

Q&2 Seniors Scene

MAY 2026



It's your time to shine

Enter our Recycled Fashion Parade and strut your stuff! Thank you for your overwhelming support: Our parade on 21 May is now fully booked for attendees. However, we're still looking for models in the following categories: Vintage, Casual, Sporty, Evening Wear and Handmade. There are lots of prizes to win, so put together an outfit and enter today.

To enter, contact Lina on 0427 869 786 or Val on 0447 372 120.

Centre Update

Welcome to May, cooler weather and the sound of rain! It may be getting colder outside but at the Centre things are really heating up with additional events scheduled in addition to our regular programs

COMING UP:

- 7th May – Staying Safe Online
- 21st May – Recycled Fashion Parade (fully booked)
- 28th May – Improve Your Health

STAFF CHANGES

Pavlina is now on maternity leave and we are eagerly waiting to see if she's having a boy or girl. We will keep you posted once the big day arrives and see who guessed correctly! Yenifer Canelon will be acting in her position as Coordinator of Community Development. We have also welcomed Fred Block back into the Team as a Community Development Officer.

REMEMBER

Don't sit at home by yourself, come and join in, make some new friends and try something different.



Supported by



GOVERNMENT OF
WESTERN AUSTRALIA

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

Improve Your Health Geraldton!

Join Injury Matters in partnership
with the City of Greater Geraldton
for this forum style event

THURSDAY, MAY 28
10am – 2pm

QEI Seniors & Community Centre
88 Durlacher St, Geraldton



Presentations

Improve Your Health: Falls Prevention, Stay On Your Feet®

Keep A Healthy Mind: Know Your Rights Q&A, Consumer Protection

Check Your Medicines: Medication Management, Pharmacy 777

Fuel Your Body: Nutrition for Bone and Muscle Strength, Foodbank WA

Activities

Exercise for Cognitive Health
Cooking Demonstration
Planting Station

Mini Expo

Local services and vendors with resources
to help you prevent falls, remain
independent and age well



Places limited - book to secure your spot

Contact : QEI Centre office:

9956 6636 or email rosettaf@cgg.wa.gov.au

Bookings close May 21, 2026

**STAY ON
YOUR FEET®**

Move Improve Remove

in
injury matters
PREVENTION TO RECOVERY



City of
Greater Geraldton
a vibrant future





Creative Writing Workshops

Come along and have some fun learning to write stories, real or imagined. All new activities for returning and beginner writers.

Creative writing teacher, Lorraine Chapman will show you techniques, tips and tricks to develop your true life experiences or imaginative ideas for adults or children into super stories during six easy, no fail sessions.

Tuesdays 1:30 - 3:30pm

QEII Seniors & Community Centre

Cost is \$5

May 5th, 12th, 26th. June 2nd, 9th, 16th

Contact QEII Office on 99566636 to register

Basic First Aid Demo Session

A St John Basic First Aid Basic Demonstration was held for centre members presented by Fiona Galvin on the 21st April (yes, our very own Fiona, centre casual) who is also a St John First Aid Trainer.

Knowing what to do in an emergency can make all the difference and the session provided participants the confidence and practical skills to respond quickly and safely when someone needs help.

The demo covered varied topics including DRABC Action Plan, Defibrillator, how to assess a situation, call for help, and provide immediate care for common injuries and medical emergencies.

Thank you to participants who enthusiastically supported the session.



RECIPES FROM THE HEART

Butterscotch Self Saucing Pudding

This is a lovely dessert of which brings back memories of days gone by...

The recipe is from the Crimson Butterflies Favourite Recipes book which was placed on the recycle table in the QEII lounge. Enjoy!

Ingredients

- ¾ cup brown sugar
- 1 ¼ cups self-raising flour
- 100g melted butter
- 1 egg
- 4 tbsp golden syrup
- 1 tbsp. cornflour
- 1 ½ cups boiling water



Directions

Preheat oven to 180c. Grease a 1.5 litre ovenproof dish

Combine ¼ cup of brown sugar and all the flour in a bowl.

Add the melted butter, egg, milk and 2 tblspn of golden syrup and stir until combined

Spoon into greased dish. Sprinkle remaining brown sugar on top of the batter

Combine boiling water with the remaining 2 tblspn of golden syrup. Pour over the top of the pudding mixture and bake for 40-45 minutes or until a skewer inserted into the centre comes out clean.

