



BULLETIN

SEPTEMBER 2025

Dear Members

Morning Melodies- The next Morning Melodies is on Thursday the 11th of September and Brenda & Ewan Barr will be singing for us.

The cost of morning tea is \$8. Always a great morning.



14th August, Irene Melbourne played some classical pieces for us.



14th August, Irene and Anne playing a duet.



6th August, Leslie recited some of her wonderful poems.

Wednesday Lunchtime Entertainment to come:

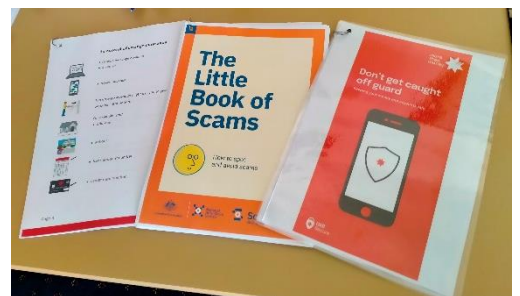
3 Sept - Irene Melbourne

10 Sept – Brenda and Ewan Barr

SCAM WORKSHOP



Thank you to Kate and Cheylan from the NAB for conducting the Scam Workshop on Friday the 8th. About two dozen people attended and we were also spoilt with bikkies and muffins from Deli King. Sue H won the door prize, a gift basket from Flickr. If anyone is interested in more information on different kinds of scams and what to do if you get caught out, I've put some resources on the desk in the Foyer.



From the workshop:

If you get a strange message

The strange message might have a link or attachment that is fake - **do NOT click on the link or open the attachment.** You should delete it. The strange message could also look like it is from someone you know. You should check with that person to see if the message is real or fake. Ask someone you trust to help you.

"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"

If you get a strange phone call

Hang up if you think a call is strange. If you think it is a strange call do **NOT** give them **ANY** personal information. You can call the organisation to check if it was a real call. The scammer might pretend to be an expert who can help. **DO NOT** let them change anything on your device. Do not let them have access to your devices.

STOP, CHECK, PROTECT to minimise your chance of being scammed.

- **STOP** before you act - don't trust anybody asking for money.
- **CHECK** before you share - do not give out personal information.
- **PROTECT** if you suspect - seek help from your bank.



Dying to Know Day

We had a great Dying to Know Day, with about 30 people coming to the morning session and 20 to the evening session at the Pier.



FORM

The Esperance Sculpture Trail workshop facilitated by FORM, met here on Friday the 15th to talk about what the community is looking for in an Art Trail. What values we have as a community and what we would be looking for in an artist/artists that would come into the community. There was also discussion about how far/placement of such a trail. If you would like to join the discussion, you can go to this link.

<https://engage.form.net.au/esperance-sculpture-trail>



2025 Senior Citizens Calendar of events



The Next Quiz Day is Monday 15th September at 1.00 pm.

We are going to hold a **Mega Quiz Night** in conjunction with SAFE.

The date is Saturday the 6th 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.

Drama Club- Monday the 1st & 8th at 3-4pm

Book Club- Saturday 6th at 2.30pm

Parkinsons Support Group- Friday 12th 10am

Death Café- Saturday 27th at 10am

FROM YOUR PRESIDENT (Cheryl)

As part of the James Street precent the Shire has spoken to me outlining the long-term plans. At this stage they are wanting to make it one way traffic through our parking area, so everybody will come in on the right, near Population Health and exit via the driveway near the library. I am vehemently against this. Apart from changing the direction of traffic flow – it means every car going to and from the Child Health Clinics and any other appointment at the centre will then flow through our carparks. Confusing for the elderly and dangerous with the amount of traffic. I have contacted our Shire Representatives asking that they back up my request so we can only wait and see. They and I will do our best to ensure this doesn't happen.

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

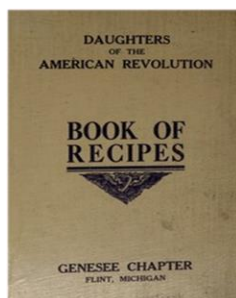
Please clean up after yourself in the kitchen.

Please don't come to the Centre if you are feeling unwell. Stay home, stay warm and get well.



Why must I prove I am me to pay my bills over the phone?
Do strangers call to pay my bills? And if they do, why don't you let them?

RECIPES



We're looking for some tried and true family favourite recipes to put here in the Bulletin or if we get enough, to put together into a cookbook.

To start the ball rolling we are including Ruths pumpkin cake recipe. This was incredibly popular at the Ag Show last year and so many people commented on it that the kitchen team suggested having it again this year.

MEGA QUIZ
Quiz mistress – Sally Ashbil

The Senior Citizens Centre together with SAFE

Invite you to book your table at Esperance Senior Citizens Centre Phone: 90 712 268

Date: SATURDAY 6th SEPTEMBER 2025

Time: 6.30 for 7.00 pm start

Tables of 6 - \$10.00 per person

BYO Nibbles & drinks
Endless tea and coffee provided

DOOR PRIZES
RAFFLES
SPONSORED BY

Esperance Senior Citizens Centre

Here is my special spiced pumpkin cake that a few people were interested in. It was given to me about 17 years ago by my neighbour who was a retired Farmers Wife! (Ruth)

Ruths Spiced Pumpkin Cake

125g butter
1 ¼ cups sugar
2 eggs
2 ¼ cups SR flour
1 tsp cinnamon
1 tsp ground ginger
1 tsp ground nutmeg
¼ tsp ground cloves
¾ cup milk
1 cup cooked mashed pumpkin
½ tsp bicarb
½ chopped walnuts

Cream together the butter & sugar, add eggs & beat. Sift together flour and spices, mix into butter & egg mix. Combine the milk, pumpkin & bicarb and fold into the flour mixture, stir in walnuts. Pour into a 20cm square pan. Sprinkle the top with coffee sugar crystals. Bake in a moderate oven for 45-60 mins.



