

Welcome to the February 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](mailto:dsims@capel.wa.gov) if you wish to promote an event/activity in the Seniors' Link.

Kind regards,  
Donna Sims

### **Seniors' Have-a-Go Event**

The Seniors Recreation Council of WA Inc are inviting seniors to help plan a Seniors' Have-a-Go Event in Bunbury. A community forum is being held on Tuesday 10th February at the Bunbury RSL Hall from 3pm until 4.30pm. I've attached a flyer for more information. Please RSVP to Maria Fitzgerald on 08 9726 6792 or email [mfitzgerald@redcross.org.au](mailto:mfitzgerald@redcross.org.au)

### **Living With Dementia High Tea**

Alzheimer's Australia WA is working to tackle the stigma and social isolation associated with dementia through supporting the development of dementia friendly communities. They have received a social innovation grant from the Department of Local Government and Communities to implement a range of initiatives to create dementia-friendly communities across WA.

A dementia-friendly community is a place where people living with dementia are supported to live a high quality of life with meaning, purpose and value. Each dementia-friendly community will look different and will have different needs and challenges.

To know exactly what is needed in the Greater Bunbury Region, a community café will be taking place on Thursday 19th February at the St John of God Hospital Conference Rooms in Bunbury from 10am until 11.30am. People living with dementia and their carers/support persons are strongly encouraged to attend to explain what it is like to live in their community. Attendees will be asked three questions related to stigma, social isolation and enabling environments, all important aspects of a dementia-friendly community. The community café will have a high tea theme. I've attached a flyer for more information. Please RSVP to Veronica Keltie on 08 9388 2800.

### **Milligan Community Learning & Resource Centre**

Milligan Community Learning & Resource Centre has a number of computer and health/wellbeing classes commencing in February and I've attached a program of some of the classes. Classes on offer include:

- ◆ Computer Confidence (3 week course for \$62)
- ◆ Intro to Word (1 week intensive course for \$62)
- ◆ MYOB (6 week course for \$250)
- ◆ The Cloud (1 session for \$30)
- ◆ Intro to Excel & Advanced Excel (3 week course for \$62)
- ◆ Intro to IPAD & Android Tablet (1 session for \$30)
- ◆ Internet & Email (3 week course for \$62)
- ◆ Introduction to Mindfulness (1 session for \$35)
- ◆ Continuing Mindfulness (1 session for \$10)
- ◆ Royal Life CPR (1 session for \$40)
- ◆ Lean Living Cooking - Desserts (2 week course for \$50)

They are also holding two FREE workshops, which are as follows:

- ◆ **Consumer Rights Workshop** - Thursday 26th March from 9.30 - 11.30am. This will be facilitated by the Commerce Department of WA and will share information on your consumer rights. It will cover topics such as returning goods, shopping online, service providers and buying a car.
- ◆ **Scam Awareness Workshop** - Thursday 5th March from 9.30 - 11.30am

Please phone Milligan on 08 9721 8944 or email [admin@milligan.org.au](mailto:admin@milligan.org.au) to enrol for any classes.

## What's Happening in February?

|      |  |
|------|--|
| 1st  | <i>Gelorup Markets</i> at Gelorup Community Centre.                                  |
| 10th | <i>Have-a-Go Event Community Forum</i> at Bunbury RSL. 3.00pm - 4.30pm               |
| 10th | <i>Dalyellup Lions Club Meeting</i> at Dalyellup Community Centre. 7.00pm - 9.30pm   |
| 11th | <i>Dalyellup Neighbourhood Watch Meeting</i> at Dalyellup Community Centre. 6.00pm   |
| 12th | <i>Dalyellup Over 50's Seniors' Catchup</i> at Dalyellup Community Centre. 9795 3480 |
| 15th | <i>Dalyellup Markets</i> near Central Lakes Park                                     |
| 16th | <i>Boyanup CWA Meeting</i> at Boyanup Community Centre. 1 - 3pm                      |
| 18th | <i>Boyanup Lions Club Meeting</i> at Hugh Kilpatrick Hall Boyanup 7.00pm - 9.30pm    |
| 19th | <i>Living With Dementia High Tea</i> at SJOG Hospital Bunbury. 10.00am - 11.30am     |
| 22nd | <i>Boyanup Farmers' Markets</i> just off South Western Highway                       |
| 23rd | <i>Dalyellup Lions Club Meeting</i> at Dalyellup Community Centre. 7.00pm - 9.30pm   |
| 24th | <i>Boyanup Neighbourhood Watch Meeting</i> at Boyanup Community Centre. 6.00pm       |

## 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                    |
| Wednesdays | 7.00 - 9.00pm   | <i>Bootscooting</i> at Cardinals Football Clubroom (cost \$8).        |
|            | 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                              |
|            | 10.00 - 11.30am | <i>Yoga</i> at PGB Community Centre - 9752 4991 or 0417 972 255       |
|            | 11.00-3.00pm    | <i>Quilting</i> at Boyanup Community Centre                           |
| Thursdays  | 1.00-4.00pm     | <i>Cards</i> at Capel Senior Citizens - 9727 2058                     |
|            | 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                         |
| Fridays    | 4.00-7.00pm     | <i>Art Group</i> at PGB Community Centre - 9727 2676                  |
|            | 10.00 - 12pm    | <i>Indoor Bowls</i> at Dalyellup Community Centre - 97959828          |
|            | 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

### Capel Senior Citizen's Centre

Forrest Road, Capel WA 6271  
Phone: (08) 9727 1615  
Email: scottybj@bigpond.com

### CWA Capel Branch

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

### Bunbury Senior Citizen's Centre

Stirling Street, Bunbury WA 6230  
Phone (08) 9721 2552

### Busselton Senior Citizen's Centre

22 Peel Terrace, Busselton WA 6280  
Phone: (08) 9752 2232  
Email: bscc@westnet.com.au

## What Are Grandparents?

A Grandma is a lady who has no children of her own, so she likes other people's little children. A Grandpa is a man Grandma, he goes for walks with the boys and they talk about fishing and things like that. Grandparents don't have anything to do except be there. It is enough if they drive us to the supermarket where the pretend horse is, and have lots of coins ready. Or if they take us for walks they slow down past pretty leaves and caterpillars. They never say 'hurry up'. They are usually fat, but not too fat to tie kids shoes. They wear glasses and funny underwear.

They can take their teeth out and gums off. They are smart enough to answer questions like why dogs hate cats and how come God isn't married. When they read to us they don't skip words or mind if it is the same story again. Everyone should try to have a Grandma & Grandpa because they are the only grown ups who have time.