

Q&2 Seniors Scene

NOVEMBER 2025



Welcome to November

The big highlight this month is **2025 Seniors Week** events, a wonderful celebration of what it means to be a senior. Join us for a fantastic week filled with events, activities, and opportunities to connect with friends and community. Let's make this a Seniors Week to remember.

Centre Update

Over 50's Geraldton Life

Thank you everyone for following our Facebook page Over 50's Geraldton Life. We've hit over 2020 followers and in October approximately 101,000 views.

Top prize goes to the Line Dancing Group whose line video hit 48,400 views and still climbing.

If you have a special story, would like to acknowledge a special senior in the community or an upcoming event please let us know. We would love to connect and share.

End of Year Breakup

Planning for end of year Christmas parties are in full swing and volunteers work hard to make it memorable. Did you know? The Geraldton & Districts Seniors Action Group and Pensioners Social Club have a Christmas lunch which non members can attend. For further information please contact the groups.

Please advise the office when your group will be breaking up for the holidays so we can advertise it in the December newsletter.

Finally, we wish you all a great 2025 Seniors Week with fond memories, friendship and laughs.

"We do not remember days; we remember moments."

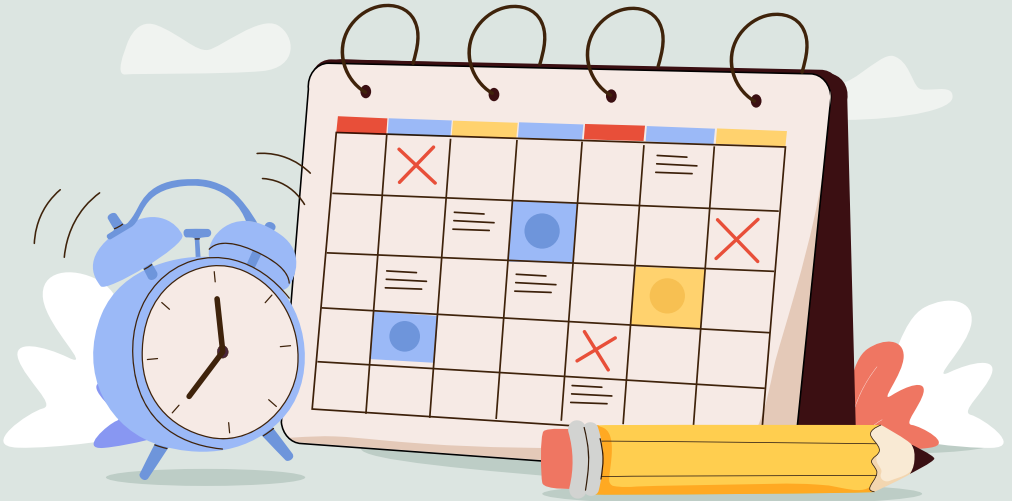
– C.S. Lewis



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





Due to Seniors Week celebrations the following regular sessions are cancelled

Monday 10 November

Indoor Bowls, Balance Gym, Darts
& Table Tennis

Tuesday 11 November

Line Dancing

Thursday 13 November

Seniors Action Group Lunch

Friday 14 November

Over 50's Gentle Gym, Rehab Gym & Cards

Thank you for your understanding



Memoir Writing Sessions

by Lorraine Chapman

All new activities for returning
& beginner memoirists

Tuesdays 1:30 to 3:30pm

4, 18, 25 November

2, 9, 16 December

QEI Seniors & Community Centre

Cost is \$5.

**Contact the Centre on 9956 6636 to
book or email rosettaf@cgg.wa.gov.au**

Snippets of My Life

With Roger Cefai

Around 11:45pm, Friday 5 September I started to experience chest pains whilst in bed, feeling anxious my thought process was that I was having a bout of indigestion as I had recently been diagnosed with acid reflux and prescribed medication for the condition.



The chest pains were getting more intense, and I was starting to panic. I called 000 and requested an ambulance. Within a short time frame, it arrived at my home address, and the two male paramedics took me to ED.

The ED medical team immediately did their thing, commenced tests and many questions were asked. By this time the chest pain had lessened but I felt secure in the environment knowing I had professional and dedicated staff assisting me. It was around 2:30am one of the doctors on duty having waited for the results of the blood tests to come back and analysing the ECG report informed me he was very concerned of the results and arrangements were being made to fly me to Sir Charles Gairdner hospital in Perth using the Royal Flying Doctor Service. I did feel overwhelmed by this news and felt scared.

