

Q&2 Seniors Scene

MARCH 2026



Stay active, stay social - join us for Indoor Bowls!

For more than 25 years, the Geraldton Seniors Action Group has proudly hosted Indoor Bowls, bringing community members together for fitness, fun, and friendship. Whether you're a seasoned player or brand new to the game, Indoor Bowls is a fantastic way to keep the body moving and the mind engaged.

Held every Monday at the Centre, you can choose from two relaxed sessions - 8:30am to 12:00pm or 1:00pm to 3:30pm - or stay for the whole day if you like. The cost is just \$5, which includes morning or afternoon tea.

Come along, enjoy a cuppa, meet new people, and be part of a long standing community tradition that supports healthy ageing and social connection.

Contact President Janet Rodan on 0458 538 199.

Centre Update

Welcome everyone to March and especially new centre members who are joining us for the first time.

Upcoming Special Event – “What Are Your Wishes for Your Future Care?”

We invite members to register for an important conversation about planning for your future care. This session will offer guidance, reflection, and support as you think about what matters most to you moving forward. Registration details on page 5.

Balance Gym – Schedule Change

Please note Balance Gym will not be held on Monday, 16 March. Classes will resume as normal on Wednesday, 18 March. Our 9:15am class is very full, so we kindly ask members to consider attending the 10:30am session, which has more availability. Your flexibility helps ensure everyone can participate safely and comfortably.

Over 50's Geraldton Life

Our Over 50's Geraldton Life Facebook page has grown rapidly, increasing from 2,000 members to over 3,500 in February. This incredible growth shows just how strongly our community supports the work we do and how widely the word is spreading about what a great centre we have.



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



A crisp and cool donation

A big thank you to the Geraldton Seniors Week Committee for their wonderful generosity and donation of a \$197 Tefal Air Fryer and a \$1,140 Westinghouse 503 litre fridge for the Centre's main kitchen.

These new additions are already making the kitchen feel a bit flash!

This contribution was made possible thanks to all the seniors who supported the 2025 Seniors Week Raffle. Your involvement truly helps us keep the Centre running smoothly (and now, more crisply and coolly than ever!).

Thank you for your kindness, support, and community spirit.



EXPRESSION OF INTEREST

Working and Reference Groups

Greater Geraldton QEII Seniors and Community Centre Reference Group

The QEII Seniors and Community Centre Reference Group provides a forum for Council to consult with Stakeholders and the broader community and ensures alignment with the communities' desired outcomes as outlined in the Strategic Community Plan 2025-2035.

The Group is seeking Community Representatives from the Geraldton community who have an interest in providing feedback and input on seniors, including targeted seniors' initiatives and programs. Interested community members are encouraged to submit an Expression of Interest for consideration.

If you wish to apply, please address the following criteria and include a brief resume. Responses to each criterion should be no more than 50 words. Three (3) volunteer Community representatives will be selected.

- Describe your involvement in and knowledge of targeted senior's initiatives and programs.
- Please outline your understanding of needs and issues relating to seniors and/or supporting activities in the City of Greater Geraldton.

Responses must be marked "Expression of Interest – Group Title" and forwarded by email to council@cgg.wa.gov.au or posted to City of Greater Geraldton, PO Box 101, Geraldton WA 6531.

Deadline for responses is close of business 12 March 2026.



What are your wishes for your future care?

**Come along to learn more about advance care planning.
We'll help you to have conversations and complete legal
forms expressing your wishes.**

My Future Care – Advance care planning workshops

- **Wednesday 25 March 2026** from 10.30am – 12.30pm at Conference Room, Lotteries House, Geraldton
- **Wednesday 25 March 2026** from 2.00pm to 4.00pm (for people living with dementia and family/carers) at Conference Room, Lotteries House, Geraldton
- **Thursday 26 March 2026** from 10.30am to 12.30pm at QEII Seniors and Community Centre.

Advance Health Directive document completion workshop

Friday 27 March 2026 from 1.00pm to 3.30pm at the QEII Seniors and Community Centre.

