Q2 Seniors Scene

NOVEMBER 2026



"Friendship can begin with a simple hello and a shared cuppa."

You're always welcome in the centre lounge! Drop in for a free coffee and a friendly chat, catch up with familiar faces or meet someone new. It's a lovely place to relax between programs or enjoy a little company if you've been feeling on your own.

With over 38 programs at the QEII Seniors & Community Centre offering physical, mental and social benefits, there's plenty to explore – and a friendly face to help you settle in.

Centre Update

WELCOME TO NOVEMBER AT QEII!

Join us for Seniors Week, 6 – 13 November 2026 for good company, laughter and new friendships.

There's still time to join the fun! Book a seat on the Mayor's Mystery Bus Tour on Monday 9 November followed by a delicious morning tea or Let's Get Quizzical afternoon on Tuesday 10 November. The Pilates group is off to the tropics for a fun filled session and would love you to join them. Drop into the centre or contact us on 9956 6636 to book.

Wishing you all an enjoyable Seniors Week!

MEET ESTHER ONE OF OUR CASUAL STAFF

Hi everyone! I have experience working with seniors, providing support, care and companionship. Building meaningful connections and helping others is something I'm truly passionate about. As I settle into my new role at QEII, please bear with me while I find my feet and learn the ropes. I'm looking forward to getting to know everyone and promise to always do my very best, with a smile along the way! I'm honoured to be part of this amazing team and community.



City of Greater Geraldton Seniors & Community Centre Q&2

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

GOVERNMENT OF WESTERN AUSTRALIA



THANKS TO THE SUPPORT OF

WESTCYCLE

City of Greater Geraldton a vibrant future

healthway

TRAVEL WRITING SESSIONS

WITH LORRAINE CHAPMAN



TUESDAYS
17 NOVEMBER
1, 8 & 15 DECEMBER
1.00PM - 3.30PM

$5 per session
QEII Seniors and Community Centre

Phone QEII office to book
08 9956 6636

LET'S GET QUIZZICAL

Hosted by the Geraldton Seniors Action Group as part of Seniors Week

Come and enjoy an afternoon of companionship and fun
with the opportunity to win some great prizes.

Make your own table of six or join in with others on the day.



Tuesday
10 November
1pm

Tickets $10

includes afternoon tea

BOOKINGS ESSENTIAL

QEII SENIORS & COMMUNITY CENTRE

Enquiries: 9956 6636

City of Greater Geraldton Seniors & Community Centre

STUDENT SPEECH PATHOLOGY CLINIC



Are you an adult seeking support with communication? Our student-run clinics offer free, high quality care, supervised by Certified Practicing Speech Pathologists.

BOOK NOW



Where: WA Centre for Rural Health,
167 Fitzgerald St, Geraldton
Who: Any adult can attend.
No referral is required.
To book: Call 9956 0200
Cost: Free of charge

What we treat:

- **Communication changes after stroke or brain injury**
- **Understanding what others say**
- **Finding words or putting sentences together**
- **Voice difficulties (hoarse, strained or quiet voice)**
- **Unclear speech**
- **Stuttering**

*This clinic is suited to those who may have difficulty accessing speech pathology services or programs.

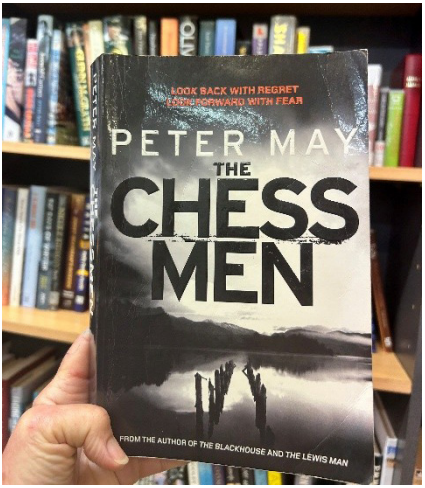
9956 0200 WACRH, 167 Fitzgerald St, Geraldton

Western Australian Centre for Rural Health

THE UNIVERSITY OF WESTERN AUSTRALIA

Book of the Month

from our QEII Library by Jenny Keene, Library Volunteer



After the accidental death of his son and the breakdown of his marriage, policeman Fin Macleod finds life unbearable. He accepts an offer as head of security on an island in the Hebrides...He returns to where he spent his childhood and reunites with old friends. His first job on the estate is to control the large scale illegal game hunting on the island During investigations he crosses paths with Whistler Mcaskill a local poacher. Fin and Whistler share many special childhood memories but also a long buried secret and the reunion takes a violent and sinister turn. New disturbing information into the disappearance of a popular Celtic band musician comes to light. Fin realises that revealing the truth could destroy the future of many and shatter old friendships Death stalks him and those close to him and results in tragedy.

