

Q&2 Seniors Scene

OCTOBER 2026



Celebrating friendship in song

Since forming in September 2012, the Ukelele Dreamers have brought people together through music, friendship and shared learning. The group began when Alan Cripps approached centre staff with the idea of sharing his skills and creating a group where others could learn to play, connect and enjoy making music together.

The group includes a wonderful mix of ages, showing it's never too late to try something new. Pictured are original members when the group began, three players in their 90s and three in their 80s.

"It's never too late to learn something new — especially when it brings music, laughter and friendship into your week."

Centre Update

2026 SENIORS WEEK – 8 TO 15 NOVEMBER

The countdown has begun with great events and prizes to be won. 2026 Seniors Week programs will be out soon with bookings commencing Monday 26 October at the Centre.

CELEBRATING SENIORS – ONE SMILE AT A TIME

If you follow our centre Facebook page Over 50's Geraldton Life you've probably seen our posts on Celebrating Seniors – One Smile at a Time? If you're keen to share your story we'd love to hear from you.

Please contact Rosetta on rosettaf@cgg.wa.gov.au

BEREAVEMENT GROUP

Organisers wish to advise one of their dates was incorrectly advertised. Monthly catchup is on the 15 October (third Thursday of the month) at 1pm.

PATIO AREA

The centre recently purchased a new table and chairs for the patio to accommodate the increase in usage and has been welcomed by patrons.



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





Gnocchi making with Maria

The Centre and the Midwest Multicultural Association hosted a hands-on Italian gnocchi-making session on the 17 September followed by a taste-testing lunch proudly funded by the Office of Multicultural Interests. Maria Feragalli shared her much-loved recipe guiding participants through the process of making gnocchi from scratch. Everyone embraced the experience with enthusiasm and did a wonderful job preparing batches to cook and share with eager lunch guests.

The Midwest Fusion Community Belly Dancers rounded off the event by leading participants through dance movements to an Italian song bringing a lively and joyful finish to the day.

A thank you from one of our participants:

"Thank you again for organising such an amazing morning of gnocchi with Maria — what fun it was. A wonderful session of learning and cooking with one of the very best Italian cooks! A super time filled with laughs, dance, and delicious food. Truly a terrific morning"

RECIPES FROM THE HEART

AVOCADO CAKE by Sylvia Collier

Ingredients

- | | |
|---|-------------------------------|
| 1 1/3 cups sugar | 1 1/2 tsp baking soda |
| 1/2 cup butter | 1/3 cup buttermilk |
| 2 eggs | 1/4 golden raisins |
| 1 cup mashed avocado | 1/4 cup chopped nuts |
| 1/2 tsp each cinnamon, salt,
allspice and nutmeg | 1/2 cup chopped dates |
| | 1 1/2 cups self raising flour |

Directions

1. Cream sugar, butter, egg and avocado until light.
2. Beat in spices, salt and soda.
3. Add buttermilk, dates, raisins and nuts.
4. Stir in flour.
5. Bake in 9" x 13" cake pan for one hour at 300°

Note: Also makes delicious muffins



Growing a Dementia- Friendly Geraldton



Presented by: Zena Ferguson
DEMMENTIA AUSTRALIA

Dementia touches many families in our town. This friendly, practical session is about learning how we can look out for one another - at the shops, in the street, at the library, and in our workplaces.

What You'll Learn:

- ✓ A clear, everyday understanding of what dementia is
- ✓ How it can affect communication, confidence, and participation
- ✓ Small changes that make spaces more dementia-friendly
- ✓ What is already happening in Geraldton
- ✓ How our community can work together to be more inclusive

**Wednesday
7th October
1pm - 3pm**

**QEII Seniors &
Community Centre**
88 Durlacher St,
Geraldton

Afternoon tea provided

Reserve your free spot:
9956 6636
rosettaf@cgg.wa.gov.au



**National Dementia Helpline
1800 100 500**

RU OK? Pilates Day

The Pilates participants enjoyed a lively morning of exercise, made even more fun by dressing up in colourful hats. It was lovely to see some new participants join us on this fun day. Many stayed to share in a relaxing time of fellowship and community, bringing plates of food for a cheerful morning tea together.

A heartfelt thank you to Sue, Jeannie, Yvonne, and many others who kindly helped with setting up and packing away the morning tea. Your support made the RUOK? Day gathering such a welcoming and memorable occasion.

“Move in a way that makes you happy, healthy and proud!”

