

# Have a Go News ACTIVE AGEING LIFTOUT



*In their prime - members of the Prime Movers are always ready to have a go - find out more on page 7 of this liftout. Photo Martin Yates*

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# Keeping active and socialising are two major keys to healthy ageing



Jennifer Merigan

MARCH is the perfect time to start planning to

get out and about and have a go!

Research shows that as we get older, the more activity we undertake, the better the outcome for our health, wellbeing and longevity.

There are many exercise and recreation programs specifically targeted at people 50+ and we have a great selec-

tion inside these pages.

We want to show you how exercise and keeping socially active is the magic potion for healthy ageing.

Inside we chat to Ross Glendinning who at 62 is keeping very active. We also feature a special report from Josephine Allison about the importance of maintaining

good social connections with a variety of listings of social clubs and groups to attend.

We cannot stress enough about the importance of strength-based exercise programs and Frank Smith shares some research which will encourage readers to have a go!

Research has shown

that even if you have a chronic disease, a specially tailored exercise program can help you feel better.

Whatever your fancy, there are myriad opportunities to join in on some physical activity from mall walking at your local shopping centre to dancing with music along with Prime Movers

who are featured on the front cover. These low cost activities also provide great social opportunities to expand your friendship base.

For those who would like to join a club or a group tailored for the over 50s we have provided a listing of the Living Longer Living Stronger program par-

ticipants, recreation and dance clubs.

Don't forget our website has a host of useful information – visit [www.haveagonews.com.au/clubs/](http://www.haveagonews.com.au/clubs/) to see the full listings of clubs and groups.

Enjoy having a go!

Jennifer Merigan  
Editor

## Find a Living Longer Living Stronger provider near you...

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- Bullcreek - Revolv Heath (at Definition Health Club) 9313 5125
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- Merriwa - Seaside Exercise Physiology 0497 065 883
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- Rockingham - Life Ready Physio 9500 7643

- Wangara - The Health and Fitness Centre 9409 3033
- Warwick - Life Ready Physio 6168 8564

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- Bedford - Exercise for Life 9371 8563
- Bridgetown -  
Bridgetown-Greenbushes Recreation Centre 9761 2966
- Cannington - Cannington Leisureplex 6350 7300
- City Beach - Bold Park Aquatic Centre (Tier 2 only) 9385 8767
- Collie - Roche Park Recreation Centre 9734 4388
- Denmark - Denmark Recreation Centre 9848 2044
- East Perth - Stadium Fitness 0434 233 382
- East Victoria Park - Leisurelife Centre 9373 5450
- Ellenbrook - Jetts Ellenbrook 9296 7042
- Falcon - Anytime Fitness Mandurah South 9534 4495
- Forrestfield - Hartfield Park Recreation Centre 9359 1700

- Harvey - Harvey Recreation and Cultural Centre 9729 3311
- Kalgoorlie - Eastern Goldfields YMCA 9021 1035
- Kelmscott - Genesis Health Club 9390 4900
- Kwinana - Kwinana Recquatic 9236 4700
- Mandurah -  
Mandurah Aquatic and Recreation Centre 9550 3600
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- Merredin - Merredin Squash and Fitness 9041 2381
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- Mt Barker - Mt Barker Recreation Centre 9851 2122
- Mundaring - Club Sierra 9295 1426
- Narrogin - YMCA Narrogin Regional Leisure Centre 9881 2651
- North Lake - Lakeside Recreation Centre 9310 7700
- Northam - In-Balance Fitness 9622 5335
- Pinjarra - Shire of Murray Recreation Centre 9531 2000
- Riverton - Riverton Leisureplex 9231 0930
- Thornlie - City of Gosnells Leisure World 9251 8700
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## COTA WA celebrates Active Ageing

The winners of the WA Senior Awards 2018 are great examples of positive and active ageing



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## Super active at 62 - Ross Glendinning knows about Active Ageing



Ross Glendinning

by Lee Tate

FOOTY legend Ross Glendinning, super-active at 62, confesses he has a leg-up for keeping fit.

"I'm lucky working in a footy club where I have access to all the facilities when they aren't being used," he said.

"There's encouragement for you in that sort of environment.

"But almost everyone - unless physically-impaired - has the opportunity to be active and have some level of fitness."