Esperance Agricultural Show

The Show is on next month, well that came up on us very quickly. It will be the end of the year soon, eek!!! We are still looking for **willing and able younger members** to help out at the canteen for the Ag Show on the 17th and 18th of October.

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.



It has been suggested we stick to raspberry & coconut or lemon slices, scones and Ruths pumpkin fruit cake.



Please **DO NOT CUT THE SLICES/CAKES UP** – deliver any fresh food items to the Senior Citizens Centre on Thursday morning. We will gladly accept donations of things like butter, jars of jam, cream, etc or some money to buy the supplies we need.



The 2026 calendar is almost here.

We will have a get together of the “models” when they are ready, and celebrate. Models will each receive a copy.

We will need helpers to sell them at the Markets each Sunday. Time is 8-12.30. So, if you are willing and able to help, please let Cheryl know. A roster can then be drawn up. I think wearing your leather gear would help set the mood.

Before crowbars were invented, crows drank at home.



Please remember our AGM is coming up next month on Monday the 27th of October at 1.30pm. Have a think about any of the positions that you might like to fill, as all positions become vacant.



Melbourne Cup – 4 November 2025

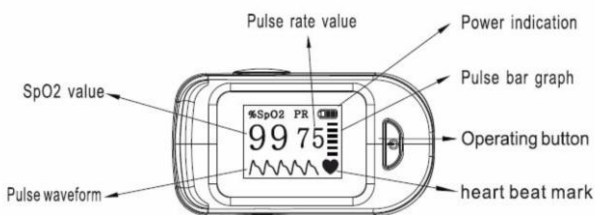
We plan on making this a special event with a casserole lunch, the usual sweeps and some fun games with prizes.

Hopefully you can come and join in the day with your glad rags and fascinators, and hopefully a small casserole to share.



We've had a **Pulse Oximeter** donated to the centre by Cheryl Green, thank you Cheryl. It's stored next to the Defibrillator if required. Just clip it on a finger and press the on button. 95 and above is good, low nineties needs to be watched and below 90 is a concern.

Casualty	SpO2
Normal – Healthy	≥ 95%
Normal - COPD	88% – 92%
Hypoxic	85 – 94%
Severely Hypoxic	< 85%
Trigger: Any drop of 3% or more indicates cause for concern	



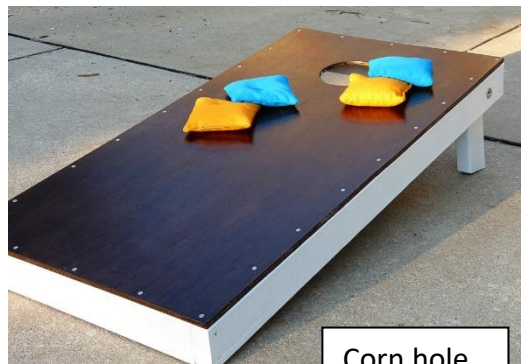
A hacker called me and said he had all of my passwords.

I got a paper and pen and said, 'Thank you for that, what are they?'

Games Afternoon

A games afternoon is being planned for Sunday the 28th of September at 1 pm. We will join up with the Sunday indoor bowls and have a variety of games to participate in.

Some ideas are: indoor bowls, Chinese checkers, chess, scrabble, rummicub, quoits, corn hole, skittles, poker with chips etc. There will be a small cost of \$5 and afternoon tea will be provided. Hopefully you will take the opportunity to join in the fun.



Corn hole

Information from the Committee Meeting:

- Please wash up your cup and put it away. Don't leave for somebody else to do.
- Please keep the exit door free in the storage room.
- Our gardener is frustrated with all the missing plants etc, and has decided enough is enough. Is there anybody else interested in gardening who would like to take on the challenge?
- Can we please use the fridges in the kitchenette and next to the urn and leave the fridge in the kitchen for lunches and events. The fridge next to the urn now has bottles of water and drinking glasses in it, along with the milk.
- If you aren't going to come to Sunday Carpet Bowls, can you pls let John know. The last couple of Sundays no one has shown up at all.

Horizon Power Grant

We have received part of our Horizon Power Grant purchase. Thanks to Retravision for finding us, a u beaut, Ecotank printer which will help save money on printer cartridges and for finding a way to get it here from Albany.

A huge shoutout to Horizon Power for the \$2,000 grant received, from which we have purchased an A3 printer, a new computer and software. The centre will cover any costs over and above the \$2,000 grant.

We're going to show off our office upgrade on Wednesday the 17th of September just before lunch starts. Horizon will be invited and we will be doing a photo op.



How happy does Isabel look?



The Centre will be closing on Friday the 19th of December 2025 and opening on Monday the 12th of January 2026.

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