Peter May's descriptions of the Hebrides environment bring the area alive to the reader. Interesting characters and a fast moving plot made this book a great read. If you have ever watched the television series SHETLAND or listened to haunting CELTIC music this book could hold special appeal. I loved it.

Purple Road - Vote for Geraldton

This Seniors Week, keep an eye out for Purple Roads displayed across Western Australia!

The Purple Road is a community craft collaboration that helps raise awareness of elder abuse while celebrating the journey of ageing. Each Purple Road represents connection, respect and the commitment to creating communities where older people feel valued, safe, and supported.

You can find your local Purple Road displayed throughout Seniors Week (8 – 15 November) at the QEII Seniors and Community Centre and supported by the City of Greater Geraldton.



SCAN WITH YOUR MOBILE PHONE CAMERA TO VOTE FOR THE QEII KNITTERS AND CROCHET GROUP!


WE'RE OFF TO THE TROPICS!
TROPICAL PILATES
Stronger
Happier
Healthier
Together
Tuesday 10th November
Arrive 11:45am
FREE 45-MINUTE CLASS
QE2 Seniors Centre
Good Vibes Stronger Bodies Brighter Days ♡
Move Breathe Smile Belong ♡
SUN ♡
PILATES
FRIENDS
PARADISE ♡
Wear Something Tropical!
Grass Skirt
Boardies
Colourful Beach Shirt
Please say hello to the instructor before commencing if you are new to the class.
Bring your own mat or borrow a mat.
JOY & STRENGTH IN THE TROPICS
♡ FUN-FILLED MOVEMENT • FRIENDSHIP • LAUGHTER • FITNESS ♡

Geraldton Pensioners Social Club

Report by Mark Beswick

Hello Members – Hope you are all enjoying the warmer weather.

Did You Know? The oldest woman to give birth was a 74-year-old Indian woman by IVF 6 years ago. The oldest woman to give birth naturally was aged 59 – Can you imagine her taking the child to school in her 60's!

President Val Brown welcomed 25 members for the meeting and bring & share lunch. 5 Apologies received.

Lucky Door prizes won by Dulcie Valenti, Lyn Walsh & Chris Brewer.

Lucky Money prize won by Di McKay.

October Birthdays – Faye Wright, Leta Ryan & Chris Brewer.

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

Treasurer Wendy White advised all is going well. 25 people attended Brain Gym held at QPT as the QEII was undergoing maintenance.

We have doubled our club membership to 80 this year.

Guest Speaker – Beth from The Geraldton Women's Shed (299 Marine Terrace)

Beth advised they received many enquiries especially on Face Book about wanting a Women's Shed. With assistance from local sponsors and donations they have secured new premises and with the additional donations of furniture and tools they are ready for new members to register on their APP. They will conduct workshops on how to operate tools etc. They are looking for women who have skills and experience in committee/admin and fundraising skills. The group aims to empower women who live alone to learn to do basic repairs in the home.

Our bring & share Lunch was a great assortment of platters, enjoyed by all. Thanks to all who contributed.

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

Dates to Remember
Committee Meeting - Monday 2 November
General Meeting & Lunch - Thursday 5 November
Bingo - Thursday 12 November (Seniors Week)
Committee Meeting - Monday 30 November
Christmas Celebration Lunch - Thursday 3 December

Bus Trip!

Twenty-two seniors boarded the Geraldton Coach Lines bus with driver Ron Hayward on Friday, 16 October. This trip was possible through our Geraldton Community Bank - Bendigo Bank Grant.

Travelling via the inland road, our first stop was the Town of Carnamah to visit the Big Tractor and enjoy morning tea at the café. We then continued to Moora to see the Big Carnaby Cockatoos before heading back on the road and arriving at our accommodation the Flag Motor Lodge, at 4.30 pm.

Dinner was served at 6.00 pm after which a couple of seniors decided to head into Perth for Bingo and a visit to the Casino. Unfortunately, there were no winners that evening.

On Saturday morning, we travelled to Kings Park for a beautiful and relaxing stroll, followed by brunch. We then returned to our accommodation for some rest before boarding the bus again at 5.00 pm to attend the Cannington Greyhound Racing. With a scrumptious buffet dinner and mystery bets, there were some lucky winners. We returned to our accommodation around 9pm.

Sunday morning, we were back on the bus at 9am and headed to the Settlers Markets for a browse and brunch before our journey home via the Brand Highway, with a brief stop at Badgingarra.

We arrived back at the QEII Centre before 4.30 pm.

A big thank you to Ron, our driver, for bringing us home safely. Thank you also to all the seniors who came along and made the trip so enjoyable.





