



SOUTH PERTH SENIOR CITIZENS CENTRE NEWSLETTER AUTUMN 2018

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South Perth Senior Citizens Centre
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SERVICES

South Perth Senior Citizens Centre: Servicing the community since 1959.

Meals on Wheels

Meals delivered to your door, 7 Days per week.

For any Meals on Wheels enquiries, please call the Centre on 9367 9880.

Dining

Every Tuesday at 12.00pm

Pricing:

Members 3 Course meal	\$10.00
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Non Members 3 Course meal	\$15.00
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Special Lunches	\$25.00
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Podiatry

Tuesdays & Thursdays: 9.00am – 12.00pm

Only \$22.00 per visit.

To make an appointment with our lovely Podiatrist Alana, please call the Centre on 9367 9880.



Hairdressing

Tuesdays & Thursdays: 9.00am – 1.00pm

Pricing:

Ladies & Gents Haircut	\$25.00
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Shampoo & Set	\$25.00
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Blow Dry	\$25.00
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Perm, Cut & Set	\$80.00
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Colour, Cut, Set or Blow-dry	\$80.00
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To make an appointment with our wonderful Hairdresser Gronya, please contact her directly on 0421 455 237.

MEMBERSHIP RENEWAL – JULY

As a part of your \$15.00 annual membership, you are entitled to use the above services at exceptionally good rates.

A friendly reminder to all our members, that your annual membership fee is **due for renewal in July** each year.

PROGRAM OF ACTIVITIES

MONDAY	Rewind Fitness Chess	10.30-11:30am 1.00-4.00pm
TUESDAY	Bridge Lunch Bingo Scrabble Yin Yoga	9.30am 12.00pm 1.00pm 1.00pm 6.15pm
WEDNESDAY	Yoga IPad Class Singercise Maj Jong Indoor Bowls Yoga	9.30am 10.30am 11.45am 12.30-3.00pm 1.00pm 7.00pm
THURSDAY	Ballet for Kids Scrabble Laurel Ladies Tai Chi	9.00-10.00am 9.30am 9.30am 6.30pm
FRIDAY	Zumba Gold Di's Craft Class Bingo Afternoon Tea Yin Yoga 6.15pm	9.30am 10.00am 12.30pm 2.00pm 6.15pm
SATURDAY	Tea Dance	1.00pm
SUNDAY	Closed	

We warmly welcome new members to all of our activities!



CHRISTMAS 2017



Above: Members socialising and enjoying themselves at the South Perth Seniors Christmas Lunch.

South Perth Seniors Christmas Lunch

On Tuesday the 5th of December, members of the South Perth Seniors, board of management and invited guests sat down for a traditional Christmas Lunch.

With a menu of Tasmanian salmon salad, roast turkey and leg ham served with gravy and cranberry sauce, cauliflower cheese, baked pumpkin and potatoes and traditional Christmas Pudding with brandy sauce for dessert.

We were delighted to have a 7th Heaven, a vocal duo perform.

Community Christmas Luncheon

On Tuesday the 12th of December, Mill Point Rotary Club, South Perth Seniors and members of the community came together to celebrate Christmas with lunch and live music.

With a menu of tomato and basil soup, marinated chicken cutlet with gravy, creamed potato stack, baked pumpkin and green peas and traditional Christmas Pudding with brandy sauce for dessert.

We had the pleasure to watch a very entertaining accordion performance by Little Miss Squeeze Box (pictured right).

We would like to say a special thank you to the Rotary Club of Mill Point for their donation and for supporting this event.



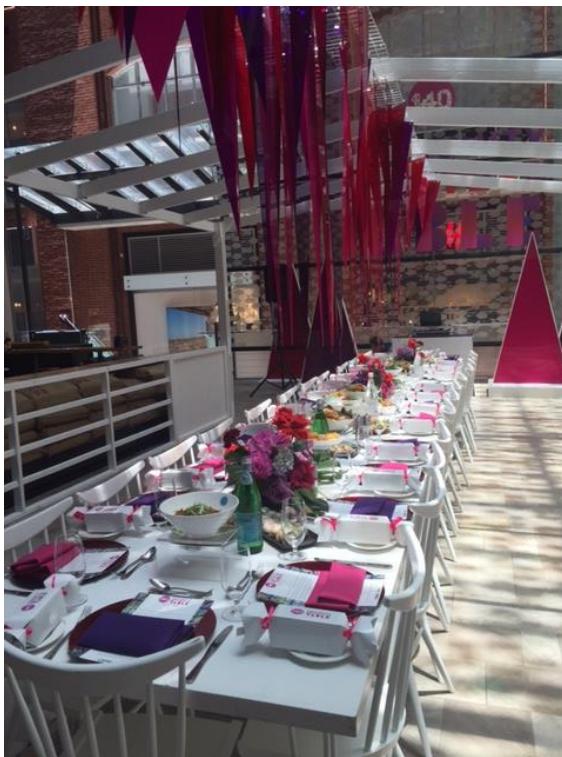
VOLUNTEER LONG TABLE LUNCH



In December, we were invited to celebrate some of our amazing volunteers at a Longe Table Lunch held at 140 William Street.

