

Have a Go News SENIORS WEEK 2020 EVENTS GUIDE

Much to Celebrate for Seniors Week 2020

Have a go at something new

Seniors Week Special Screening

Inside your guide to *Have a Go Day 2020*




PALACE CINEMAS
RAINE SQUARE



The Perth Concert Hall will be running backstage tours; win a double pass to see Rams at Palace Cinemas at Raine Square; don't miss the year's Have a Go Day



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KINGS SOCIAL FUNCTIONS



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15 DECEMBER **\$75PP**

20 JANUARY **\$80PP**

Celebrate later life during WA Seniors Week 2020



THIS has been a year like no other. Because of the pandemic we were not certain that plans for Seniors Week 2020 would even eventuate.

So we are pleased that more than 50 events are taking place

across the community from 8 - 15 November.

Have a Go News is proud to be one of the major supporters of WA Seniors Week and we have worked hard to help coordinate events.

Due to risk management concerns, many local councils and other organisations have decided not to run events during the week. However the major event - *Have a Go Day* - is going ahead on Wednesday 11 November at Burswood Park from 9am to 3pm and is free for everyone

to attend.

Inside this lift-out you will find a double page spread which includes a map of the grounds, stall holder's listings, how to get there, parking information and a coupon for the major prize draw.

The layout of *Have a Go Day* follows the same format as last year; it is located river-side in Burswood Park.

Come down and visit the team from *Have a Go News* at the hospitality tent where we will serve free tea, coffee and water and every

hour we will spin our famous Chocolate Wheel.

Have a Go News is also proud to present a special Seniors Week Film Screening thanks to Palace Cinemas, Raine Square which will be held on Sunday 8 November. Readers have the opportunity to win a double pass to see the new Australian film *Rams* which is sure to become a classic!

Other events being held during the week include a ballet class for seniors from WA Ballet, seminars from the Public Trustee and Citipace

Centre is offering free Devonshire teas for people during the week.

The City of Rockingham is holding a special exhibition at the Rockingham Central Library showcasing the lives of seniors and the Perth Concert Hall is running backstage tours.

That's just a taste of what's on. For more details check out the listing of events inside and take time to celebrate being a senior Western Australian.

Jennifer Merigan
Editor

Where there's a will...



JOIN the Public Trustee for a free Wills and Planning Ahead Seminar.

The Public Trustee is pleased to be participating in WA Seniors Week again this year and will be hosting free community talks regarding the importance of wills, planning ahead and getting your affairs in order.

Hosted by Public Trustee director, Etta Palumbo, the talks will provide advice and understanding around making and safely storing your will, how to navigate the deceased estate administrative process, benefits and risks of Enduring Powers of Attorney and Guardianship, safeguarding against financial or elder abuse in later life and more.

"We're really looking forward to celebrating Seniors Week again this year and we encourage everyone to come along and learn more about planning for the later stages of life and the services and support available to seniors and the wider public," said Ms Palumbo.

"These events have proven very popular in previous years with venues booking up quickly so we encourage people to book early to avoid disappointment," she said.

Thousands of people die each year without having made their wills. In many cases, the State will benefit while their families and friends lose out. According to research conducted by the Public Trustee, 49 per cent of West Australians have never made a will and a further 34 per cent of the local population acknowledge that their will is not up-to-date.

"Writing a will and being prepared can be easy and cost-effective compared to dying intestate. We want to ensure that all West Australian's have access to information and services to help them through the process," said Ms Palumbo.

If you have been thinking about updating or making a new will or Power of Attorney, WA Seniors Week is the best time to get informed and tick it off your to-do-list.

Come along on Tuesday 10 or Thursday 12 November 2020 at 10.15am to 11.45am.

Public Trustee Argyle Room - Level 1 / 553 Hay Street, Perth.

Bookings essential Phone: 1300 746 116 or visit www.trybooking.com/BGTXG. Complimentary refreshments are served 15 minutes before each session.

See the Public Trustee Wills Brochure and Deceased Estate Brochure or for more information visit the Public Trustee website www.publictrustee.wa.gov.au

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New outlet in Maddington

Have a Go News is now available at Pharmacy 777, located at Unit 4, 2 Sheoak Road, Maddington. Contact them on 9459 6179 or visit them online www.pharmacy777.com.au.

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Have a Go
NEWS



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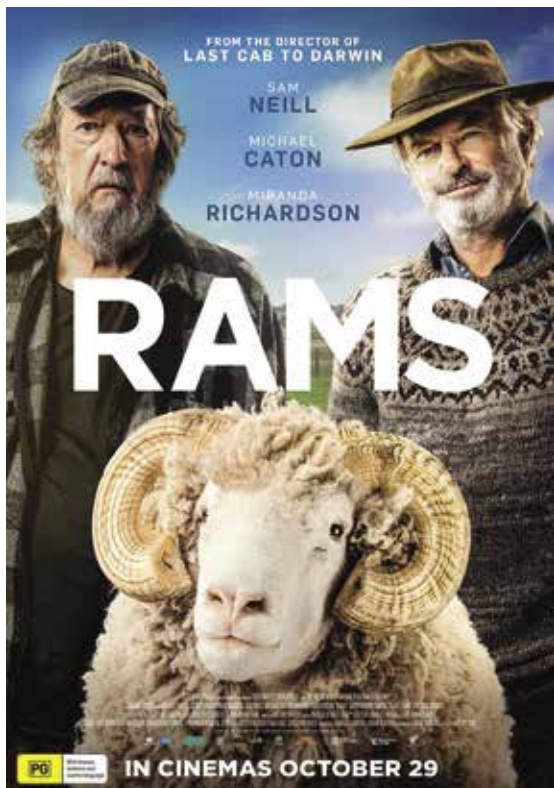
Call the WA Elder Abuse Helpline 1300 724 679

www.advocare.org.au



This liftout is published by
Have a Go News
137 Edward Street, Perth
08 9227 8283
email
info@haveagonews.com.au

Celebrate Seniors Week 2020 with a chance to win a double pass to a special film screening



Enter the draw to win a double pass to attend the special screening of *Rams* starring Sam Neill and Michael Caton presented by Have a Go News



EVERY November Palace Cinemas partners with *Have a Go News* to present a special screening for Seniors Week.

This year we are pleased that we have been able to continue this tradition and present a screening at Palace Cinemas Raine Square on Sunday 8 November at 1pm.

The feature will be the new Australian film *Rams* starring two of

our favourite actors Sam Neill and Michael Caton.

Due to the pandemic, we will only be presenting one screening this year. Each lucky winner will receive a double pass to the film and included with their ticket will be a serve of popcorn and an ice-cream.

Each attendee will also go into the draw to win a lucky door prize thanks to *Have a Go News*.

The film is set in remote Western Australia

and focuses around two estranged brothers, Colin (Sam Neill) and Les (Michael Caton) who are at war with each other.

Raising separate flocks of sheep descended from their family's prized bloodline, the two men work side by side yet are worlds apart.

When Les's prize ram is diagnosed with a rare and lethal illness, authorities order a purge of all sheep in the valley.

While Colin attempts to stealthily outwit the powers that be, Les opts for angry defiance.

But can the warring brothers set aside their differences and have a chance to reunite their family, save their flock, and bring their community back together? (This is a ticketed event only.)

WIN WIN WIN

To be in the draw to win one of 65 double passes to the Seniors Week special screening at Palace Cine-

mas, Raine Square on Sunday 8 November at 12.30pm, simply email win@haveagonews.com.au with *Rams* in the subject line or write to Seniors Week Special Screening C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number in your entry. Competition closes 31/10/20.



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CINEMAS
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Retain this guide to help plan your Seniors Week 2020
Sunday 8 November to Sunday 15 November



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Welcome to Seniors Week - Message from the Minister for Seniors and Ageing

FOR Western Australia and indeed the world, 2020 has been a year like few others. For the State's seniors, connections to their communities are now more important than ever.

With restrictions easing, many local governments and community organisations are working proactively to ensure seniors are included in our communities.

This year, Seniors Week is as important as ever and offers a great opportunity to re-establish connections that may have been lost; to see new things, meet new people and make new friends.

The week of activities and events plays an important role in building inclusive communities for people of all ages and backgrounds.

Seniors Week acknowledges and celebrates older people for their valued con-

tribution to our State. All of us, regardless of age, enjoy the enriching contributions that seniors make to our communities and our lives.

Despite its name, Seniors Week is not just for seniors – it's for people of all ages. While Seniors Week events celebrate seniors and encourage active ageing, they also bring opportunities for generations to get together to learn from each other and link seniors to their community.

It's estimated that more than 6,500 people attended Seniors Week events throughout Western Australia last year. This year will be no different, with an enormous variety of activities being held all throughout regional and metropolitan areas.

A large proportion of Seniors Week events are staged by volunteer-run com-

munity groups. For many this will be the high point of their year, so I particularly extend my thanks and congratulations to them. Without the hard work of volunteers, the week simply would not be possible.

Each event will bring something to the people who organise it, to their community – and of course to those who take part.

As Minister for Seniors and Ageing, I am working to ensure every Western Australian can age well in communities where they matter, belong and contribute. To see the enormous variety of Seniors Week activities that are being held this year is truly gratifying.