Note: This workshop is a follow-up to the My Future Care workshop

Individual advance care planning support sessions

Wednesday 25 March to Friday 27 March at the QEII Seniors and Community Centre.

Note: you don't need to have completed either workshop to book a 1-1 session.

**For more information and to book, please visit our Events page:
<https://palliativecarewa.asn.au/events/> or phone Jo on 1300 551 704.**

RECIPES FROM THE HEART

with Janet Darch

Many years ago, Janet's mother gifted her a copy of a 2014 CWA of WA "Ultimate Scone Cookbook". Janet assured us the scone recipe below may sound a bit weird with salmon but it is delicious. Give it a go and let us know what you think.

Here's some tips for great scones:

Work quickly, handle as little as possible after adding moisture. Use a knife to mix the ingredients with a cutting action, preheat oven to 220 degrees celsius & place scones close together on the tray for better rising.

Savoury Salmon Scones

1 tsp sugar

210g pink salmon drained and bones removed

½ tsp mustard

1 tsp baking powder

½ tsp dried mixed herbs

2 cups SR flour

¼ tsp salt & pepper

45g butter

2 tsps. vinegar

2 tsps. grated tasty cheese

2 tsps. chopped onion

Approx. ¾ cup milk, Extra milk to glaze

Sift ingredients, rub butter into flour until it resembles breadcrumbs. In another bowl break the salmon up with a fork and sprinkle with vinegar. Quickly mix in grated cheese, onion and salmon, then sufficient milk into the flour mixture to make a soft dough. Place mixture on a floured board and cut into rounds. Place on a greased tray. Brush with milk and bake in a hot oven 200c for 15 minutes until golden brown.



Snippets of My Life

With Val Keys

Child of the 40s at school in England

My earliest memory of school began at Nursery School in 1945. The war was still on, and our mum had 5 children. My youngest sister was a baby, so I was sent to Nursery (like our kindergarten) I remember warm milk in a bottle and my plimsolls (sandshoes) in a bag hanging on a hook, with others outside the classroom. I was born in June 1941 and was about 3 ½ years.



I remember in our house was a pink satin cushion underneath our lounge table; my eldest sister told me this was a safe shelter- if bombs were dropped. We lived in southeast London, where lots of bombs were dropped. Fortunately, I was too young to remember those 1939-1945 War years.

We had ration books for food that was in short supply. There were 7 in our family and as I got older around 10 or 11 years of age, I remember us eating very well and we were lucky I believe.

Our mum didn't work outside the home; she looked after us all. Our dad worked hard, long hours in Fleet Street, London at the newspaper offices until he was 65. He started there as a teenager sweeping floors and ended up printing newspapers. A well-paid job. I recollect those were very happy years.

Note: Val has been a valued volunteer at the QEII centre for many years and recently retired from organising the Rummikub Group.



Switched On Seniors Geraldton

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

Hello everyone, we take it that we are all settled into the new year now and enjoying the wide variety of classes on offer here at the QE11 Senior Centre.

Our beginners class started on the 5th of February, and we welcomed our new students to the world of technology. We addressed the fundamentals of our smart phones together with aspects of security and privacy. Each of these topics were shown on video together with itemised notes which all the students received.

We shall be moving on to "All about photos" during March, which we find interests us all, from how to take a photograph correctly, digitalise old photos to editing photos by removing those blemishes and red eye etc. Moving on to creating Albums, folders and organising our photographs, enabling us to find exactly what we are looking for. This topic is always fun and enjoyed by most.



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.

During February, the Continuing Class presented topics on passwords and 'pass keys', and the students were also interested in knowing more about video calls. For the month of March, we shall be open to suggestions from the students as to their topics of interest, together with security and on-going privacy features

Appointments and Class Information

For One-to-One appointments on Tuesday mornings
Please call **0474 639 961**

Classes

Both Beginners and Continuing Classes every Thursday
morning 9 am to 10 am

The number to call is **0474 639 961**

Your phone, your style.....



