

Seniors' Link



June 2017

Welcome to the June 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

Thank You for Your Community Service



On behalf of the Shire of Capel, I want to express our great appreciation for Don Martin's efforts in the Gelorup community.

Don has been an extremely valuable volunteer over the many years he has lived in Gelorup, dedicating a great deal of his time and energy in maintaining the Gelorup Community Centre and surrounding grounds.

Don has extended a massive amount of personal effort and sacrificed his personal time for the greater good of the Gelorup community and to thank him adequately is impossible.

Don's generosity of spirit has sincerely been appreciated and we hope you have gained some inner satisfaction Don, knowing your efforts have made Gelorup a better place for residents to live and play.

Thanks once again Don - you're a very special man.

Who Do You Call...

Seniors' Card	1800 671 233
Centrelink: Retirement	132 300
Disability, Sickness & Carers	132 717
Employment Services	132 850
Seniors' Information Service	1800 671 233
Older People's Rights Service	08 9440 1663
Elder Abuse Helpline WA	1300 724 679
My Aged Care	1800 200 422
Aged Care Complaints Commissioner	1800 550 552
Commonwealth Respite & Carelink Centre	1800 052 222
Department of Veterans Affairs	133 254
Veterans Affairs Network	1800 555 254

What's Happening in June



- 2nd *Capel CWA Craft Day* at Seventh Day Adventist Church Capel, 10am
 4th *Gelorup Markets* at Gelorup Community Centre 7am- 1pm
 5th *Boyanup Seniors' Catchup* at Boyanup Community Centre. 12 noon
 8th *Dalyellup Over 50's Seniors' Catch Up* at Dalyellup Community Centre. 10am.
 \$5. 9795 3480
 8th *Boyanup CWA Meeting* at Boyanup Community Centre. 1 - 3pm
 16th *Capel CWA Meeting* at Seventh Day Adventist Church, Capel. 10am
 18th *Dalyellup Markets*
 21st *Boyanup Lions Club Meeting* at Hugh Kilpatrick Hall 6.45—9.15pm
 24th *Boyanup Progress Association's 1st Anniversary Celebration.* 11am - 1pm.
 Please phone Michelle Elson on 0427 622 773 for more information.
 25th *Boyanup Farmers' Markets*
 27th *NBN Information Session* at Boyanup Community Centre. 5.30pm

What Happens on a Weekly Basis?

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| 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 | 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) |
| | 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 & 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



Dear Lord,

So far today, am I doing all right.



I have not gossiped, lost my temper, been greedy, grumpy, nasty, selfish, or self-indulgent. I have not whined, complained, cursed, or eaten any chocolate. I have charged nothing on my credit card.

But I will be getting out of bed in a minute, and I think that I will really need your help then.



"Male, 38, still living with his parents. They asked us to keep him overnight, so they could change the locks."