

# Have a Go News ACTIVE AGEING LIFTOUT



The Living Longer Living Stronger program has been rebranded Strength for Life to promote healthy ageing for over 50s. See inside for details...

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Photo: Tasmania - Tourism Australia



## ChiBall helps people stay fit and healthy



ChiBall classes are held weekly

**SENIORS** Recreation Council of WA Inc. (SRCWA) Peel branch ChiBall classes are held each Friday at 1.30pm. ChiBall is an exer-

cise regime that can be beneficial to your health and is suitable for men and women aged 45 plus. Experienced instruc-

tor Tim Henworth leads each session to music. The Chi Balls used are supplied by SRCWA and attendees need to bring a yoga mat with them to each class.

Why not come along on a Friday to see if you like it and join this very friendly group?

Yearly registration for the hour-long sessions is \$25 with \$5 payable for each class.

Classes are held at the Leslie Street Sport and Social Centre, (T Junction of Creery and Leslie Street, Mandurah).

Enquiries to Jan on 9535 4749 or mobile 0427 088 615. Email dmc56456@bigpond.net.au

## Check out the Rockingham Have a Go Day...

Everyone is invited to come along to Have a Go Day – a LiveLighter event in Rockingham at the new venue at Mike Barnett Sports Centre on Wednesday 25 March from 10am to 2pm for this fabulous free day out, organised by the Seniors Recreation Council of WA Rockingham branch.

Mayor of Rockingham Barry Samuels will officially open the event and there will be myriad activities to try including dancing, carpet bowls, pole walking, carpet golf, air soccer, chair yoga and heart sports.

A group of physiotherapists will be

on hand to offer people advice and Silver Chain will demonstrate their Virtual Reality headsets which offer people an amazing technological experience.

There is free tea, coffee, water, biscuits and a sausage sizzle available for all attendees.

With more than 100 displays, activities and entertainment, there is something for everyone and it's free!

Mark your diary now for Wednesday 25 March at the Mike Barnett Sports Centre, corner of Dixon Road and Goddard Street in Rockingham from 10am to 2pm at the Mike Barnett - See you there!

## Let's get active to live longer and stronger



Jennifer Merigan

RESEARCH shows that as we get older the more physical activity we undertake, the better the outcome for our health, wellbeing

and longevity.

For 29 years Have a Go News has been a medium for older people to feel they are part of a special community and to encourage active ageing.

Inside these pages we will show you how exercise is the magic potion for healthy ageing.

There are a plethora of activities to appeal to all tastes from the newly rebranded Living

Longer Living Stronger program which is now Strength for Life to the Stay Sharp Program, as well as the long running exercise to music Prime Movers, a variety of dances, and many other opportunities.

Research has shown that even if you have a chronic disease, a specially tailored exercise program can help you feel better and be more active.

Whatever your fancy,

there are myriad opportunities to join in on some physical activity which also provides 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 our website has a host of information – visit [www.haveagone.com.au/clubs/](http://www.haveagone.com.au/clubs/).

**Jennifer Merigan**  
Editor

## Come to a community conversation near you



Advocare, an organisation dedicated to supporting and protecting the rights of older West Australians. The workshops have been funded by the Department of Communities WA.

The 'Older Together' workshops aim to promote discussion around three main themes: What is the role of older people in your community? What supports and networks are available for older people in your community? What are the risks of social isolation and elder abuse?

Advocare's CEO, Diedre Timms, said elder abuse had become an important and growing issue for seniors.

"Among the different forms of elder abuse, financial abuse is the most common." Ms Timms

said. "However, it's never too late to look at how we can protect ourselves as we age."

"We hope that people who attend the session will leave more aware of the risk factors for elder abuse, with a greater understanding of the rights of older people and what we can all do to support older people in their community."

To find a session near you, visit the Advocare website: [www.advocare.org.au](http://www.advocare.org.au) or call 1800 655 566. Complimentary refreshments will be provided at each event.