Serve with cream or ice-cream

Purple Road Project

The QEII Seniors and Community Centre's Knitters and Crochet Group have proudly partnered with the Purple Road Project to raise awareness of elder abuse across Western Australia. The Project developed by Encompass Legal and Community Services is an initiative for senior wellbeing inviting communities to create symbols of respect and support for older people in the form of handcrafted purple circles.

City of Greater Geraldton Mayor Jerry Clune said the QEII community embraced the opportunity to take part.

“Our Knitters and Crochet Group were immediately drawn to the message of the Purple Road Project to prevent elder abuse and celebrate the role seniors play in our lives,” he said.

“Every circle they create represents a senior in our community who deserves dignity, respect and safety. I commend the group for taking part in this worthy project. Group members have produced dozens of beautifully crafted purple flowers of varying textures, designs and patterns.

The piece will be part of a statewide community road, with over 50 community groups taking part to reach over 100 metres worth of designed pieces. By participating in national and state wide awareness campaigns such as the Purple Road, the QEII Centre continues to champion the voices of seniors in the Midwest.





Switched On Seniors Geraldton

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

Who said it wouldn't be fun to learn how to use your smart device to make things easier in your life? Well, 'humpty doo' did the beginner's class have some laughs this month as we learned how to talk to our phones and tell them our appointments, and within a flash there they were, magic!! Not only did Siri/Bixby look after our calendars but she/he is going to remind us of our appointments/events/birthdays giving us the amount of time we asked to be reminded. How cool is that? There's more: throughout May, apart from the organised SCAM presentation by the Commonwealth Bank, we shall be learning how to speak to our devices again and this time instruct Siri or Bixby to send a message or an email and read the replies to us. Interested???

Following the Easter break, students in the continuous class were presented with the topic 'closing unused websites and Apps' On their smart devices. On Thursday 7th May at 9am Jessica Rowland from CBA will be presenting 'Staying Safe Online' Related topics will follow during May in this class.

Appointments and Class Information

**For One-to-One appointments on Tuesday mornings and
Beginners & Continuing Classes every Thursday 9am to 10am
please call 0474 639 961**

Your phone, your style.....





STAYING SAFE ONLINE



**THURSDAY
7TH MAY 2026
9 AM START**

TO BE PRESENTED BY

JESSICA ROWLAND

COMMONWEALTH BANK, AUSTRALIA

All Class Members and Friends Welcome

Organized by:

Switched on Seniors Geraldton

QE11 Senior Centre

88 Durlacher Street, Geraldton

Over 50s eBike Social Group

with Rosetta

You know when you have an idea and you're all pumped up ready to get it off the ground and then you need to put it into action. I was pondering this recently on a chilly Sunday morning all snuggled under my doona in bed wondering what possessed me to start a bike riding group. Oh, that's right – the exercise, fresh air, socialising and of course free coffee.

The sign-up list had eager seniors ready to take the challenge and at 7:30am seven of us met at the designated spot on the foreshore. (a few sent apologies) Pumped, we set off on the 11km ride taking in marina views as we progressed along the pathway to Bluff Point, a combination of seasoned riders and those who hadn't ridden for years. We stopped at the Horizon Ball for a photoshoot and then back for a free coffee to round the session off. Interestingly, all were centre members, the majority who'd never met before, table tennis, art class, mahjong, pickleball and switched on seniors all represented.

It was the perfect morning making memories together and we send a huge thanks to WestCycle Inc for providing refreshments. Stay tuned for further adventures... or better still come and make memories with us.



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

Blast from the Past: Balance Gym (2016)

Launched in 2016 with a \$3,000 Stay On Your Feet grant, Balance Gym was created to provide a group option outside of Geraldton Regional Hospital. The funding made transport possible, helping participants attend safely and consistently and the program supported volunteers, Maria Feragalli & Molly Thompson. The initial group commenced with 11 participants and two sessions per week.

Fast Forward to 2026 – 275 registered with four sessions per week and an average of 50 participants per session. The class is now facilitated by WACRH (Western Australian Centre for Rural Health) who generously provide student physios who take the sessions as part of their assessment.

Huge thank you goes to Maria and Molly who are still volunteering with the added assistance of Betty Clark.





The Sheep Detectives

OPENING NIGHT - FUNDRAISER FOR MWMA
THURSDAY 7 MAY - ORANA CINEMAS

5.30PM REFRESHMENTS
6PM MOVIE



Tickets: \$25
Concession/students: \$20
Limited tickets -
Pre-book on [Humanitix](https://www.humanitix.com)



A flock of sheep set off to solve the mystery of who murdered their beloved shepherd.
Cast led by Hugh Jackman, Nicholas Braun, Nicholas Galitzine, Molly Gordon
PG (Recommended age 7+)

Seniors Action Group

with Secretary Pauline Stacey

Welcome to our May. We have a wonderful month ahead filled with celebrations, activities, and community spirit.