Pilates class Tuesday 12 - 12.45pm (except for special days 11.45am) Cost \$5

New Pilates participants are warmly welcomed. A wide range of options are provided supporting individual needs and abilities. Please arrive at least 15 minutes before class so you have time to meet the instructor, find a comfortable space, and discuss the workout plan and any modifications that best suit your needs.

Renette - Pilates Instructor



Pickleball Volunteers

A few words from one of our Pickleball Volunteers – **John Gaze**

Four years ago in September the QEII put on a Pickleball demonstration by a Perth based company. Quite a few people who attended the session were instantly “hooked” and were interested as to “if” and “when” Pickleball was to commence being played at the Centre.

As I was one of these people, I volunteered along with Geoff Criddle and Wendy Eastough to help set up the courts and get the sessions going.... Fast forward 4 years and it's still going strong with countless seniors taking up the popular sport. We've progressed from 2 to 4 sessions weekly.

So, on behalf of all the QEII Pickleballers thank goodness for the foresight of Rosetta back in 2022 and the City of Greater Geraldton in arranging the initial “demonstration”





nom!

nom!

Tasty learning for life



Learn to cook healthy meals on a budget

Come and join us to learn how to plan and cook healthy meals on a budget with our easy, tasty and healthy recipes.

Our interactive sessions delivered by our Foodbank Nutritionists, give the knowledge and skills to make healthy choices before cooking some of our delicious recipes. The best part is sitting down together to enjoy your freshly cooked meal.

This program is great for all levels of cooking experience.

Why nom?

Come along to our program to learn about,
Session 1: Money saving tips and healthy eating.
Session 2: Budgeting and meal planning

- » Take home free recipe booklets and meal planning resources each week.
- » Increase your confidence to cook healthy and tasty meals.
- » Participants with a valid Foodbank WA Access Card will receive a \$10 voucher on completion.

When

Session 1: Thursday 22 October

Session 2: Thursday 29 October

Session 1: Thursday 19 November

Session 2: Thursday 26 November

Session 1: Wednesday 9 December

Session 2: Wednesday 16 December

Time

10.00 am to 12.30 pm

Where

Foodbank WA Geraldton,
31 Webberton Road Geraldton WA

Register

Email:

catherine.dumont@foodbankwa.org.au

Program Sponsor



ILUKA

nom.org.au





2026 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.

Thursday 12 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 6 November



City of
Greater Geraldton **Q2**
Seniors & Community Centre

*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

Pensioners Social Club

By scribe Mark Beswick

Hello to all members, welcome to spring & hope you are enjoying the warmer temperatures..

Did you know? A female dove lays two consecutive eggs and sits on them for 14 days until hatching time – the Male Dove sits on the eggs during the day and the female at night. Oddly enough I've noticed male & female sit in different directions in the nest. They are prolific breeders and can raise up to six broods in a single year. I have named the Doves nesting in my backyard Mr and Mrs Bird.

President Val Brown opened the September meeting at 10.30am and welcomed 37 members to the meeting and lunch and thanked all for supporting the club. New Members Jan & Peter McCulloch were welcomed and those who helped set up thanked.

Lucky door tickets were won by Marilyn Damian, Yvonne Burton and Tony Boulton.

Money Card raffle was won by Marilyn Damian.

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

Birthdays: Pat Parker on this day.

Father's Day: A gift was presented to Peter McCulloch, Tony Boulton & Mark Beswick

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

General Business:

Brain Gym will be held Thursday 22nd October – QEII Centre, 9:30am – 11:30am

Entry fee of \$5.00 includes morning tea. ALL WELCOME!

Perth Bus Trip - 16th – 18th October weekend trip is on. We still have seats available if anyone would like to come – Share Accommodation. Ring Lina 0427 869 786 for info.

Our amazing Angie Bella Cucina Served Lunch of Fish, Chips & Salad followed by Limoncello cheesecake & ice cream
Unfortunately, our guest speaker did not arrive.

Dates to Remember:

Monthly Meeting & Lunch 10.30am. Thursday 5th November 2026

Committee Meeting – Monday 5th November 2026

Committee Meeting – Monday 30th November 2026

Brain Gym - 9.30am to 11.30am Thursday 22nd October 2026 – QEII Centre

Bingo - 1pm, Thursday 12th November 2026 - Seniors Week

Brain Gym - 9.30am to 11.30am Thursday 26th November 2026 – QEII Centre

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



Mark Beswick, Tony Boulton and Peter McCulloch received a Father's Day gift.

Blast from the Past – Do you Remember When?