I encourage all Western Australians to get involved in Seniors Week 2020.

Hon Mick Murray MLA,
Minister for Seniors, Ageing and Volunteering



L-R; Have a Go News editor Jennifer Merigan and Hon Mick Murray MLA at Have a Go Day

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Take to the skies and have a go at flying during Seniors Week...



ONLY an hour and half hour drive south of Perth, the Bunbury Aero Club offers members and the general public; flight training, scenic and

charter flights.

Established in 1963 it is one of the oldest aero clubs in Western Australia and the committee would love to welcome *Have a Go News* readers to experience the joy of flying.

To celebrate Seniors Week 2020 the Bunbury Aero Club is offering seniors the opportunity to enjoy a Have a Go Flight on Monday 9 November.

Participants will enjoy

a morning tea before the flight and they are welcome to attend the event even if they do not want to fly on the day.

On the Have a Go flight people will be able to take the controls and experience the joy of flying an aircraft with one of the experienced Bunbury Aero Club pilots.

Staff will be on hand to provide information about fun and flexible flight train-

ing and the varying licenses available.

Flights are available on the day for the discounted price of \$99 per person and this is a wonderful opportunity to take to the skies.

The Bunbury Aero Club is located at Bunbury Airport on South Western Highway, Bunbury.

For further information contact Rebecca Jones on 9725 4377 or email admin@bunburyaeroclub.com.au

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With your **caring Community Manager** and friendly neighbours looking out for you, now is the perfect time to consider how much safer and happier you could be as part of our Ingenia Gardens community.

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SEASCAPE 2 Bower Dr, Mandurah **9581 4459** **SEVILLE GROVE** 15 Brechin Rt, Armadale **9498 2778**
SWAN VIEW 301 Morrison Rd, Swan View **9255 3288** **YAKAMIA** 10 Barnesby Dr, Albany **9842 8433**

Ingenia Gardens

PRE-SENIORS WEEK EVENTS Saturday 31 October - Saturday 7 November PERTH METROPOLITAN AREA

Senior's Insights - life as a senior, as told by seniors

Rockingham Central Library
Dixon Road, Rockingham
9am to 5pm

SENIOR'S Insights is an enlightening community exhibition which showcases short personal written accounts of seniors, providing an insight into what life is like as a senior. It also showcases reminiscence displays with a collection of objects from a bygone era. What are your thoughts: is being a senior all sunshine and roses? Is it all doom and gloom? Or somewhere in between? Come along and find out. Vote for the People's Choice Awards for the chance to win a \$100 cash prize.

Free

City of Rockingham

9528 0333 or customer@rockingham.wa.gov.au

Open to public

PRE-SENIORS WEEK EVENTS Wednesday 4 November PERTH METROPOLITAN AREA



Source: <https://southperth.wa.gov.au/discover/things-to-see-and-do/ferry-tram>

Ferry Tram Visit

City of South Perth Historical Society,
111 Mill Point Road, South Perth
10am

COME and join us to view and learn the history of Tram B15, the newly installed static display adjacent to Heritage House. Lindsay Richardson, who rode this tram as a young boy, has spent many hours working with a team of volunteers at PETS Whiteman Park to restore the Ferry Tram. Lindsay will be delighted to share his knowledge of the Tramsways of Perth.

\$5 includes morning tea RSVP

City of South Perth Historical Society

9367 9243 or info@southperthhistoricalsociety.org

Open to public

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PRE-SENIORS WEEK EVENTS Saturday 7 November PERTH METROPOLITAN AREA

Miniatures in Morley - Bonsai and Models

Morley Sport & Recreation Centre
Cnr Wellington Road & Mangini Street, Morley
9am to 5pm

WEEKEND collaboration with display by Bonsai Society WA and West Australia Miniatures Association of many things miniature including bonsai. Also demonstrations and sales area.

Donation

Bonsai Society Western Australia

0439 980 894 or committee@bonsaisocietywa.com

Open to public



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SENIORS WEEK EVENTS Sunday 8 November PERTH METROPOLITAN AREA

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Morley Sport & Recreation Centre
Cnr Wellington Road & Mangini Street, Morley
9am to 5pm

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Donation

Bonsai Society Western Australia
0439 980 894 or committee@bonsaisocietywa.com
Open to public

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Free

City of Rockingham
9528 0333 or customer@rockingham.wa.gov.au
Open to public



Seniors Week Special Screening at Palace Cinemas

Palace Cinemas Raine Square,
Perth

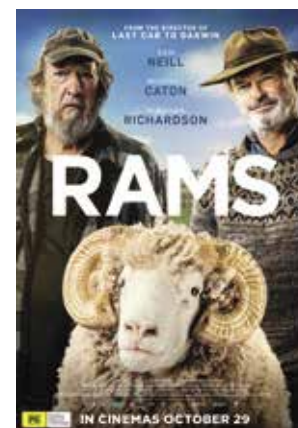
1.30pm to 3.30pm

A SPECIAL screening of the new Australian film *Rams* starring Michael Caton and Sam Neill to celebrate the opening of Seniors Week.

Via competition entry only on page 3.

Have a Go News

Open to public - No
Ticketed event only.



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SENIORS WEEK EVENTS Monday 9 November PERTH METROPOLITAN AREA

Pole walking

Armadale Visitor's Centre
40 Jull Street, Armadale
7.30am to 8.30am

AN all-in-one workout, works every major muscle group, to strengthen and tune. Low stress, assists balance, stability and mobility.

Gold coin donation

Armadale Visitors Centre

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Open to public

Tai Chi

Queens Park
1-9 Elshaw Street, Queens Park
9am to 10am

PRACTICE the Yang form of Tai Chi.

Free

Queens Park Seniors Club

9458 7258 or queensparkseniors@outlook.com

Open to public

Seniors Week Citiplace Community Centre

Citiplace Community Centre
Shop 2, Upper Concourse Perth train Station
9am to 10.30am and 1.30pm to 3pm

FREE Devonshire Tea all week.

Free

9461 3550 or email for a newsletter
Community.Centre@cityofperth.wa.gov.au
Open to public



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Free

City of Rockingham

9528 0333 or customer@rockingham.wa.gov.au

Open to public

One in six Australians live with hearing loss



RESEARCH shows that untreated hearing loss is associated with an increased risk of cognitive impairment, poor quality of life, social isolation, depression and anxiety.

Hearing loss worsens with age, with 50 per cent of people aged 70 and older and 80 per cent of people aged 80 and older affected.

With the risk of hearing loss increasing with age, Ear Science Institute Australia, a world-renowned research institute and WHO Collaborating Centre, urges adults over 65 to have a hearing check and stay on top of their hearing health.

Ear Science Institute Australia, via its' Lions Hearing Clinic, has 20 years experience in providing an evidence based full audiological service to the West Australian community. They currently have 40

commission free audiologists and audiometrists providing hearing services in 16 locations across Perth and the South West.

Check your hearing today. Call 1800 054 667 or email book@lionshearing.org.au to arrange an appointment.

People don't need a referral to see them.

Come and visit them at site number 74 at Have a Go Day on the 11 November or check out their website for more information www.lionshearing.org.au.

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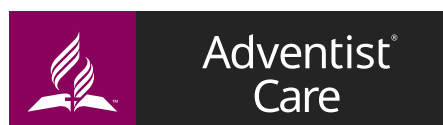
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SENIORS WEEK EVENTS Monday 9 November PEEL

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6am to 3pm

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Free

Murray Aquatic and Leisure Centre

9531 2000 or mlc@murray.wa.gov.au

Open to public

SENIORS WEEK EVENTS Monday 9 November SOUTH WEST

Have a Go at Flying

Bunbury Airport

South Western Highway, Bunbury

9am to 3pm

PARTICIPANTS can take part in a flight where they take the controls and experience flying an aircraft. Staff are available to provide information about options for fun and flexible flight training and the varying licences available.

\$99

RSVP 2/11/20

Rebecca Jones

Bunbury Aero Club

9725 4377 or admin@bunburyaeroclub.com.au

Open to public

Seniors Week Citiplace Community Centre

Citiplace Community Centre Shop 2,
Upper Concourse Perth train Station

9am to 10.30am and 1.30pm to 3pm

FREE Devonshire Tea all week.

Free

9461 3550 or email for a newsletter

Community.Centre@cityofperth.wa.gov.au

Open to public

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Free

City of Rockingham

9528 0333 or customer@rockingham.wa.gov.au

Open to public

Perth Concert Hall Tours

Perth Concert Hall

5 St Georges Terrace, Perth

10am and 11.15am

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Open to public

SENIORS WEEK EVENTS Tuesday 10 November PERTH METRO AREA

Pole walking

Armada Visitor's Centre

40 Jull Street, Armadale

7.30am to 8.30am

AN all-in-one workout, works every major muscle group, to strengthen and tune. Low stress, assists balance, stability and mobility.

