



# Queen Elizabeth II Seniors Advisory Committee

## Meeting Minutes

Meeting Name	Queen Elizabeth II Seniors Advisory Committee	Meeting No.	D-16-18636
Meeting Date	Wednesday 16 March 2016		
Meeting Time	9:00am to 10:10am		
Meeting Location	Lower Hall, QEII Seniors & Community Centre		
Attendees	Cr Bob Hall	BH	By Invitation
	Polly Banks	PB	Apologies
	Manager Community & Cultural Development		Distribution
	Yvonne Lovedee	YL	
	Coordinator Community Development		
	Rosetta Finlay	RF	
	QEII Seniors & Community Centre Supervisor (minute taker)		As above
	Beryl Scott	BS	
	National Seniors Inc		
	Edna Freeman	EF	
	Over 50's Gentle Gym Class		
	Sue Hunter	SH	
	Piccadilly Dance Club		
	Annie Townshend	AT	
	Pensioners Social Club		
	Gae Slade	GS	
	Friendly Squares Dance Club		

### 1. Welcome & Apologies

BH welcomed members. No apologies noted.

### 2. Committee Membership – Resignations

**Recommendation:** That the committee note the resignation of Christine Mullender (Seniors Action Group) with the new representative to be Lina Mittoni. The Seniors Recreation Council of WA Inc wish to nominate Christine Mullender as committee representative with Diana Keighran as proxy.

**NOTED**

### 3. Minutes of Previous Meeting

**Recommendation:** That the minutes of the Queen Elizabeth II Seniors Advisory Committee meeting held on 20 January 2016 as previously circulated, be adopted as a true and correct record of proceedings.

**Moved BS, Seconded GS  
CARRIED BY CONSENSUS**

#### 4. Action Log (attached)

QEC-001 10.3.1 Meet/Greet Centre Volunteers  
QEC-001 10.4.1 Over 50's Gentle Gym  
QEC-001 10.4.1 QEII Public Telephone

#### 5. QEII Monthly Reports and Attendance Figures- January, February 2016

**Recommendation:** That the QEII Monthly Reports be noted and RF will explore the possibility of holding information sessions on internet safety and mobile download charges.

NOTED

##### 5.1. Update on Staff Restructuring

**Recommendation:** That the Committee note the City of Greater Geraldton in following legislative requirements is obliged to provide mandatory services to the community e.g. sanitation. Budget restraints have resulted in various discretionary services being cut and staff restructuring.

NOTED

##### 5.2. Livelighter Aged Care Games

**Recommendation:** That the Committee note the games are being organised by the Seniors Recreation Council of WA Inc and will be held in May.

NOTED

##### 5.3. New Centre Programs

**Recommendation:** That the Committee note a singing group and bike riding group have been advertised in the QEII March newsletter and will commence depending on expressions of interest.

NOTED

##### 5.4. Seniors on Line Room Refurbishment

**Recommendation:** That the Committee note the cubicle desks are still on back order.

NOTED

##### 5.5. Centre Volunteers

**Recommendation:** That the Committee note an additional volunteer has commenced in the Seniors on Line Room and is available Tuesday and Thursday mornings.

NOTED

##### 5.6. 'Chat n Do' Program

**Recommendation:** That the Committee note an average of twelve seniors attend the outreach program on a weekly basis.

NOTED

##### 5.7. Renaming of Resource/ Meeting Rooms

**Recommendation:** That the Committee note centre users will be consulted in naming the meeting room and resource room.

NOTED

CR.  24/3/2016

**6. Positive Ageing Strategic Plan**

**Recommendation:** That the Committee note the Positive Ageing Strategic Plan has been approved by the Executive Committee and will go to Council once the new structure is in place.  
**NOTED**

**7. General Business**

**7.1. Ackland Road and Glenview Bus Shelters/ Wheelchair Access**

**Recommendation:** That the Committee note wheelchair access wasn't taken into consideration when the area was refurbished.

**NOTED**

**Action:**

7.1.1. BH to lodge a helpdesk enquiry to raise concerns.

**CARRIED BY CONSENSUS**

**8. Date of Next Meeting**

The next meeting is scheduled for 18 May at 9:00am at the QEII Seniors & Community Centre

**9. Close**

There being no further business the meeting closed at 10:10am

*CR [Signature] 24-3-2016*



## QEII SENIORS & COMMUNITY CENTRE REPORT – FEBRUARY 2016

### QEII SENIORS & COMMUNITY CENTRE

The City of Greater Geraldton receives funds from the Department of Local Government & Communities to provide a full-time seniors coordination position at the Centre to assist with expanding the range of programs, support and information to seniors living in the City of Greater Geraldton and surrounding regional areas.

