

Welcome to the April 2015 edition of Seniors' Link. The aim of this newsletter is to make it easier for our Seniors to know what social, recreational and cultural activities are taking place in our Shire. Please contact me either by phone 9727 0222 or email: dsims@capel.wa.gov if you wish to promote an event/activity in the Seniors' Link.

Kind regards,  
Donna Sims

### Good Friday Combined Churches Reflection Service



Friday 3rd April  
Dalyellup Community Centre  
10.00am

Tea, coffee and hot cross buns provided  
Please phone 9795 6423 for more information



### Dianne Wolfer ANZAC Event - Tuesday 21st April, 6.30pm

Here is the next event in the program leading up to Anzac day organised by the Capel RSL in partnership with Iluka Capel Public Library. We are very lucky to have the opportunity to listen to West Australian Author Dianne Wolfer. You might remember one of the characters in the recent Perth art festival of the Giants- the girl who was the lighthouse keeper's daughter who sent messages home on behalf of men leaving Australia for WWI. Diane was in the crowd that weekend looking in awe at a gigantic version of the young woman Faye who she wrote about.

This evening is for everyone ! Come along to the Iluka Capel Library and hear the Wednesday Girls sing- they have got some WWI era songs for you.

### Seniors' Exercise Extraordinaire Zumba Gold

Have you not exercised for ages? Are you obese? Do you have arthritis? Do you think you're unco? Well then it's time you met Betty McCleary! Betty is a Gym and Zumba Instructor who specialises in Zumba Gold exercise classes, which are the perfect fun exercises for both men and women.

You are never too old or young to put some Zumba love in your life and increase your aerobic fitness. Zumba does wonders for your emotional wellbeing too, you won't be able to wipe the smile off your face after a session! Your posture, balance and flexibility will improve. Zumba is easy and fun - just watch Betty!

8.15am	Monday	Walker Hall - 7 Oakley St Bunbury
9.00am	Tuesday	Walker Hall - 7 Oakley St Bunbury
8.15am	Wednesday	Walker Hall - 7 Oakley St Bunbury
Phone: 0419 648 260		Email: bettymac@westnet.com.au

### Nordic Walking

Nordic Walking is a fun, social and effective way to be active. Is the gym not your scene? Is jogging too tough on your body? Is walking not tough enough? Do you find swimming too solitary? Well then you have come to the right place! Nordic Walking is as effective as jogging, as gentle as walking and it is perfect to do with a group of old and new friends. Because Nordic Walking uses poles it engages your whole body and works all your major muscles from head to toe. The result is an effective, easy and fun exercise that can be enjoyed by almost everyone - any age, any athletic ability. Poles are provided.

Thursdays and Saturdays at 9.30am  
Location varies every week.

Phone: 0419 648 260 or 9791 3350 Email: bettymac@westnet.com.au

Dress Attire: walking shoes, hat, sunscreen, loose comfortable clothing & water bottle



**The Shire of Capel  
Wishes All Our Seniors a  
Happy Easter**



## What's Happening in April?



3rd	<i>Combined Churches Reflection Service</i> at Dalyellup Community Centre. 10am. 9795 6423
5th	<i>Gelorup Markets</i> at Gelorup Community Centre.
7th	<i>Dot's Place Monthly Learning Lunch</i> at 62 Forrest Ave, Bunbury. 11.30 - 12.30pm. 'What you all need to know about Prostate Cancer'. 9721 9555
9th	<i>Dalyellup Over 50's Seniors' Catchup</i> at Dalyellup Community Centre. 9795 3480
12th	<i>Community Barbecue Promoting Neighbourhood Watch</i> at Central Lakes Park, Dalyellup. 3 - 5pm
13th	<i>Boyanup CWA Meeting</i> at Boyanup Community Centre. 1 - 3pm
14th	<i>Dalyellup Lions Club Meeting</i> at Dalyellup Community Centre. 7.00pm - 9.30pm
15th	<i>Visit from Collie Garden Club to MacNeil's Garden.</i> 64 Weld Road, Capel. 1.30pm
15th	<i>Boyanup Lions Club Meeting</i> at Hugh Kilpatrick Hall Boyanup 7.00pm - 9.30pm
15th	<i>Dalyellup Neighbourhood Watch Meeting</i> at Dalyellup Community Centre. 6pm
17th	<i>Beyond Club Speaker presented by Dalyellup Lions Club.</i> Dalyellup Community Centre. 7.30pm
19th	<i>Dalyellup Markets</i> near Central Lakes Park
19th	<i>Community Barbecue Promoting Neighbourhood Watch</i> at Beach Park, Dalyellup. 3 - 5pm
20th	<i>Parkinson Support Group Meeting</i> at Milligan House. 2 - 4pm
21st	<i>Dianne Wolfer ANZAC Event</i> at Iluka Capel Library in conjunction with Capel RSL. 6.30pm
25th	<i>ANZAC Celebrations</i> in Boyanup, Peppermint Grove Beach & Capel.
26th	<i>Boyanup Farmers' Markets</i> just off South Western Highway
28th	<i>Dalyellup Lions Club Meeting</i> at Dalyellup Community Centre. 7.00pm - 9.30pm