**Advocare**  
Empowering People



Solace WA is here to offer those who are grieving the loss of their spouse, partner or fiancée regardless of how they died or when they died, a place where they can feel that others understand what they are experiencing and going through. Solace helps to develop a better understanding of the grieving process and its associated traumas. Our aim is to facilitate healthy grieving under the caring guidance of our support workers who have all survived the death of their loved ones.

**Our Sharing & Caring Groups meet at**  
West Perth, Connolly, Gosnells and Mundaring

For further information please contact:  
**Solace Grief Support Group of WA Inc**  
President 0488 991 084  
Email: [info@solacegriefsupportwa.org.au](mailto:info@solacegriefsupportwa.org.au)  
Website: [www.solacegriefsupportwa.org.au](http://www.solacegriefsupportwa.org.au)  
You and your call will be welcome

## Nutrition and exercise can help improve the journey of grief

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134A Hampton Road, Fremantle



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[www.step2it.iinet.net.au](http://www.step2it.iinet.net.au)

SOLACE Grief Support Group WA is a national organisation for people grieving the death of their spouse, partner or fiancée. Members are from many different countries, cultures and religions and anyone is welcome to join the group.

Solace WA will be hosting a *Diversity in Grief* Conference on the 5 May at the Perth Ingot Hotel.

The aim of this conference is to inform, educate and provide a pathway for understanding the grief process and its impacts.

Not only is the emotion of grief catastrophic but there are also secondary grief losses – such as physical loss, family dynamics, raising children alone, loss of purpose in life, loneliness and more.

The invited health professional guest speakers include Professor Maurizio Andolfi who will outline how multigenerational methods and understanding can help when dealing with grief and Dr Adrian Lopresti who will be advocating how diet, nutrition, exercise and lifestyle will improve both mental and physical wellbeing.

This conference will also include guest speakers Imam Kamran Tahir – missionary of the Worldwide Ahmadiyya Muslim Community, Emeritus Rabbi David Freilich OAM of the Perth Hebrew Congregation and Noongar Elder – Marie Taylor.

For further information and registration please contact Sandra on 0488 991 084 or email [info@solacegriefsupportwa.org.au](mailto:info@solacegriefsupportwa.org.au).

## Older together - A community conversation

### Join Advocare for a conversation about ageing;



'Advocare supports the rights of older people'

**16 March Denmark**  
**23 March Kununurra**  
**24 March Halls Creek**  
**25 March Fitzroy Crossing**

- Learn about services in your area
- Access free resources
- Enjoy a complimentary morning tea
- Connect with locals
- Learn how you can support older people in your community.

**Advocare**  
Empowering People



Government of Western Australia  
Department of Communities

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## Live longer and stronger with COTA WA's Strength for Life program



Left to right; Strength for Life launch in 2020 - Looking back to 2004 at the Forrest Place launch of the Living Longer Living Stronger program.  
Inset; Ambassador for Strength for Life Bob Ziegler



by Jennifer Merigan

COUNCIL on the Ageing WA (COTA) has been represent-

ing the rights and well-being of older people in Western Australia for 60 years.

Fifteen years ago, they launched the very successful Living Longer Living Stronger program and Have a Go News was on the ground in Forrest Place in November 2004 to cover its debut.

The program had its genesis in research by the Royal Melbourne Institute of Technology (RMIT) into the benefits of strength training for post-menopausal women.

Researchers found many women in their 60s, 70s and 80s wanted to continue to do strength training but had difficulty in finding a gym where they could afford to go, where they had the proper supervision and where they felt safe to actually undertake it.

In partnership with the RMIT, COTA sought and received funding to look at what fitness centres were providing for older people at the time.

They also spoke to older people to find out what they knew about strength training and its benefits, and how they could get them into a gym to do strength training.

As a direct result of this research the Living Longer Living Stronger program was established. Participating gymnasiums, community health centres, rehabilitation facilities and community recreational centres obtain endorsement from COTA and provide a program of exercise, which meets COTA criteria, for people over 50.

Last month Living Lon-

ger Living Stronger was re-branded to Strength for Life and will see the same evidence-based program sport a new name for the new decade.

