



# SOUTH PERTH SENIOR CITIZENS CENTRE



MARCH 2025  
EDITION

## WELCOME

Welcome to the first South Perth Senior Citizen Centre Newsletter - sponsored by the Communications Subcommittee.

This newsletter has been put together to not only inform our members about what is happening in the centre, so you can join along, but also to highlight all of the special members who join us weekly, monthly and yearly!

If you ever have any suggestions or would like to include your anecdote in our newsletter, please email Isabella Robertson, [itsbellarobertson@gmail.com](mailto:itsbellarobertson@gmail.com)

Kind regards, Events & Communication and Committee

## CLUB IN THE SPOTLIGHT

The Centre has many games for people to enjoy, including mahjong, canasta, and others. This month we highlight Canasta, which is played at the Centre every Tuesday from 12 noon onwards. A group of friends enjoy the Pony version of this game and welcome new players. The game is generally played with two pairs as a team, though can be played with three individuals. Teams aim to gain the most points by completing Runs (Ace to 8), a canasta of wild cards (twos and jokers), a canasta of sevens, and melds of other individual card numbers. We welcome new players but a basic knowledge of card games is desirable.



## HEAR FROM THE SPSCC BOARD

I would like to thank our new Board member, Bella Robertson for offering to produce this newsletter on a regular basis, something we have been aiming for quite a long time. We trust that with this communication it will keep you up to date with happenings at the centre. We now have a sub-committee that will be arranging new activities at the centre.

You may be aware that we have a new Chef, Seine, for the Tuesday lunch, and we have seen an increase in patronage.

We also have a volunteer driver who will be arranging outing in the future, perhaps back to the monthly one's we did before COVID.

-ROSS O'NEIL JP, President

HAVE YOU  
UPDATED YOUR  
CONTACT  
DETAILS?

Please check with Haila at reception to make sure your contact details are up to date!



# TUESDAY LUNCHES

04/03/2025 - \$20

Entree: Mushroom Soup

Main: Shepherd's Pie & Salad

Dessert: Fruit Salad & Ice-cream



Our resident crooner, Steve, will be entertaining us with his delightful voice at our lunch on Tuesday 4th March. So make sure you have registered for lunch on that day.

11/03/2025 - \$20

Entree: Carrot Soup

Main: Tuscan Chicken, Broccoli & Pumpkin

Dessert: Apple and Pear Crumble

18/03/2025 - St Patrick's Day - \$25

Entree: Pea and Ham Soup

Main: Braised Beef with Mashed Potato and Kai-Lan (Chinese Broccoli)

Dessert: Fruit Jelly and Ice-cream



25/03/2025 - \$20

Entree: Potato Soup

Main: Spaghetti Bolognaise

Dessert: Mango Cheesecake



Introducing our chef, Seine, who has been providing the delicious meals at our Tuesday lunches since October 2024.

Seine is originally from Myanmar, and she has been in Australia for 5 years. During this time she has learnt to speak read and write English. Once she learnt English she attended the South Metropolitan TAFE and completed the Certificate III in Commercial Cookery and trained in the restaurant, Bentley Pines.

Following a Tuesday lunch this month, our volunteers Tim and Lyn will be taking members on a bus ride. Priority is given to those who express their interest with Tim and Lyn.



Members of SPSCC enjoying the Valentine's day lunch! Thank you to all those who volunteered to make this lovely lunch happen!

# CONGRATULATIONS!

Congratulations to Molly who was nominated for Community Citizen of the Year by the City of South Perth in recognition of her volunteering work at our Senior Citizens Centre. Molly received the award on Australia Day!

Molly has been a volunteer at our Centre for 14 years, starting with delivering the Meals on Wheels. Then moving into the kitchen and dining room. Each week, Molly and her daughter Emma set up the tables, and on special days, they decorate the tables to suit the occasion. Congratulations!



# ST PATRICK'S DAY

St Patrick's Day was originally celebrated in Ireland with religious services and feasts in honour of St. Patrick, one of Ireland's patron saints. When Irish immigrants brought St. Patrick's Day traditions to the United States, the day evolved into a secular celebration of Irish culture.



