



# BULLETIN

## JULY 2025

Dear Members



**Morning Melodies-** On the 12<sup>th</sup> of June we had Jemma Donovan singing and playing for us. This time she was joined by a new string group that started playing together last year.

On Thursday the 10<sup>th</sup> of July we will have Nicholas Sortberg playing the piano for us. **The cost of morning tea is \$8.**



**Brenda Barr played and sang for us on the 11<sup>th</sup> of June at Wednesday Lunch.**

**Margo Entertained us with an extremely humorous Pam Eyres Poem and we watched a photo slide show from the Biggest Morning Tea on the 18<sup>th</sup>. John D'Emden sang for us on the 25<sup>th</sup> with Irene Melbourne playing the piano.**



**Wednesday Lunchtime Entertainment to come:**

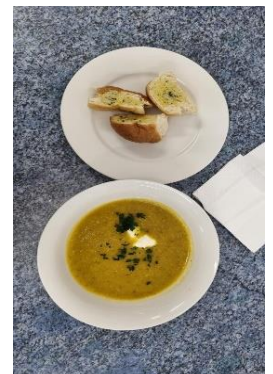
9<sup>th</sup> of July - Anne Henderson on Ukelele

23<sup>rd</sup> of July Xmas in July - Erica on piano & Anne on ukulele – everyone to join in with Christmas carols.



**Wednesday lunch**

With the cooler weather upon us, the kitchen is now serving a delicious soup prior to the normal hot meal. This will be on alternative weeks, soup one week and sweets the next.



*“The mission of the Esperance Senior Citizens Centre is to provide a safe, friendly, inclusive venue where senior members of the community can gather to enjoy physical and mental activities. We strive for excellence”*

The Next Quiz Day is Monday the 21<sup>st</sup> of July. Numbers of dwindling so please remember this date. We are going to hold a **Mega Quiz Night** in conjunction with SAFE. The date is Saturday the 6<sup>th</sup> of September. Tickets will be \$10 each with tables of 6. There will be a total of 20 tables. Get yourself a table and join in the fun. There are some great prizes. Major prizes are two tickets to any show at the Civic Centre for each of the 6 players.

**Bowling continues on Wednesday Morning and also Sunday Afternoons. Cost is \$2, ladies please bring a plate.** Beginners are very welcome. Bowling is proving to be very popular on Sundays with the wet weather.

#### DRAMA

Continues on the first and second Monday of each month. Always a fun afternoon. Gives you a chance to turn your brain off and be somebody or something else for a while.

#### **BIG 90<sup>TH</sup> BIRTHDAY – GRAZE AND GAZE – A TASTE OF CULTURE**

This is our big event for the year.

Invitations have been sent out to eight of our members who are turning 90 during the year. Only 5 have responded to date.

The remaining seats are available at a cost of \$50 per person. There are a maximum of 60 seats.

The meal will be charcuterie style, with both hot and cold plates. Bubbles on entry and beer & wine are included with your meal.

Entertainment is being organised, which you can view, while leisurely choosing from the feast in front of you. Only 3 tables are remaining.



#### **From the office**

**Membership for 2025 is still great value at \$30.00 for the year. Have you paid yet?**

Would you like to pay your membership with a bank transfer?

Here are our bank account details:

**Esperance Senior Citizens Centre**

BSB: 086554

A/C No 420531975

[Email: seniorcitz@outlook.com](mailto:seniorcitz@outlook.com)

***Please use your Surname and the Initial of your first name as a reference.***

***Let the office know or send us an email, letting us know that you have paid by bank transfer and when. Thankyou.***

**Have you filled out a NEW Membership Form yet?** Forms are on the table in the front foyer. Please write legibly when filling them out. There's been a few instances where names were recorded incorrectly because they were hard to read. ***This also applies to your email address. Lots of emails are being returned because we have the address incorrect.***

***ARE YOU ONE OF THE FEW WHO HAVE NOT PAID YOUR MEMBERSHIP YET?***

**WE NOW HAVE EFTPOS AVAILABLE**



**Follow us on FB: Esperance Senior Citizens Centre**

<https://www.facebook.com/share/1XiUhNzX5J/?mibextid=qi2Omg> We add lots of information and photos on there. It's a great place to keep up to date with the goings on at the centre.

## Our front and back doors are automatic

Please do not push or pull on the back door. The back door has a **green button** that you **press to enter and exit**. It opens automatically from the outside if you approach from the front, if approaching from the side please press the button or step in front of the door. When people push or pull on the door, it causes problems with the electronics.