OVER 50S E BIKE SOCIAL GROUP



Are you aged 50 and over and interested in getting out and about on your e bike in good company?

We are exploring the idea of starting a relaxed, social e bike group focused on staying active and social connection rather than speed or distance.

If you'd like to be involved, please register your interest. Your feedback will help us shape the group, including preferred days, times, and ride locations.

No commitment required — just an opportunity to help us gauge interest. Please put your name down on the list in the lounge room noticeboard.

QEI Knitters & Crochet Report

January to February 2026 Donations

Geraldton Regional Hospital - 20 knitted teddies, 15 heart monitor bags

Salvation Army Geraldton – 7 crochet blankets, 14 beanies

Hope Community – 12 crochet rugs, 15 scarves, 15 beanies

Seven Local Schools – 12 crochet blankets, 9 raffle rugs, 11 art packs

Ambulance Geraldton – 20 knitted teddies

All donations of yarn are gratefully accepted



Come and Try Pole walking!

Sponsored by the Seniors Recreation Council of WA Inc – Greater Geraldton Branch

You're invited to join us for a friendly and social Pole Walking Morning!

Saturday, 28 March 8:30am
Meet near the
Jaffle Shack, Forrest St



Whether you're an experienced walker or trying something new, everyone is welcome. Spare poles will be available for anyone wanting to have a go.

Stay afterwards for a relaxed coffee and chat if you wish — we'd love to see you there!



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.

March 3, 10, 17 & 24

Cost is \$5

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

POP-UP POETRY PRESENTATIONS

March 1st
1 - 2:30pm



First Sunday of the month
@ Regional Sounds

Original poetry by locals
and readings of
inspirational works.

All welcome



Regional Sounds Inc, 246 Marine Tce, Geraldton
www.regionalsounds.com.au

Pensioners Social Club

Hello to all our members. Hope you are enjoying the February weather. Will it rain this month? Slim odds.

Did you know an average woman lives 15 years longer than men? I'm pretty sure it's because they look after themselves better than us mere males. They go to a doctor more often and more socially connected in the community which means better mental health and longer life.

President Val Brown opened the meeting the 4 February meeting at 10:30am and welcomed 33 members including Anne Doney who joined the club on the day. Welcome Anne – we hope you enjoyed our fabulous lunch and the club.

The previous meeting Minutes were read by Secretary Lina Mittoni and passed. Lucky door prize was won by Shirley Edwards. Treasurer Wendy White presented the financial report. All going well!

General Business:

- Lunch price will rise to \$20 but still great value for a 2-course meal. Today was a bring & share. Thanks everyone for your support.
- Thursday Lower Hall hire is from 8:00am to 1:30pm so we don't have to rush to pack up.
- Lina proposed a couple of ideas to boost membership:
Fashion parade & morning tea. Monthly memory games
- We have a two new raffle sponsor for 10 months – Rangeway Pharmacy and Tarts & Co. For which we are very grateful.

There was no guest speaker this month, but Anne Doney gave a quick snapshot of her life.

Birthdays: Beth Hadley and Chris Brewer

Anniversary: Rod & Judy Stewart celebrated 33 years of marriage. Congratulations Love birds

Coming Up:

General Meeting: Thurs 5 March 10:30am followed by lunch.

Bingo: Thurs 12 March at 1pm. ALL WELCOME

Seniors Action Group

with Secretary Pauline Stacey, Social Butterfly

A very happy birthday to all members celebrating in March.

We hope your special day is filled with love, laughter, good health and maybe a little bit of cake. People born in March are often known for being warm hearted, creative and compassionate.

AGM Summary – February 2026

Our Annual General Meeting was held February 10th, 2026, with 40 members and three apologies received.

Reports were presented by the President, Treasurer and Secretary, reflecting on another successful year of activities, guest speakers, musicians, celebrations and strong member participation. Thank you to everyone who attended and those who continue to support our group throughout the year.