## What Happens on a Weekly Basis?

Mondays	9.00 - 12.00pm	<i>Capel Art Group</i> at Capel RSL. 0427 777 701
	10.00-3.00pm	<i>Mahjong</i> at Capel Senior Citizens - 9727 2058
	2.00 - 5.00pm	<i>Scrabble Club</i> at Dalyellup Community Centre. 9795 9828
	2.00 - 5.00pm	Boyanup Singers - 9731 5590
	7.00 - 9.00pm	<i>Sing Australia</i> at Dalyellup Community Centre
Tuesdays	9.00-10.00am	<i>Gentle Gym</i> at Dalyellup Community Centre - 9795 7463
	9.00-10.00am	<i>Seniors' Tai Chi</i> at Boyanup Community Centre
	9.30-11.00am	<i>Ladies' Badminton</i> at Boyanup Hall
	8.45-9.45am	<i>Stay on Your Feet Exercise Group</i> at Capel RSL
	10.00-11.00am	<i>Bootscooting</i> at Capel RSL Hall (cost \$7)
	1.00- 4.00pm	<i>Euchre</i> at Capel Senior Citizens - 9727 2058
	7.00 - 9.00pm	<i>Bootscooting</i> at Cardinals Football Clubroom (cost \$8).
Wednesdays	9.30-11.30am	<i>Morning Tea</i> at Capel Senior Citizens - 9727 2058
	10.00 - 12.00pm	<i>Knit for Charity</i> at Capel Library
	11.00-3.00pm	<i>Quilting</i> at Boyanup Community Centre
	1.00-4.00pm	<i>Cards</i> at Capel Senior Citizens - 9727 2058
Thursdays	9.00-11.00am	<i>Women's Wellness</i> at Gelorup Community Centre
	10.00 - 2.00pm	<i>Seniors' Craft Group</i> at Boyanup Community Centre
	1.00 - 3.00pm	<i>Capel RSL Social &amp; Support Group</i> at Capel RSL. 0427 777701
	1.00- 3.00pm	<i>Bridge</i> at Capel Library. 1.00 - 3.00pm
	4.00-7.00pm	<i>Art Group</i> at PGB Community Centre - 9727 2676
Fridays	10.30 - 12.30pm	<i>PARKINSONG</i> at Regional Art Gallery Dance Studio. Costs \$7
	1.00 - 3.00pm	<i>Widows &amp; Widowers Support Group.</i> 9721 8944

**Boyanup Senior Citizen's Centre**  
28 Ray Street, Boyanup WA 6237  
Phone (08) 9731 5638

**Bunbury Senior Citizen's Centre**  
Stirling Street, Bunbury WA 6230  
Phone (08) 9721 2552

**Capel Senior Citizen's Centre**  
Forrest Road, Capel WA 6271  
Phone: (08) 9727 1615  
Email: scottymbj@bigpond.com

**Busselton Senior Citizen's Centre**  
22 Peel Terrace, Busselton WA 6280  
Phone: (08) 9752 2232  
Email: bscc@westnet.com.au

**CWA Capel Branch**  
PO Box 323, Capel WA 6271  
Email: bevderussett@hotmail.com