### SENIOR PROGRAMS MONTHLY ATTENDANCE

Art Class (weekly)	102
Association for the Blind (monthly)	24
Balance Gym (twice a week)	82
Bereavement/Loss Group (monthly)	10
Bingo (monthly)	26
Bowls (weekly)	575
Cards (weekly)	218
Canasta (weekly)	24
Carers Support Group (monthly)	10
Chess Group (weekly)	12
Chat n Do (Spalding Outreach) (weekly)	41
Computer lessons/assistance (daily)	34
Craft (weekly)	30
Cruise Club	16
Crochet /Knitters Group (weekly)	82
Darts (weekly)	45
ESL Class (weekly)	52
Foodbank Van (twice a week)	104
Friendship Group (monthly)	18
Friendly Squares Dance Club (weekly)	80
Line Dancing (weekly)	21
Mah-jongg (weekly)	34
National Seniors (monthly)	29
New Vogue Dancing (weekly)	45
Over 50's Gym (three sessions a week)	403
Pensioners Social Games Afternoon (monthly)	8
Pensioners Social Club Meeting/ committee (monthly)	47
Piccadilly Dance Club (monthly)	20
QEII Advisory Committee (bi-monthly)	0
QEII Discussion Group (twice a month)	18
QEII Gardening Club (monthly)	9
Rehab Gym (twice a week)	144
Scrabble Group (twice a week)	87
Seniors Online (daily)	273
Seniors Action Group Meeting (monthly)	91
Seniors Recreation Council Inc. (bi-monthly)	0
Table Tennis (weekly)	51
Ukulele Club (weekly)	79
Walk Group (weekly)	72
<b>Additional Seniors Events</b>	
E Resources Workshop	12
<b>Seniors Attendance Monthly Total</b>	<b>3028</b>

Note: Attendance figures don't include use of lounge room facilities equating to 30 to 40 per day

## Seniors Resource Centre

Enquiry	February
Centre program Information	53
Referral to other senior groups in the community	8
Assistance with accessing forms online	18
Referral to senior service providers e.g. HACC	5
Seniors information e.g. seniors card, fuel card	8
New Centre Registrations	24

Non Senior QEII Venue Booking enquiries – 22

### Senior Service Providers:

- Broadband for Seniors Kiosk – Australian Government (daily access)
- Balance Gym - WA Country Health Service (twice a week)
- Carers Morning Tea – Midwest Commonwealth & Carelink Centre (monthly)
- English as a Second Language Classes – Midwest Multicultural Association (weekly)
- Over 50's Gentle Gym – Geraldton Health Service (twice a week)
- Rehabilitation Gym – Geraldton Health Service (twice a week)
- Geraldton Foodbank Fruit & Veg Van (twice a week)
- Grief & Loss Group – St John Palliative Care (monthly)
- Visibility Australia (monthly)

### Seniors Advertising/ Displays

- Distribution of 350 QEII February newsletters
- Media Release on Balance Gym Program 9<sup>th</sup> February in The Geraldton Guardian Newspaper
- Advertising of the E-Resources Session in the QEII Computer Room on the 19<sup>th</sup> February
- Advertising of the Hearing Van visit on the 3<sup>rd</sup> March 2016.

### Regular Centre Community User Groups

- Geraldton Orchid Society
- Sun City Four Square Church
- Forward in Faith Church
- HMAS Tour Guides

**Total for Regular Centre Community Groups = 313**

### Occasional Community/Commercial Bookings

- Yamatji Marlpa Regional Committee Induction & Meeting 70
- School Holiday Program 22
- Opera in the Park 250
- Gregorian Brothers 120
- Nagle Ball 300
- Geraldton Senior College Ball 300

**Total for Occasional Community/Commercial Bookings = 962**

**Total QEII Seniors & Community Centre Attendance = 4303**

## E-Resources Workshop at the QEII Centre

Geraldton Regional Library's E-Services Team; Lorin and Tania presented the E-Resources Workshop on the 19 February at the QEII Centre. The session was attended by very enthusiastic participants who learnt how to navigate to the Geraldton Regional Library's free resources including e-books, downloadable audiobooks and an extensive downloadable magazine collection.

Participants were very appreciative of the introductory session stating "Great service. Thank you to presenters" and "Just Brilliant – very well presented".

It was evident from the feedback participants would like to see more of these sessions or similar in the future.



### **Seniors stay on their feet with exercise program**

After the success of the Stay on Your Feet program in 2015 the City of Greater Geraldton has formed a partnership with WA Centre for Rural Health (WACRH) to continue the popular exercise class in 2016.

Stay On Your Feet is a balance exercise program which aims to reduce falls and fall related injuries among elderly living in the community and encouraging confidence in independent living.

