

Q&2 Seniors Scene

OCTOBER 2025



Moving Together, Thriving Together

For more than 35 years, the Over 50's Gentle Gym has been a pillar of health, connection, and community at the Centre. What began as a small group of enthusiastic participants has grown into a vibrant program with over 155 registered members and three weekly sessions — a true testament to its enduring impact.

This isn't just a fitness class. It's a place where friendships flourish. The heart of the program lies in our extraordinary volunteers, whose dedication goes far beyond instruction. They greet every member by name, foster a welcoming atmosphere, and bring warmth and energy to every session.

Whether you're looking to stay active, meet like-minded people, or simply enjoy a gentle workout in a supportive environment, the Over 50's Gentle Gym is here for you. Come join us — and be part of a legacy that keeps getting stronger with every stretch and smile.

Centre Update

Can you believe we're just three months away from the end of the year? Things are about to get lively at the centre as we prepare for 2025 Seniors Week—a time to celebrate, connect, and enjoy some truly special events.

Seniors Week 2025 – Coming Soon!

Mark your calendars! Bookings for Seniors Week events open Monday 27 October. If you've never joined us before, this is the perfect time to get involved. Bring a friend, spread the word, and let's make this year's celebration bigger than ever.

Here's a sneak peek at what's planned:

- Buy Nothing Market – Share, swap, and connect
- Boat Tour – A scenic escape on the water
- Purple Road Project – Honouring stories and raising elder abuse awareness
- Scam Watch Session – Stay informed and protected

Please note: Some regular programs will pause during Seniors Week. Full details will be shared in the November newsletter.

A quick reminder of upcoming class breaks:

- Art Class & ESL – No sessions on 3 & 10 October
- Switched On Seniors Thursday Group – No sessions 2 & 9 October

As always, thank you for being part of our vibrant community. Stay tuned for more updates, and don't hesitate to reach out if you have questions or suggestions.



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



2025 Seniors Week

9 to 16 November

INTRODUCING DOUGLAS BRUCE



Douglas is one of our hard-working Geraldton Seniors Week Committee members who spends countless hours and kilometres sourcing sponsors and raffle prizes for our annual Seniors Week event. To say he's done a brilliant job collecting over the past few years is an understatement. If you've ever attended Seniors Week then you will know exactly what we are talking about. The raffle is always the grand finale with many delighted seniors eager for their ticket number to be called! The networking and relationships Douglas has built over the years means on average we have the support of 56 businesses, and this year won't be any different.

By the way – he also cooks the barbecue for the walk & breakfast and quiz master for the Quiz Afternoon.

BOOKINGS COMMENCE

Monday 27 October

and the program will be out mid-October.

Don't miss out – it's going to be bigger and better than ever.

Senior's Week 2025

Joining the Purple Road

Paving the Way to Positive Ageing



Calling all crafters! Join us and be part of this state-wide craft project to raise awareness of elder abuse. Create handmade flowers that represent an older person's unique story and journey of ageing. Geraldton seniors will be part of this growing project which now reaches over 100 metres of Purple Roads across Western Australia.

When: Friday, 14 November 2025

Where: QEII Seniors & Community Centre

Address: 88 Durlacher St, Geraldton

Time: 9am to 11am

RSVP: rosettaf@cgg.wa.gov.au or 9956 6636



northern suburbs
community
legal centre



Greater Geraldton
Seniors & Community Centre



oprs
Older People's Rights Service

Knitters & Crochet Report

June to September 2025 donations

Mission Australia – 7 crochet blankets

Centacare – 22 crochet blankets, 34 beanies, 20 scarves

Geraldton Salvation Army: Adult: 14 crochet blankets, 12 pr mittens, 1 poncho, 40 beanies, 25 scarves, 15 pr banana socks

Child: 10 beanie's, 11 pr banana socks, 6 jumpers, 2 cardigans

Baby: 2 cardigans, 1 pr booties, 5 baby blankets

Ngala - Baby: 0-4 yrs 2 African tees, 7 beanies, 3 cardigans, 5 jumpers, 4 baby blankets

Nanny K – hospital packs – 8 soft toys

Streeties – 1 African tee, 5 crochet blankets, 12 adult beanies, 5 baby rugs, 5 knotted teddies, 8 baby beanies

Flexible Learning Centre – 6 crochet blankets

Got some spare wool laying around? All donations are gratefully accepted

Come and join us as we host the Purple Road Project during Seniors Week



RECIPES FROM THE HEART

by Jean Jones

Boiled Pumpkin Fruit Cake

INGREDIENTS

- | | |
|------------------------------------|--|
| 1 lb mixed fruit | 2 cups Self Raising Flour |
| 1/2lb butter or marg | 2 cups Plain Flour |
| 2 cups brown sugar | 2 tsps. mixed spice, nutmeg,
cinnamon |
| 2 cups water | 1 tbl golden syrup |
| 2 tsps. bicarb soda | |
| 1 ½ cups mashed, cooked
pumpkin | |

METHOD

1. Combine in saucepan dried fruit, butter, brown sugar, water and spices. Bring to boil and simmer for 10 mins.
2. Cool slightly, add soda, when cool add pumpkin, syrup and dry ingredients.
3. Bake in moderate oven 30 to 40 mins





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.