In 2007, the QEII Seniors & Community Centre underwent a significant redevelopment including the addition of the Upper Hall and servery kitchen, Lower Hall backstage area and additional toilets. The improvements helped the Centre expand its programs, host larger activities and supported the growing needs of seniors & the community. The extensions were officially opened in 2008.



QEII extensions 19 November 2007. Erection of the tilt panels.

Geraldton Regional Hospital since 1966

The Vision - The Project - The Launch

The vision for a book was initiated after the Victoria District Hospital's committee ceased and their incredible historical display was moved to the foyer of the Geraldton Health Campus.

I'm the Chair and Secretary of a dedicated group of committee members all having previously worked at the GRH, meeting weekly at the City of Greater Geraldton Library since March 2025.

The project was to obtain information and have a book printed of factual and memories of the Geraldton Regional Hospital, Geraldton Hospital and now Geraldton Health Campus.

The plan was to produce a glossy 164-page book with photos, facts and memories to launch on Thursday 1st October 2026 to commemorate 60 years since the hospital was opened by Sir David Brand on the current site in Shenton Street Geraldton.

The project is funded by sponsorship and donations from government agencies and the community and money raised from this project will be donated back to the Geraldton Hospital Auxiliary to purchase medical equipment. We plan to print 2000 books selling for \$30 each.

I will be set up at the QEII Seniors & Community Centre

Wednesday 7th October

9am – 1pm and

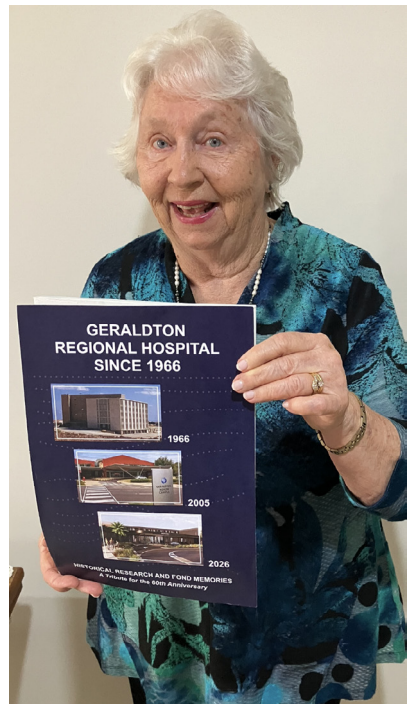
Friday 16th October

9am -1pm

Effpos and cash sales

Margaret Pike - Chair & Secretary

Historical Research of Geraldton
Regional Hospital - Since 1966 Inc





Brain Gym

by Pensioners Social Club

Memory Fun

Come along for a friendly and enjoyable session of brain games, memory activities, puzzles, conversation, and laughter.

Keep your mind active • Meet new people • Have fun!

Date: Thursday 22 October 2026 **Time:** 9:30 to 11:30am

Cost: \$5 **Location:** QEII Centre

Contact Val Brown to register on 0447 372 120

Everyone welcome!

Bring a friend and enjoy a relaxed morning of memory games and social connection.



It's *cuppa* time and you're invited!

Where QE2 88 Durlacher st, Geraldton WA 6530

When October 6, 2026 from 9:30AM onwards

Contact joanne.yates@myway.org.au

Donate at Geraldton Dementia Carer Support Group



Join **US** for a cuppa and help
support more than 446,500
Australians living with dementia.

Donate "ON THE DAY"
or to our
cuppa time



Supported by:



Seniors Action Group

with Secretary Pauline Stacey

August was a busy and exciting month for the Geraldton
Welcome to October!

Spring is in full swing and there's plenty happening at the Geraldton Senior Action Group! We've had another busy month of activities, friendship, fun and plenty of laughs. Thank you to everyone who continues to come along, join in and support our group.

Celebrating Spring!

A big thank you to everyone who joined in the fun and helped us celebrate Spring by wearing your fabulous spring hats! There were some great hats, plenty of laughs and as always lots of fun and friendship. It was wonderful to see everyone getting into the spirit of the day!

Huge thanks also to Angie's Bella Cucina and helpers for the delicious food and to DJ Andrea and Geraldton Spin360°Video for the entertainment.

September General Meeting & Lunch

We had a lovely turnout for with around 30 members joining us. President Trish Lawson welcomed everyone and acknowledged birthdays for the month as well as sending best wishes to those who have been unwell. There was an update on the new money-handling routine introduced to help keep money safely handled and stored. This has been well received and has helped give everyone involved greater peace of mind. We also welcomed Rosetta Finlay who spoke to members and put to rest a rumour the QEII Centre was being sold. Rosetta confirmed this wasn't true and Geraldton City Council is looking forward to planning for the Centre including extensions and other improvements. After the meeting and a delicious lunch by Angie's Bella Cucina we were treated to a fantastic line dancing performance. It didn't take long before members were up on the floor and having a go themselves! There were plenty of smiles, laughs and some great moves happening.

