

Q&2 Seniors Scene

SEPTEMBER 2025



Spring has sprung — Let's get swapping!

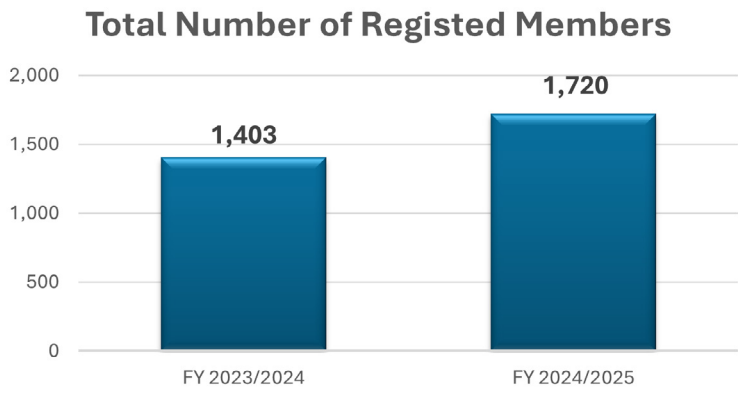
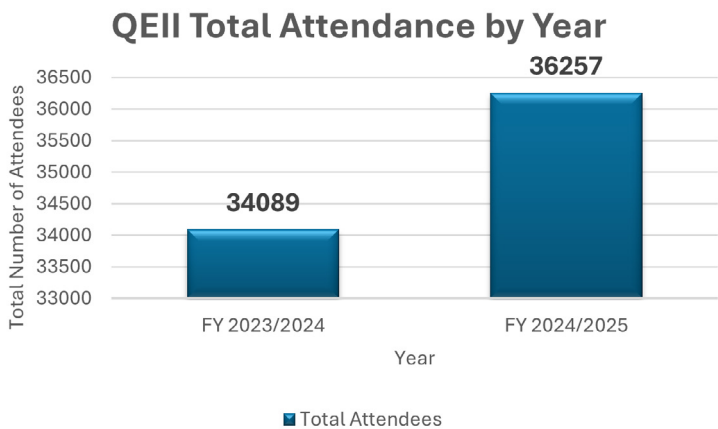
The sun's out, the flowers are blooming, and we're celebrating the season with a Plant Swap on 18 September!

Swing by for a bloomin' good time — trade your leafy treasures, discover new green companions, and soak up some top-notch gardening wisdom from the ever-helpful City of Geraldton Community Nursery staff. A huge shoutout to our superstar volunteer gardeners Wendy Eastough and Jean Steer for their generous prize donations — your kindness is helping this event blossom!

Flip to page 3 for all the Plant Swap rules and details. Let's grow something great together!

Centre Update

It's been a long winter but it's encouraging to see seniors braving the rain and cold to attend their regular program. It might be dreary outside but it's always sunny inside with laughter and socialising. Here are a few statistics of centre usage to show how popular we really are. The QEII total attendance includes seniors and community/commercial use.



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





Plant Swap



Thursday 18 September 9am to 11am
QEI Seniors & Community Centre

COME AND MEET CGG COMMUNITY NURSERY STAFF

*Join us for a free cuppa, make new friends
and share your gardening tales*

Plant swap rules:

- Plants must be healthy, pest free and labelled
- Garden accessories are welcome e.g. pots
- If you bring one plant/cutting, you swap one, bring two, swap two
- Do not bring invasive/poisonous plants
- You must bring plants/cuttings to take part in the event
- Plants must be brought on the day and not prior

**Contact the QEII Centre on 9956 6636 or
email rosettaf@cgg.wa.gov.au for further details**





SAVE THE DATE
SENIORS WEEK
9 -16 NOVEMBER 2025

RECIPES FROM THE HEART

by Jean Steer

Carrot & Ginger Soup

INGREDIENTS

2 cups stock	1 tbl fresh ginger
1 tbl oil	500gms carrots, chopped
1 onion, chopped	2 tbl parsley

METHOD

1. Heat oil and cook onion and ginger for two minutes or till onion is soft.
2. Add stock, carrots. Bring to the boil, reduce the heat and simmer carrots till softened.
3. Place in blender until smooth
4. Return to pot, add a little water or stock to thin down if you wish, stir in parsley or coriander if preferred
5. Heat gently, serve with a dollop of sour cream



Come and Have a Go

Table Tennis has become so popular the Geraldton Seniors Action Group are hosting another session. Commencing in September in addition to the regular Monday session there will be a Thursday session.