Ross, the first captain of the mighty West Coast Eagles 33 years ago, is West Coast's manager corporate relations.

"He's chief cook and bottle-washer," joked a West Coast staffer when we rang to confirm Ross's title.

Ross, the Eagles leading goal kicker in 1987 and 1988, brims with health but he says he likes occasional sweet things, a beer and food "all in moderation."

He says the key to being active is being switched-on mentally and physically.

"The former rent-a-car boss Bob Ansett said if you want something done ask a busy person. If you laze around and say I'll do something tomorrow you'll probably walk to the fridge."

"Some of us are fortunate to have had a little activity in earlier times and it's easier to maintain. If you stop for a while, after months or years it's far harder to get back to a level of fitness or activity."

"If you are physically able to do exercise you might be able to say

I can do a bit more.

"WA is blessed with its weather so it's not hard to go to a beach or a park or walk down a path."

Ross says people's principles and priorities tend to shift as they age.

"As you get older you will want to muck around with your kids and grandkids. I've got three daughters and four grandkids under six. It's great if they can say: 'Come on Pop, come down to the beach' and not feel incapable."

"You don't have to run triathlons or row boats or paddle boards, although you can."

"Every month I'll say to my wife, Kerry, there's some new revelation that red wine or chocolate is good for you or not

good for you. Again, everything in moderation."

Ross said being active also means socialising, mixing and communicating.

"Keep up with the times and what is happening."

"One of the great things today is younger people are joining a bowling club. It's a cheaper way of having fun and joining-in and socialising."

"Also for people over 50 and 60 it is stimulating to converse with these people and ones of a similar ilk. You hear and see things and think why not go and do something yourself."

Ross says he feels lucky in that he also enjoys exercising.

"If I'm not doing something I might get cranky after a few days. When I'm doing some-

thing, I feel better.

"There are medical issues with some people. There might be a hip replacement or knee problem but you do a bit of exercise, whatever you are able," says the Brownlow medalist who played for the Eagles, North Melbourne and East Perth. (His father, Gus, played 69 games for the Royals, 1941 to 1951).

Ross was inducted into the WA Hall of Champions, Australian Football Hall of Fame, WA Football Hall of Fame and North Melbourne Hall of Fame. He was named in North Melbourne's Team of the Century. The Ross Glendinning Medal, for the best WA Derby player, is named in his honour.

Ross was also Dockers chairman of selectors in 2000-2002.

## The benefits of dancing for older people cannot be underestimated

DANCING benefits older people both physically and mentally. Many medical studies suggest that dancing is one of the best forms of exercise.

Ageing is a part of life, but that does not mean people must experience physical and cognitive decline as they age.

There are many ways to fight such decline, and one of the most enjoyable is dancing.

Dance provides positive effects in many areas of the body, including the brain. The combination of coordination with the muscle exercise provides a

complete workout.

A dancing person's brain must work to create what is called muscle memory, allowing the person to move fluidly.

Regular practice of this fun activity can help to minimise cognitive decline as well as improving posture, reaction times and providing a better overall sense of wellbeing.

Vogue Performers are offering a variety of classes especially for older people including line dancing, ballroom and Latin variations. No partner is needed and there are opportunities to make new

friends. Included after the class is chance to relax with tea, coffee and a biscuit.

Dance classes are held in a fully mirrored and sprung dance floor at their premises at 4 Carbon Court in Osborne Park.

Vogue Performers director Leanna Del Basso and her ballroom dance instructor from Gilkison's, Nancy Vanden Bergh, look forward to welcoming *Have a Go* readers to come along, dance and have some fun on Fridays from 9.30am to 10.30am.

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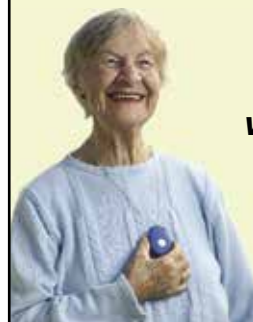
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## Strength and balance training helps to prevent falls and keeps you feeling young...



Left to right; Curtin University School of Physiotherapy and Exercise Science's Dr Elissa Burton - Peter Burren (80) shoulder press - Jacquie Walther Tai Chi class

by Frank Smith

NOT many of us plan to

take up lifting weights when we retire. But it is worth thinking about.