Gold coin donation

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Open to public

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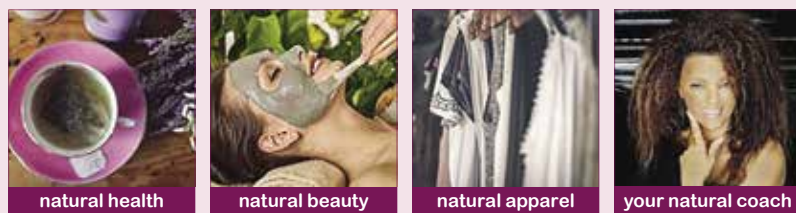
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Have a Go
NEWS

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NORTHAM - 74 Fitzgerald Street

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give us a call on 07 5591 1629

SENIORS WEEK EVENTS Tuesday 10 November PERTH METROPOLITAN AREA

Wills & Deceased Estates Seminars

Public Trustee 553 Hay Street, Perth
10.15am to 11.45am

ARE you good to go? The Public Trustee will be hosting free Wills and Deceased Estates information sessions during Seniors Week. Join the Public Trustee for one of the free community talks where people can learn more about the importance of having a legally valid Will, deceased estate administration and safeguarding decision-making in later life by preparing an Enduring Power of Attorney (EPA), Enduring Power of Guardianship (EPG), Advance Health Directive or by applying for Guardian and Administration Orders. - What really happens if you die without a valid Will? - Who can challenge your Will? - What do executors and administrators do? - Benefits and risks of Enduring Powers versus Guardianship and Administration orders. These questions, and more, will be explored to help people make informed choices about their future. Complimentary morning tea and information packs provided.

Free

Public Trustee

P: 1300 746 116 or online bookings at www.trybooking.com/BGTGXG

Open to public

Indoor Bowls

Queens Park 1-9 Elshaw Street, Queens Park
12.30pm to 2pm

TRY your skill using lighter bowls on carpet.

Free

Queens Park Seniors Club

9458 7258 or queensparkseniors@outlook.com

Open to public



SENIORS WEEK EVENTS Tuesday 10 November PEEL

Fit for Life Membership Program

Murray Aquatic and Leisure Centre
16 Camp Road, Pinjarra

6am to 3pm

COME and trial the Fit for Life membership program for free throughout WA Seniors Week. People will have access to all pool facilities and gymnasium (during off peak times), access to all Fit for Life Group Exercise and Aqua classes, COTA WA Strength for Life Info sessions and complimentary tea and coffee.

Free

Murray Aquatic and Leisure Centre

9531 2000 or mlc@murray.wa.gov.au

Open to public



Navigating the Aged Care System Information Session

Lesser Hall 1915 Pinjarra Road, Pinjarra

9am to 10am

FACILITATED by Council on the Aging (COTA WA). People are invited to a free and independent information session about navigating the aged care system.

Find information about the aged care system in Australia, support services for people living in their own home and services eligibility.

Free RSVP by 6/11/20

Shire of Murray

9531 7777 or mailbag@murray.wa.gov.au

Open to public



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
Website: www.solacegriefsupportwa.org.au
You and your call will be welcome



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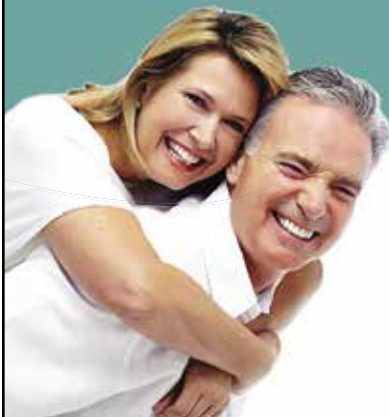
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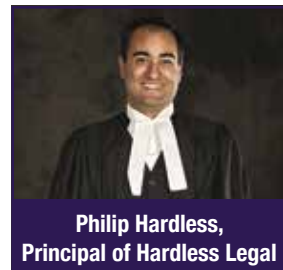
5/42 Grand Boulevard Joondalup
Phone: 9300 2332



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Initial appointments start at \$55 for the first half-hour
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Philip Hardless,
Principal of Hardless Legal

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- Family Law
- Restraining Orders
- Criminal Law
- Commercial Law
- Property Law
- Aviation Law
- Wills & Estates

CONTACT
HARDLESS
LEGAL

CY O'Connor Village Unit 5D,
11 Erade Drive, Piara Waters
Phone: 9397 1393
Email: admin@hardlesslegal.com

INVITATION Anglicare WA Wills Evening

Prepare your Will with
our caring lawyers

Date: 28 October by appointment

Cost: \$70

► To register or for more information:

E: bequests@anglicarewa.org.au

P: 9263 2076

Terms and condition apply



AnglicareWA

Welcome to your guide to Have a Go Day - a LiveLighter Event Burswood Park Wednesday 11 November



CROWN Perth is delighted to welcome West Australians to *Have a Go Day*, and to celebrate the 28th year that this fantastic event has been held here on our doorstep at Burswood Park. We are delighted to have been a long term partner of *Have a Go Day*, so please do visit the Crown Perth marquee to hear and see what we have on offer in 2020.



Burswood Park celebrates *Have a Go Day*



BURSWOOD Park Board is proud to continue its tradition as long-time host of the *Have a Go Day* - A LiveLighter Event, the largest tented seniors' event of the year.

Nestled amongst the trees on the Burswood Peninsula, the Seniors' Recreation Council of WA and Burswood Park Board invite you and your family to join in the fun and free adventures against the backdrop of the beautiful Swan River and city skyline.

Why not start your day off right and get

your heart pumping with a spot of square dancing or Zumba? Perhaps you've always wanted to try your hand at canoeing or rockclimbing? Now is your chance for a unique view of Perth's surrounds, either from the river or the top of the rockwall.

Perhaps you'd like to get more active on a regular basis? In that case, there's representatives from Perth's walking, cycling, hiking and bushwalking and pole walking clubs for you to talk to and find out more. Or if you're looking for a more relaxing hobby, you can find out more about gemstones, model ships, scrapbooking, card collecting, floral art or metal detecting.

There are also some great health and wellness screenings available. Whether it's your eyes, ears or skin that has got you worried, put your mind at ease and get it checked out.

Don't forget to keep your strength up to explore all 200 plus exhibitors. Grab a snack, a meal or something sweet to keep you going - there are options aplenty for all tastebuds. Sit back and enjoy *The Haze Band* or tap your feet along to the *Broken Ukuleles* Blues Band as you savour your bite to eat.

Look out for the Burswood Park tent and come and see for yourself what we have planned for the future of the park - we're transforming it into an exciting, contemporary and iconic destination for locals and visitors alike and would love your feedback on what would bring you and your family back to the Park again...and again...and again.

Enjoy the festivities and don't forget to have fun!

Linda Kut
General Manager
Burswood Park Board

PERSONALITIES WA Police Pipe Band, Channel 7 Personalities

OFFICIAL WELCOME

10.30am-11.05am

Official welcome: Hon. Mick Murray MLA, Minister for Seniors and Ageing; Volunteering; Sport and Recreation

WA Police Pipe Band will be performing the national anthem

Remembrance Day observances Victoria Park-South Perth RSL sub-branch including a minute silence and poppy drop.

Have a Go Day a LiveLighter Event Wednesday 11 November 2020 ENTERTAINMENT STAGE

TIME	NAME OF ENTERTAINMENT
9-9.50	Music
10-10.20	WA Bush Poets & Yarnspinners
10.30-11.05	Official Welcome/ Remembrance Day Observances <i>Have a Go Day</i> Official Walk
11.05	
11.10-11.40	Jazz Club of WA (Inc.)
11.45-12.15	WA Police Pipe Band
12.20-12.50	Jim Sings Country
1-1.20	WA Bush Poets & Yarnspinners Assn
1.30-2	Jazz Club of WA (Inc.)
2.05-2.50	Terry Bennetts
2.50	Major Prize Draw

Have a Go Day a LiveLighter Event Wednesday 11 November 2020 FOOD VENDORS

FOOD	Site No.
Bethanie (Sausage Sizzle Stall)	53
Fob Delicious	44
Gordon's Food Van	4
Hospitality Tent <i>Have a Go News</i>	89
Hospitality Tent <i>Have a Go News</i> /Channel 7	104
Hospitality Tent <i>Have a Go News</i> / Phoenix Insurance	111
Ice Box - Ice Cream	24
Mary's Spud Wagon	97
Perth Coffee Express	22
Tims Ice Creams	124
WA Spit Roast	98

Have a Go Day a LiveLighter Event Wednesday 11 November 2020 HEALTH CHECKS

ORGANISATION	Site No.
Black Swan Health	64
Bloom Hearing Specialists	59
Curtin University - Healthy Living Clinic	72
Hearing Australia	113
Lions Hearing Clinic	74
MercyCare	125
Southern Plus	78
Specsavers Audiology	140
Stroke Foundation	119

