Wright, Leila Green Bob Ward

2nd Place: Elaine Reid, Sue Wood, Carol Sutherland Lorraine Smith

3rd Place: Rob Lucas, Boris Tchernakoff, Ingrid Rawson, Marilyn Damien

4th Place: Kaye Morgan, Sue Waldron, Roselyn Reid, Beth Still

Happy Birthday to all members celebrating during June. We wish you good health, happiness, and many special moments with family and friends.

We extend our sympathy to members and families who have recently experienced loss or sadness. Our thoughts are with you.

Thank you to Val Brown for kindly sending cards to members on behalf of our group.



Dates for your Diary

Executive Committee Meeting Monday 8th June 2026 10.30am

General Meeting

Tuesday 9th June 2026 10.30am General Meeting with guest entertainment followed by lunch 12pm

Pensioners Social Club

By scribe Mark Beswick

Hello to all our members, hope you are all keeping well and are enjoying the mild warm weather.

Did you know? Queenstown, Tasmania is the wettest town on the West Coast? Annual rainfall exceeds 2,408 mm (96.8 inches) over 40 days.

President Val Brown opened the 7th May meeting at 10.30am welcoming members and guests to our combined meeting, 23rd Birthday and Mother's Day Celebration.

Lucky door tickets were won by 3 members and the lucky door prize kindly donated by Karen Noble from Advocare was won by Yvonne Burton Lucky numbers card was won by Marilyn Damian.

May Birthdays – Betty Clark, Maureen Edwards & special guest Dennis Blackwell who turned 100 young on 12th May. We wish them all many happy returns.

The birthday cake celebrating the club's 23rd anniversary was cut by member Pat Parker and centenarian Dennis Blackwell.

Mother's Day Raffles were drawn with many winners. Thanks to all who donated gifts.

Minutes of the previous meeting were read and passed and Treasurer Wendy White presented the financial report. All going well. Good job Wendy.

General Business

Our major event held Thursday 21st May, a Recycled Fashion Parade & Devonshire Tea was an overwhelming success. 100 attended with lots of fun and laughter. Thanks to Rosetta for her great help, organisation and fantastic Vintage décor. Cath Jennings for her delightful comparing of the show. Narelle from Vinnies for her photography and supplying mannequins and props. Ray Henley for giving his time and expertise with sound and music for appropriate categories. A Big Thank you to our judges and sponsors, Robyn Zadow representing Kirrilee Warr MLA, Sandra Carr MLC & Nicole Howden Bendigo Bank.

Elaine Beard for catering and everyone for make this event a Success. Thank you.

ABC Midwest Radio interviewed Lina on the Breakfast Show and lots of positive feedback received.

We hope to have another social event in July – “Brain Gym” testing our memory skills.

President closed the meeting at 11.55am

Our amazing chefs Angie and Leonie from Bella Cucina served: Entre - Crumb Prawns & salad or Vegetable Tart, Main: Roast beef roast vegetables & gravy, Dessert: Black Forrest Birthday Cake

Dates to remember

Monthly meeting & Lunch –Thursday 4th June at 10.30am

Bingo Thursday 11th June at 1pm

Committee Meeting - Monday 29th June at 11am

AGM Meeting - Thursday 2nd July- Come & have a cuppa before 10am.

Nomination & Membership forms now available.

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.



Denis & Pat cutting the groups' birthday cake

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	
9.00	1.00	Understanding your hand held device	\$5.00	Appt only. No appts 7&14 April
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
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 No session 18 June
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	No session 18 June

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	

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

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

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

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
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 7.30am
Meet at Two Foreshore prior
to departure time
Contact Lina Mittoni
0427 869 786

Zumba

\$5.00
Thursday 2.00pm – 2.45pm
No session 18 June

PERFORMED BY

Good Vibrations

A BEACH BOYS TRIBUTE



THE BEACH BOYS



TUESDAY 16 JUNE 2026

10am Morning Tea – 11am Performance

TICKETS \$30

2026

Tickets available from Civic Centre or Geraldton Regional Library.

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