Forty six different studies with more than 15,000 participants reviewed in the *British Journal of General Practice* last year looked at a range of interventions to prevent frailty in older people.

Interventions which included strength training and protein supplementation were consistently the most effective and easy to implement. Others, included health education, home visits, hormone supplementation, and counselling were less effective.

Last year, Curtin University scientists found that older adults who participate in strength training including upper and lower body exercises, improve their ability to get up after a fall un-

assisted, if they are not injured.

Dr Elissa Burton, from the School of Physiotherapy and Exercise Science at Curtin University said: "One in three people living in the community aged 60 and over have at least one fall per year.

"While many falls do not result in major injury or death, they can have a profound effect and fear of falling may cause people to restrict their future activities.

"Up to two-thirds of older people who fall cannot get themselves off the floor independently, so our research aimed to assess whether interventions such as strength training could help to improve this.

"Previous research suggests that a number of negative physical consequences result from not being able to get up after a fall, including increased risk of hospitalisation, poor recovery of physical function, increased possibility of admission into residential aged care, and even death," Dr Burton said.

"The research reviewed 41 studies that evaluated the effectiveness of rising from the floor unassisted and found that resistance training interventions that included upper and lower body exercises improve an older person's ability to get up off the floor independently.

"Teaching the older population specific

techniques on how to get up after a fall is critical and in turn could help reduce the negative physical and emotional effects that occur as a result of a fall."

Many seniors already participate in exercise programs such as Living Longer, Living Stronger and Prime Movers. The weights they lift are often much greater than those used in research studies.

Is it worth trying to increase the weights they are lifting or is this overkill?

"No, it is definitely not overkill to be lifting heavier weights, I would highly encourage you to keep doing this.

"People who are doing nothing should start slowly and build up, but for those people that have been exercising all of their life and perhaps doing a lot of high-intensity exercise, they should keep doing this and not drop down to the lower intensity stuff simply due to age.

"Age in a lot of ways doesn't mean much. It is a person's health and fitness levels that mean how much they can do.

"In research projects participants generally have done nothing, so we start off light because it would take them years

to get to your level due to their previous inactivity."

Some people doing strength exercises still have difficulty getting up after a fall.

"How much flexibility work (particularly around your hips) do you do? And also how much core (stomach lower back) work do you do?"

"As well as doing straight weights you could look at some more functional strength work to improve flexibility around the hips and adding to the core strength of your back and stomach.

"The other thing is to increase the amount of balance exercises. Research shows strength and balance training helps to reduce falls but it is balance training that has the real effect of reducing falls.

"Strength training gives many other benefits but is not as effective as balance training for reducing falls.

"A session of tai chi a week has a lot of balance work and is also effective in preventing falls," she said.

Both the British research and Curtin University research was published in the journal *Disability and Rehabilitation* last year.

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but people of all ages are very welcome. The group gets together prior to the opening of the shopping centre. Walks start with stretches as a warm-up, and each walk is followed by a cool-down activity and the option to stay and share a coffee with fellow walkers. There are regular events and social activities connected with each of the Mall Walking groups.

Walkers are encouraged to wear comfortable clothes for exercise and closed shoes for walking and to bring a bottle of water.

Many of the walkers are enthusiastic about the improvements in their overall physical and mental health, as well as the social connections amongst the groups. For many it has been really noticeable in reducing isolation and loneliness.

Mall Walking is available at Belmont Forum, Cockburn Gateway, Garden City, Karrinyup Shopping Centre, The Square Mirrabooka and coming soon to Ocean Keys Shopping Centre and Midland Gate.

If you would like to join a group or require further information, contact COTA WA on 9472 0104.



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**Please register attendance to Cheryl  
on 9330 0100. RSVP is essential.**



# Socialising is one of the keys to retirement and a fulfilling life...



by Josephine Allison

THE autumn years of life and retirement can sometimes be lonely for people whose children have grown up and left home and whose grandchildren are a long distance away. But these days there are many activities and social events in the community which can make this time

rewarding and active.

The importance of socialising for older people is vital, mentally and physically, according to US based Harvard Medical School.