The World Health Organisation has declared the decade of 2020 to 2030 as the era of Healthy Ageing. They have a pledge from members to ensure dignity and equality for older people. Specially designed programs such as Strength for Life enable this to not be just a slogan but provide results.

The new branding will ensure that the program continues to encourage healthy ageing throughout the decade and allows more older people to have access to strength-based exercise programs across the state.

Joining the program begins with an initial assessment followed by the formulation of an individual plan, with two or three fully supervised exercise sessions of one to two hours each week. Sessions are low cost and can be paid on a weekly or monthly basis, depending on the facility.

Over the years Have a Go News has reported on many people who have and continue to utilise the program and there have been many success stories. Many have turned their lives around from being incapacitated to being able to live active lives again and there have been excellent results for those with chronic conditions too.

If you can have a magic potion to ensure that you age well then exercise is it.

Ambassador for Strength for Life, 90-year-old Bob Ziegler said the program has changed his life and enabled him to age well. Bob, who was at the launch looks like he has just turned 60 and is a prime example of how maintaining strength-based exercise into later life has its rewards.

Bob is available to speak to clubs and groups about the program.

Strength for Life also provides social opportunities and gives people the chance to put their health into their own hands.

There are many Strength for Life providers throughout WA, see the list on page 5 of this guide or call COTA WA on 9472 0104 to find out more.

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## This 96-year-old swims laps around competition every week



Charles 'Eli' Kitay

by Tarquin Bateman,  
Communication and events  
coordinator  
Masters Swimming

CHARLES 'Eli' Kitay started swimming in high school in 1937 at age thirteen, where he was taught by the former South African Olympic swimming coach Jimmy Green. Eli gave up swimming for 34 years, taking up long distance running instead, but returned to the pool in 1997.

Soon after, he migrated to Perth and began swimming with Beatty Park Masters Swimming Club. At 96 years old, Eli holds several national and state records and still competes regularly.

Eli's passion for swimming is evident in his commitment to the sport. At age 91 he injured his back, having surgery to correct the injury. Less than five years later he is back and still breaking records.

"My simple answer to why I still swim at 96 is that I love the sport," said Eli.

"It doesn't matter how long you've been out of the pool; my advice is to get back in and join a club.

"Masters Swimming is about the fitness, fun and friendship of swimming. You get introduced to competitions, but there is no compulsion to race. You will also have the opportunity to compete in open water competitions."

Eli says his proudest swimming achievement was when at 90 years old his swimming coach suggested Eli enter a 1500m swim.

"I had never swum further than 800m in a pool, but I said I would give it a go. In a 50m pool, 1500m is 30 laps," he said.

"In the first 800m of my swim (except the first two laps) my times for each 100m were within three seconds of each other. In the next 700m, except for the last 100m, my individual times were again within three seconds of each other.

"How proud I felt that I had eventually become a better swimmer. And I had achieved

two national and three state records," he said.

Eli's most recent accomplishment was breaking the WA state record for the male aged 95 to 99 100m breaststroke, which he achieved in a time of four minutes.45.88 seconds.

Just like Eli, people can explore their love of swimming at a club near them. Masters Swimming WA clubs provide a fun and relaxed environment to make friends while keeping fit and healthy. There are members of all ages at the clubs and skill levels, ranging from beginner to advanced.

Find more information at [www.mswa.asn.au](http://www.mswa.asn.au).

## Have a go at pole walking - it's easy



POLE walking is a low impact activity which provides a complete body work out.

Introduced to WA by the Seniors Recreation Council in 2006, more

than 7000 people have had a go at this activity and many of them continue to walk individually or in pole walking groups.

The concept came

about from skiers in Nordic countries who utilised their ski poles to assist in walking the mountains.

The addition of poles was found to be a great benefit for walkers and

in 1988 manufacture of specifically made walking poles began.

Pole walking is now considered to be one of the best all round low impact workouts and especially effective for older adults.

Pole walkers use more of their muscles and the activity has a greater intensity, increasing fitness and muscle tone quicker and is easier than normal walking.