Happy  
St.Patrick's  
Day



# CALENDAR OF EVENTS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9:30am Bridge 11:30am Chess 6pm – 7pm Fitness Class  Public Holiday no activities	<b>4</b> 9:10 – 10:00am singing/music Classes for toddlers 9:30am Rummikub 10:15 – 11:15am Fitness Class 12:00pm Centre Lunch 12:00pm Pony Canasta 1:30pm Bingo 4.30-5.30pm Gentle Yoga (New Session) 5.30pm Persian Style Dance, Classes 7.15 – 8:45pm Private dance class Podiatry by Appt 9367 9880	<b>5</b> 9:30am Yoga 12.00 Pony Canasta 12.30pm Mah-Jong (western) 5.30pm – 6:30pm Fitness Class 7:00pm Yoga	<b>6</b> 10:00 Scrabble 11:45am Sit Fit (for strength and flexibility) 2.00pm Social Dancing 5:30-6.30pm Gentle Yoga 6.30pm Private dance class Podiatry by Appt 9367 9880	<b>7</b> 9:30am-10:30 Zumba 10:30am – 11:30am Fitness Class 11:00am Sewing Sisters 12.00pm Pony Canasta 12:30pm Bingo 2:00pm Afternoon Tea (after Bingo) 7.00pm Sound Healing
<b>10</b> 9:30am Bridge 11:30am Chess 6pm – 7pm Fitness Class  Public Holiday no activities	<b>11</b> 9:10 – 10:00am singing/music Classes for toddlers 9:30am Rummikub 10:15 – 11:15am Fitness Class 12:00pm Centre Lunch 12:00pm Pony Canasta 1:30pm Bingo 4.30-5.30pm Gentle Yoga (New Session) 5.30pm Persian Style Dance Classes 7.15 – 8:45pm Private dance class Podiatry by Appt 9367 9880	<b>12</b> 9:30am Yoga 12.00 Pony Canasta 12.30pm Mah-Jong (western) 5.30pm – 6:30pm Fitness Class 7:00pm Yoga	<b>13</b> 10:00 Scrabble 11:45am Sit Fit (for strength and flexibility) 2.00pm Social Dancing 5:30-6.30pm Gentle Yoga 6.30pm Private dance class Podiatry by Appt 9367 9880	<b>14</b> 9:30am-10:30 Zumba 10:30am – 11:30am Fitness Class 11:00am Sewing Sisters 12.00pm Pony Canasta 12:30pm Bingo 2:00pm Afternoon Tea (after Bingo) 7.00pm Sound Healing
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# World Hearing Day, March 3

**Did you know? 1 in 2 Australians over 60 years of age suffer from hearing loss.**

“With new studies linking untreated hearing loss to an increased risk of dementia, depression and falls, there’s never been a more important time to improve your hearing” says Clarity Hearing’s Audiologist, Ms Fernandez.

Recent research has uncovered a compelling link between hearing loss and dementia—showing that people with even mild hearing loss are nearly twice as likely to develop dementia compared to those with normal hearing.

The good news? Groundbreaking studies

can reveal that hearing aids significantly reduce the risk. Not only does hearing aid use help improve hearing, it can also help to preserve memory and cognitive function—*independent of dementia.*

Taking action early is key. Early diagnosis and intervention can slow the progression of dementia, making it more crucial than ever

to address hearing loss promptly. By treating hearing loss with hearing aids, you could not only improve your hearing but also protect your cognitive health for years to come.

Clarity Hearing makes it easy to take the first step toward better hearing and cognitive protection. In support of World Hearing Day, Clarity Hearing is offering complimentary hearing health checks during March 2025! Clarity Hearing’s experts are ready to assist you at their convenient South Perth location on Angelo Street. Simply call **6317 9394** to book your free hearing health check!

Please note that Clarity Hearing is accredited by the Australian Government to provide hearing tests and hearing aids at no-cost to eligible Pension Card Holders. Phone 6317 9394 to learn more.



Audiologist, Raquel Fernandez

