

Welcome to the May 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

ANZAC Commemorations in Capel

As the sun rose on Saturday 25th April, about 1,000 local residents assembled at Peppermint Grove Beach for a moving ceremony to remember those who, at one point in their life, wrote a blank check made payable to our Country for amounts, up to and including their life.

The Capel Returned and Services League (RSL) thought it was appropriate to hold their first dawn service in recognition of the centenary at Peppermint Grove Beach to symbolise the beach landing in Gallipoli 100 years ago. After the Service, a parade of people marched on horseback from Peppermint Grove Beach to Capel, honouring the WA-raised 10th Light Horse regiment. Here's a couple of comments from the Capel Life Facebook Page:

"Sincere thanks and applauds to the Capel RSL, ALL of the volunteers and all of the attendees of the dawn service at Peppi Beach and Capel ANZAC march. This truly proves that we DO remember them."

"It was a very moving ANZAC service and the members should be congratulated on all the time they put into it, they did the servicemen and women proud."



Biggest Morning Tea

Both the Capel CWA and the Boyanup Red Hat Ladies are hosting the 'Biggest Morning Tea' this year:

Capel CWA

Saturday 16th May, 2015

10.00am - 12.30pm

Capel RSL Hall, Forrest Road, Capel

Entertainment by The Wednesday Girls

Guest speaker, Super Raffle, Door prizes

Donation entry \$5

Donations of cakes and slices welcome

All proceeds to the Cancer Council WA

Boyanup Red Hat Ladies

Thursday 14th May, 2015

10.30am - 12.00 noon

Jack & Mary Kitchen Community Centre

Guest speaker

Best decorated cup cake competition

Phone Frances on 9731 5931 for more details

What's Happening in May?

1st	<i>Capel CWA Craft Day</i> at Seventh Day Adventist Church, Capel. 10 - 2pm
3rd	<i>Gelorup Markets</i> at Gelorup Community Centre.
4th	<i>Boyanup Seniors' Lunch</i> at Boyanup Community Centre. 11.30 - 1.30pm
11th	<i>Boyanup CWA Meeting</i> at Boyanup Community Centre. 1 - 3pm
12th	<i>Capel Neighbourhood Watch Meeting</i> at Capel Senior Citizen's Building. 10am
12th	<i>Boyanup Neighbourhood Watch Meeting</i> at Boyanup Community Centre. 6pm
12th	<i>Dalyellup Lions Club Meeting</i> at Dalyellup Community Centre. 7.00pm - 9.30pm
14th	<i>Boyanup Red Hat Ladies Biggest Morning Tea</i> at Boyanup Community Centre. 10.30am
14th	<i>Dalyellup Over 50's Seniors' Catchup</i> at Dalyellup Community Centre. 9795 3480
15th	<i>Capel CWA Meeting</i> at Seventh Day Adventist Church, Capel. 10am
16th	<i>Capel CWA Biggest Morning Tea</i> at Capel RSL Hall. 10am
17th	<i>Dalyellup Markets</i> near Central Lakes Park
18th	<i>Parkinson Support Group Meeting</i> at Milligan House. 2 - 4pm
20th	<i>Community Information Talk for Over 60's</i> at Seventh Day Adventist Church, Capel. 10-11.30am
20th	<i>Boyanup Lions Club Meeting</i> at Hugh Kilpatrick Hall Boyanup 7.00pm - 9.30pm
24th	<i>Boyanup Farmers' Markets</i> just off South Western Highway
26th	<i>Dalyellup Lions Club Meeting</i> at Dalyellup Community Centre. 7.00pm - 9.30pm
29th	<i>Capel & Districts Gardening Club's visit to Berry Delightful, Donnybrook.</i> Meet at Capel Information Bay at 1pm.

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	<i>Boyanup Singers</i> - 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
	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
	10.30 - 12.30pm	<i>PARKINSONG</i> at Regional Art Gallery Dance Studio. Costs \$7
	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