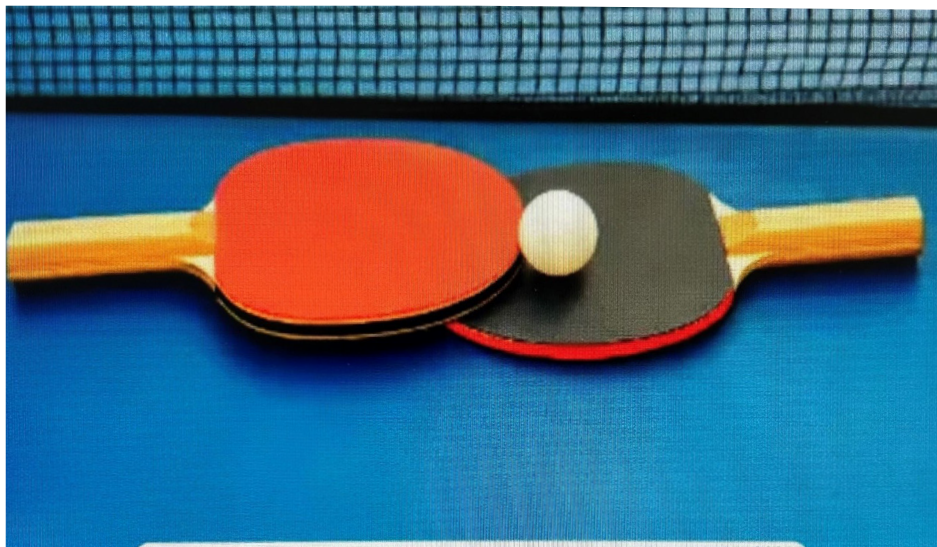
A photograph showing two table tennis paddles and a white ball resting on a blue table. One paddle has a red rubber surface and the other has a black rubber surface. A white ball is positioned between the two paddles. The background is a blue table surface with a black net visible at the top.

TABLE TENNIS

MONDAYS & THURSDAYS
1 TO 3PM
QEII SENIORS & COMMUNITY CENTRE
COST IS \$5 PER SESSION

*Organised by the Seniors Action Group
Contact 0498 999 406 for further info
*Excludes 2nd Tuesday of the month

New Centre Program

Join Graham in the computer room and have a go at online bridge and join players from around the world.

City of Greater Geraldton Seniors & Community Centre

online bridge card game

Wednesdays
10.45am to 2.15pm
QEII Centre

Experienced & new players welcome

For further information contact
Graham on 0427 242 265
or email rosettaf@cgg.wa.gov.au



Switched On Seniors Geraldton

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

NEWS FLASH!

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.



*Happy birthday to our
volunteer Roger*

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.

In August, the continuous class were presented with the interesting topic on "Artificial Intelligence", some videos were shown to the students giving them an insight into the advancements in this technology and what the future holds. Stay tuned as more info on this subject will be presented in the month of September. The topics "How to use Siri on an iPhone" and "how to use Gemini on your Android phone" will be explained, these features using AI technology assists the user in performing tasks by using voice commands only, once students are shown on how to use these features there will be no holding back. What exciting times we live in.

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.....



Snippets of My Life

With Arthur Graham

I was born 13th December 1939, Melbourne Victoria. My parents had a plumbing business in Reservoir. After completing State school, I went to Preston Technical College.

In 1953 we purchased a Dairy farm in Foster North, Gippsland, Victoria. It is very hilly country, and we relied on Draft horses for work on the farm. Tragically my father passed away at 48, shortly after buying the farm. I left school to help my mother keep the farm running. We worked the farm together for 10 years before selling it.

It was then that my brother Phil, and I took up a 2,000-acre virgin block at Munglilup WA. I went truck driving, dozer driving and dam sinking and Phil went shearing, we had to work to finance the new block development.

I had a terrible tractor accident and was fortunate not to have lost my left arm. During my recovery I met the love of my life, Barbara. It wasn't long and we married and had two children, Joanne and Alan.

The farm wasn't going to



support both families, so we left and went on to manage various farms. Later, I joined Western Livestock as stockman. We moved to Geraldton, where we rented before building our first home. After six years, we transferred to Calingiri. It was in Calingiri that I joined the Masonic Lodge. After ten years in Calingiri, we transferred to Northampton, built another home, and became very involved in the community.