The venue was beautifully decorated in neon pinks and purples, and the food was delicious!

Margaret even got the chance to meet Damien Martin, Captain of the Perth Wildcats Basketball team (pictured below).



SPECIAL HELPERS



Over the Christmas period, we were very lucky to have Jacob Carmen, a young volunteer who completed more than 50hrs of community service at the Centre during his school holidays.

He spent time wrapping Christmas presents for all our members (pictured left) and doing general tasks around the centre.

Thank you for all your help Jacob!



Above: Two of our wonderful volunteers, Andrew and John, delivering Christmas cheer to the community!

THANK YOU FOR YOUR SUPPORT

Through purchasing Chook's proudly handmade in Laos, our members raised over \$250.00 for Global Hand Charity.

For every handmade chook sold, 4 hens and a rooster were purchased for a family in rural Laos.

This valuable gift will provide nutritional eggs which will feed the family for many years to come.

The Global Hand Charity and the recipients thank you for your support.



UPCOMING EVENTS



FEBRUARY

59th Anniversary Lunch, with live music performed by Adam Penn.

12.00pm, Tuesday 20th February

The Board of Management, Social Committee and Margaret would like to thank the volunteers and the City of South Perth for their valuable support and contribution to the Centre over the past 59 years!

Lunar New Year Special Lunch

12.00pm, Tuesday 27th February



MARCH

St Patricks Day Lunch with Live Entertainment

12.00pm, Tuesday the 13th of March

Gopher Muster

9.30am – 12:00pm, Sunday the 25th of March

We are getting ready again for the the annual Gopher Muster, taking place from 9.30am – 1.00pm on Sunday the 25th of March at the South Perth Senior Citizens Centre. Where Seniors come together to put their electric mobility devices to the test, and take part in a time trial. They draw large crowds of spectators and supporters who cheer them on!

This year we are celebrating ten years since the first Gopher Muster back in 2008. We would like to take this opportunity to reflect on some of our past winners:

2017: Laurie Nicholls

2016: Richard & Lisa Bowen

2015: Ashley Joyce

We would like to thank the Mill Point Rotary Club for their continued support of the annual Gopher Muster.



UPCOMING EVENTS

APRIL

ANZAC Day Special Lunch

12.00pm, Tuesday 24th of April

MAY

Mothers Day Special Lunch

12.00pm, Tuesday 15th of May

If you would like to join in the fun and have a go or just come along to watch and enjoy the hospitality of the centre, please contact Margaret Evens on 9367 9880 or pop into the Centre for further information.

SPECIAL BIRTHDAYS



Essie Wight celebrated her 90th Birthday.

Mary Byrne, one of our new members in 2018, celebrated her 87th birthday with the Friday Bingo group.



VOLUNTEER OF THE YEAR

We would like to congratulate one of our very special volunteers Isobel Wight, who was our Volunteer of the Year 2017 for her amazing contributions to the centre over the years.



SPECIAL THANKYOU

South Perth RSL Sub Branch

We would like to take the opportunity to thank the the South Perth RSL Sub branch who generously donated \$1000 to supply free juice every Wednesday to our Meals on Wheels Clients.

The juices are being warmly received.



Steve Irons

We would also like to take the opportunity to thank Steve Irons MP, Federal Member for Swan for donating the beautiful new chairs to the Bill Graydon Dining Hall in 2017. The chairs add a 'Pop' of colour to the space.



And a very special thank you to the **Soroptimists International of South Perth, Rotary Club of Como, South Perth Combined RSL and the Scadding Family** for donating the defibrillator to the centre and the community.

WESLEY BOYS

For the last 17 years boys from Wesley College have been doing their community service with us and we would like to take this opportunity to thank the Year 9 & 10 boys who have been helping us over this year and previous years. The work you do is invaluable to the running of the centre and we appreciate the work done by the boys.

CONTINUED SUPPORT

The South Perth Senior Citizens Centre would like to gratefully acknowledge the support given to us by the City of South Perth over the past year. Our Board of Management and members are very grateful.

