



60 YEARS SERVING THE COMMUNITY

FEBRUARY 2019

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South Perth Senior Citizens Centre
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SERVICES

South Perth Senior Citizens Centre: Serving 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
Non Members 3 Course meal	\$15.00
Special Lunches	\$25.00



Podiatry (by appointment)

Tuesday & Thursday: Mornings

Only \$22.00 per visit.

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



Hairdressing (by appointment)

Tuesday & Thursday: Mornings

Pricing:

Ladies & Gents Haircut	\$25.00
Shampoo & Set	\$25.00
Shampoo Cut & Set or Blow-dry	\$50.00
Blow-dry	\$25.00
Perm Cut & Set or Blow-dry	\$90.00
Colour, Cut, Set or Blow-dry	\$85.00
Colour & Cut	\$75.00



To make an appointment with our wonderful Hairdresser Grainne,
please contact her directly on 0421 455 237.

PROGRAM OF ACTIVITIES

MONDAY	Rewind Fitness Chess	10.30am – 11:30am 12.30pm
TUESDAY	Bridge Rummikub Lunch Bingo Scrabble Yin Yoga	9.30am 9.30am 12.00pm 1.00pm 12.00pm 6.15pm
<p><u><i>Podiatry by Appointment</i></u> <u><i>Hairdresser by Appointment</i></u></p>		
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WEDNESDAY	Yoga iPad Class Singercise Maj Jong Ballroom Fit Yoga	9.30am 10.00am 11.45am –12.45pm 12.00pm – 3.00pm 1.00pm – 2.00pm 7.00pm
THURSDAY	Scrabble Laurel Ladies Tai Chi	9.30am 9.30am 6.30pm
<p><u><i>Podiatry by Appointment</i></u> <u><i>Hairdresser by Appointment</i></u></p>		
FRIDAY	Zumba Gold Sewing Sisters 'Seif Meri Mun Project' Bingo Afternoon Tea Yin Yoga	9.30am 11.00am – 3.00pm 12.30pm 2.00pm 6.15pm
SATURDAY	Tea Dance	1.00pm – 4.30pm
SUNDAY	Closed	

We warmly welcome new members to all of our activities!

So much has happened here at the South Perth Senior Citizens Centre since our last newsletter. Here is a snapshot of our fabulous members having a ball.

FATHERS DAY



"The Dazzlers"

Walking With Grandpa

I like to walk with Grandpa,
His steps are short like mine.
He doesn't say "Now hurry up!"
 He always takes his time.
Most people have to hurry,
 They do not stop and see,
I'm glad that God made Grandpa,
 "Unrushed" and young like me.

I think this lovely poem says it all. We have some very beautiful fathers and grandpas here at South Perth Senior Citizens Centre and it is a pleasure to celebrate with you all.



CELEBRATING THE WEST COAST EAGLES

Well her boys have done it again. And didn't we all love the excitement right down to the last second. Quite possibly the best game ever in the history of the West Coast Eagles and AFL.



HALLOWEEN



'Boo' witches, pumpkins, devils and the odd scary spider came for lunch. Followed by a floor show of dancing from our very own Ballroom fit class. Lots of fun had by all.



MELBOURNE CUP

The colour and spectacular that is Melbourne Cup; frocking up with fancy hats and fascinators. Such a fun day with a flutter or two. Oh, and I hope you could see the horses, with such a small screen.



CITY OF SOUTH PERTH VOLUNTEER OF THE YEAR



The City of South Perth Volunteer of the Year celebrations was held at the Perth Zoo. It was a glorious afternoon celebrating our very special volunteers with champagne and finger food. This year we had a number of very special people from the South Perth Senior Citizens Centre get a nomination for their efforts in helping with Meals on Wheels or here at the Centre.



SOUTH PERTH SENIOR CITIZENS CENTRE VOLUNTEERS

In November we held a thank you afternoon tea for all our amazing volunteers. Without their wonderful help and commitment, South Perth Senior Citizens Centre would not be the wonderful place it is. Margaret, Leonie and the Board would once again like to express our gratitude for your amazing contribution.



CHRISTMAS LUNCH

What a very Merry Christmas we had – two in fact – with one of our lunches having a very special guest. Thanks to Maria, the members enjoyed a lovely Christmas lunch and were entertained all afternoon.



CONGRATULATIONS



Congratulations to Ross O'Neil on receiving Senior Community Citizen of the Year Award at this year's Australia Day Ceremony.

And to the South Perth Senior Citizens Centre on their nomination for the Australia Day WA Active Citizenship Award for 60 years service to the community with Meals on Wheels.

HAPPY BIRTHDAY

Happy birthday to Agnes and Isobel – both celebrating birthdays recently.



OBITUARIES

Christopher Kelly ... Passed away peacefully on 30th June 2018

Chris was best known for being one of our long-term Meals on Wheels volunteers for the South Perth Senior Citizens Centre. He will be sadly missed by all who knew him.

