

# Seniors' Link



## July 2017

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

Kind regards,  
Donna Sims

### **Keeping In Touch Seniors' Project - Super Exciting News!**

The Shire recently conducted extensive consultation with seniors as part of the review of Council's Age Friendly Communities Plan. The priority needs that were identified were transport for shopping and medical appointments, assistance with Information & Communication Technologies (ICT) and increased social networks. A total of 68 seniors attended workshops in March 2017. The aim of these workshops was to brainstorm strategies that addressed these priority needs.

A funding application for \$14,535 was submitted to the Department of Local Government & Communities Age Friendly Communities Grants Program to address these priority needs. Council was successful with this application, which will enable the implementation of the following initiatives:

- ◆ Trialling the lease of a 12 seat bus from Bunbury Bus Hire to take seniors to major shopping centres & medical appointments on a weekly basis for a period of 6 months. This initiative will enable seniors' access to discounted shopping & an increase in product choices by shopping at major shopping centres. It will also enable seniors to attend medical appointments and reduce their stress in finding alternative ways to attend these appointments. The cost of this service will be \$10 per head per trip during the 6 month trial.
- ◆ Running one hour FREE computer classes each week in each of the 3 Shire Libraries for a period of 2 months. The computer classes will cover a range of topics including Smart Phones, I Pads, Social Media, Emails & online searching. Research shows that online activity has the following benefits for seniors: Increased mental stimulation; an enjoyable hobby in retirement; a renewed sense of self-confidence; a greater sense of connectedness to the modern world; and provision of a tool to pursue their interests. The Australian Human Rights Commission states: "With internet access to medical services, online grocery shopping, online payment of bills and social networking possibilities, older Australians can potentially live autonomously in their homes for longer."
- ◆ Running monthly seniors' social outings over a period of 6 months that are subsidised by 50%. These outings will include a local history bus trip, a day trip to Balingup, a Margaret River Gourmet Tour, Mandurah Christmas Lights Tour, an overnight trip to Rottnest and an overnight trip to Kalgoorlie. As the Act, Belong, Commit Campaign emphasises, social participation enhances individual wellbeing and resilience and increases the capacity of individuals and communities to cope with the stresses and strains of life.

This project will commence in October 2017 and conclude in April 2018. Promotion of these activities will commence in the August edition of Seniors' Link and registrations will open in August 2017.

If you reside in Capel or Boyanup and you're interested in the weekly bus trips to major shopping and medical centres, please let Donna Sims know which day of the week you would like to catch the bus by emailing [dsims@capel.wa.gov.au](mailto:dsims@capel.wa.gov.au) or phoning 9727 0222.

## What's Happening in July

- 2nd *Gelorup Markets* at Gelorup Community Centre 7am- 1pm  
 3rd *Boyanup Seniors' Catchup* at Boyanup Community Centre. 12 noon  
 4th *Boyanup Neighbourhood Watch Meeting* at Boyanup Community Centre. 6pm  
 5th *NBN Information Session* at Dalyellup Community Centre. 2.00pm  
 7th *Capel CWA Craft Day* at Seventh Day Adventist Church, Capel. 10am  
 7th *South West Seniors' Expo AGM*. 4pm. 9795 7354  
 10th *Boyanup CWA Meeting* at Boyanup Community Centre. 1 - 3pm  
 13th *Dalyellup Over 50's Seniors' Catch Up* at Dalyellup Community Centre. 10am.  
 \$5. 9795 3480  
 14th *Capel & Districts Garden Club Floral Art* at 80 Layman Road. 9.30am. Please  
 bring a plate for morning tea. 0438 241 718  
 16th *Dalyellup Markets*  
 19th *Boyanup Lions Club Meeting* at Hugh Kilpatrick Hall 6.45—9.15pm  
 21st *Capel CWA Meeting* at Seventh Day Adventist Church, Capel. 10am  
 23rd *Boyanup Farmers' Markets*

## 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                |
| 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 - 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                     |
| 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 &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