We said a sincere thank you to Trevor as he stepped down from his role as President after six years. Trevor's dedication, leadership and commitment have been greatly appreciated. His time, effort and steady guidance have helped our group continue to grow and remain the welcoming community we value today. On behalf of all members, we thank him for his contribution and ongoing support.

We also warmly welcome our new President, Janet Roden, into the role. We look forward to her leadership and excited for the year ahead as we continue building friendships, activities and opportunities for our members

Dates for your Diary

Committee meeting: Monday
March 9th 11:15 am

General Meeting: Tuesday
10th March 10.30am Guest
Speaker Jacki Gill

Irish Blessing:

May your troubles be less,
And your blessings be more,
And nothing but happiness
Come through your door.

Achievement & Meritorious Awards At the AGM, we were proud to recognise members for their outstanding contribution and dedication to the club



Achievement Certificates were awarded to:

Diana Faranda, Rhonda Parker Rhonda Reynolds, Janet Darch, Pauline Stacey, Jean Steer, Valma Brown, June Morris, Peta Giblett, Maureen Edwards, Shirley Paech, Geoff Criddle, Bernie Wallace, Cheryl Samborski, Rob Lucus, Nina Aiken, Don Aiken, John Link, Ron Boyd, Athol Duke, Dean Shanks, Peter Cliff, Allan Brandis, Jennie Dillion, Gloria Burnett, Bridie Reed, Pauline Brockwell, Liz Collis, Cheryle Walton



Meritorious Awards:

Trevor Hansen, Carol Sutherland, Mick Kendrick. Arthur (Sharkey) Ryan.

We reflected on 2025, acknowledged the dedication of our outgoing committee members, and welcomed 2026 office bearers. A special thank you to all who continue to volunteer their time and energy to keep our group active, welcoming and thriving.



We are pleased to introduce our 2026 Committee

Office bearers:

President – Janet Roden

Vice President – Carol Sutherland

Treasurer – Mike Kendrick

Secretary – Pauline Stacey

Committee members:

Diana Faranda, Rhonda Parker, Rhonda Reynolds, Carol Sutherland, Janet Darch

Trish Lawson, Maureen Edwards, Judy Currell Kendrick, Bryan Iliffe, Tina Lucus, Robin Walker

As we move into autumn we look forward to another month of friendship, laughter and meaningful connection. Our group continues to thrive because of kindness, involvement and spirit of our members. Whether you attend meetings, volunteer your time, share your talents, or simply come along for a chat and a cuppa, you are what makes this group special.

Let's make March a month of community, celebration and togetherness.

We look forward to seeing everyone at our next General Meeting & lunch on Tuesday 10th March. Guest speaker will be Jackie Gill speaking about the benefits of a plant-based diet and sharing practical tips for healthy living.

Don't forget to come dressed in green to celebrate St Patrick's Day there will be a Best Dressed Prize, so come along and join in the fun.

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	3.45	Canasta	Free	
1.00	3.00	Table Tennis	\$5.00	
1.00	3.45	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	No classes 16 March
9.30	10.30	Parkinson Support Group	Free	
10.30	11.15	Balance Gym	Free	No classes 16 March
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	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

No classes Mon 16 March

Bingo

Cost of Books

1.00pm – 4.00pm

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 0458 538 199

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 0458 538 199

Indoor Bowls

Cost \$5.00

Monday 8.00am – 4.00pm
*Proudly run by: Seniors
Action Group*

**Contact President
0458 538 199**

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 – 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

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

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

Midwest Multicultural Association Presents

HARMONY FESTIVAL

Stow Gardens Geraldton

Saturday 14 March

3pm to 7pm

Closing Event: Holi, the Colour Fest



MID WEST DEVELOPMENT
COMMISSION
Supporting

TEENS WORLD
Bucking Bull
Silent Disco
Axe Throwing
and more

Live performances
Cultural food
Gift stalls
Parade of Nations

KIDS WORLD
Bouncy Castle
Farm Animals
Workshops
and more

2026 country in focus
INDIA

ALCOHOL/SMOKE/VAPE FREE EVENT



Community Bank
Geraldton



Bendigo Bank