I wish to acknowledge the amazing professionalism and dedication of the doctor nursing staff who attended to me. I feel lucky and blessed their actions have allowed me to tell this story and not become a statistic. I had stents inserted at Sir Charles Gairdner Hospital and was discharged on Wednesday 10 September. I also acknowledge the amazing medical team prior to discharge at Sir Charles Gairdner. May God bless all our medical teams.

Prior to his medical episode that evening Roger had attended a Healthy Heart talk from leading Cardiologist Dr Kushwin Rajamani at the QEII Centre with an important message to everyone: ***Do not ignore any chest discomfort or pain, seek medical attention!***

RECIPES FROM THE HEART

Powder Puffs are a favourite treat at our annual Seniors Week celebrations. In fact, you can't eat one without the tell-tale signs of icing sugar on your lips and face. Here's a recipe for you to try

INGREDIENTS

3 eggs separated	½ cup cornflour
¾ cup caster sugar	2 tsp baking powder
½ cup plain flour	300ml thickened cream

METHOD

1. Beat egg whites until peaks form, gradually add sugar and continue beating sugar until sugar is dissolved.
2. Beat in egg yolks until combined.
3. Sift flour, cornflour, baking powder together and gently fold into the beaten egg mixture until no flour pockets remain. Mixture should be light and fluffy, do not overmix.
4. Place heaped teaspoons of mixture about 5cm apart on greased tray. Bake at 170 degrees about 10 minutes until golden.
5. Join puffs together with whipped cream and refrigerate for two hours, dust with icing before eating or fill with jam/lemon butter





WA **ScamNet** 



City of
Greater Geraldton
Seniors & Community Centre



Scams awareness session

Hosted by Consumer Protection

Come for a chat or learn about:

- Tenancy rights
- Buying and selling motor vehicles
- Scams awareness and trends
- Product safety
- Funerals
- Australian Consumer Law and more...



Monday
10 November
2025
1pm – 3pm
QEII Centre



For more information
call 1300 30 40 54 or visit
www.consumerprotection.wa.gov.au



Switched On Seniors Geraldton

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

NEWS FLASH!

Hi to all our students.

Our dear colleague Anne will be back from her well-deserved holidays on the 31st of October, and with us for our Thursday class the 13th November. It will be interesting to hear all about her adventures.

The first Thursday back from the school holidays I informed my students of my medical issue I experienced in September, and hence why our classes could not continue until after the school holidays. I felt it was important to share my story, primarily as an awareness campaign. Rosetta has kindly allowed me to share my story as an extract in the November newsletter.

Leading Cardiologist Dr Kushwin Rajamani important message to everyone:

“Do not ignore any chest discomfort or pain, seek medical attention”

Just a reminder our Switched-on Seniors Geraldton November pamphlet will be available on Tuesday the 28th. This pamphlet will contain TIPS to help you with your devices. It will be a monthly issue, and it will start with fundamental tips and progress from there. You will be able to get your copy by visiting the QE11 Centre and the pamphlets will be displayed on the table just inside the front door. Have fun working your way through. If there is anything you don't understand, please don't hesitate to contact us on the above number.

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 we certainly do have a wide variety of issues to deal with, which keeps us on our toes and gives the client the satisfaction they seek.

Our continuous class will be presented with some very interesting topics in the Month of November, and revision of past topics if required.

See you all Thursday. Take care

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.

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.....



Seniors Action Group

**with Secretary Pauline Stacey,
Social Butterfly**

Hello everyone and welcome to our November newsletter!

As the year rolls on and the weather warms up, it's wonderful to see members connecting, sharing stories and enjoying the simple pleasures of friendship and laughter. November Birth Flower is the Chrysanthemum representing friendship, joy, and long-life. A perfect symbol for our group. Birthstone is Topaz & Citrine, gems known for bringing warmth, energy, and positivity just like our members. Happy Birthday to everyone celebrating in November.

Thoughts & Wishes:

Val Brown kindly sent out 3 Sympathy Cards, 1 Get Well Card and 2 Thinking of You Cards. Our thoughts and best wishes go out to any members who may be unwell or going through a difficult time. We hope to see your smiling faces again.

News from Our General Meeting and Lunch:

The Meeting was opened by President Trevor Hansen.

Trevor wished everyone a Happy Birthday who were celebrating in October.

23 Action Group Members and 6 committee members in attendance and 4 Apologies

Lucky Card Winners: Pauline Stacey and Trevor Hansen. Congratulations!