Six ways older people and their loved ones can achieve a healthy social life is building and maintaining positive relationships with their grandchildren, doing

volunteer work, taking advantage of community resources, organising social activities to include lonely older people, helping maintain a sense of purpose by caring for a pet, attending church or following hobbies and interests and ensuring other older people have transport to and from social activities.

Look around Perth and see the stories of active ageing and social interaction. Many older people play tennis well into their 80s, go swimming and join similar minded people for ocean swims, canoeing, dancing, bush walking and hitting the gym. It's an ideal way to meet like-minded people who can get together for a coffee or a meal later.

Our climate also makes it easier to get out and about nearly all year round. Socialising is a great boost to older people's cognitive health, keeping them stimulated, mentally sharp and intellectually engaged.

School and work are

the ideal way to meet and interact with new people, but making friends in your 50s and beyond isn't as easy. Once people are retired, they might not have access to a robust social network. And if friends and family have moved away, the social circle can shrink even more. But it's never too late to seek out and develop new friendships. People just need to know where to look for them.

Healthy relationships are important at any age but the importance of socialisation for older people cannot be overemphasised. Consistent social interactions help keep people mentally, physically and emotionally fit. The health benefits of socialising include reduced stress, a longer lifespan, more fitness and reduced risk of depression, less anxiety and greater self-esteem.

There are many social clubs around Perth who cater for people seeking fun and friendship. Among them is EOS Club (Eos is a

Greek word meaning new beginnings), which offers social interaction for unattached men and women over 55 in a supportive, safe and friendly environment.

The club is currently seeking new members. If someone is at a loose end and wants to meet fun loving, like-minded men and women in a social setting, then come along.

The club was established in 1983 and provides an opportunity for people to meet and take part in a wide range of social and cultural activities including dining out, dancing, barbecues, picnics, bus trips, river cruises, social bike riding, theatre and film outings.

The functions are organised by members; the club's success is because members can take part in a diverse range of activities.

A monthly social evening is held on the third Friday of each month at Hensman Park Tennis Club, South Perth, where members

can meet old friends and make new ones. Entertainment, drinks and supper and provided free to members. For details, visit the club's website at [www.eosclub01.com](http://www.eosclub01.com) or email [admin@eosclub01.com](mailto:admin@eosclub01.com) or call Jan on 0415 228 226.

Just Friends is a social group for unattached older people. It meets at the Claremont Yacht Club at 7.30pm on the second and fourth Tuesday of each month for a 'mix and mingle' evening. This is a relaxed night with someone at the door to greet newcomers and give them a list of upcoming events.

Cost for the night is \$5 for members and \$10 for visitors, the annual fee is \$80. Drinks can be bought at the bar and a light supper is provided. Once a member of Just Friends, people automatically become a member of the Claremont Yacht Club at no further cost. The CYC membership card gives discount on drinks and meals.

Some of Just Friends events are house parties, dinners (including dinner dances), lunches, barefoot bowls, picnics and theatre visits. Mix and mingle evenings are held several times a year. For more information please call Carol on 0417 679 854.

Nirvana Social Club holds ballroom dancing for older people at the historic Leederville Town Hall (its wandoo floor was recently resurfaced), each Saturday at 7.30pm. The atmosphere is friendly and newcomers are welcome. Go to [www.nirvanadanceclub.com](http://www.nirvanadanceclub.com).

Sweet Nectar is a series of six arts-based workshops for older lesbians being held in Perth from 16 April to 25 June. People taking part don't need to be artistic, art is used as a medium to explore what gives them purpose. Spaces are limited, enquiries to Iris Whitelock 0407 855 656 or go to [iris@artoflifecoaching.com.au](mailto:iris@artoflifecoaching.com.au).



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Lake Monger Recreation Centre  
144 Gregory Street, Wembley

Fridays 9.30am  
Seventh Day Adventist Church  
7 Ainsbury Parade, Clarkson

HAGN24-051756

## Strong on Your Feet class vacancies in Mandurah

THE program of Strong on Your Feet is run by volunteers from the Seniors Recreation Council of WA, Peel branch.

People enrolling for these classes need to be aged 50 years or older and keen to participate in exercises, to maintain their mobility and balance.