A big thank you to the line dancers for entertaining us and getting everyone involved. It was a wonderful way to finish the day! A special thank you to Val Brown for continuing to send cards to our members on behalf of the Seniors Action Group.

Your thoughtfulness and the time you put into remembering our members is very much appreciated

Seniors Week 2026 – We're Hosting!

This year our club is proud to be hosting events for Seniors Week 2026!

Sunday 8th – Sunday 15th November

We have some fun events planned and would love to see plenty of our members, friends and local seniors getting involved.

Let's Get Quizzical!

Tuesday 10th November 1:00pm – 3:30pm. Table of 6

Get your thinking caps on and join us for a fun afternoon of questions, laughs and a few surprises! There will be great prizes so start getting your team together and brush up on your trivia!

Seniors Week Lunch

Friday 13th November 11:00am – 1:30pm

Enjoy a delicious lunch, good company and plenty of laughs as we celebrate Seniors Week together.

More details will be announced soon, so keep an eye on our Facebook page, noticeboards and the November Newsletter

A big thank you to everyone who has already helped with the organising, seeking donations and getting these events underway. We couldn't do it without our wonderful volunteers and supporters.

October at a Glance

Monday 5th October – 11am Executive Committee Meeting

Reminder - No General lunch Meeting for October



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	
3.30	6.00	Pickle Ball	\$5.00	*SAG

TUESDAY

*Seniors Action Group

7.30	8.00	Walk Group	Free	Meet at Two Foreshore
9.00	11.00	Pickle Ball	\$5.00	
9.00	1.00	Understanding your hand held device	\$10.00	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	3.45	Ukulele Dreamers	\$3.00	12.15 - 12.45 Beginners Class
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	
9.30	11.30	*Brain Gym	\$5	4th Thurs Monthly
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
10.30	11.15	Zumba	\$5.00	
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	

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

No classes 2 & 9 October

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

Brain Gym

\$5.00 9.30am – 11.30am

Proudly run by: Pensioners

Social Club

Val Brown 0447 372 120

Canasta

Free

Monday & Wednesdays

12.30pm – 3.45pm

Caring Cuppa –

Bereavement Support Group

Free 3rd Wednesday of
each Month 2.00 – 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 0467 151 913

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

No classes 2 & 9 October

Euchre & Frustration

\$5.00

Friday 1.00pm – 3.45pm
*Proudly run by: Seniors
Action Group*

Contact President 0467 151 913

Indoor Bowls

Cost \$5.00

Monday 8.00am – 3.45pm
*Proudly run by: Seniors
Action Group*

**Contact President
0467 151 913**

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

Mondays 3.30pm - 6.00pm

Tuesdays 9.00am - 11.00am

Wednesday 12.30pm - 3.00pm

Pilates

\$5.00

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 1.00pm – 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 0467 151 913

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
No classes 1 & 8 October

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 0467 151 913

Ukulele Dreamers

\$3.00
Tuesday 12.15pm - 12.45pm
Beginners.
Tuesday 1.00pm – 3.45pm
Membership \$20.00
Di Trotter 0407 217 312

Understanding your hand held device

Tuesday 9.00am – 12noon
Appointment only - \$10
donation
Contact QEII 0474 639 961
*Proudly run by: Switched
on Seniors Geraldton / Be
Connected*
No appts 6 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 departure time
**Contact Lina Mittoni
0427 869 786**

Zumba

\$5.00
Thursday 10.30am - 11.15am



PRESENTS

Multicultural FESTIVAL OF LIGHTS FOCUS ON PHILIPPINES



SATURDAY
7 NOVEMBER 2026



4:00 PM – 8:30 PM



**MAITLAND PARK
GERALDTON**



MUSIC



DANCE



FOOD



STALLS



FAMILY
ACTIVITIES



ALCOHOL
FREE EVENT



SMOKE
FREE EVENT

MANY CULTURES, ONE MIDWEST COMMUNITY



Australian Government
Department of Home Affairs



OFFICE FOR
MULTICULTURAL AFFAIRS



OFFICE OF
MULTICULTURAL INTERESTS



ILUKA



City of
Greater Geraldton
a vibrant future



Community Bank
Geraldton

Bendigo Bank

MID WEST
PORTS

RioTinto