



BULLETIN

AUGUST 2025

Dear Members



Morning Melodies- The next Morning Melodies is on Thursday the 14th of August and Irene Melbourne will be playing the piano and singing for us. **The cost of morning tea is \$8.**

Nickolas Sortberg entertained us singing and playing the piano.



Anne & Erica Wednesday Lunch 09/07/25

Wednesday Lunchtime Entertainment to come:

- 6 August - Lesley telling her poems
- 20 August – slideshow old Esperance Photos



Behind the scenes, the kitchen volunteers are hard at work preparing lunch for us.



Anne and Irene entertaining us with X'mas carols for X'mas in July Wednesday 23/07/25.

2026 Senior Citizens Calendar

Final photos have been taken of our ladies who participated in the 2026 photo shoot.

The day ended with a quiet glass of wine, and a huge thank you to Slim Mackenzie representing Mates4Mates. Members of this group were very generous in loaning their motor bikes and a donation was made so that group could get together for a social outing. Mates4Mates is about supporting each other through whatever is going on in their lives.

Amanda Green is to be thanked for taking all the photos, editing and putting the calendar together.

Once completed it will be sent to the printers and should be ready for launching at the Esperance Agricultural Show.



“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 18th August 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.

Bowling- continues on Wednesday Mornings and also on Sunday Afternoons. The 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. Step out of your comfort zone.
BOOKCLUB- Saturday the 2nd of August
DEATH CAFÉ- Friday the 29th of August

BIG 90TH BIRTHDAY – GRAZE AND GAZE – A TASTE OF CULTURE



A great evening was enjoyed by all. There was a hot and cold charcuterie meal, entertainment by some of our seniors plus Nicholas Sortberg and Michelle Vallejos. Bubbles on arrival.

A red carpet was laid down to welcome everyone.

Cupcakes with candles were provided to each of the celebrities. Sponge and mud cake were provided for the guests.

A huge thank you to Tony and the wonderful kitchen staff who worked tirelessly over a couple of days, also the waitress and bar staff.

To those that arrived to help clean up the next day, thank you.

Cherry and Neville Mulgat made the balloon archway which added to the evening, thank you to them.

The dressed mannequins will be left out for the week so everybody gets a chance to see them.

From the office

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

WE NOW HAVE EFTPOS AVAILABLE

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

Here are our bank account details:

Esperance Senior Citizens Centre

BSB: 086554

A/C No 420531975

Email: 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 clearly when filling them out.

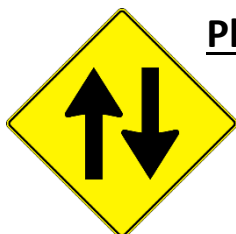
Some emails are being returned due to not having the correct address.

NB: Can Brian Hampson, Bev Newman and Chris Walter please see the office about membership Forms.



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

<https://www.facebook.com/share/1XiUhNzX5J/?mibextid=qj2Omg> 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.



Please note that the carpark exit is actually two lanes

The Shire have been asked to mark out that the driveway between our building and population health with 2 lanes.

It is an entry and an exit, so due care must be taken.

Our front and back doors are automatic

The back door has a **green button** that you **press to enter and exit.**

The door opens automatically from the outside if you approach it from the front.

Please do not push or pull on the back door,

it causes problems with the electronics.

PRESS
THE
GREEN BUTTON
TO
ENTER AND EXIT





Parking permits

This year's parking permits should be displayed on the dash of your car when parking at the centre. **This years' colour is pink 2025.**

You can park here anytime, including while shopping. 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.

Esperance Agricultural Show

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 as they were by far the most popular last year. Ruth's pumpkin fruit cake was also extremely popular and we can always use plain scones. We will supply the jam and cream.

Please **DO NOT CUT THE SLICES UP** as we need them to all be a similar size. 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 are 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.



The Esperance Community Singers entertaining the crowd at Winter Wonderland



The Esperance Bay Bootscooters entertaining the crowd at Winter Wonderland.