It builds muscles in the chest, in the arms, shoulders, abdominals, spine and other core muscles to strengthen and tone.

It also increases oxygen uptake by up to 45 per cent and has been found to be very beneficial to heart health.

Pole walking burns 20 per cent more calories than walking alone and assists balance, stability and mobility.

It's easy to learn the technique and adopting pole walking as an exercise routine has been found to be very beneficial for people with hip, knee or back problems.

Pole walking can reduce stress and improve mood and coordination.

Seniors Recreation Council sell the poles and offer demonstrations for clubs, groups or individuals.

To find out more about pole walking contact the SRC office on 9492 9773.

## Upbeat dance sessions begin in April

RATHER than be stuck at home, and becoming less socially interactive, many people are seeking new challenging and fun ways to keep themselves active. There are cost effective, healthy, easy and exciting ways to meet other fun loving singles and couples.

They also see the significant benefits to their health and wellbeing from doing something as simple as a couple of hours of square dancing per

week to spice up their life.

Modern square dancing is all about walking and moving to the instructions of a caller while enjoying upbeat music. They start with simple easy-to-follow moves and gradually introduce more and more moves. Before people know it they have mastered square dancing. Singles or couples are able to join in.

All over the world, the instructions are in English, so once someone

has mastered them they can square dance anywhere throughout their travels.

It is terrific for their health, both mental and physical, especially when it is mixed with good music and happy sociable people of all ages.

New classes are starting in April. For more information phone Janice on 0410 818 732. Visit the website at [www.squaredance.org.au](http://www.squaredance.org.au).

## Live longer and stronger with exercise program



LIVING Longer Living Stronger has been re-branded to Strength for Life. It is an evidence-based exercise program designed specifically for the over 50s.

The program provides affordable, high quality, results-orientated, and progressive strength training that focuses on improving fitness, balance, strength, stability, coordination, gait and general well-being.

The program is a lot of fun and inspires participants to attend frequently, hence minimising the social isolation often experienced by some people.

Morley Sport and Recreation Centre offer five sessions per week, Monday to Friday. The classes are popular not only for the health and fitness benefits the members receive but also for the social interaction and friendships that are made. Social events are regularly organised by both the centre and participants throughout the year, which also gives people an opportunity to build relationships outside of the classes in a relaxed environment.

"From our perspective, the Strength for Life program offers much more than increased fitness and social activity; it is a platform from which people feel accepted, are able to exercise in a comfortable environment without the worry of judgement, and a place where they can be themselves and connect with others no matter what their age, ability, background, or fitness level," said Amanda, sports and community centre manager at YMCA Morley Sport and Recreation Centre.

For Strength for Life classes, call Morley Sport and Recreation Centre on 9375 3529 for more information.



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# Social Club

...and be part of our happy community.



In mid-2018, we launched our Social Club, originally for people who had travelled with Kings Tours but due to its popularity we have now opened it to everyone!

Our Social Club is all about fun, making new friends and enjoying a variety of outings.

Already with more than 200 members, being a part of the Kings Social Club will ensure you are invited to events we hold throughout the year ranging from day tours, morning teas, movies, lunches and events.

The Kings Social Club is exclusively organised by Kings Tours & Travel and all events are not for profit. This is our way of being part of the WA community.

**Joining is free, call Kings on 9380 6656 (Perth) or 9584 8982 (Mandurah)**

We hope to see you soon!



## Strength for Life exercise program for over 50s - find a provider near you



Ambassador for Strength for Life Bob Ziegler

**Tier 1 Providers include accredited exercise physiologists or physiotherapists who work directly with people who have a chronic illness or rehabilitation requirements.**

- Attadale - Attadale Physiotherapy Centre 9317 4777
- Balcatta - Bounce Physiotherapy 9344 7476
- Bayswater - Life Ready Physio 6313 4040
- Bedford - Exercise for Life 9371 8563
- Bicton - Life Ready Physio 6313 4010
- Bentley - Curtin University Physiotherapy Clinic 9266 1717
- Bullcreek - Revolv Health (at Definition Health Club) 9313 5125
- Bunbury - Maximum Results Exercise Physiology 9792 4179
- Butler - Life Ready Physio 9544 3822
- Butler - Seaside Exercise Physiology 0497 065 883
- Canning Vale - REPS Movement 6258 5822
- Carine - Concentric Healthcare Services Pty Ltd 6258 6750