Have a Go Day a LiveLighter Event Wednesday 11 November 2020 TIMED ACTIVITIES

Site No.	ACTIVITY
15	Crown Perth See site for details
92	Entertainment Stage See site for details
129	Esperanto League of WA 10am, 11.10am, 12noon, 1pm, 2pm
145	FLUKEZ- Ukulele Group 10am-10.20am, 11.10am-11.30am, 12noon-12.20pm, 1pm-1.20pm, 2pm-2.30pm
65	Football West Ltd - Walking football 9am-9.30am, 10am-10.25am, 11.30am-12noon, 12.50pm-1.20pm, 2.10pm-2.40pm
107	Free Spirit Dance Community 9am-9.20am, 11.10am - 11.30am, 12.10pm-12.30pm, 1.30pm-1.50pm
92	Have a Go Day Official Walk 11.20am
49	Heart Foundation WA 11.05am (official walk)
30	Hora Shalom 9.15am - 9.35am, 11.50am - 12.10pm
101	Hospitality Tent - <i>Have a Go News</i> See site for details
43	Hot Hula Fitness 9.50am-10.10am, 11.10am-11.30am, 12.10pm-12.30pm, 1.00pm-1.20pm, 2pm-2.20pm
17	Ingenia Gardens 9.30am-9.50am, 11.10am - 11.30am, 12.10pm-12.30pm, 1.10pm-1.30pm, 2.10pm-2.30pm
92	Jazz Club of WA 11.10am - 11.40am, 1.30pm - 2pm
86	Jazz Club of WA 9.20am-9.40am, 12noon - 12.20pm, 2pm-2.20pm
92	Jim Sings Country 12.20pm - 12.50pm
29	Mad Tatters Morris Dancers 11.10am - 11.30am/12.10 - 12.30pm
48	Matthew Bowater & Healthway 10am-10.20am, 11.10am-11.30am, 12.10pm-12.30pm, 1pm-1.20pm
92	Official Welcome/Remembrance Day observances 10.30am
92	Over 55 Walking Association 11.10am Official Walk
49	Pole Walking - SRCWA 10am, 11.10am, 12noon, 1pm, 2pm
30	Retstappers 10.05am - 10.25am, 12.40pm - 1pm, 1.35pm - 1.55pm, 2.25pm - 2.45pm
106	Seniors Line dancing 9.55am-10.20, 11.50am-12.10pm, 1.10pm-1.30pm, 2.30pm-2.50pm
51	Silver Star Wanda'ers 9.20am-9.40am, 11.35am-11.55am, 12.30pm-12.50pm, 1.30pm-1.50pm, 2.30pm-2.50pm
78	Southern Plus 10am-10.20am, 11.10am-11.30am, 12pm-12.20pm, 1pm-1.20pm, 2pm-2.20pm
107	Square Dance Society of WA 9.30am-9.50am, 11.30am-11.50am, 12.40pm-1pm, 1.50pm-2.10pm
92	Terry Bennetts 2.05pm-2.50pm
34	WA Boomerang Association Inc 9am, 10am, 11.10am, 12noon, 1pm, 1.50pm, 2.30pm
92	WA Bush Poets & Yarnspinners Assn 10am - 10.20am, 1pm - 1.20pm
92	WA Police Pipe Band 11.45am-12.15am
19	Yogazeit 9am - 9.20am, 10am - 10.20am, 11.40am - 12noon, 12.40pm-1pm, 1.40pm - 2pm
29	Zumba Gold 9.40am-10am, 11.30am-11.50am, 1.10pm - 1.30pm, 2pm - 2.20pm



WIN WIN WIN: To be in the draw, to win one of these great prizes, simply fill in this form and place in the entry barrels at the information booths at site 52 and 20 between 9am to 2.30pm at *Have a Go Day*, a LiveLighter Event. *One prize per family

First Prize - Donated by Crown Perth

- Overnight accommodation for four people at Crown Towers Perth in two Premier King Rooms with Crystal Club access for breakfast and pre-dinner drinks with canapés in the evening
- French champagne delivered to both rooms upon arrival
- Valet parking for two vehicles
- Dinner to the value of \$200 at a Crown restaurant of choice

Second Prize - Donated by *Have a Go News* and Kings Tours and Travel

A \$500 Coles/Myer voucher

Third Prize - Donated by Telstra

Telstra Essentials Tablet and Telstra Flip 3 Phone

NAME:

CONTACT NUMBER:

EMAIL:

ADDRESS:

**Have a Go Day - a LiveLighter Event
MAJOR RAFFLE ENTRY FORM***



*One prize per family

The chocolate wheel will be spinning on the hour from 10am at *Have a Go Day* 2020





Have a Go Day 2020 a LiveLighter Event Wednesday 11 November EVENT PARTICIPANTS with SITE NUMBERS

46	b	360 Health & Community	35	c	Forget-Me-Not Dementia Support	62		Oska Wellness Inc.	142	a	Transperth
13	a	Act Belong Commit	107	b	Free Spirit Dance and Wellness	85		Over 55 Walking Association Inc.	142	b	TransWA
83		Advocare	130		Friendship Force of Perth	93		PA Van	146		Trinity School for Seniors
121		Alibabe's Scrappin' Hearts	69		Gift of Grace Funerals	114		Paddle WA - Gold Paddling	84		U3A Perth
9		AnglicareWA - WA No Interest Loans	4		Gordon's Food Van	108		Peel Senior Relationship Service	25		Unicare Health
131		Arcadia Group Pty Ltd	38		Gosnells Woodturning Assn of WA	40		People Who Care	91		Victoria Park - South Perth RSL Sub-Branch
36		Association of Caravan Clubs WA	82		Greenbatch	22		Perth Coffee Express	77		Villa Carlotta Travel
60		Aussie Redback Tours	42		Guardian Safety Pendants	71		Perth International Dance	55	c	Vintage Wireless and Gramophone Club (VWGC) of WA
100	b	Australian Facetors Guild (Perth Group)	103		Guide Dogs WA	35	d	Perth Social Meetup	34		WA Boomerang Association Inc.
18	b	Australian Model Ships Society	92		Have a Go Day Official Walk	67		Petanque WA	90		WA Bush Poets & Yarnspinners Assn
102	c	Be Connected	101		Have a Go News	26		Philatelic Society of WA	137		WA Card Collectors Society Inc.
54		Bethanie	135	b	Health & Disability Services - Consumer Protection	141		Playgroup WA	95		WA Classic Speedway
53		Bethanie (Sausage Sizzle Stall)	113		Hearing Australia	49	c	Pole Walking - SRCWA	56		WA Historical Cycle Club
109		Bicycles for Humanity WA	49	d	Heart Foundation	122		Probus Association of WA	100	a	WA Lapidary & Rockhunting Club
64		Black Swan Health	144		HikeWest Inc. & Bushwalking Clubs	13	b	Prostate Cancer Help Assn Inc. - PCaHELP	50		WA Police Force
59		Bloom Hearing Specialists	138		Home Chef	31	b	Public Trustee	92		WA Police Pipe Band
87		Burswood Park	101		Home in WA	7		Retirees WA Inc	11	b	WA Seniors Card - Dept of Communities
12		Cancer Council of WA (Sunsmart Van)	30		Hora Shalom	30		Retstappers	98		WA Spit Roast
139		Cancer Council of WA	89		Hospitality Tent	81	a	Rose Society of Western Australia Inc.	63		Water Tank-Free drinking water
115		Canoeing DLGSC Camps	101		Hospitality Tent	81	d	Royal Aero Club of WA	99		Water Tank-Free drinking water
117		Captain Cook Cruises / Sealink	111		Hospitality Tent	148		Royal Life Saving Society WA	110		Water Tank-Free drinking water
5		Carers WA - CCD Team	43		Hot Hula Fitness	58		Scarboro Toyota	13	d	West Australian Floral Art Society Inc.
1		Casey Australia Tours	24		Ice Box - Ice Cream	135	c	Seniors Housing Advisory Centre	94		West Australian Pistol Association
136		Catholic Homes	20		Information Booth	106		Seniors Line Dancing	39		West Coast Metal Detector Club Inc.
132		Champion Lakes Lifestyle Village	52		Information Booth	79		ShelterBox Australia	35	d	Western Social Club
134		Channel 7	17		Ingenia Gardens	16		Shuttle Bus-Pick up/Drop off	126		Westfarmers trading as Kleenheat Gas
116	a	City of Nedlands	61	a	Injury Matters	51		Silver Star Wanda'ers	81	b	Wheel Chairs for Kids Inc.
37		Climbing Wall	66		Inner Wheel District A40	8		Smart Product Solutions	19		Yogazeit Ltd.
120		COCOA (Come Out Camping Older Adults)	86		Jazz Club of WA (Inc.)	45		Society for Creative Anachronism - SCA	29		Zumba Gold Fitness
104		Comfort Keepers	92		Jim Sings Country	13	c	Solace Grief Support Group WA Inc.			
135	a	Consumer Protection (Dept of Mines, Industry Reg & Safety)	143		Juniper	78		Southern Plus			
32		Council on the Ageing WA (COTA WA)	80		Kelmscott Pinjarra 10th Light Horse Memorial Troop Inc.	140		Specsavers Audiology			
112		Country Women's Association of WA (Inc) (CWA)	27		Lendlease Retirement Living	107	a	Square Dance Society of WA inc			
133		CPE Group	41	a	Lions Dryandra Woodland Village	49	a	SRCWA			
15		Crown Perth	74		Lions Hearing Clinic	49	b	SRCWA Branches			
149		Curtin FM	41	b	Lions Noranda Club	118		St John WA			
72		Curtin University - Healthy Living Clinic	48	a	LiveLighter Healthway	147		Star Hearing Consultants			
96		Cycling Without Age	29	b	Mad Tatters	61	b	Stay On Your Feet			
70		Dementia Australia	27		Maritime Safety Education	105		Step Forward Orthotics			
11	a	Dept of Communities	97		Mary's Spud Wagon	119		Stroke Foundation			
47		Diabetes WA	76		Masonic Care WA	116	b	Swan Volunteer Resource Centre			
35	b	DrillDance WA (Inc)	48	b	Matthew Bowater & Healthway	14		SwanCare			
68		Dutch Aged Care t/a Cura In-Home Care	62		Medic Technology International P/L	102	a	Tech Savvy Seniors			
92		Entertainment Stage	35	a	Mens Sheds of WA	3		Technology for Ageing & Disability WA (TADWA)			
129		Esperanto League of Western Australia	13	a	Mentally Healthy WA	92		Terry Bennetts			
81	c	Family History WA	125		MercyCare	6		The Good Meal Co			
46	a	Family Relationship Centre - Perth	57		MG Car Club of WA	33		The Handtool Preservation Society of WA			
2		First Aid-St Johns	75		National Archives of Australia	55	b	Theatre Organ Society of Australia (WA Division)			
88		First Aid-St Johns	102	b	NBNCO	73		Therapy Focus - Bladder and Bowel Health Program			
93		First Aid-St Johns	18	a	North Coast Marine Modeller's Inc.	124		Tims Ice Creams			
145		FLUKEZ - Ukulele Group	128		Northern Suburbs Community Legal Centre	55	a	Tin and Collectables Club			
44		Fob Delicious	31	a	Office of the Public Advocate	21		Toilet Block			
65		Football West	92		Official Welcome	28		Toilets - portable			



