

# Seniors' Link



## March 2017

Welcome to the March 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

### Age Friendly Communities Workshops

A number of seniors completed a survey for the Shire's Age Friendly Communities Plan at the end of last year. The survey results have been analysed and the Shire is hosting three Workshops with seniors to brainstorm strategies to address the barriers to ageing in the Shire.

**The Workshops will also have an element of fun and there will be several prizes to be won!!! Lunch will be provided free of charge. Please RSVP to Donna on 9727 0222 or [dsims@capel.wa.gov.au](mailto:dsims@capel.wa.gov.au) prior to 4pm on Monday 13th March, 2017.**

#### Dalyellup & Gelorup Seniors' Workshop

This will be held at the **Dalyellup Community Centre** on **Thursday 16th March** from **11am until 1pm**.

This workshop will involve brainstorming strategies to address the following requirements that were identified by seniors:

##### Dalyellup

- ◆ More information pamphlets about what is available in the community
- ◆ Shelters at bus stops
- ◆ People taking more pride in their homes and area
- ◆ Illuminated numbers on curbs for houses
- ◆ More social events
- ◆ Local Op Shop/Social Services for seniors

##### Gelorup

- ◆ More kerbing (need to determine exact locations)
- ◆ More footpaths (need to determine exact locations)
- ◆ Bus Service

#### Capel & Peppermint Grove Beach Seniors' Workshop

This will be held at the **Capel Community Centre** on **Tuesday 21st March** from **11am until 1pm**.

This workshop will involve brainstorming strategies to address the following requirements that were identified by seniors:

- ◆ Bus Service
- ◆ Garden Centre Shop
- ◆ Community Garden
- ◆ More shade in walk areas (need to determine exact locations)

#### Boyanup Seniors' Workshop

This will be held at the **Jack & Mary Kitchen Community Centre** on **Monday 27th March** from **11am until 1pm**.

This workshop will involve brainstorming strategies to address the following requirements that were identified by seniors:

- ◆ Bus Service
- ◆ Better footpaths (need to determine exact locations)
- ◆ Beautifying the town

## What's Happening in March



3rd	<i>Capel CWA Craft Day</i> at Seventh Day Adventist Church Capel, 10am
5th	<i>Gelorup Markets</i> at Gelorup Community Centre 7am- 1pm
7th & 8th	<i>Gannaways 2 day trip to Walpole.</i> See flyer
8th	<i>International Women's Day.</i> 9.30 - 11.30am. RSVP 9791 3350
9th	<i>Dalyellup Over 50's Seniors' Catch Up</i> at Dalyellup Community Centre. 10am. \$5. 9795 3480
9th	<i>Boyanup CWA Meeting</i> at Boyanup Community Centre. 1 - 3pm
10th	<i>Gannaways trip to Wagin Woolorama.</i> See flyer
11th	Don't forget to Vote!!!
13th	<i>Photography Workshop.</i> See flyer. RSVP 9791 3350
14th	<i>Dalyellup Lions Club Meeting</i> at Dalyellup Community Centre. 7.30pm - 9.30pm
15th	<i>Boyanup Lions Club Meeting</i> at Hugh Kilpatrick Hall 6.45—9.15pm
16th	<i>Dalyellup Age Friendly Communities Workshop.</i> RSVP 9727 0222
17th	<i>Capel CWA Meeting</i> at Seventh Day Adventist Church, Capel. 10am
17th	<i>Capel Garden Club's Demonstration on Making Natural Soaps.</i> 9.30am. 0438 241 718
21st	<i>Capel Age Friendly Communities Workshop.</i> RSVP 9727 0222
22nd	<i>Gannaways Murray River Cruise.</i> See flyer
27th	<i>Boyanup Age Friendly Communities Workshop.</i> RSVP 9727 0222
28th	<i>Dalyellup Lions Club Meeting</i> at Dalyellup Community Centre. 7.00pm - 9.30pm
31st	<i>Capel Garden Club's Boyanup Botanicals Outing.</i> 9.30am. 0438 241 718

## 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 \$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. 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 &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

Don't Forget to RSVP for Age Friendly Communities Workshops!