Unfortunately, life took a challenging turn when Barb was diagnosed with Alzheimer's, and I was diagnosed with Macular Degeneration. I lost my best friend when she passed away 31st October 2016. I cherish the memories and friendships we have made, where I still try to stay connected with friends and family as often as I can.

VisAbility Australia Group

Huge congratulations to Arthur Graham, a dedicated volunteer at the Centre with the VisAbility Australia Group. The group faced closure a few years ago but Arthur stepped up to lead, ensuring the sessions continued. 12 years ago Arthur was diagnosed with macular degeneration and has no central vision in his left eye and limited sight in his right eye so understands perfectly the challenges of visual impairment.

His leadership and outstanding efforts to take on the role as group leader earned him a well-deserved Outstanding Service Award at the 2025 VisAbility Awards in Perth.

The group meet at the Centre the fourth Tuesday of the month at 10am to socialise and on occasions also have a guest speaker. Free, no membership required.



Seniors Action Group

Spring is just around the corner, and we have some exciting updates to share

The September flower is Morning Glory symbols of love, wisdom faith and affection. September birthstone is Sapphire represents truth, royalty and protection.

Our General Meeting was held 12th August. President Trevor Hansen opened the meeting at 10.30am with 28 members and 7 committee members in attendance and 3 apologies

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

Lucky Card Winners were Chris Brewer and Gloria Burnett. Congratulations.

Minutes of the previous General meeting were read and accepted.

Members were given printed copies of the proposed constitution changes.

President Trevor Hansen read a Thankyou Letter from the Ukulele Dreamers who performed at our 42nd Birthday celebration. It was wonderful to hear how much they appreciated our support. Meeting closed 11.00am

Thank-you to members and guests who donated towards

the raffle at the Birthday Celebration. Contributions were made to the Geraldton Hospital Auxiliary and RAW (Regional Alliance West formally Geraldton Resource Centre)

Thank you to everyone who bought tickets and helped support these great causes.

Upcoming Constitution vote at the General Meeting on Tuesday 9th September: Members will vote on proposed changes to the constitution relating to how long key positions - President Secretary and Treasurer can be held. Longer terms are proposed to ensure leadership continuity while still allowing opportunities for others. Your participation is important.

Guest speaker Howard Grey gave a fascinating presentation on the Abrolhos Islands sharing the natural/historical significance from unique marine life, bird colonies and stories that make the islands such a special part of our region. His knowledge and passion for our local heritage kept members captivated throughout. We sincerely thank Howard for his time and look forward to welcoming him back next year. Members were given the opportunity to purchase

his book which Howard kindly signed.

Of course, no Seniors Action Group meeting would be complete without our wonderful lunch and members were treated to Roast Chicken Vegetables & gravy followed by warm plum cake served with creamy custard and vanilla ice cream. Thankyou Angie's Bella Cucina and helpers.

The Seniors Action Group General Meeting & lunch is held the 2nd Tuesday of the month to share knowledge, experiences and interesting presentations.

From September we are pleased to introduce an extra Table Tennis session the 1st,

3rd & 4th Thursday of each month from 1pm to 3pm cost \$5. This is in addition to our regular Monday sessions so come along and join the fun !

Stay Happy, stay healthy and come along and enjoy all our activities.

Dates for your Diary:

9 September at 10.30am -

General Meeting followed by lunch \$15

Guest Speaker: Karen Spicer
Care Advisor from local
Guardians home care.

Learn how to age well at home under the new support at home program.

RSVP Trevor Hansen on
0498999406 by 2nd September
to book lunch.



Pensioners Social Club

Hello to all members, here we are half the year gone and the beginning of the next half

Did you know?

Humans have the same number of vertebrae in the neck as a Giraffe.

President Val Brown opened the August meeting at 10.30am and welcomed 33 members for the meeting and lunch. Lucky door prize was won by Sandy Richards who also won 3 raffles, the luckiest person in our group winning nearly every month, despite saying she is "not lucky"

Minutes of the previous General Meeting and Committee meeting were read by Pat Parker. Business arising - Kalbarri Trip was cancelled due to bad weather and poor Pat had the duty to contact and reimburse all 35 people. Thank you, Pat.

Alternatively, we are organising a Day Trip to Mullewa Wildflowers - September 18th.

The expression of interest list is on our noticeboard to add your names and phone number. For information contact Val Brown – mob: 0447 372 120

Wendy White our new

Treasurer nervously explained our financial situation - All going well. Thank you, Wendy, for stepping into the role.