Bike Tales with Rosetta

Did you know October was Bike Month?

A year ago, I bought a bright orange (mango!) ebike to help me stay fit and thought how lovely it would be to have some company while exploring Geraldton's pathways. So, in April 2026, I decided to start a social biking group. Quite a few keen riders showed interest and so another chapter of my life was born. No sleeping in on the weekend because now I'm accountable and must get up and get going! According to my app, because everything has an app these days! I've clocked up 798.7 km since January all in 59 hours, 17 mins and 12 seconds.

We meet weekly for a ride, a chat along the way and added bonus of keeping active and fit. On a recent outing I kept track of the beaches we cycled past: Greys Beach, Wimps Beach, Explosives, Pages Beach, Back Beach, Tarcoola Beach, Separation Point, Champion Bay Beach and Midalias Beach. We usually end our rides with a coffee at Two Foreshore Cafe thanks to West Cycle, who kindly provide the refreshments.

On Sunday 25 October, eight of us rode out to Phil & Sally Vigilante's property in Waggrakine after they kindly invited us for a garden tour. We rounded off the garden tour with a surprise delicious morning tea of Sally's homemade scones with jam and cream, along with Pat Fossey's yummy melting moment biscuits. And as an extra treat, we each received a jar of honey to take home! A huge thank you to Phil & Sally for their hospitality. It was a great morning. Get in touch if you'd like to join us!



City of Greater Geraldton Seniors & Community Centre Q&2

Seniors Week

8 - 15 NOVEMBER 2026







WEDNESDAY 11 NOVEMBER

9.30am - 11.30am: Have a Go at Croquet
Equipment & morning tea provided. Maitland Street.
Contact Laureen on 9921 6749.

FREE EVENT

Your Phone your style with

SWITCHED ON SENIORS GERALDTON

EMPOWERING SENIORS WITH TECHNOLOGY AND THEIR DEVICES



Telephone 0474 639 961 for information on
Thursday classes and Tuesday one-to-one appointments

QEII Seniors and Community Centre

switchedonseniorsgeraldton@gmail·com
Facebook: Geraldton Switched on Seniors

QEII Knitters & Crochet Group

November 2026 Donations

Our talented and generous members have once again been busy creating handmade items to support people both locally and further afield. This month, the group proudly donated:

Salvation Army, Perth

10 crochet blankets, 1 adult beanie, 10 scarves, 8 pairs of mittens, 10 pairs of banana socks and 5 face washers.

Baby items including 1 crochet rug, 1 jumper, 3 cardigans, 5 beanie and bootie sets, 10 pairs of booties, 4 knitted teddies and 4 soft toys.

St Vincent de Paul (Vinnies)

7 baby beanies, 1 baby vest and 1 knitted dress.

Geraldton Police

15 trauma teddies.

Nanna K, Geraldton Hospital

7 baby beanies and 7 soft toys.

Peta Shepherd (for Nuns in Bhutan)

7 red knitted scarves and 15 red adult beanies.

A heartfelt thank you to all members for their ongoing kindness and dedication. Every stitch helps bring comfort, warmth and care to those in need.

Donations of yarn are always gratefully received and help us continue supporting our community.



Geraldton and Districts Senior Citizens Action Group Inc.

Report by Secretary Pauline Stacey

Welcome to November

How time flies when you're having fun! November is one of our busiest and most enjoyable months with two Seniors Week events open to the whole of Geraldton and Midwest community.

"Let's Get Quizzical" Quiz Afternoon

Tuesday 10th November 1:00 –3:30pm

QE11 Seniors Community Centre

Get your thinking caps on! Gather a team of six and compete for a place in the top four. There are great prizes to be won, and a delicious afternoon tea catered by Angie's Bella Cucina. Tickets are $10 per person. Shane Van Styn will be our MC.

Brain Warm-Up! Get those thinking caps on early:

I have keys but no locks,

I have space but no room,

You can enter but you can't go inside.

What am I?

Seniors Week Lunch:

Friday 13 November - 11.00am to 1pm - BOOKED OUT!

QE11 Seniors and Community Centre

There will be entertainment and great prizes, Shane Van Styn will be our MC

Main: Roast beef and crumbed chicken, served with gravy, roast potatoes, roast pumpkin, cauliflower and broccoli cheese with peas. Bread rolls with butter. Sweets: Cheesecake and ice cream and fresh fruit.

Raffle tickets will be on sale from Monday 9th to 13th November during Senior's week

Cancer Council Visit:

The Cancer Council will be setting up at bowls on Monday 16th November with information and a small presentation for all members.