Mother's Day

Wishing all the wonderful women in our group a very happy Mother's Day. Thank you for all you do.

Bowling Tournament

Scheduled for Monday 18th May, it promises to be a fun day of friendly competition, laughter, and community spirit. We encourage everyone to come to play or to support. Please put your name down in the Upper Hall noticeboard or contact President Janet Rodan: 0427607473

General lunch Meeting

Our general lunch meeting held on Tuesday April 14th 2026 was opened by President Janet Rodan at 10.30am. The minutes from previous meetings were read and accepted as true and correct with the meeting well attended and enjoyed by all .

Updates were shared regarding upcoming events including the Bowling Tournament on Monday 18th May.

Card Winners: Congratulations Janet Darch and Lynne Blackmore.

Guest Entertainment

Thank you to Jaye Allan, who provided a beautiful performance on the gourd flute, and the line dancers, who added fun and energy to the day.



Acknowledgement of Donations

Sincere thanks to Kirrilee Warr MLA Member for Geraldton for her generous donation of \$250, and Melissa Price MP Federal Member for Durack for kindly donating \$200 towards our upcoming Bowling Tournament. Your support is greatly appreciated.



Sympathy & Cards

We extend our sympathy to members and families who've recently experienced loss or sadness. Our thoughts are with you. Over the past three months, Val Brown has kindly sent out 8 cards to members, which is greatly appreciated.

May Birthdays

A very happy birthday to members celebrating! May-born people are often known for their warm hearts, friendly nature, and ability to make others feel welcome. They bring kindness, strength, and a good sense of humour to those around them.

Dates for Your Diary

Executive Committee Meeting: Monday 4th May at 11:15am

General Meeting & Birthday Celebration: Tuesday 12th May 10:30 am

Join us for a very special occasion as we celebrate a valued life member of our group Denis Blackwell's 100th Birthday. We look forward to honouring this wonderful milestone. Mayor Jerry Clune will be in attendance. There will be entertainment, delicious lunch and of course, a birthday cake to help celebrate this remarkable occasion. Bookings: Janet Rodan (President) 0427 607 473 Members \$20 | non-members \$22

Looking forward to another great month together and thanks for being part of such a friendly and caring group.

Pensioners Social Club

By scribe Mark Beswick

Hello to all our members. Hope you're enjoying the cooler weather.

General Meeting

The General meeting was held Thursday 2nd April. President Val Brown opened the meeting at 10:30am welcoming 23 members and lunch followed at 11:30am

Treasurer Wendy White read the financial report. All is going well. Thank you, Wendy. Minutes of the previous general meeting were read by Lina Mittoni.

Lucky money raffle winner was Val Brown

April birthdays

Doreen Major, Lina Mittoni & Joy Reed

General Business

Joy's Trading table will be held at next month's meeting.

40 Tickets have already been sold for the Recycled Fashion Parade the club is hosting the 21May. Lina said there are only 50 more left.

We are excited to announce a new program Brain Games, commencing Thursday 23 July. It will be \$5 to play. Watch this space.

Lunch was delicious with amazing chef, Angie serving up Silverside with salad (potato salad and beetroot) and Pear slice and ice cream for dessert.

Guest speaker

Our speaker was Anne Dixon from Geraldton Switched on Seniors, a regular group who meet at the QEII Centre. Anne did initial training on mobile phones 7 years ago and because of COVID, started teaching people 2 years later how to use phones especially those struggling with online usage. The group teach various topics including avoiding scams, using a phone calander, keyboard, speaking a message to their phone, how phone auto types for you and shopping online.

Dates to Remember

Monthly Meeting and Birthday/Mother's Day lunch: Thursday 7 May

Bingo: Thursday 14 May 1:00 pm

Recycled Fashion Parade: Thursday 21 May

Committee meeting: Monday 25 May

We send our best wishes for a speedy recovery to members who are unwell and our deepest condolences to anyone who has lost a loved one.

Trivia - Did you know?

Dutch men are the tallest in the world, with an average height of approximately 183–186 cm and hold the top spot in global height rankings since the mid-1950s.



Guest Speaker Anne Dixon with Lina Mittoni

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 No classes 9&16 April
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	

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 classes 3,10,17 April
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

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

HAPPY
Mother's
day

to all of our wonderful mums
from everyone at the



City of
Greater Geraldton
Seniors & Community Centre