- Claremont - Essence Lifestyle Changes 9386 8588
- Coogee - Coogee Beach Fitness Club 9418 4227
- East Fremantle - REPS Movement 9319 8355
- East Fremantle - Southern Plus Health and Wellness Centre 6424 7443
- East Victoria Park - Perth Diabetes Care 6110 0570
- Floreat - Life Ready Physio 6280 1090
- High Wycombe - Perth Diabetes Care 6110 0570
- Inglewood - Life Ready Physio 9276 6155
- Joondalup - ECU Vario Wellness Clinic 6304 3499
- Margaret River - Margaret River Recreation Centre 9780 5625
- Marangaroo - Life Ready Physio 6444 6363
- Midland - Life Ready Physio 9250 7772
- Murdoch - Heart Health and Fitness 0488 098 227
- Myaree - Altitude High Performance Gym 0418 913 683
- Northam - In balance Physiotherapy and Fitness 9622 5335
- Quinns Rocks - Move Forward Quinns Physiotherapy 9305 0000
- Rockingham - Life Ready Physio 9500 7643
- Spearwood - Life Ready Physio 6192 3256
- Subiaco - Bodyworks Subiaco 9381 5565
- Wangara - The Health and Fitness Centre 9409 3033
- Warwick - Life Ready Physio 6168 8564

**Tier 2 and Working Seniors Tier Providers are accredited fitness professionals who have completed the compulsory Strength for Life™ Instructor Training Course.**

**Working Seniors' Tier is now available at most Tier 2 Providers – providing an expert level assessment and safe gym program for those unable to attend regular week day session times.**

- Augusta - Augusta Recreation Centre 9780 5625
- Aveley - Jetts 6296 7042
- Beechboro - Swan Active Beechboro 9207 8555
- Boddington - Active Plus 0429 806 086
- 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
- Donnybrook - Recreation Centre 9731 1822
- East Perth - Stadium Fitness 0434 233 382
- East Victoria Park - Leisurelife Centre 9373 5450
- Falcon - Anytime Fitness Mandurah South 9534 4495
- Forrestfield - Hartfield Park Recreation Centre 9359 1700
- Harvey - Harvey Recreation and Cultural Centre 9729 3311
- Kelmscott - Genesis Health Club 9390 4900
- Mandurah - Mandurah Aquatic and Recreation Centre 9550 3600
- Melville - Leisure Fit Melville 9364 0800
- Merredin - Merredin Squash and Fitness 9041 2381
- Midvale - Swan Park Leisure Centre 9250 2120
- Morley - YMCA Morley Sport and Recreation Centre 9375 3529
- Mount Barker - Mount Barker Recreation Centre 9851 2122
- Narrogin - YMCA Narrogin Regional Leisure Centre 9881 2651
- North Lake - Lakeside Recreation Centre 9310 7700
- Pinjarra - Shire of Murray Recreation Centre 9531 2000
- Riverton - Riverton Leisureplex 9231 0930
- Thornlie - City of Gosnells Leisure World 9251 8700
- Wambro - Aqua Jetty Rockingham 9593 9999

## GET STRONGER. STAY ACTIVE. MAKE FRIENDS.



# Strength for Life

Live longer, live stronger



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Visit [www.cotawa.org.au](http://www.cotawa.org.au)  
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Call 9472 0104



FORMERLY KNOWN AS LIVING LONGER LIVING STRONGER™ (LLLS™)



## An effective wellness program especially designed for older adults

MaKE my Health Program is the culmination of the trials and tribulations of Penelope Lane's own health journey with mental and chronic health issues.

It is designed to empower and support people, so that they can make the changes needed to live their life to the fullest.