## Please note that the carpark exit is actually two lanes

It is an exit for us but also an entry for the Population Health Centre next door. Please stop and check before going around the corner of the building to exit the carpark.

Please remember the centre is **one way driving only** – enter on the left (the library side) and exit on the right. This includes the front driveway.



### Flushing the toilets

Please make sure you hold the buttons down until the toilets finish flushing. They don't flush correctly if not held down until they stop. Having to unblock them is not a pleasant job for our lovely cleaning lady.

### Parking permits

This year's parking permits should be displayed on the dash of your car when parking at the centre. If you don't have a current one, please see the office – it may be because you haven't paid your annual membership.

You can park here anytime, including while shopping, but we are noting a lot of non-members trying to use our carparks at different times. Please remember **NOT to park next door at Population Health** - they get a bit funny about that. There is always the parking area near the library if our carpark is full.



**Please continue to clean chairs and tables after each and every use.**

We are still looking for **willing and able younger members** to help out at the canteen for the Ag Show on the 17<sup>th</sup> and 18<sup>th</sup> of October. ALL indoor displays will be in the new building as the older building is under renovation. This could mean a very busy time for us. **EOI book is under the notice book** - please note if you can only do Friday or Saturday or specific times (am/pm) -this will help when making up the roster.

We already have a group making the sandwiches but we do need offers of slices and cakes. It has been suggested we stick to raspberry & coconut or lemon slices as they were by far the most popular last year. Ruth's pumpkin fruit cake was also extremely popular last year and we can always use plain scones. Please **DO NOT CUT THEM UP** as we need them to all be a similar size to make pricing easier. If possible, please deliver any items to **THE SHOW CANTEEN/KITCHEN** on Thursday afternoon, as it means we won't have to then transport everything over from the centre.

Not able to help with donations of food or help out on the day? We will gladly accept donations of things like butter, jars of jam, cream, etc or some money to buy the supplies we need.



We've had a nasty water spill saturating the carpet and walls near the fire hydrant. Dunns kindly installed some heavy-duty blowers which has helped in drying out the carpet and walls. Until the new fittings have been installed, please do not take out the containers that were catching the water drips. We are still making sure that it has stopped leaking.

Please do not bring any more jigsaws into the centre, the cupboard is full again.

### **Tai chi- Tues only (Intermediate class)**

As the participant skills are improving, the need for a second session is no longer required. There will be no more Saturday sessions held.



A huge CONGRATULATIONS

to Jan Archer for receiving a Life Membership for the Esperance Bridge Club on the 21/06/2025. Jan has been in the club for over 25 years, over that time, she has had many positions in the club and has always put her hand up to assist the club.

Pictured here are Nadeane, Julie, Jan and Ian.



**Follow us on FB: Esperance Bridge Club**

<https://www.facebook.com/groups/1026803779666712/?ref=share&mibextid=NSMWBT>

Hello fellow Seniors, I'm being brave coming out into the Seniors playground. I produce a paragraph for our local newsprint Esperance Weekender. Not everyone these days continues to purchase our paper. To think, a decade ago two publications were available weekly to purchase containing plenty of local news. Our competition of course is access to social media, therefore I've noticed that amongst Seniors, we are a tactile generation, we enjoy conversation together with being social enjoying the face with expressions and wrinkles, enjoying or being patient with mine, as I say something humorous. Last Saturday, our Bridge Club held their Annual AGM. A very worthy committee was elected and a promising year ahead is hoped for. Like all clubs we could use a few more members to swell our numbers on competition days. They are Wednesday & Saturday afternoons. Should another four people show interest in renewing former days, this brings another table. Maybe you have a friend, who doesn't come to Seniors, however holds hidden skills. Slide this before their eyes. The GREAT NEWS I can proudly share with you is that Life Membership was extended to Jan Archer. Jan is a phenomenal member in our Club. As Ian Letts (our Director) said in his speech, Jan is always at the wheel, always guiding as well as assisting in any event our Club is involved in. A cheery disposition, an encouraging word on any aspect of this game of Bridge. We Congratulate Jan on this wonderful achievement. A special plaque was presented together with special native floral tribute. Spread the word...talk to yourselves lots...we look forward to welcome new faces.

In friendship & caring,  
Helen Johnston.



The **Dying to Know Cafe** have a get together coming up on Friday the 8<sup>th</sup> of August in conjunction with the Forget me Not (Dementia) Cafes.

There will be two sessions.

Please see the poster.

For more information contact Sue Starr on 0439 524 111.

### **Information from the Committee Meeting:**

- A workshop run by the Senior Cultural Tourism Specialist at FORM to hear seniors' suggestions and ideas. There is no cost to the public – the workshop will be held on Friday August 15<sup>th</sup> 2025 from 12 – 3 pm. These sculptures can be seen around the state.