Your guide to
Have a Go Day
- a LiveLighter Event
Burswood Park
Wednesday 11 November

SENIORS WEEK EVENTS Tuesday 10 November PEEL



**DONT
FLAP
ABOUT!
GET YOUR
WILL IN
ORDER**

Protect yourself and your loved ones by ensuring that your Will is up to date and reflects your wishes. Then you can go back to living your best life!

Vibe Legal are happy to offer all senior card holders 15% OFF our standard Will pricing for SENIORS WEEK.

WILLS, ENDURING POWER OF ATTORNEY, ENDURING POWER OF GUARDIANSHIP and ADVANCED HEALTH DIRECTIVES.

Contact us for an obligation FREE discussion



PH 6111 4890
Suite 6, 2 Hardy Street, South Perth
admin@vibelegal.com.au

'All Things Seniors' Support Hub

Civic Centre
1915 Pinjarra Road, Pinjarra
10am to 2pm

COME along to the Support Hub where there will be an array of services that people can find out all the information they need to know to age well. Injury matters, POOPS WA, Public Trustee, Advocare, Yogazeit, APM, Unicare Health and Resource Centre. Free RSVP by 6/11/20

Shire of Murray
9531 7777 or mailbag@murray.wa.gov.au
Open to public

St John's First Aid Course

Lesser Hall
1915 Pinjarra Road, Pinjarra
10am to 12pm

JOIN Ange Back from St. Johns for a First Aid course, it will include general first aid basics to assist in case of an emergency. Free RSVP by 6/11/20

Shire of Murray
9531 7777 or mailbag@murray.wa.gov.au
Open to public



Safer Living Practices for Seniors

Lesser Hall
1915 Pinjarra Road, Pinjarra
12.15pm to 1.15pm

UNICARE Health will be delivering an invaluable information session about Safer Living Practices for Seniors and will showcase some of their equipment such as seat walkers, mobility scooters, daily living aides and toileting aids. Free RSVP by 6/11/20

Shire of Murray
9531 7777 or mailbag@murray.wa.gov.au
Open to public



City Of South Perth Historical Society Inc



**ART MUSEUM &
LOCAL HISTORY**

GALLERY & SHOP OPEN: Friday 10am-4pm
Saturday & Sunday 1pm-4pm

Heritage House, 111 Mill Point Rd, South Perth
9367 9243 southperthhistoricalsociety.org

City of South Perth's May & Herbert Gibbs Art Collection © The Northcott Society & Cerebral Palsy Alliance 2019

**SENIORS
WEEK EVENTS
Tuesday
10 November
MID WEST
/GASCOYNE**

Croquet Fun Day

Geraldton Croquet Club
39 Maitland Street, Geraldton
9.30am to 11.30am

COME along and learn the game that many love so much. Discover the challenges players are faced with each turn. Learn some tricky shots that can be used. Walk on grass, in the fresh air and enjoy the company of others during the morning tea break. Free RSVP by 5/11/20

Geraldton Croquet Club
0407 196 621 or kaychynoweth@hotmail.com
Open to public

ALBERT FACEY HOMESTEAD

CELEBRATING **20** YEARS
of the RELOCATION to the WICKEPIN TOWN CENTRE



BYO picnic to enjoy on the lawn near the homestead

ACTIVITIES • ART & HISTORICAL DISPLAYS • TOOLSEUM



10am to 2pm

SATURDAY, OCTOBER 17, 2020

Wogolin Road, WICKEPIN (08) 9888 1005 admin@wickepin.wa.gov.au

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**SENIORS WEEK EVENTS
Wednesday
11 November
PERTH METRO AREA**



Have a Go Day
Burswood Park
9am to 3pm

THIS popular event is a free information and activities expo for seniors and is the peak event of Seniors Week. Come along to try a variety of activities including canoeing, dancing, and much more. Free tea, coffee provided.

Free entry
Seniors Recreation Council
Dawn Yates 9492 9773
Open to public

Seniors Week Citiplace Community Centre

Citiplace Community Centre
Shop 2, Upper Concourse Perth train Station
9am to 10.30am and 1.30pm to 3pm
FREE Devonshire Tea all week.

Free
Citiplace Community Centre
9461 3550 or email for a newsletter
Community.Centre@cityofperth.wa.gov.au
Open to public



Retirement looks different with a Reverse Mortgage

An avid traveller and adventurer, Cheryl Collins (72) is not one to sit back in retirement. Working as a nurse for 47 years, Cheryl had built significant equity in her home. Wanting to make the most of her well-deserved retirement and do what she loves most – travel, Cheryl looked at options to access these funds. Realising that a P&N Bank Reverse Mortgage was a way to unlock the equity in her home, Cheryl's retirement took her on a string of new adventures. *"Since I have taken out my P&N Bank Reverse Mortgage,*

I have travelled overseas three times, bought myself a new car, and now I'm travelling around Western Australia in my own camper van. It's also helped me pay a couple of significant medical bills over the past 12 years. I wouldn't have done half of the things I've done if I hadn't learned about P&N Bank's Reverse Mortgage." said Cheryl. Reverse mortgages allow retirees to convert the equity in their home into accessible cash for a more comfortable retirement.

The benefits of a P&N Reverse Mortgage

- Use the funds for a range of purposes such as travel, a new car, home improvements, medical costs or living expenses.
- No regular repayments required but you can make voluntary repayments at any time.
- Easy access to your funds through a redraw facility - your funds may be accessed at any time you need them.
- Negative equity guarantee – the amount required to repay the loan will never exceed the net sale proceeds of the property.

If you'd like to have a chat about our Reverse Mortgage Home Loan, call us on **13 25 77** or visit **pnbank.com.au/reversemortgage**



Before taking out a Reverse Mortgage product, seek appropriate advice and consider if the product is right for you.

Lending Criteria, fees and charges apply. Terms and Conditions applicable and available on request. Police & Nurses Limited ABN 69 087 651 876 AFSL/Australian Credit Licence 240701.

SENIORS WEEK EVENTS Wednesday 11 November PERTH METRO AREA

Senior's Insights - life as a senior, as told by seniors

Rockingham Central Library
Dixon Road,
Rockingham
9am to 5pm

SENIOR'S Insights is an enlightening community exhibition which showcases short per-

sonal written accounts of seniors, providing an insight into what life is like as a senior. It also showcases reminiscence displays with a collection of objects from a bygone era. What are your thoughts: is being a senior all sunshine and roses? Is it all doom and gloom? Or somewhere in

between? Come along and find out. Vote for the People's Choice Awards for the chance to win a \$100 cash prize.

Free
City of Rockingham
9528 0333 or
customer@rockingham.wa.gov.au
Open to public

Perth Concert Hall Tours

Perth Concert Hall,
5 St Georges Terrace,
Perth

10am and 11.15am
WE reveal the secrets of the Perth Concert Hall in this guided tour which takes you backstage, upstage, down narrow

passageways, technical contraptions and into the workings of the organ! Follow in the footsteps of famous performers such as the London Symphony Orchestra and Ray Charles.

Gold coin donation
Perth Concert Hall
9231 9900 or
info@perthconcerthall.com.au
Open to public



A Century of Community
Harold Hawthorne Community Centre,

2 Memorial Avenue, Carlisle

10am to 2pm

TO commemorate the 100 year anniversary of the Bickford Soldiers Memorial Hall, Harold Hawthorne Community Centre is hosting a Remembrance Day Banquet Lunch. A memorial service and historical talk followed by lunch and entertainment in acknowledgement of the community connection that continues today.