Minutes from the previous meeting were read and accepted.

The Committee agreed all members who purchase a Seniors Action Group shirt will receive a \$10 rebate, applicable to shirts purchased from 6th October 2025 onwards. Present proof of purchase to Treasurer Mike Kendrick for the rebate.

Members are reminded to place any ideas and feedback in the Suggestion Box for consideration at future meetings. The Committee would also like to thank all members who have donated items for the upcoming Christmas Raffle already your support and generosity are greatly appreciated.

Lunch was absolutely delicious. We enjoyed meatloaf with mash, veges and gravy followed by apple strudel with ice cream. A big thank-you to Angie's Bella Cucina and her team for preparing and serving such a wonderful meal.

Thankyou also to our amazing volunteers for keeping everything running smoothly.

Guest Speaker:

We were delighted to welcome our guest speaker Elyce Tunbridge from New Leaf connect tours and transport services. She shared insights into local tours & transport options, highlighting unique experiences in the Midwest region. One particularly intriguing option was the new Ocean Harvest Tour launching 6th November 2025 offering a behind the scenes look at the region's lobster industry providing opportunity to learn about the process of catching, processing, and packaging Western Rock Lobster, a key industry in Geraldton. It's an excellent way to gain a deeper appreciation for local seafood production.

We've had another wonderful month enjoying our activities, sharing laughs, and making new memories. Your continued support keeps our group friendly, welcoming, and full of fun.

Activities This Month:

Mondays: Table tennis, indoor bowls & darts

Thursdays: Table tennis (except every 2nd Thursday of the month)

Friday: Cards (Euchre & Frustration)

Join the fun, don't be shy, come along and make new friends, have a laugh . Everyone is welcome!

Reminder: No lunch meeting in November due to Seniors Week

Upcoming Christmas Lunch

Get ready for our festive celebration with food, fun, and entertainment!

Keep an eye on the notice board for full details including the menu, price, and how to book.

Dates for your Diary:

Monday 4th Nov - 10:30am
Executive Committee Meeting

Tuesday 9th Dec - 10.30am
Christmas Lunch





*Geraldton & Districts
Seniors Action Group*

Christmas Lunch

**Tuesday
9 December**

Cost: Members \$35
Non-Members \$40

QEI Seniors & Community Centre

Entrée

Veg Tart with salad garnish
or Prawn Cocktail

Mains:

Roast Beef & Roast Turkey
served with roast potatoes,
pumpkin, carrots and peas

Sweets:

Trifle served with icecream

**RSVP: Trevor 0498 999 406
by the 2nd December**

Men's Hub BBQ Chat



BBQ CHAT

Men's Hub celebrates Seniors week with a
Tuesday Chat BBQ.

Tuesday, 11th November

10am - 1pm

Food and non-alcoholic refreshments provided.



0460 528 986



menshub@centacaregeraldton.org.au

Pensioners Social Club

With scribe - Mark Beswick

Hello to all our members,
Hope you are enjoying the
Magical Spring Sunshine.

Did you know?

A house fly lives for 15 to 30
days

President Val Brown opened
the 2nd October meeting at
10:35am and welcomed 28
members for the meeting and
lunch.

Lucky door prize was won by
Sylvia Peel who has bragging
rights until next month's
meeting.

Minutes General Meeting
and Committee meeting
were read by Jan Wennekes
& passed (standing in for
secretary, Lina) Thank you
Jan.

Business Arising: Joy & Yvonne
ran the trading table – the
last one for the year will be
Thursday 6 November and
then February 2026. Thank
you, ladies. Christmas lunch
tickets will be available at
the November meeting.
Guest speaker will be
Niagara Therapy with raffles &
giveaways.

Treasurer Wendy White read
the financial report- All going
well – Thank you Wendy.

October Birthdays: Pauline
Brennan and Faye Wright

Many lucky members won
raffle prizes.

Guest speaker Jess Rowlan
from Commonwealth
Bank gave an excellent
presentation on Staying
Safe not only online but
recognising other scams.
If something doesn't seem
right contact your Bank
immediately. Never click
on a link on your phone or
emails. Phone 13 2221 to
report it. Seniors are the most
vulnerable. Billions are lost
through scams every year.

We all learned something
valuable today. Thank you
Jess.

Our amazing Angie Bella
Cucina served lunch of
crumbed chicken & salad/
Fruit salad & ice cream.