Committee News:

At our committee meeting on Monday 5th October, we were delighted to welcome Glenda Eldridge and Vince Oliveri to the committee and both were presented with their badges. Our next meeting is Monday 2nd November at 11:00am when Barbara Thompson from the Chamber of Commerce will be attending.

Christmas Party and Raffle

Our Christmas Party is coming up on Tuesday 8th December Donations for our Christmas Raffle are in full swing! If you would like to donate please bring your items up to bowls on a Monday where the donation box is waiting. Every donation is gratefully received.

Dates for your Diary:

Executive Committee Meeting: Monday 2nd November 11am

Quiz: Tuesday 10th November 1pm to 3.30pm

Lunch: Friday 13th November 11am to 1pm

Cancer Council Visit:

Monday 16th November Upper Hall during Monday Bowls

Bring your friends, bring your good humour and come along for a fun Seniors Week. Until next time, take care of yourselves and each other.

Timetable

MONDAY

*Seniors Action Group

Start	Finish	Class	Cost	Notes
8.30	3.45	Indoor Bowls	$5.00	No session 9 Nov
9.00	11.00	Darts	$5.00	No session 9 Nov
9.15	10.00	Balance Gym	Free	No session 9 Nov
10.30	11.15	Balance Gym	Free	No session 9 Nov
11.30	12.30	Parkinson Support Group	Free	No session 9 Nov
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	No session 10 Nov
Noon	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 10.30	10.00 11.30	Over 50's Gentle Gym	Free	

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	3rd Thurs monthly
10.00	1.30	*PSC Meeting		1st Thurs monthly
10.30	11.15	Zumba	$5.00	No class 5 Nov
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	No session 13 Nov
9.00	Noon	Art Class	$5.00	
10.00	Noon	Chess	Free	
10.15	11.15	Rehabilitation Gym	Free	No session 13 Nov
1.00	3.00	English as a 2nd Language	Free	
1.00	3.45	Euchre & Frustration	$5.00	

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
No classes 9 November

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
2.00pm – 3.00pm
Hosted by: Midwest & SJOG Palliative Care Services
9956 2497 or 9965 8888

Chess
Free
Friday 10.00am – 12noon
Contact Tony 0428 876 890

Darts
$5.00
Monday 9.00am – 11.00am
Proudly run by:
Seniors Action Group
President 0427 607 473
No session 9 November

Dementia Carers Support Group
Free
First Tuesday of the month
9.30am – 11.30am
Contact Joanne or Carmel 08 6182 1703

English as a Second Language

Free

Friday 1.00pm – 3.00pm

Provided by: Midwest Multicultural Association

Marnie Ryan 0423 234 475

Euchre & Frustration

$5.00

Friday 1.00pm – 3.45pm

Proudly run by:
Seniors Action Group

Contact President 0427 607 473

Indoor Bowls

Cost $5.00

Monday 8.00am – 3.45pm

Proudly run by:
Seniors Action Group

Contact President
0427 607 473

No session 9 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

Free

Wednesday 9.00am – 12noon

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 session 10 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 session 13 November

Parkinsons Boxing/Support Group

Free

Mondays
11.30am – 12.30pm
Wednesday
9.30am – 10.30am

No session 9 November

CLASS DETAILS

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
12noon - 12.45pm

Pole Walking

Free
Wednesday
8.30am – 9.30am

Provided by:
Seniors Recreation Council of WA Inc Greater Geraldton Branch

QEII Lounge & Library

Free
Everyday 8.15am – 3.45pm

Rehabilitation Gym

Free
Tuesdays
1.15pm – 2.15pm
Fridays
10.15am – 11.15am

Contact Geraldton Regional Hospital Physiotherapy Dept. on 9956 2204

No session 13 November

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

Seniors Recreation Council WA Geraldton Branch

2nd Wednesday tri-monthly
9.30am – 10.30am
Val Brown 0447 372 120

Table Tennis

$5.00
Monday 1.00pm – 3.00pm
Thursday 1.00pm – 3.00pm
(except 2nd Thursday of the month)

Proudly run by:
Seniors Action Group
Contact 0427 607 473

Ukulele Dreamers

$3.00
Tuesday 12.15pm – 12.45pm
Beginners
Tuesday 1.00pm – 3.45pm
Membership $20.00

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

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
No class 5 November

City of Greater Geraldton Seniors & Community Centre Q&2

Seniors Week

8 - 15 NOVEMBER 2026





FRIDAY 6 NOVEMBER
PRELUDE TO 2026 SENIORS WEEK

5.30pm: **Love, Weddings & Other Disasters**

Presented by The Friends of the Queens Park Theatre

Arrive at 5.30pm for light refreshments before the film at 6pm at Queens Park Theatre.
Tickets available from Civic Centre, QPT and online at www.queensparktheatre.com.au ***TICKETS $30.***