

Welcome to the April 2017 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

### **Age Friendly Communities Workshops**

Thank you to everyone who attended the Shire's Age Friendly Communities Workshops. Three workshops were well attended with 21 seniors attending the Boyanup Workshop, 22 seniors attending the Dalyellup/Gelorup Workshop and 25 seniors attending the Capel Workshop. There were some great discussions and feedback!

The Shire has analysed the results of the Workshops and submitted an application for funding to the Department of Local Government & Communities for \$14,535. If successful with this application, the funding will be utilised to implement the following three projects:

1. Run a 6 month pilot project involving the following:
  - Weekly bus trip from Boyanup to Gelorup to major shopping centres and medical facilities in Bunbury.
  - Weekly bus trip from Capel to Gelorup to major shopping centres and medical facilities in Bunbury.
  - Monthly bus trip from Gelorup to Boyanup to Capel to Busselton for shopping etc & lunch at the Busselton Senior Citizens Centre.
2. Run a 1 hour computer class at Capel Library, Boyanup Library & Dalyellup Library every week for a period of two months. Topics will include Smart Phones, I Pads, Social Media, Emails & Online Searching.
3. Run monthly seniors' outings over a period of 6 months. These outings will be as follows:
  1. October 2017 - Balingup (open for negotiation)
  2. November 2017 - Local History Bus Trip
  3. December 2017 - Mandurah Christmas Lights (ferry canal tour)
  4. January 2018 - Overnight trip to Rottnest Island (ferry)
  5. February 2018 - Margaret River Gourmet Tour
  6. March 2018 - Overnight trip to Kalgoorlie (train)

We'll have an outcome for this funding by the end of June at the latest so stay tuned!



### **ANZAC Day Services in Peppermint Grove Beach & Capel**

The Capel Returned Services League are hosting the following commemorations this ANZAC Day:

- ◆ Dawn Service at Peppermint Grove Beach Main Swimming Car Park. Commences at 6am, followed by breakfast at the Peppermint Grove Beach Community Centre.
- ◆ March in Capel Town site at 10.30am, followed by the 11am Service at the Capel RSL Hall.

Please contact Daryl Stevens on 0457 832 321 for more information.

## What's Happening in April



- 2nd *Gelorup Markets* at Gelorup Community Centre 7am- 1pm  
6th *Boyanup CWA Meeting* at Boyanup Community Centre. 1 - 3pm  
7th *Capel CWA Craft Day* at Seventh Day Adventist Church Capel, 10am  
11th *Dalyellup Lions Club Meeting* at Dalyellup Community Centre. 7.30pm - 9.30pm  
12th *Grandfamilies Fun Day* at Bunbury Wildlife Park. 10am - 4pm  
13th *Dalyellup Over 50's Seniors' Catch Up* at Dalyellup Community Centre. 10am.  
\$5. 9795 3480  
19th *Boyanup Lions Club Meeting* at Hugh Kilpatrick Hall 6.45—9.15pm  
21st *Capel Garden Club's visit to Tricia's Garden. Bring a plate for morning tea & a plant to swap.* 9.30am. 0438 241 718  
21st *Capel CWA Meeting* at Seventh Day Adventist Church, Capel. 10am  
22nd *Captivate Capel Launch.* Capel Civic Precinct. 10am - 4pm. 9727 0222  
25th *ANZAC Day Commemorations.* 6am Peppy Beach & 10.30am Capel town site.  
0457 832 321  
30th *Silk Scarf Eco Dyeing Workshop.* SWWHIC. Costs \$75. 10am - 1.30pm. 9791 3350  
30th *Great Gardens Workshop* at Gelorup Community Centre. 11am - 2pm. Free.

## What Happens on a Weekly Basis?

- |            |                 |   |
|------------|-----------------|---|
| Mondays    | 9.00 - 12.00pm  | <i>Capel Art Group</i> at Capel RSL. 0409 108 243                 |
|            | 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 \$10)                 |
|            | 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 - 4.00pm   | <i>Capel RSL Thursday Club</i> at Capel RSL. 0457 832 321         |
|            | 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             |

### 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

### Busselton Senior Citizen's Centre

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

### Bunbury Senior Citizen's Centre

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