Join us for



Thursday 13 November
includes afternoon tea
Cost is price of books

Dates to Remember:

Monday 3 November

Committee Meeting

Thursday 6 November

Monthly Meeting & Lunch –
10:30am

Thursday 13 November

Bingo – 1pm

Thursday 4 December

Christmas Lunch Celebration –

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



GOLDEN CONNECTIONS

A WORKSHOP ABOUT INTIMACY & WELLBEING IN LATER LIFE



A welcoming space to talk about connection, intimacy and wellbeing in later life. Facilitated by relationships and sexuality educator Fran Foulkes-Taylor, this session uses humour and open conversation to explore changes, reduce stigma, and build confidence and connection.

9TH OR 16TH DECEMBER 2025

QEII SENIORS & COMMUNITY CENTRE
FROM 10:00AM - 11:30AM

Please bring \$5.00 cash

To register, contact the QEII centre on 9956 6636 or email rosettaf@cgg.wa.gov.au
Or for more information about the workshop please contact Fran - fran@franksexology.com

Gardening Tales

with Rosetta

Water lilies and Frogs

With extreme delight I witnessed my second born son embark on his journey to married life. The setting Nusa Dua, Bali provided the perfect weather for alfresco dining. As twilight gave way to a curtain of fairy lights above our heads, a live band provided the perfect backdrop to shake our booties. After a hearty rendition of "You will never walk alone" the finale ended with a big bang as we were treated to surprise fireworks.



Our accommodation was set on 41 acres and on arrival we were greeted with an elaborately adorned foyer with masses of orchid arrangements. In the first couple of days a good sense of direction was needed to find my way back to my room. The gardens are magnificent with ponds of water lilies scattered through the massive complex and brimming with bird life waiting to feed on the fish.

Surrounded by water lilies, eating breakfast, I received a beautiful message advising there was an addition to our related family – a baby girl – her name- Lily.

So, what's frogs got to do with all this? Well, ponds attract frogs, and not just a few. One night in particular the noise was overwhelming I couldn't sleep so I risked mosquitoes and sat on the patio which opened onto the pond. Contemplating all manners of evil on how I could get these frogs to be silenced as I opened the door I was immediately captivated by the beauty of hundreds of water lilies blooming in the moonlight. And these frogs- why the raucous – well apparently, they make noise at night to attract mates and defend their territory. Enough with the love calls I thought! Tomorrows a big day, I need my beauty sleep, my son is getting married and found his perfect match.

Timetable

MONDAY

*Seniors Action Group

Start	Finish	Class	Cost	Notes
8.30	4.00	Indoor Bowls	\$5.00	No session 10 Nov
9.00	11.00	Darts	\$5.00	*SAG
9.15	10.00	Balance Gym	Free	No session 10 Nov
10.30	11.15	Balance Gym	Free	No session 10 Nov
11.30	12.30	Parkinson Support Group	Free	
12.30	4.00	Canasta	Free	
1.00	3.00	Table Tennis	\$5.00	No session 10 Nov
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	No session 11 Nov
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	No session 14 Nov
9.00	Noon	Art Class	\$5.00	
10.00	Noon	Chess	Free	
10.15	11.15	Rehabilitation Gym	Free	No session 14 Nov
1.00	3.00	English as a 2nd Language	Free	
1.00	4.00	Euchre & Frustration	\$5.00	No session 14 Nov

CLASS DETAILS

500 Card Game

Free

Thursday 12.30pm – 3.45pm

Contact Paula 0408 215 503

No classes 14 November

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 10 November

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

or Tina 0422 397 997

Chess

Free

Friday 10.00am - 12noon

Contact Shirley 9964 9584

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*

No classes 3-10 October
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

No classes 10 November

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

No classes 11 November

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

No classes 14 November

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

Pole Walking

Free

Wednesday 8.30am –

9.30am

Provided by Seniors

Recreation Council of WA

Inc Greater Geraldton

Branch

QEI 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.

No classes 14 November

Rummikub

Free

Thursday 1.00 – 4.00pm

Contact Val Keys

0428 287 187

No classes 14 November

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
No classes 10 November

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

A group of five performers, three men and two women, are posed in a grand, ornate theatre. The men are wearing black tuxedos with white shirts and black bow ties. The women are wearing elegant, dark, sequined dresses. They are standing in front of the theatre's ornate architecture, which includes gold-colored railings and decorative elements. The lighting is warm and focused on the performers.

**WEST
AUSTRALIAN
OPERA
2025**

OPERA IN GERALDTON

Saturday 15 November 2025
Queens Park Theatre | 7:30pm

Adult \$28 | Concession \$20