Most People are at the age where they are using their phones to document the good times in their lives. I am at the age where I use my phone to take pictures of labels that I can't read and use my phone to enlarge the print so that I can read it.



The very first **Esperance Parkinsons Support Group** will be held here at the centre on Friday the 8th of August in the Lounge.
This will be facilitated by local member, Faye Rolland.
A RSVP is required if you are going to attend.



Dying to Know Café

have a get together coming up on Friday the 8th 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.

You're Invited – Staying Safe Online Afternoon Tea

Join us for a relaxed and informative afternoon at the Esperance Senior Citizens Centre as we chat about how to stay safe online in today's digital world.

Learn how to:

- Spot scams and suspicious messages
- Protect your personal information
- Stay confident while using the internet

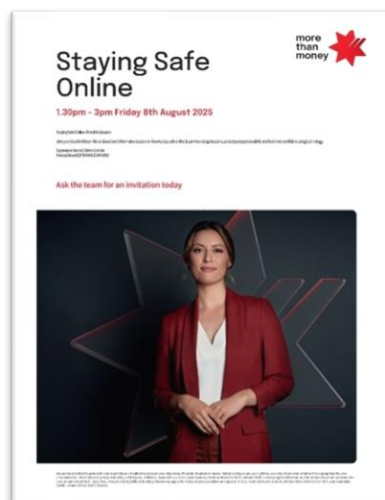
Enjoy:

- A delicious afternoon tea
- A door prize up for grabs
- A casual, friendly space to ask questions

When: Friday 8th August 1.30pm – 3pm

Where: Esperance Senior Citizens Centre

Cost: Free – all welcome!



Come along for a cuppa, good company, and some simple tips to help you stay safe and savvy online 📱💬

Have you heard of the Hardship Utility Grant Scheme aka HUGS?

This program assists people who are in financial hardship and are unable to pay their utility bills.

You may be eligible for assistance in the following situations.

- You contact your utility provider to discuss your outstanding debt and you are assessed by your provider as being in financial hardship and not in payment difficulty.
- You have exhausted all your options with the utility provider and enter into a payment arrangement for at least 90 days to address the outstanding debt; and after completion of the payment arrangement, your outstanding bill is more than \$300.

**My age doesn't
bother me...it's
the side effects.**

The Esperance community is invited to this series of workshops to collaborate with **FORM** on phase two of the Esperance Sculpture Trail project!

As we move into the next stage of the Esperance Sculpture Trail, we will be working alongside the Esperance community in a series of workshops. Feedback from these facilitated sessions will inform the Public Art Strategy, Artistic Briefs, and subsequently the artworks for the project. Each 2-hour workshop and brainstorming session will discuss the following details:

- ★ The scale of the project
- ★ Criteria for suitable locations
- ★ Potential locations
- ★ Artwork procurement rules

Workshop participants will also come away with a greater understanding of the Esperance Sculpture Trail including the project's background, work to date, governance, and decision-making structure.

We hope you can join us for one of the workshops!

Registration is free via Humanitix and the links below:

🗨️ 12:00PM - 2:00PM | 11 Aug @ Grass Patch Hall | <https://ow.ly/JZtm50Wo79r>

🗨️ 5:30PM - 7:30PM | 12 Aug @ The Pier Hotel | <https://ow.ly/ezhN50Wo79o>

🗨️ 1:00PM - 3:00PM | 15 Aug @ Esperance Senior Citizen's Centre | <https://ow.ly/kloR50Wo79q>

🗨️ 9:30AM - 11:30AM | 17 Aug @ The Cannery Arts Centre | <https://ow.ly/NX1W50Wo79p>



Esperance
Sculpture Trail

**Community
Co-Design
Workshop
Series**

11 - 17 August 2025



Information from the Committee Meeting:

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.

Start date for the first class is Friday the 8th of August at 11am.

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