#### *Community Co-design Workshops:*

*In July and August 2025, the Esperance community will be invited to attend a series of community workshops to inform the next stages of this exciting project. Feedback from these facilitated sessions will inform the Public Art Strategy, Artistic Brief(s), and artworks themselves through a co-designed approach.*

*These 2 hour facilitated workshops will explore community aspirations for the EST project further in the following ways – notably in the following 3 areas:*

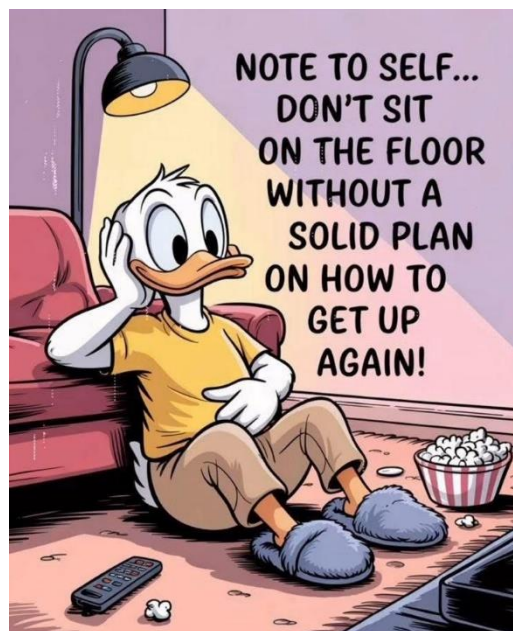
- 1. Scale – what is the community's aspiration as to the scale and prestige of this project? Is the intention for this project to deliver globally significant public art outcomes, or would the community prefer something lower-key and more regionally focused?*
- 2. Locations – does the community have any specific ideas regarding locations for the trail artworks? How big should the trail be? If large, is it intended the trail is travelled by vehicle?*
- 3. Artists – who should have the opportunity to be part of this project? Should the artists be local/national/international? Should the artists be Wudjari people exclusively, or should there be a quota for Wudjari artists as part of the project? If artists are not from the local area, what is the role of local artists in the project?*

*During the Define phase surveys will also be distributed to the local community for those that cannot make an in-person workshop.*

- NAB will be running a workshop about online banking safety along with a question-and-answer session on anything you want to know about banking or NAB in particular. The proposed date is Friday the 1<sup>st</sup> of August at 1.30pm with afternoon tea supplied- watch this space for further updates.
- Christmas in July lunch will be held on Wednesday the 23<sup>rd</sup> of July with Music by Anne Henderson and Erica Nielson and diners will be able to singalong. There will be a lovely Christmas lunch and sweets, with Christmas Cake made by Val and Sally.
- We currently have 337 financial members. If you haven't yet paid your dues please see Isabel in the office. Remember you can only attend 3 times then you must become a member.

- The Centre will close for the Christmas/New Year break on Friday the 19<sup>th</sup> of December 2025 and will reopen on Monday the 11<sup>th</sup> of January 2026. If you are planning to have your break up function at the centre, please book in with Isabel in the office. The kitchen will not re-open until February 2026.
- Members should be aware that there is asbestos in the building, which will not create any problems, unless damage should happen. If you want to read more about it, the book is in the Essential Services box near the front door. The areas that contain asbestos are the:
  - Kitchen store- Floor, vinyl sheeting
  - East Rest room- Floor, vinyl sheeting
  - Storeroom- Floor, vinyl sheeting
  - West lunch room- Floor, vinyl sheeting
  - Northwest Store- Floor, vinyl sheeting
- The Committee Members agreed to increase our Public Liability insurance to \$20M so that the Community Singers can still perform at the Boulevard Shopping Centre.
- There have been enquiries from the Parkinsons Association re running a support group here at the centre – watch this space for further updates.
- Falls Prevention Classes can be done locally by **In Motion** in their own studio, at a cost of \$5 per person, for a 30-minute session. An initial 1 hr appointment is required prior to attending. This initial appointment can be funded under an EPC (Enhanced Primary Care) plan through your GP. See the office if you would like more information.

**Now I'm over 50 my doctor says I should go out and get more fresh air and exercise. I said all right, I'll drive with the car windows open.**



**By the time you get to sixty, people expect you to be mature, responsible, wise and dignified.**

**This is the time to disillusion them.**

Submissions for inclusion into the monthly Senior Citizens Bulletin are most welcome. Please see Isabel in the office with your information clearly written or typed