The classes are conducted weekly at each venue and run by volunteer peer leaders, specifically trained by local physiotherapists in

exercises that benefit people of senior age. Class costs are minimal at \$5 per session which includes morning or afternoon tea.

The strength exercises are done while the person is either sitting in, or standing behind their chair. You follow the leaders who show you how the exercises are to be done.

Several vacancies in the classes of Strong

on Your Feet are now available at both the Waroona (Monday 1pm class at Waroona Seniors Centre) and Lakelands (Thursday morning 10.30am Lakelands Library and Community Centre) venues.

For further information please telephone Jan McGlinn 9535 4749 or 0427 088 615 or email [dmc56456@bigpond.net.au](mailto:dmc56456@bigpond.net.au) or see leaders at the venue.

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maureenbradford@bigpond.com  
www.aimarcherywa.com.au

**Camping**  
**COCOA (Come Out Camping Older Adults)**  
Tel: 9409 7419  
www.cocoawa.com  
Organises six-day camps, in school camps shared accom. (not tents) Indoor & outdoor activities.

**Canoeing**  
**Leisure Paddlers 45Plus Inc**  
Tel: 0412 219 254  
www.leisurepaddlers45.org  
Must have own sit-in or sit-on kayak

**Over 45 Social Canoe Club**  
Tel: 9438 1321  
rosemary.mero@gmail.com  
Paddle on Friday

**Over 55 Canoe Club**  
Check for availability of places.  
Iris Mickiewicz, president.  
M: 0438 926 578  
Dale Winn, secretary.  
M: 0420 733 024

**Cycling**  
**Over 55 Cycling Club Inc**  
Tel: 0409 291 453  
over55@live.com.au  
www.over55cycling.org.au  
Meets on Monday, Wednesday and Saturday mornings at venues in the metro area.

**Dancing**  
**Over 50s Dance Club**  
Tel: 9390 5285  
lvys1934@hotmail.com  
Modern or sequence dancing.

**Over 50s Ballroom Dancing**  
Tel 9401 6743  
jo-kem43@hotmail.com  
Meets first and third Thursday at South Perth Civic Centre and second and fourth Thursday at Stirling Leisure Centre.

**Beat the Feet**  
Dance exercise program for people over 50 in Mandurah.  
info@beatthefeet.com.au  
Call 0400 697 452

**Square Dance Society of WA Inc**  
Tel: 9243 1200  
or 0419 900 441

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**Prime Movers**  
Tel: 9386 2049  
www.primemovers-exercise.com.au  
Over 80 classes throughout the metropolitan area, for adults 50+.

**Walking**  
**Over 55 Walking Association (OFFWA)**  
Tel: 0415 793 731  
Club Secretary - Valerie Barnett over55walkingassoc@gmail.com  
www.over55walkingassociation.org.au  
Walks each Tue 10.30am Mar-Nov. Different locations. Camp in October

## Have a go and get into the prime of your life...



Having fun at Have a Go Day

**PRIME Movers Inc** is a not-for-profit organisation which holds low impact exercise classes for both men and women aged 50 plus.  
With more than 5000

members and 75 plus classes a week from Quinns Rock in the north to Mandurah in the south, you won't miss the opportunity to join a class.

The instructors are all fully trained and accredited and they provide exercise classes which promote health, fitness and wellbeing in a social atmosphere, with music being an integral part of the program.

New classes are starting in Girrawheen on Mondays and Wednesdays, Hamersley on Thursdays and Laguna Club on Mondays in Inglewood.

Classes are structured to suit both males and females, and include a warm up, stretching, low impact aerobics, muscle work and finish with a relaxation segment.

Through exercise

comes increased flexibility and stamina and improves posture and co-ordination.

Visitors are welcome to come to one of the classes to see what it's all about.

Please wear comfortable clothing, lace up joggers and bring a bottle of water.

A full list of classes is available on the website.

The annual membership is \$17 with a class fee of \$3. Visitors are welcome to try a class for \$4.

For more enquiries visit the website [www.primemovers-exercise.com.au](http://www.primemovers-exercise.com.au) or call 0444 560 037 between 9am - 5pm Monday to Friday.

## Vogue Performers™

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No partners are needed.

Enjoy dancing on a sprung dance studio which is fully airconditioned.

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