The trading table run by Joy and Yvonne will only open every 2nd Month - August, October. Well done girls tempting knick knacks good pricing.

There were 5 birthday Ladies for August - Jean Jones was today and luckily won the \$10 raffle which will keep for next month lunch. All received a flower.

Wedding Anniversary celebrating their 65 yrs - Barbara & Tony Boulton - such a long happy one.

Guest Speaker was Elizabeth Szczepanski a psychologist from Poland who told her story of how she suffered under the oppressive government forcing her to leave her beloved country. She has written 2 books telling her story - "Before I Forgive" and "Memoirs of Struggle and Betrayal" writing her 3rd book. This lady has showed what can be achieved after overcoming adversity.

Our amazing Angie's Bella Cucina served Lunch of lasagna and vegies, trifle & ice-cream

Dates to Remember:

Monthly Meeting & Lunch
10.30am. Thursday 4th
September

Bingo - 1pm, Thursday 11th
September

Committee Meeting - 29th
September

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

Scribe: Mark Beswick Member of the Pensioners Social Club)



Come and try Pole Walking

Sponsored by the Seniors Recreation Council of WA Inc greater Geraldton Branch

Join us for social pole walking morning on Saturday 6th September.

Meet near the Jaffe Shack, Forrest Street to commence at 8:30am.

Spare poles are available for anyone wanting to have a go.

Everyone welcome to come, stay for a coffee after if you wish.



Gardening Tales with Rosetta

Girasole (Italian word for sunflower)
What a great describing word. The meaning? "Turning towards the sun"
And that's exactly what this amazing flower does.

I confess sunflowers have never been a favourite of mine, I always thought of them as overgrown weeds but my perception this winter with cold chilly winds, rainy days and dark skies changed my mind. A friend gifted me a few small plants, and while other plants in my front garden were dormant and bare of flowers the sunflowers thrived, and a yellow pop of colour greets my homecoming every day and I, like Vincent Van Gogh now embrace their sunny disposition.



Ever had a friend like that? With a "sunny disposition" No matter the challenges life flings they always look on the bright side. They attract friends like sunflowers attracts bees. Interestingly, the sunflowers in my back garden don't greet me as readily, they defiantly face away, and I need to get up close and manually turn them around to admire their beauty. They need the sun's warmth to thrive. Apparently, sunflowers stop tracking the sun when they become adults. Which got me contemplating how a smile, a hug, an encouraging word, a random act of kindness or a special friend can break through our darkest days bringing warmth to our soul and though our beauty may have faded, the battles of life left us cynical or lonely some things have that special way of making us shine once more and turn our day around. Happy gardening!

"Sunflowers end up facing the sun, but they go through a lot of dirt to find their way there." J.R Rim.

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.
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	
10.30	11.15	Balance Gym	Free	
9.30	10.30	Parkinson Support Group	Free	
12.30	4.00	Canasta	Free	
1.00	4.00	Scrabble	Free	
12.30	3.00	Pickle Ball	\$5.00	
2.00	3.00	Bereavement Support	Free	3rd Wed Monthly

THURSDAY

*Pensioners Social Club

9.00	10.00	Switched on Seniors / Beginners Class	Free	Bring own device
9.00	10.00	Continuation Class	Free	
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	Referral required
1.00	3.00	English as a 2nd Language	Free	
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

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*
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

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*

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

JOHNNY CASH
JOHN DENVER
WILLIE NELSON
ERIS KRISTOFERSON
ALAN JACKSON
LUKE COMBS
CHARLIE PRIDE
KENNY ROGERS
BROOKS & DUNN
CHRIS STAPLETON
GARTH BROOKS
JIMMY BUFFET
ROGER MILLER
STEVE EARL

Conway Entertainment

Presents
**Country
GOLD**

DOLLY PARTON
SHANIA TWAIN
CARRIE UNDERWOOD
PATSY CLINE
TAMMY WYNETTE
FAITH HILL
TANYA TUCHER
LINDA RONNSTADT
LEANNE RIMES
JEWEL
JUNE CARTER CASH
BONNIE RAITT
SHERYL CROW
OLIVIA NEWTON JOHN



QUEENS PARK THEATRE
★★★
PRESENTS
**Morning
Melodies**
★★★

TUESDAY 23 SEP 2025

QUEENS PARK THEATRE | 11AM

ALL TICKETS \$30 - MORNING TEA FROM 10AM