Elsie Harvey ... Passed away peacefully on 12th August 2018

Elsie was a member of the South Perth Senior Citizens Centre for many years. She loved to come and share a meal on Tuesdays with all her friends. Elsie also enjoyed receiving Meals on Wheels. Our condolences go to her family.

John Lawrance ... Passed away peacefully on 21st August 2018

John was a member of the South Perth Senior Citizens Centre as a volunteer driver for many years. He was also a member of Mill Point Rotary and instigated in his years as president to give two gophers to the community of South Perth. Condolences to go out to John's family and he will be missed by so many.

NOTICES OF INTEREST

ECU – School of Nursing and Midwifery – Are you interested in talking to nursing students about your experiences of the healthcare system? Nursing students from the School of Nursing and Midwifery would like to have a conversation with older adults as part of developing communication skills for practice. The aim is to find out about a person's health (a brief overview) and their healthcare experiences. This activity will assist nursing students in understanding the care needs of older adults. The activity will take approximately 30 minutes and no identifying information will be recorded.

Tuesday 5th March 10.30am – 11.00am or 12.30pm – 1.00pm
Tuesday 12th March 10.30am – 11.00am or 12.30pm – 1.30pm

RSVP: Dr Helene Metcalfe h.metcalfe@ecu.edu.au

UWA – Vascular Health Study – Researchers at the University of Western Australia are seeking volunteers to participate in a study investigating non-invasive tests of the health of your blood vessels which can be used to help early detection of disease before it becomes severe. They are inviting individuals aged 50–80 years to participate in a 3-hour test session including non-invasive measures of skin blood vessel function and structure as well as large vessels in your arm and femoral.

If you are relatively healthy (free from cardiovascular diseases, respiratory diseases, diabetes and a nonsmoker) and interested in this study, or would like more information, contact Raden Argarini.

Raden.argarini@research.uwa.edu.au or 0481 228 853

COMING EVENTS

March

St Patrick's Day Luncheon

Tuesday 12th 12.00pm

Scrabble Australia Tournament

Sunday 17th

André Rieu Film

Thursday 21st 1.00pm

April

Continence and Pelvic Floor Health

Tuesday 9th 12.30pm–1.00pm

André Rieu Film

Thursday 11th 1.00pm

Easter Lunch and Bonnett Parade

Tuesday 16th 12.00pm

WADSA – Indoor Carpet Bowls

Thursday 18th

ANZAC Lunch

Tuesday 23rd 12.00pm

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 Evans on 9367 9880 or pop into the Centre for further information.

THANK YOU FROM US

The Social Committee would like to thank our members for supporting the weekly raffles.



A very big thank you to the Royal Perth Golf Club for their generous grant, through the Annual Charity Golf Day fund, which enabled the Centre to upgrade our ageing technology and purchase three new computers for the office.



Thank you to the City of South Perth for donating our brand new no touch sink in the kitchen, thus enabling us meet food safety guidelines.



SPECIAL THANK YOU

- To all the wonderful Meals on Wheels people – Thank you so much for coming through rain, hail or shine. It means a lot. – Audrey Wish
- Dear Margaret, Board members and volunteers, please convey my grateful thanks to all those who cared for me when I fainted at the AGM last week. You were so prompt in contacting an ambulance and my son. After several hours at Fiona Stanley Hospital, I returned home appreciating everyone's quick action. – Stella Hinkley
- To all the SPSCC members, after 12 years and some wonderful friendships with Margaret, Isobel, the volunteers and you all, it is time for this volunteer to "Hang up her Boots". I will be popping in for a haircut, a cuppa or a chat from time to time and will look forward to catching up. My love and best wishes – Judith Selleck
- Dear Margaret and Staff – Thank you for a wonderful meal, beautifully prepared and served. Lots of planning and hard work! Much appreciated. Best wishes to you all for a blessed Christmas and health-filled new year. Kind regards – Joan Arnold
- To all who help and deliver Meals on Wheels, Merry Christmas and a big thank you – Audrey Murphy
- Dear Margaret and your team of willing workers, Thank you so much for 2018 – Fausta
- To Margaret, Leonie, Natalie and all the volunteers, Thank you for all you do for our Laurel Club Ladies. We are very lucky to be a part of the Centre. Love and best wishes always – Celia and our ladies
- We appreciate the support during the past year. We look forward to seeing everyone back in the New Year. – Darryl, Ballroom Fit
- Merry Christmas and thank you for sharing your home with us. I hope you enjoyed and loved our singing. – St Columbas Choir Students
- Hi everyone, it's me, and this wonderful time of year!!! Sending you and your families the warmest wishes for a beautiful festive season. I think of you always (especially on a Friday). How I miss you all. Happy times, good health and thanks for the memories. Miss you all sooooo much. Lina