As a clinical psychologist, mindfulness practitioner, personal trainer and group fitness instructor, Penelope has been helping people live better for more than 30 years.

"I know that so many things can get in the way of having a healthy

lifestyle. And it's OK. We are all doing the best we can. In my experience as a confidant and trainer to my clients, we all want to improve our lives and sometimes just need the right help to get us there," she said.

Penelope has targeted the program to people aged 50 to 75 plus. Her commitment is to assist them to find the strength, motivation and courage they need to make real changes in their physical and psychological health.

She got hooked on keep-fit after taking up swimming while six

months pregnant with her first child in the 1980s. Swimming led to gym workouts at the height of the aerobics craze and she signed up for Perth's first boot camp and went on to become a fitness trainer.

Last year, aged 61, she ran in her first half marathon in the HBF Run for a Reason.

Penelope knows the importance of the mind-body connection.

"It is more than just changing your physical fitness or diet, but also addresses the crucial psychological aspect of health."

This month she's set to launch

MaKE my Health Program, an acronym for mindful awareness, (self) kindness and exercise.

"Physical activity declines by as much as a half as we age," said Penelope.

Older Australians need at least 30 minutes of moderate intensity physical activity on most, preferably all, days. But just one in 10 Australians over the age of 50 exercise enough to gain any cardiovascular benefits.

Participating in a range of activities that incorporate fitness, strength, flexibility and balance are

really important.

"I want to inspire people over the age of 50 to see the amazing health benefits that exercise combined with mindfulness provides, and to show that getting fit is achievable at all ages and stages of life.

"It also doesn't mean you have to join a gym or do exercises you will hate – it can be fun, interesting and change your life."

For more information on her upcoming Fremantle classes or to book go to [www.makemyhealth.com.au](http://www.makemyhealth.com.au) or call Penelope Lane on 0497 289 817.

## Check your hearing... take advantage of these free hearing checks

AN estimated 3.6 million Australians are affected by hearing loss. This is projected to more than double to 7.8 million by 2060.

Over 75 per cent of the over 50s who have a family member who hasn't had a hearing check, say it's likely due to them thinking they don't have a problem.

To celebrate Hearing Awareness Week, Hearing Australia is offering people a free 15-minute hearing check in their fully equipped bus at one of the following locations:

**Tuesday 10 March** – 9am – Butler Central, corner Butler Boulevard and Exmouth Drive,

Butler.

**Wednesday 11 March** – 9.30am – Ocean Keys Shopping Centre, 36 Ocean Keys Boulevard, Clarkson.

**Thursday 12 March** – 12pm – Banksia Grove Shopping Centre, 81 Ghost Gum Boulevard, Banksia Grove.

**Monday 16 March** – 8.30am – Guardian Chisam Avenue Pharmacy, 1 Chisam Ave Parmelia.

**Monday 16 March** – 12pm – Guardian Chisam Avenue Pharmacy, 1 Chisam Ave Parmelia.

**Tuesday 17 March** – 1pm – RAAFA Estate, 41 Portrush Parade, Meadow Springs.

**Wednesday 18 March** – 8.30am – Mandurah Seniors and Community Centre, 41 Ormsby Street, Mandurah.

**Wednesday 18 March** – 1pm – Mandurah Gardens Estate, 445 Pinjarra Road, Coodanup.

**Thursday 19 March** – 8.30am – Falcon E Library and Community Centre, Flavia Street, Falcon.

**Thursday 19 March** – 1pm – Foodworks/Farmer Jacks Shopping Centre, 1/20 Peel-

wood Parade, Halls Head.

**Tuesday 31 March** – 9am – Amcal Max Burswood, 265 Great Eastern Highway, Burswood.

**Wednesday 1 April** – 9am – Phoenix Shopping Centre, 254 Rockingham Road, Spearwood.

**Friday 3 April** – 9am – Kalamunda & Districts Agricultural Society, Kostera Oval, 3 Recreation Road, Kalamunda.

**Saturday 4 April** – 9am – Kalamunda & Districts Agricultural Society, Kostera Oval, 3 Recreation Road, Kalamunda.

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## Paddle around the Swan and Canning rivers for fun and fitness



A GROWING number of older adults now enjoy fun and friendly paddles on Perth's Swan and Canning rivers with the Riverpark Kayak Club.