\$25 RSVP by 28/10/20
Harold Hawthorne Community Centre
9470 1155 or email
community@hhcentre.org
Open to public

SENIORS WEEK EVENTS Wednesday 11 November PEEL

Fit for Life Membership Program

Murray Aquatic and Leisure Centre
16 Camp Road,
Pinjarra
6am to 3pm
COME and trial the Fit for Life membership program for free throughout WA Seniors Week. You will have access to all Pool Facilities and Gymnasium (during off peak times), access to all Fit for Life Group Exercise and Aqua classes, COTA WA Strength for Life Info sessions and complimentary tea and coffee.

Free
Murray Aquatic and Leisure Centre
9531 2000 or
mlc@murray.wa.gov.au
Open to public

Croquet Open Day

Mandurah Croquet and Recreation Club
70 Thomson Street,
Mandurah
9am to 12pm
CROQUET is a sport for people who want to spend a morning or afternoon playing a game full of strategy, teamwork

and fun. Light refreshments will be available. Flat soled shoes required. Come prepared for a fun day to meet new friends.

Free
Mandurah Croquet and Recreation Club
9535 5563, 9581 5242 or mandurah.croquet.club@gmail.com
Open to public

Murray Arts and Craft Society Painting Session

Edenvale Heritage Precinct, Henry Street, Pinjarra
10am to 2pm

BRING along your own paints as you join Mitch Stone on the lawn of the old Liveringa Art Gallery for an outdoor painting session. The painting session will commemorate Remembrance Day with a minute silence being observed at 11am. Morning tea provided.
\$5 RSVP by 6/11/20
Shire of Murray
0427 076 027 or mail bag@murray.wa.gov.au
Open to public

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"A Fall has been detected..."



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T: 9525 2528

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Banjo?



BANJO five string wanted for musician in a community band playing free concerts to people in nursing homes and retirement villages.

The band may be able to organise a free concert for residents.

People may have their father's or grandfather's banjo sitting in the shed doing nothing, it would be put to good use during these free concerts.

Contact William on 0484 769 796 or email griffithsWill007@gmail.com

SENIORS WEEK EVENTS Thursday 12 November PERTH METROPOLITAN AREA

Pole walking

Armada Visitor's Centre, 40 Jull Street, Armadale

7.30am to 8.30am

AN all-in-one workout, works every major muscle group, to strengthen and tune. Low stress, assists balance, stability and mobility.

Gold coin donation

Armada Visitors

Centre

0409 975 681 or email

juneacopley@gmail.com

Open to public

Senior's Insights - life as a senior, as told by seniors

Rockingham Central Library Dixon Road, Rockingham
9am to 5pm

SENIOR'S Insights is an enlightening community exhibition which showcases short personal written accounts of seniors, providing an insight into what life is like as a senior. It also showcases reminiscence displays with a collection of objects from a bygone era. What are your thoughts: is being a senior all sunshine and roses? Is it all doom and gloom? Or somewhere in between? Come along and find out. Vote for the People's Choice Awards for the chance to win a \$100 cash prize.

Free

City of Rockingham

9528 0333 or customer@

rockingham.wa.gov.au

Open to public



Seniors Week

Citiplace Community Centre

Citiplace Community

Centre Shop 2,

Upper Concourse

Perth train Station

9am to 10.30am and

1.30pm to 3pm

FREE Devonshire Tea all

week.

Free

Citiplace Community

Centre

9461 3550 or email for a

newsletter

Community.Centre@

cityofperth.wa.gov.au

Open to public

Line Dancing

Queens Park

1-9 Elshaw Street,

Queens Park

9.30am to 11am

GREAT way to exercise

feet and mind to music.

Free

Queens Park Seniors

Club

9458 7258 or queen

sparkseniors@outlook.

com

Open to public

Dance for Over 55s

Midland Junction Arts

Centre

276 Great Eastern

Highway, Midland

10am to 11am

EXERCISE your mind

and body, improve ease

of movement, build

strength and balance,

and develop your cre-

ative movement style.

These classes are for

people who love to

dance, are over 55 and

enjoy working as a

group. No experience

needed.

\$20

Midland Junction Arts

Centre

9250 8062 or info@midlandjunctionartscentre.com.au

Open to public



Wills & Deceased

Estates Seminars

Public Trustee

553 Hay Street, Perth

10.15am to 11.45am

ARE you good to go?

The Public Trustee will

be hosting free Wills

and Deceased Estates

information sessions

during Seniors Week.

Join the Public Trust-

ee for one of our free

community talks where

you can learn more

about the importance

of having a legally val-

id Will, deceased es-

tate administration and

safeguarding decision-making in later life by preparing an Enduring Power of Attorney (EPA), Enduring Power of Guardianship (EPG), Advance Health Directive or by applying for Guardian and Administration Orders. - What really happens if you die

without a valid Will? - Who can challenge your Will? - What do executors and administrators do? - Benefits and risks of Enduring Powers versus Guardianship and Administration orders. These questions, and more, will be explored to help you make

informed choices about your future. Complimentary morning tea and information packs provided.

Free

Public Trustee

P: 1300 746 116 or

online bookings at www.

trybooking.com/BGTXG

Open to public



Government of Western Australia
Department of Justice



Free Seniors Week Events

Wills & Planning Ahead Talks

Join the Public Trustee for one of our free talks during Seniors Week to help you make informed choices about making & storing your Will and planning the future administration of your financial affairs & estate.

- What *really* happens if you die without a valid Will?
- Who can challenge your Will?
- What do executors & administrators do?
- Benefits & risks of Enduring Powers of Attorney & Guardianship

Tuesday 10 November 10.15am - 11.45am

or

Thursday 12 November 10.15am - 11.45am

Public Trustee Seminar Room - Level 1 / 553 Hay Street Perth

Doors open at 10am for complimentary refreshments.

BOOKINGS ESSENTIAL

Phone: 1300 746 116 or visit www.trybooking.com/BGTXG

COVID-19 update: Events will be organised in accordance with Government health guidelines and are subject to change.

www.publictrustee.wa.gov.au

- Wills ■ Deceased Estate Administration
- WA Will Bank ■ Enduring Power of Attorney
- Trust Management ■ Elder Abuse Prevention
- Private Administrator Support



Public Trustee

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Visit: www.umbrellacommunitycare.com.au

HOME CARE PACKAGES



COMMONWEALTH HOME SUPPORT PROGRAM

SENIORS WEEK EVENTS Thursday 12 November PERTH METROPOLITAN AREA

Dance to Remember

Midland Junction Arts Centre
276 Great Eastern Highway, Midland
11.30am to 12.30pm

DANCE to Remember is a dance class for people living with Dementia as well as their families, support workers and friends. Each session will consist of a mixture of exercises from different movement genres, group dances, partner dances, creative movement and improvisation. Tea and coffee provided after class.

\$10
Midland Junction Arts Centre
9250 8062 or
info@midlandjunctionartscentre.com.au
Open to public



SENIORS WEEK EVENTS Thursday 12 November PEEL

Fit for Life Membership Program

Murray Aquatic and Leisure Centre
16 Camp Road, Pinjarra
6am to 3pm

COME and trial the Fit for Life membership program for free throughout WA Seniors Week. People will have access to all Pool Facilities and Gymnasium (during off peak times), access to all Fit for Life Group Exercise and Aqua classes, COTA WA Strength for Life Info sessions and complimentary tea and coffee.

Free
Murray Aquatic and Leisure Centre
9531 2000 or mlc@murray.wa.gov.au
Open to public

Jazzin' it up at the Civic Centre

Civic Centre
1915 Pinjarra Road
5pm to 8pm

ANNUAL Seniors Week Dinner & Dance
Seven piece band - *That's Jazz* will be live on stage. Dance demonstrations by *Swing n Sway*. Two-course meal, raffles, games and prizes. Free tea and coffee. Cash bar open for purchase of beverages.

\$10pp RSVP by 30/10/20
Shire of Murray
9531 777 or mailbag@murray.wa.gov.au
Open to public

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- agents fees

...in fact anything you like, to make your move a whole lot easier.

Come and see what the newest outlook in retirement living has to offer.

MYVISTA Retirement Living Apartments in Mirrabooka are now open. With two- and three-bedroom pet friendly apartments all boasting two bathrooms, spacious living areas and high-quality finishes throughout.

Home Opens: Wednesday and Saturday 2.30 - 4.00pm

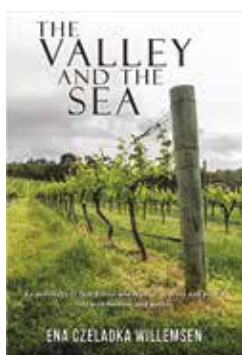
Talk to us about our range of payment solutions to help get you moving

Contact Caryl at Seniors Own Real Estate 1300 064 717
Find out more at www.myvista.com.au
*Offer ends 31 December 2020. T&Cs apply.

Residential Aged Care Home Care Retirement Living

MYVISTA
OUR HERITAGE IN HARMONY

Local author supports *Have a Go News*



THE Valley and the Sea is a collection of writings which cover many genres, a potpourri of more than 100 pieces both true and fictional. There are personal memories, poetry, short stories, musings, observations and the trials and tribulations of life in general.

There are snippets of local history throughout the book.

