

Seniors' Link



February 2017

Welcome to the February 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

2016 Competition Time - Guess Who?

The winner of the 2016 Guess Who competition was Clive Overton. Well done Clive! I'll present you with your prize at Gentle Gym on Tuesday 7th February.

2017 Competition Time - Guess Where?

In each edition of the 2017 Seniors' Link, I'll be including a photo of a town or place in the South West Region from many years ago. It would be HUGELY appreciated if you could assist me by providing me with some photos of places or towns in the Region that were taken many years ago. Thank you very much to Myrtle Snell for sending in the following photo. Can anyone guess where this is?



Babysitting Making Grandparents Live Longer

A Perth Edith Cowan University (ECU) study of 500 people aged 70 and over found that those who occasionally cared for grandchildren had a 37 per cent reduced risk of dying in the next 10 years.

Dr Coall said spending time with grandchildren might also help to keep people young, by making them more active. But other ECU research suggested too much caring could be a hazard, with those who looked after their grandchildren full-time having physical and mental health issues. Dr Coall said being a care-giver was good in moderation. "As long as you do not feel stressed about the intensity of help you provide you may be doing something good for others as well as yourself."

The Shire of Capel wishes you all a Happy New Year!

What's Happening in February

3rd	<i>Capel CWA Meeting</i> at Seventh Day Adventist Church Capel, 10am
5th	<i>Gelorup Markets</i> at Gelorup Community Centre 7am- 1pm
8th	<i>NBN Information Session</i> at Dalyellup Community Centre. 2pm
9th	<i>Dalyellup Over 50's Seniors' Luncheon</i> at Dalyellup Community Centre. 9795 3480
9th	<i>Boyanup CWA Meeting</i> at Boyanup Community Centre. 1 - 3pm
14th	<i>Dalyellup Lions Club Meeting</i> at Dalyellup Community Centre. 7.30pm - 9.30pm
15th	<i>NBN Information Session</i> at Capel Library. 2pm
15th	<i>Boyanup Lions Club Meeting</i> at Hugh Kilpatrick Hall 6.45—9.15pm
16th	<i>SWWHIC Movie Night Fundraiser</i> at Grand Cinemas Bunbury. 9791 3350
17th	<i>Capel CWA Meeting</i> at Seventh Day Adventist Church, Capel. 10am
24th	<i>Free Movie Under the Stars</i> at Capel Primary School
28th	<i>Free Seniors' Concert</i> at Bunbury Italian Club. 9.30am - 1pm. 9727 0222
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 \$10)
Wednesdays	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).
	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 - 4.00pm	<i>Capel RSL Thursday Club</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

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



The Dalyellup Scrabble Club celebrating the Festive Season. They meet at the Dalyellup Community Centre every Monday from 2pm until 5pm.