Due to unforeseen circumstances, our Thursday classes could not continue for the remainder of September due to my personal issues, and also my colleague Anne is on a well-earned vacation until the end of October.

I am pleased to say that our Thursday classes will resume after the school holidays, which will be on the 16th of October. I wish to thank our volunteer, Bee for continuing with the one-on-one classes whilst Anne and I have been away in the month of September, it's been very much appreciated.

Just a reminder from the 1st of September, Switched on Seniors Geraldton, will be publishing a pamphlet. 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 QEII 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 October, and revision of past topics if required.

See you all in October. 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.....



Plant swap – 19 September

The centre held its first ever plant swap day and it was an enjoyable morning of socialising with nonstop chatter about gardening and everyone all scored some fantastic freebies. Nina from the City of Greater Geraldton's Community Nursery gave a presentation

and there were questions and suggestions on how we could beautify our City – plants more trees, sow wildflowers, verge side gardens etc. We received great feedback on the event and hope to do another one in the future.



2025 SENIORS WEEK

Buy Nothing Market Day

Join us for a wonderful morning of
friendship & community
Bring along your unwanted items to regift or
come along and pick up an unloved treasure.

The most unusual item at the market wins a prize.

Thursday 13 November
9.30am to 11.00am

Lower Hall, QEII Seniors & Community Centre

LIGHT REFRESHMENTS PROVIDED. FREE EVENT

RSVP the QEII Centre on 9956 6636 or Rosetta at
rosettaf@cgg.wa.gov.au to reserve a spot by
Friday 7 November



*Note: If no-one wants your treasures, please take them home
when you leave the event. No electrical items to be exchanged*

REUSE, RECYCLE, REPURPOSE

Seniors Action Group

Hello everyone, and welcome to October!

As the days get warmer and brighter, we look forward to another month of friendship, fun, and Community, whether it's catching up with friends, enjoying our lunches and making the most of all our activities. October's birth flower is the marigold, symbolising warmth, creativity, and resilience. The birthstone is the opal, said to bring love, imagination, and hope.

Happy Birthday to all our October Members

Thoughts & Wishes:

This month, Val Brown kindly sent three get well cards & one sympathy card on behalf of our group. Thank you, Val, for helping us show our members we're thinking of them during difficult times. Our thoughts are always with those who are unwell or grieving.

News from Our General Meeting and Lunch:

A big thank you to all members, family and friends who attended our last General Meeting, your participation and input helps keep our group strong and vibrant.

The General Meeting was held Tuesday 9th September

and opened by Trevor Hansen at 10:30 am.

Trevor wished all our members a Happy Birthday who were celebrating in September.

33 Action Group Members and 7 committee members in attendance and 7 Apologies

lucky Card Winners: Lina Mittoni and Rhonda Parker
Congratulations

Minutes from the previous General and Executive Meetings were read & confirmed.

A vote on proposed Constitution changes was held, and we're pleased to report it was passed with a Yes majority. Meeting closed at 11.10 am .



Guest Speaker:

A big thank you to Karen Spicer and John from Local Guardians Geraldton for joining us.

Karen, a care advisor, shared valuable information about services available to seniors and how to access extra support when required and provided important information about the changes to home care coming into effect on 1st November 2025.

John, who travelled all the way from Melbourne, spoke about the importance of planning ahead and understanding your options when it comes to guardianship and care. Both Karen and John were warm, approachable, and answered questions with kindness and clarity. We are grateful for their time and expertise.

Thank you to everyone who attended.

Lunch was delicious, with Roast beef, potatoes

vegetables, and Black Forest cake for dessert. Big thanks to Angie's Bella Cucina for the scrumptious food and to our amazing volunteers for keeping everything running smoothly (and making sure no one went hungry!).

Notices and Reminders:

Membership renewals are due soon, thank you for your continued support, we appreciate having you in our group! If you know someone who would enjoy our lunches, bring them along, new faces are always welcome.

Keep an eye out for details about our Christmas lunch, it's never too early to start celebrating!

Dates for your Diary:

Monday 6th Oct - 10:30am - Committee Meeting

Tuesday 14th Oct - 10.00am

Morning Tea followed by General Meeting with guests Speaker Elyce Tunbridge from New Leaf connect tours and transport.



Pensioners Social Club

Hello to all members waiting for Spring to shine for a burst of colour.

Did you know?

That Sudan has more pyramids than any country in the world.

President Val Brown opened the September meeting at 10:30am and welcomed 28 members to the meeting and lunch.