The author's father settled in Australia in 1924 as an immigrant from Croatia. He established a vineyard in Herne Hill where his knowledge of viticulture from the old country was put to good use.

This is a book that can be dipped into in no particular order, depending on the reader's mood, there is comedy or perhaps a little poetry and even a little nostalgia.

Reader and author Ena Czeladka Willemssen has very generously donated books to *Have a Go News* to sell.

The Valley and the Sea is written by Ena Czeladka Willemssen and sells for \$25. If you would like to purchase a copy email info@haveagonews.com.au with Valley and the Sea in the subject line or call the office on 9227 8283 during business hours.

Join us online:
www.haveagonews.com.au
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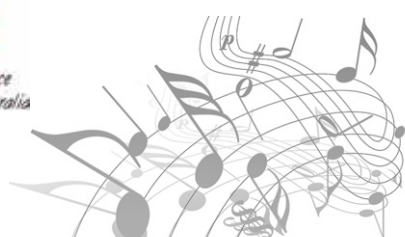
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www.squaredance.org.au



Have a Go News SENIORS WEEK 2020 EVENTS GUIDE

SENIORS WEEK EVENTS Thursday 12 November MID WEST/GASCOYNE

Morawa Seniors Day
Morawa Town Hall
2pm to 4pm
MOVIE and afternoon tea. Performance from MDHS
kindy and pre-primary kids.
Morawa Community Resource Centre
RSVP by 5 November to Diane Butler 9971 1390 or
morawa@crc.net.au
Open to public - No

SENIORS WEEK EVENTS Friday 13 November PERTH METROPOLITAN AREA

Seniors Week
Citiplace Community Centre
Citiplace Community Centre Shop 2, Upper Concourse Perth train Station
9am to 10.30am and 1.30pm to 3pm
FREE Devonshire Tea all week.
Free
Citiplace Community Centre
9461 3550 or email for a newsletter
Community.Centre@cityofperth.wa.gov.au
Open to public

Tai Chi

Queens Park
1-9 Elshaw Street, Queens Park
9.30am to 10am
PRACTICE the Yang form of Tai Chi.
Free
Queens Park Seniors Club
9458 7258 or queen
sparkseniors@outlook.com
Open to public

Love is in the Air
Koorliny Arts Centre, Sulphur Road, Kwinana
10am to 12pm
JOIN Koorliny Arts Centre for Morning Melodies when popular trio *Bling* sings songs people know and love from the '50s to the present. Includes morning tea.
koorliny.com.au
\$15
Koorliny Arts Centre

9467 7118 or
admin@koorliny.com.au
Open to public



Senior's Insights - life as a senior, as told by seniors

Rockingham Central Library Dixon Road, Rockingham
9am to 5pm
SENIOR'S Insights is an enlightening community exhibition which showcases short personal written accounts of seniors, providing an insight into what life is like as a senior. It also showcases reminiscence displays with a collection of objects from a bygone era. What are your thoughts: is being a senior all sunshine and roses? Is it all doom and gloom? Or somewhere in between? Come along and find out. Vote for the People's Choice Awards for the chance to win a \$100 cash prize.
Free
City of Rockingham
9528 0333 or customer@rockingham.wa.gov.au
Open to public

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Contact Gillian 9550 4900
www.terancamews.com.au



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0419 918 231
to book your private tour.



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75 Amherst Rd, Canning Vale.
amherstapartments.com.au
Another quality Aegis Development

SENIORS WEEK EVENTS Friday 13 November PERTH METROPOLITAN AREA

Card Craft

Queens Park 1-9 Elshaw Street, Queens Park

10am to 2pm

SHARE ideas and hone card making skills with this friendly talented group.

Free

Queens Park Seniors Club

9458 7258 or queensparkseniors@outlook.com

Open to public

Free Dance Class for Seniors and People With Parkinson's

134 Whatley Crescent, Maylands

10.15am to 11.15am

DANCE classes for people with Parkinson's disease or anyone experiencing challenges with balance, flexibility, coordination or gait. Participants are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative.

Free RSVP by 6/11/20

West Australian Ballet

9214 0709 or publicclasses@waballet.com.au

Open to public

SENIORS WEEK EVENTS Friday 13 November PEEL

Fit for Life

Membership Program

Murray Aquatic and Leisure

Centre 16 Camp Road, Pinjarra

6am to 3pm

COME and trial the Fit for Life membership program for free throughout WA Seniors Week. People will have access to all Pool Facilities and Gymnasium (during off peak times), access to all Fit for Life Group Exercise and Aqua classes, COTA WA Strength for Life Info sessions and complimentary tea and coffee.

Free

Murray Aquatic and Leisure

Centre

9531 2000 or

mlc@murray.wa.gov.au

Open to public

Zumba

Murray Aquatic and Leisure Centre

8am to 9am

THERE'S no better way to enjoy exercise than to dance and shake to the rhythm of Zumba! It's for all abilities and people can go at their own pace. Meet new people, dance and most importantly, have fun! Bookings essential.

Free RSVP by 6/11/20

Murray Aquatic

and Leisure Centre

9531 2000 or

mailbag@murray.wa.gov.au

Open to public

Life Story Workshop

Edenvale Community Meeting Room, George Street, Pinjarra

10am to 4pm

EVERYONE has a story to tell... If you've ever thought about writing your life story, or that of a friend or family member but weren't sure how to go about it then this workshop is for you. This is your chance to pick up some writing tips and guidance from an expert, make some friends and have a fun day.

Free RSVP by 6/11/20

Shire of Murray

9531 7777 or

mailbag@murray.wa.gov.au

Open to public



SENIORS WEEK EVENTS Saturday 14 November PERTH METRO AREA

Pole walking

Armada Visitor's Centre, 40 Jull Street, Armadale

7.30am to 8.30am

AN all-in-one workout, works every major muscle group, to strengthen and tune. Low stress, assists balance, stability and mobility.

Gold coin donation

Armada Visitors Centre

0409 975 681 or juneacopley@gmail.com

Open to public

Writing Your Life Story

Citiplace Community Centre

Perth Railway Station Concourse.

1pm to 5pm

LEARN how to structure and focus your writing to engage and interest the reader. Capture the poignant, the memorable, the historic and truly unique aspects of your life story or memoir.

Helen Iles will show people a variety of ways they can set up a book and publish it economically.

\$25 RSVP by 6/11/20

The Society of Women Writers WA Inc.

0429 116 395

swwwabookingofficer@gmail.com

Open to public

SENIORS WEEK EVENTS Saturday 14 November PEEL

Arcadia Waters

Mandurah Village

Fete

23 Lady Brand Drive

Greenfields,

Mandurah

9am to 12pm

JOIN the local community for a merry morning! With delicious home-made morning tea, village tours and a large variety of stalls ranging from books, mosaics to Christmas decorations. This is the perfect way to kick start the weekend in good company.

Arcadia Waters

Mandurah

9550 4600 or market

ing@arcadiagroup.com.

au

Open to public

Walking Football

Sir Ross McLarty

Main Oval

Longo Avenue,

Pinjarra

11am to 12pm

JOIN the Peel Regional Football Club for Walking Football. It's like normal football, but participants must walk. It's a fun format that allows people to socialise and participate in an active lifestyle. Bring a drink bottle, comfortable sport clothing and sport shoes.

Free RSVP by 6/11/20

Shire of Murray

9531 7777 or mailbag@

murray.wa.gov.au

Open to public



Murray Arts and Craft Society Walking Stick Workshop

Edenvale Heritage

Precinct, Henry

Street, Pinjarra

1pm to 2pm

HOSTED by Mitch Stone, join in and make your own Talking Stick. It's a great communication aid for families and fun to make and use, All materials supplied.

