

Welcome to the March 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

Pat Tarbotton 85 Years & Still Going Strong



One of our active Seniors, Pat Tarbotton celebrating her 85th Birthday with Dalyellup Gentle Gym Instructor Deb McConnell. Congratulations Mrs Tarbotton! Keep up the great work!



Seniors' Expo Free Concert

Lotterywest and the City of Bunbury are presenting a Seniors' Expo Free Concert on Tuesday 3rd March from 9.30am until 12.30pm at the South West Italian Club on White Street, Bunbury. There is limited seating available and admission is by ticket only. Tickets and further details can be obtained by phoning Merv Mancer O.A.M on (08) 9795 7354. Book early to avoid disappointment.

Free Hearing Testing at Capel Iluka Public Library

Australian Hearing will be conducting free hearing testing at the Iluka Capel Public Library on Wednesday 18th March from 10.00am until 12.00 noon.

Act Belong Commit Cultural Fiesta

The Shire of Capel have partnered with Healthway to host the **Act Belong Commit Cultural Fiesta** at Dalyellup Central Lakes Park on Saturday 21st March, 2015. This promises to be a great day of fun and entertainment for all ages! The program is as follows:

- 11.00am Welcome to Country
- 11.40am Rhythm of Africa Performance – be immersed into the thrilling rhythms of African music and try out some of the traditional percussion instruments.
- 12.50pm Latin Dance – experience the fiery rhythms and movement of Central America. It will get everyone of their feet and dancing to the beat!
- 2.00pm Hip-Hop Infusion – artists will perform a Hip-Hop routine and then engage the audience in an interactive, high energy workshop on beginners Breakdance and Hip-Hop routines
- 3.10pm Cool Capoeira – be amazed by this unique African-Brazilian art form that fuses dance, martial arts, acrobatics, music and song into an exciting high-energy martial arts!

Koppa Roasting, Journey Spice (Indian Curry Van) and the Dalyellup Beach Community Association will be selling food and refreshments throughout the event. There will be a 30 minute break in between each performance.

This event is proudly sponsored by the Shire of Capel and Healthway to promote the Act Belong Commit message.

What's Happening in March?

1st	<i>Gelorup Markets</i> at Gelorup Community Centre.
4th	<i>3 Week Computer Confidence Course</i> starts at Milligan. 9721 8944
5th	<i>Scam Awareness Workshop</i> at Milligan. 9721 8944
9th	<i>Boyanup CWA Meeting</i> at Boyanup Community Centre. 1 - 3pm
10th	<i>Dalyellup Lions Club Meeting</i> at Dalyellup Community Centre. 7.00pm - 9.30pm
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>1 Day Intensive Computer Confidence Course</i> at Milligan. 9721 8944
18th	<i>Free Hearing Appraisals</i> at Capel Iluka Public Library. 10.00am - 12.00 noon
18th	<i>Boyanup Lions Club Meeting</i> at Hugh Kilpatrick Hall Boyanup 7.00pm - 9.30pm
20th	<i>Floral Art Workshop</i> at Milligan. 9721 8944
21st	<i>Act Belong Commit Cultural Fiesta</i> at Dalyellup Central Lakes Park. 11.00am - 4.00pm
22nd	<i>Boyanup Farmers' Markets</i> just off South Western Highway
24th	<i>Dalyellup Lions Club Meeting</i> at Dalyellup Community Centre. 7.00pm - 9.30pm
26th	<i>Consumer Rights Workshop</i> at Milligan. 9721 8944

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 & 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
	1.00 - 3.00pm	<i>Widows & 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: scottybj@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

Seniors' Texting Codes

BTW	Bring The Wheelchair	OMMR	On My Massage Recliner
FWIW	Forgot Where I Was	LMDO	Laughing My Dentures Out
GGPBL	Gotta Go Pacemaker Battery Low	TTML	Talk To Me Louder