City of Greater Geraldton Mayor Shane Van Styn said the partnership with WACRH will help enable the City to ensure seniors are provided with appropriate services to keep active and healthy.

"Stay On Your Feet exercises strengthens the body and helps gain balance which reduces the likelihood of falls and secondary complications from a fall," he said. The partnership with WACRH means we can provide the best for our seniors and encourage more fall prevention initiatives. "Encouraging active lifestyles through exercise is an important message and one that the City continues to promote."

Classes run at the Queen Elizabeth II Seniors and Community Centre twice a week on Mondays and Wednesdays from 10.30am to 11.30am.



**Rosetta Finlay**  
QEII Seniors & Community Centre Supervisor

## QE II SENIORS & COMMUNITY CENTRE REPORT – JANUARY 2016

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#### SENIOR PROGRAMS MONTHLY ATTENDANCE

Art Class (weekly)	73
Association for the Blind (monthly)	0
Balance Gym (twice a week)	54
Bereavement/Loss Group (monthly)	0
Bingo (monthly)	0
Bowls (weekly)	460
Cards (weekly)	158
Canasta (weekly)	24
Carers Support Group (monthly)	0
Chess Group (weekly)	10
Chat n Do (Spalding Outreach) (weekly)	31
Computer lessons/assistance (daily)	27
Craft (weekly)	15
Cruise Club (new group) (monthly)	8
Crochet /Knitters Group (weekly)	80
Darts (weekly)	25
ESL Class (weekly)	0
Foodbank Van (twice a week)	30
Friendship Group (monthly)	0
Friendly Squares Dance Club (weekly)	0
Line Dancing (weekly)	0
Mah-jongg (weekly)	21
National Seniors (monthly)	0
New Vogue Dancing (weekly)	16
Over 50's Gym (three sessions a week)	352
Pensioners Social Games Afternoon (monthly)	2
Pensioners Social Club Meeting/ committee (monthly)	0
Piccadilly Dance Club (monthly)	19
QEII Advisory Committee (bi-monthly)	11
QEII Discussion Group (twice a month)	8
QEII Gardening Club (monthly)	0
Rehab Gym (twice a week)	126
Scrabble Group (twice a week)	40
Seniors Online (daily)	200
Seniors Action Group Meeting (monthly)	0
Seniors Recreation Council Inc. (monthly)	12
Table Tennis (weekly)	30
Ukulele Club (weekly)	44
Walk Group (weekly)	70
<b>Additional Seniors Events</b>	
Australia Day Rotary Concert & Afternoon Tea	150
<b>Seniors Attendance Monthly Total</b>	<b>2096</b>

Note: Attendance figures don't include use of lounge room facilities equating to 30 to 40 per day  
Attendance is lower in January due to some groups taking an extended break.

## Seniors Resource Centre

Enquiry	January
Centre program Information	51
Referral to other senior groups in the community	8
Assistance with accessing forms online	12
Referral to senior service providers e.g. HACC	2
Seniors information e.g. seniors card, fuel card	13

Non Senior QEII Venue Booking enquiries – 18

### Senior Service Providers:

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- Over 50's Gentle Gym – Geraldton Health Service (twice a week)
- Rehabilitation Gym – Geraldton Health Service (twice a week)
- Geraldton Foodbank Fruit & Veg Van (twice a week)
- Grief & Loss Group – St John Palliative Care (monthly)

### Seniors Advertising/ Displays

- Distribution of 350 QEII January newsletters
- Advertising of the Rotary Seniors Australia Day Concert
- Advertising of the Hearing Van visit on the 3<sup>rd</sup> March 2016.

### Regular Centre Community User Groups

- Geraldton Orchid Society
- Sun City Four Square Church
- Forward in Faith Church
- HMAS Tour Guides

**Total for Regular Centre Community Groups = 325**

### Occasional Community/Commercial Bookings

- Illuka Event 200
- School Holiday Program 22

**Total for Occasional Community/Commercial Bookings = 222**

**Total QEII Seniors & Community Centre Attendance = 2643**

**Congratulations** to our 2016 Australia Day Award Nominees and volunteers who run programs at the QEII Centre:



**Geraldton Seniors Week** – In 2015 the Committee liaised with government departments, local community groups and businesses which resulted in a program of 32 events promoting positive, active ageing throughout the City.

**Jim Evans** – An experienced painter who has coordinated the QEII Community Art Class for 11 years and shared his skill with approx. 250-300 people using various mediums; watercolours, oils and acrylics. The group's success is due to Jim being friendly, open and welcoming while serving a diverse range of people including those with mental and physical disabilities.



**Edna Freeman** - has taken part in and later organised the Gentle Gym Program at the QEII for 33 years. At the age of 97 ½, she is an excellent role model for positive healthy ageing to our community.