\$5 RSVP by 6/11/20

Shire of Murray

9531 7777 or mailbag@

murray.wa.gov.au

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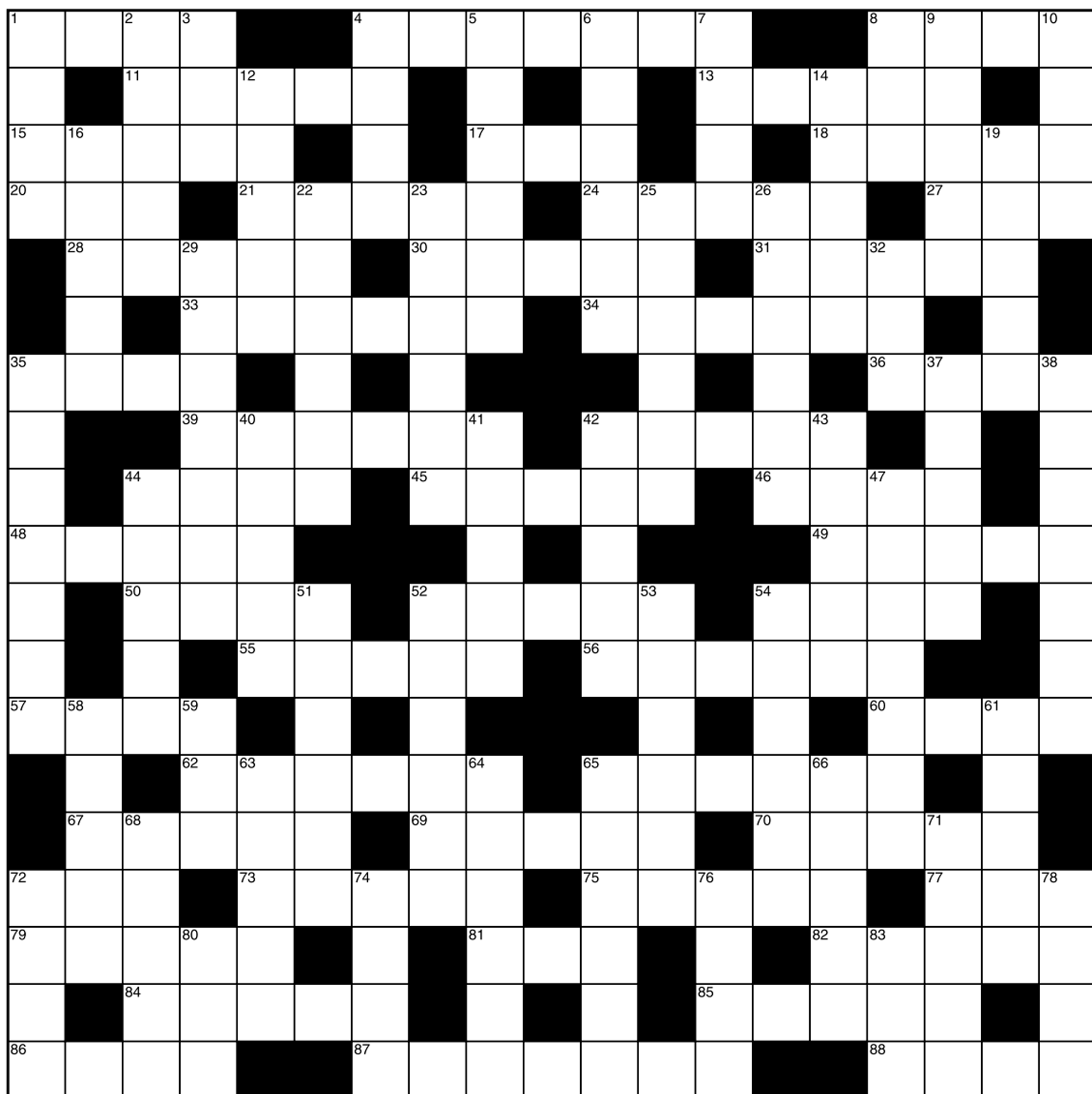
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Mob 0499 982 273

Email admin@vcarehearing.com



ACROSS

1. Plays (with)
4. Leaves stranded
8. Dull thump
11. Eyrie dweller
13. Jewelled headdress
15. Avoid (capture)
17. Tissue layer
18. Recurrent series of events
20. Certainly
21. Get by begging
24. Doomed person
27. Repair set, tool ...
28. Financial interest
30. Actor, Woody ...
31. Sublet
33. Human trunks
34. Kindest
35. Peace prize city
36. Lion's neck hair
39. Nastier
42. Rest on knees
44. Invoice
45. Enthuses
46. Catches (thief)
48. Promote
49. Large violin
50. Shop light, ... sign
52. Striped cat
54. Fair
55. Not once
56. Most secure
57. Beauty queen's ribbon

60. Frosted (biscuits)
62. Ousts
65. Blood-filtering organ
67. Reveals
69. Urgency
70. Long tales
72. Laid up
73. Hard alloy
75. Rewrites (text)
77. Wow!
79. Brute
81. In the manner of (1,2)
82. Too soon
84. Speaks hoarsely
85. Cabin
86. Oil well
87. In need of a drink
88. Slippery fish

DOWN

1. It is, ... are
2. Dough ingredient
3. Tearful
4. Fix
5. Drives off
6. Life gas
7. Astonish
8. Strive
9. Chops wildly
10. Food intake
12. House lizard
14. Land units
16. Waistcoats
19. Sleep late (3,2)

22. Antenna
23. Prison warder
25. Pungent bulbs
26. Cricket side
29. Reduce to fine particles
32. Automatic teller (1,1,1)
35. Offers more than
37. Aircraft gangway
38. Nudged
40. Singer, ... John
41. Police speed detector
42. Road edges
43. Shoestrings
44. Extra treat
47. Gambling
51. Freshest
52. Cut molars
53. Barked
54. Smallest amount
58. Leisurely walk
59. That woman's
61. Painter's tripod
63. Makes joke
64. Italian sausage
65. T-bones or sirloins
66. Alleviated
68. Sudden fear
71. Consent
72. Tropical wading bird
74. Compass point
76. Offhandedly
78. Needle holes
80. Drain
83. Mature

**SENIORS
WEEK EVENTS
Sunday
15 November
PEEL**

Roger May Machinery Tour

Edenvale Homestead Henry Street, Pinjarra

9am to 2.30pm

COME and check out the vehicles, machinery and farming equipment from yesteryear. Have a chat to the person on duty - you might like to lend a hand as new volunteers are always welcome.

Free

Roger May Museum

0427 961 692 or mailbag@murray.wa.gov.au

Open to public

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On your own terms.**



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for you and your family.*



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Albany Amity Health 136 Lockyer Avenue Albany 6330	Collie Collie River Valley Medical Centre 24/28 Harvey Street Collie 6225	Floreat Shop 11 Floreat Forum Howtree Place Floreat 6014	Joondalup Unit 7 140 Grand Boulevard Joondalup 6027	Mandurah 11A Smart Street Mall Mandurah 6210	O'Connor visiting site South Street Medical Centre and Occ Medic Corporate 5/386 South Street O'Connor WA 6163
Booragoon Suite 12 The Gateway Building 173 Davy Street Booragoon 6154	Currambine permanent site 1244 Marmion Avenue Currambine WA 6028	Fremantle 116 Wray Avenue Fremantle 6160	Kalamunda Kalamunda Specialist Centre Room 2, Unit 3 37 Elizabeth Street Kalamunda 6076	Merredin Senior Citizens Room French Avenue Merredin 6415	Parkwood Suite 4/2 Madeira Road Parkwood 6147
Bridgetown Silverchain Building Lot 22 Pioneer Street Bridgetown 6255	Denmark Fertility Great Southern Unit 5 3 Mount Shadforth Road Denmark 6333	Fremantle 29 Cantonment Street Fremantle 6160	Kalgoorlie Kalgoorlie Medical Centre 1/20 Maritana Street Kalgoorlie 6430	Midland 296 Great Eastern Highway Midland 6056	Perth Shop 9, Level 3 Carillon City Arcade Hay Street Perth 6000
Broome Broome Medical Clinic Unit 2 26 Robinson Street Broome 6725	Duncraig Carine Glades Shopping Centre 2/473 Beach Road Duncraig 6023	Geraldton Batavia Health 361 Marine Terrace Geraldton 6530	Kalgoorlie Goldfields Occupational Medicine 130 Hannan Street Kalgoorlie 6220	Midland 9B/401 Great Eastern Highway Midland 6056	Rockingham 95 Chalgrove Avenue Rockingham 6168
Bunbury 183A Spencer Street Bunbury 6230	East Victoria Park 165 Swansea Street East East Victoria Park 6101	Greenfields Greenfields Shopping Centre Shop 8 & 9 53 Murdoch Drive Greenfields 6210	Kalgoorlie Trinity Medical Centre Allied Health Building 28 Piccadilly Street Kalgoorlie 6430	Morley Morley Medical Centre Suite 1 310 Walter Road Morley 6062	Rockingham - Council Avenue Professional Centre Ground Floor 18 Council Avenue Rockingham 6168
Busselton Sunshine Medical Centre 198 Bussell Highway Busselton 6280	East Victoria Park Victoria Park Medical Centre Suite 6 734 Albany Highway East Victoria Park 6101	Harvey Harvey District Hospital 45 Hayward Street Harvey 6220	Karrinyup Ground Floor Northcourt Building Corner Burroughs Road & Davenport Street Karrinyup 6018	Narrogin Narrogin & District Senior Citizens Centre Room 1 3 Fathom Street Narrogin 6312	South Perth 9 Lyall Street South Perth 6151
Cannington Unit 8 7-9 Pattie Street Cannington 6107	Edgewater Unit 16 21 Joondalup Drive Edgewater 6027	Hillarys Endeavour Business Centre Suite B2B 32 Endeavour Road Hillarys 6025	Katanning New Katanning Hospital Clive Street Katanning 6317	Noranda Noranda Shopping Village Cnr Benara Road & McGilvray Avenue Shop 26 Noranda 6062	Woodlands Parklands Retirement Village 52-54 Liege Street Woodlands 6018
Claremont 278 Stirling Highway Claremont 6010	Ellenbrook Ellen Stirling Medical Centre 30 Ellen Stirling Parade Ellenbrook 6069	Jindalee Unit 10A, Jindalee Commercial Centre 6 Jindalee Boulevard Jindalee 6036	Kelmscott Shop 6 2838 Albany Highway Kelmscott 6111	Northam Northam Regional Hospital Visiting Specialists Rooms 50 Robinson Street Northam 6401	Yokine Consulting Rooms 1-3 168 Wannero Road Yokine 6060

*Free hearing checks apply to adults aged 26 years and older.