



## **60 YEARS SERVING THE COMMUNITY**

**FEBRUARY 2019**

President:	Ross O'Neil	9313 3720	<a href="mailto:oneilro@bigpond.com">oneilro@bigpond.com</a>
Snr Vice President:	Robin Arndt	9367 4509	<a href="mailto:arndts@bigpond.com">arndts@bigpond.com</a>
Secretary:	Vida Corbett	9474 2893	<a href="mailto:vcorbett@bigpond.net.au">vcorbett@bigpond.net.au</a>
Treasurer:	John Van Dieren		<a href="mailto:jvdieren@stantons.com.au">jvdieren@stantons.com.au</a>
Supervisor:	Margaret Evans	9367 9880	<a href="mailto:spsc@bigpond.com">spsc@bigpond.com</a>
Administration Officer	Leonie Glass	9367 9880	<a href="mailto:spscc2@bigpond.com">spscc2@bigpond.com</a>

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South Perth Senior Citizens Centre  
53 Coode Street, South Perth WA 6151  
Phone: 9367 9880  
Email: [spsc@bigpond.com](mailto:spsc@bigpond.com)

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## SERVICES

**South Perth Senior Citizens Centre: Serving the community since 1959**

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### 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

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<b>MONDAY</b>	Rewind Fitness Chess	10.30am – 11:30am 12.30pm
<b>TUESDAY</b>	Bridge Rummikub Lunch Bingo Scrabble Yin Yoga	9.30am 9.30am 12.00pm 1.00pm 12.00pm 6.15pm
	<u><i>Podiatry by Appointment</i></u> <u><i>Hairdresser by Appointment</i></u>	
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	Scrabble Laurel Ladies Tai Chi	9.30am 9.30am 6.30pm
	<u><i>Podiatry by Appointment</i></u> <u><i>Hairdresser by Appointment</i></u>	
<b>FRIDAY</b>	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
<b>SATURDAY</b>	Tea Dance	1.00pm – 4.30pm
<b>SUNDAY</b>	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

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*"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 scarry 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.

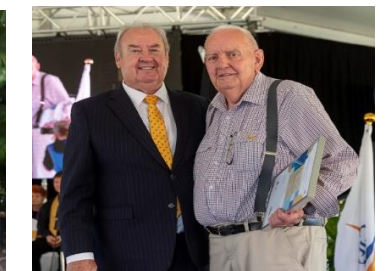




## CITY OF SOUTH PERTH VOLUNTEER OF THE YEAR



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

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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

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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

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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

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



## OBITUARIES

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### **Christopher Kelly ... Passed away peacefully on 30<sup>th</sup> 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 12<sup>th</sup> 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 21<sup>st</sup> 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

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**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 5<sup>th</sup> March 10.30am – 11.00am or 12.30pm – 1.00pm  
Tuesday 12<sup>th</sup> March 10.30am – 11.00am or 12.30pm – 1.30pm

RSVP: Dr Helene Metcalfe [h.metcalfe@ecu.edu.au](mailto: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](mailto:Raden.argarini@research.uwa.edu.au) or 0481 228 853

## COMING EVENTS

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### March

#### **St Patrick's Day Luncheon**

Tuesday 12<sup>th</sup> 12.00pm

#### **Scrabble Australia Tournament**

Sunday 17<sup>th</sup>

#### **André Rieu Film**

Thursday 21<sup>st</sup> 1.00pm

### April

#### **Continence and Pelvic Floor Health**

Tuesday 9<sup>th</sup> 12.30pm–1.00pm

#### **André Rieu Film**

Thursday 11<sup>th</sup> 1.00pm

#### **Easter Lunch and Bonnett Parade**

Tuesday 16<sup>th</sup> 12.00pm

#### **WADSA – Indoor Carpet Bowls**

Thursday 18<sup>th</sup>

#### **ANZAC Lunch**

Tuesday 23<sup>rd</sup> 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

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



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.



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.



## SPECIAL THANK YOU

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- 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