

Seniors' Link



September 2017

Welcome to the September 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

Do you have an interesting tale to tell about the history of the region?

Suzie Belbin Community Development Intern at the Shire of Capel would like to hear from you!

The history of the Shire of Capel will be celebrated during Seniors Week October 29 to November 5 2017 in conjunction with the Ron Maidment Archives Room.

Community members who are interested in sharing a story are invited to contribute. Don't be shy! There are formal and informal speaking opportunities.

There are other ways to be involved. The Archiving team is seeking the donation of photos, documents and stories - past and present. The Ron Maidment Archive Room offers a dedicated and safe place to record history. The team is interested in both historical and contemporary content. Today is tomorrow's history...

To register your interest, or to find out more, please contact Suzie Belbin on 9727 0222 or email suzie.belbin@capel.wa.gov.au.

Seniors' Trip to Rottnest Island

The Shire is hosting an overnight trip to Rottnest Island on 20th & 21st February, 2018. The cost is \$240 per person. This is subsidised by \$55 per person by the Shire of Capel and the Department of Local Government & Communities. The cost includes the return bus, return ferry, admission fee onto the Island, luggage transfer to your Unit, lunch on both days, accommodation in shared cabins with ocean views and the Grand Island Tour by Coach & Train.

Please view the attached flyer for the itinerary and more information.

Please register by phoning Donna Sims on 08 9727 0222 or email dsims@capel.wa.gov.au

eSmart Resources

The following link contains valuable resources regarding cyber and digital literacy:

<https://www.esmart.org.au/esmart-libraries/cyber-and-digital-literacy-resources/>

The Shire of Capel Libraries are pleased to present:

Fiona Palmer

Join us for an evening of entertainment, featuring Fiona's latest title

"Secrets Between Friends"

Tuesday 12th September @ 6.30pm
Capel Library

To RSVP contact Capel Library on 97270290
or email caplib@capel.wa.gov.au

Refreshments | Book sales and signing available

DYMOCKS SHIRE OF CAPEL

What's Happening in September



- 1st *Capel CWA Craft Day* at Seventh Day Adventist Church, Capel. 10am
1st-3rd *Boyanup Antique Collectors Fair.* 0429 866 030
2nd *Capel CWA's Murder Mystery Dinner Night* at Capel RSL Hall. 6.30pm. \$25.
9727 1546 or 0417 924 981
3rd *Gelorup Markets* at Gelorup Community Centre 7am- 1pm
4th *Boyanup Seniors' Catchup* at Boyanup Community Centre. 12 noon
5th *Boyanup Neighbourhood Watch Meeting* at Boyanup Community Centre. 6pm
11th *Boyanup CWA Meeting* at Boyanup Community Centre. 1 - 3pm
12th *Fiona Palmer Author Night* at Capel Library. 6.30pm. 9727 0290
14th *Dalyellup Over 50's Seniors' Catch Up* at Dalyellup Community Centre. 10am.
\$5. 9795 3480
15th *High Tea & Fashion Parade* at Bunbury Golf Club. 9.30am - 11.30am. \$35.
9791 3350
15th *Capel & Districts Garden Club's visit to Sally Turner's Alpacca Farm* at 155 Good
wood Road. 10am
15th *Capel CWA Meeting* at Seventh Day Adventist Church, Capel. 10am
17th *Dalyellup Markets*
20th *Making Your Health Your Number 1 Priority* at South West Women's Health &
Information Centre. \$25. 9791 3350
20th *Boyanup Lions Club Meeting* at Hugh Kilpatrick Hall 6.45 - 9.15pm
24th *Boyanup Farmers' Markets*
29th *Capel & Districts Garden Club's visit to Balingup Lavender Farm.* Meet 9.30am
at Capel Drive Car Park.

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 | <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 |
| | 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). |
| | 8.30 - 9.30am | <i>Stay on Your Feet Exercise Group</i> at Capel RSL |
| | 9.30-11.30am | <i>Morning Tea</i> at Capel Senior Citizens - 9727 2058 |
| | 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 | 09.45 - 12.00pm | <i>Indoor Bowls</i> at Dalyellup Community Centre. |
| | 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

Busselton Senior Citizen's Centre

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