Lucky door Prize was won by Elaine Beard

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

Business Arising: Mullewa Wildflower trip cancelled – low numbers and other events taking place at the QEII

Wendy White read our financial report – All going Well. Thank you, Wendy.

September Birthdays: Pat Parker – who was unwell and not present. Happy Birthday Pat.

20 lucky members won raffle prizes including Father's Day raffle.

Fathers – Tony Boulton & Rod Stewart received a card with \$20

Guest speaker: Fred Block gave a talk & power point presentation on 'Walking School Bus'. A fun way for local children to walk to school with supervision of adults, volunteers and parents who take turns walking with the group – promoting great social time, community connection and road safety awareness. Collecting children within the one km from school. The benefits of this project – less traffic, improved road safety, more independence & resilient & healthier students and less parking problems. At the end volunteers are awarded with coffee & cake. If you are anyone you know would be interested in this program contact Fred Block via Rosetta.

Our amazing Angie's' Bella Cucina – served lunch of Meatloaf & veges, Apple Strudel & Cream

Coming Up:

Monthly Meeting & Lunch –
10:30am Thursday 2 October

Bingo – 1pm, Thursday 9
October

Committee Meeting – 3
November 2025

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





FESTIVAL of Lights

4pm to 8.30pm
Saturday 1 November, 2025
Stow Gardens, Geraldton

Cultural food & gift stalls

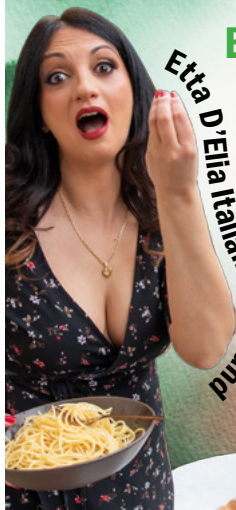
**Entertainment & activities for all
the family**



ALCOHOL AND SMOKE FREE EVENT

Etta D'Eia Italian Jazz Band

Mr Accordion Man



Greater Geraldton
a vibrant future



RioTinto



MID WEST
PORTS



ILUKA



Trivial Pursuit Game

Expressions of Interest

Remember the popular Trivial Pursuit game everyone was playing in the 80's?

It was the ultimate test of general knowledge, spanning categories like History, Science, Pop Culture, Sports, and more. Whether you're a walking encyclopedia or just love a good challenge, this program is designed to spark curiosity, laughter, and maybe even a little bragging right.

Who Can Join?

This is a game for thinkers and guessers. You can play solo, team up with friends, or go head-to-head in weekly matchups. No prior experience needed—just bring your enthusiasm and a thirst for knowledge.

Why You'll Love It

- Learn while you play: Discover fascinating facts you never knew you needed.
- Connect with others and build camaraderie through shared wins and hilarious misses

When: To be confirmed depending on response received.

It's not just a game—it's a celebration of curiosity, community, and cleverness.

Contact the QEII office on 9956 6636 or email rosettaf@cgg.wa.gov.au to express your interest.



Timetable

MONDAY

*Seniors Action Group

Start	Finish	Class	Cost	Notes
8.30	4.00	Indoor Bowls	\$5.00	*SAG
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	4.00	Canasta	Free	
1.00	3.00	Table Tennis	\$5.00	*SAG
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. (no appt 7 Oct)
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	
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 No classes 3&10 Oct
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	No classes 3&10 Oct
10.00	Noon	Chess	Free	
10.15	11.15	Rehabilitation Gym	Free	Referral required
1.00	3.00	English as a 2nd Language	Free	No classes 3&10 Oct
1.00	4.00	Euchre & Frustration	\$5.00	*SAG

CLASS DETAILS

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 classes 3&10 October

Balance Gym

Free

Mondays & Wednesdays

9.15am – 10.00am &

10.30am – 11.15am

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

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

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.

Rummikub

Free

Thursday 1.00 – 4.00pm

Contact Val Keys

0428 287 187

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*
No classes 7 October

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 department time
**Contact Lina Mittoni
0427 869 786**

Zumba

\$5.00
Thursday 2.00pm – 2.45pm

QPT CLUB Seniors' FILM 2025



DIANE KEATON RICHARD GERE SUSAN SARANDON EMMA ROBERTS LUKE BRACEY WILLIAM H. MACY

MAYBE I DO



MAYBE I DO

2023 Comedy Romance
from the USA

95 mins, Rated M

Let the games begin!

Michelle and Allen have reached the point in their relationship to take the next steps toward marriage. Thinking it is a good idea to invite their parents to finally meet, they set a dinner and make it a family affair. To everyone's surprise, the affair takes on a whole new meaning as the parents already know each other all too well, which leads to some differing opinions about marriage.

Queens Park Theatre

(screening inside the auditorium)

Friday 7 November 2025

ALL TICKETS \$25—6PM

Arrive at 5:30pm for light refreshments before the film

www.queensparktheatre.com.au

TICKETS = Civic Centre, QPT & ONLINE