They are a volunteer run, non-competitive club and only use sit-in kayaks. They paddle on Wednesday mornings from February to mid-December.

Newcomers to paddling are given a very easy introduction to kayaking on quiet waters and are taught a paddling style with an emphasis on correct sports injury avoidance.

There are no joining or club fees, however they have direct membership with Paddle WA and can offer benefits of first aid and insurance.

Newcomers need to be fit enough to paddle eight to 10 kilometres over several hours.

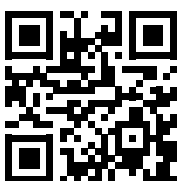
The club recommends interested people talk to them about the type of kayaks used and to enquire about any other aspect regarding participating. Interested people can contact Ron Jess on 9447 6610, Judy Jensen on 040 857 9696 or Verna Creyk 042 620 2992.



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## Blokart - windsurfing on land is one sport that the windy West is perfect for



Racing on land is a great activity for any age

by Brad Elborough

BLOKART is a growing sport and the Perth club is looking for more people who want to have a go.

You don't need a lot of money, nor supreme fitness to get involved; just a desire to have a bit of fun and get the adrenalin flowing. Age is no barrier either, with one of the local stars being in his 70s.

Like many of you reading this, it wasn't that long ago that Chris West had never heard of Blokart either.

He had set himself the goal of learning how to fly an ultralight aircraft,

but something was consistently getting in his way – wind.

If you hadn't noticed, Western Australia is quite a windy state.

"You can't fly ultralights with wind above about five knots," he said. "So, in Perth, in summer, you can forget about it."

"So, I had to find something where wind was an advantage."

"I did a 20-minute trial of Blokart and knew from that, that this is what I was looking for."

"I learned quickly to love it and the stronger the wind the better it is."

"You control the speed. Most people

think it's relative to the wind, but it's not.

"You can keep things quite sedate, but I prefer things white knuckle."

Chris is now into his fourth season with the sport and is the vice president of the Perth Blokart Club.

Blokart is commonly known as land sailing. Chris describes it as being the same as water sailing, just on four wheels. They race under international yacht rules.

And some do race to win.

The world speed record is 127km/h and at the club in Kalgoorlie, they have recorded a speed of 104km/h on

Lake Lefroy.

"They have big open areas there though," Chris said. "At Lake Walyungup (where the Perth club races) we get to 70km/h. It's known as a shown course there, so when you get to 70km/h, it's time to turn."

Lake Walyungup, located just south of Rockingham, is perfect

for land sailing.

The yachts don't have brakes, nor suspension and your bum is a few centimetres from the ground, but Chris says they are very safe.

"The worst thing that can happen is that you tip over, but the back wheels are that far apart that the mast will hit the ground," he said.

"You can't actually hit

the ground.

"You do look a bit of a peanut trying to climb out, but the only thing that you'll hurt is your dignity."

And before you start thinking that this sounds like something to leave for the youngsters, 90 per cent of the Perth club members are at least 55 years old.

And let me tell you about Joe Jurjevich.

Joe is one of the founding members of the Perth club and is two-time world champion.

Last year he went to Spain to defend his title and missed doing so by 0.2 seconds in open club.

He's 72.

Joe has dodgy shoulders and was competing against guys in their 20s and 30s.

"There is no age limit and you don't have to be

super fit," Chris said.

"We had a member who was a paraplegic; they made a yacht that was easy to get in and out of so he wasn't using his legs."

"They are easy to control. You steer with one hand and control with the sail with the other. You just angle with direction of the wind."

"You can start sailing after a 10-minute lesson and then you'll spend a lifetime trying to master it."

If you're keen to have a go, contact the Blokart club in advance. They have spare yachts for you to use, but they want to make sure you visit on a day where there will be plenty of time for you spend on the lake. One of the members will sail either behind or alongside you, to give instruction.

Call Chris on 0414 284 110.

## Stay active and sharp with beneficial program

THE popular Stay Sharp Program offers its next course starting on Thursday 30 April at 9.30am.

The introductory Stay Sharp Program is an eight-week course for the over 55s introducing people to the basics of eccentric exercise coupled with cognitive and memory sessions. This aids in reducing a person's risk of developing dementia-related diseases.

Professor Ken Nosaka from the ECU School of Medical and Health Sciences extensively researched and developed eccentric exercises and these are used in the program.

Dr Jenny Brockis (*The Brain Fitness*

*Doctor* and renowned author) has committed her valuable time to develop the cognitive and memory component of the program which aims to keep brains active.

The physical and cognitive aspects of the program complement each other perfectly and are enormously beneficial to all participants.

Are you ready to start making a simple change and enjoy the benefits of the Stay Sharp Program? Prevention is better than cure.

For more details about registering ring 6558 1833 or refer to the advert below.

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for the over 55s - as seen on Channel 7 Today Tonight  
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Have you attended any of our previous programs?  
Do you wish to improve your physical and cognitive well-being?  
We invite you to our on-going Stay Sharp Program

The **Stay Sharp Program** is an 8 week progressive program for the over 55s introducing you to the basics of eccentric exercises coupled with cognitive and memory exercises to aid in reducing a person's relative risk of developing dementia related diseases and improving overall health and wellbeing.

Prof. Ken Nosaka from the ECU School of Medical and Health Sciences has extensively researched the greater benefits of eccentric exercises.

Dr. Jenny Brockis (The Brain Fitness Doctor and renowned author) has committed her valuable time to help us develop the cognitive component of the program to keep those brains active!

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Thursday 30 APRIL 2020

9.30am - 12noon

REGISTRATIONS

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- a LiveLighter event...

Wednesday 25 March

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Corner of Dixon Rd & Goddard St, Rockingham

10am to 2pm

Active ageing is the key to healthy ageing and there is a myriad of clubs and groups to join. Find out more by coming along to **Rockingham's Have a Go Day** which showcases activities, information, music, dancing and more.

Enjoy complimentary tea, coffee, water, biscuits and a sausage sizzle.

For info please contact: Valma 9527 6660 or Carole 0412 715 173



Supported by City of Rockingham, Have a Go News, LiveLighter Healthway, Telstra, Kennards Hire, Simply Swing, IGA - Chelmsford Ave, Dept of Local Government, Sport & Cultural Industry & Dept of Communities.



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The rental model at Ingenia Gardens offers seniors the freedom of independence and flexibility, with the added benefit of a secure lease, along with the lifestyle, convenience and safety aspects of belonging to a retirement community.

WA Operations Manager, Kerrie Robinson said “Our residents love the fact they can remain active and independent, feel safe and secure while belonging to a welcoming community of like-minded people.”

“They also love the freedom of being able to lock and leave their home, freeing them up to travel and visit friends.” Mrs Robinson said.

Flexibility is key for our residents which is why the rental model is ideal for many seniors seeking an alternative to traditional buy-in retirement communities.

Under this model, a single weekly fee covers rent, water and basic maintenance, enabling

residents to focus on staying active and social well into their retirement. Ingenia Gardens offers residents the choice to continue to cook for themselves or select a flexible meal package. This service affords residents the freedom to forget about the worry of meal planning, cooking or cleaning up and focus on friendships and social connections created through sharing delicious and nutritious meals in our central community room.

Ingenia Care is our complimentary care co-ordination and advocacy service, whose aim is to keep residents active and independent for longer by connecting them with the support they need.

Our residents enjoy regular free fun activities, performances, bus trips and wellness talks as part of Activate, a resident lifestyle program designed to build strong bonds with residents and provide a sense of belonging and community.

If freedom in retirement appeals to you as well as living in a community where you know your neighbours and everyone looks out for each other, then make contact with our local Community Manager and arrange a tour. For more information visit [www.ingeniagardens.com.au](http://www.ingeniagardens.com.au).



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