



# BULLETIN

## NOVEMBER 2025

Dear Members

**Morning Melodies-** The next Morning Melodies is on Thursday the 14<sup>th</sup> of November. Toni Arhdt and John McQueen will be your entertainment for the day.

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



Rebekah Knox entertaining us with the clarinet.  
Morning Melodies

### 2025 Senior Citizens Calendar of events



**Book Club-** Saturday the 1<sup>st</sup>

**Melbourne Cup-** Tuesday the 4<sup>th</sup>

**Patchwork-** Thursday 6<sup>th</sup> & 20<sup>th</sup>

**Parkinsons Support Group-** Friday the 14<sup>th</sup> 10am-12pm

**Quiz Day-** Monday the 17<sup>th</sup> Christmas Party

**Death Café-** Friday the 28<sup>th</sup>



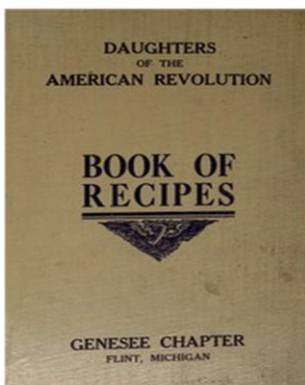
*Please continue to clean chairs and tables after every use.*

*Please clean up after yourself in the kitchen.*

*Please remember to refill the urn.*

*Can each group please clean up the Tea & Coffee drawer after use.*

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



### 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.

#### Marinated Broad Beans

You can use cooked cannellini beans. I use dried, partially cook them and finish cooking them in the sauce.

Caramelize 4-5 sliced onions in some olive oil

Turn down the heat and add seasonings; sea salt, fresh ground pepper, ground cumin, paprika, smoked paprika, sumac (measure with your heart), stir for a minute, don't burn the spices. Crushed garlic is optional.

Add 5-6 large ripe chopped tomatoes or a large tin and your broad beans (a kg or two of shelled beans) and cook until the tomatoes have broken down and thickened up, and the beans are cooked through. If you don't have enough tomatoes, a bit of tomato paste added here helps.

Turn of the heat. Serve with a glug of good cold pressed olive oil and fresh lime juice squeezed over the top and some crusty bread or sourdough.

*"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"*

## Esperance Agricultural Show



Fabulous ladies preparing eggs and chickens for our extra special sandwiches in the Senior Citz. commercial kitchen for the Ag. Show. Pat, Dorothy and Rosemary - all stars!!!



Jan with some of our delicious slices ready to serve our community. Elaine and Isabel taking orders and using our brand new electronic Eftpos system.



Beryl, Sandy, Tony and Reg toiling away making and packing sandwiches for the Ag Show.

A very successful couple of days at the show raising us lots of money. We have been asked to do again next year. We can continue, as long as we have lots of willing hands. A massive thank you to everyone who contributed in anyway. There were dozens of positive comments regarding the slices, cakes and sandwiches.

## The 2026 calendar



## Calendars are now on sale

They can be purchased here at the centre, from Aurelias, Sandy Hook, Bay of Isles Chiropractor, Boulevard Newsagent and Feature Paints. Mates4Mates are also selling them on our behalf.

We need people to fill in the roster for selling them down at the markets each fortnight. Hopefully we can also have the bikes there, which certainly draw the crowd in.

## Games Afternoon

A pleasant afternoon with approx. 17 participants. About 19 games were on offer.

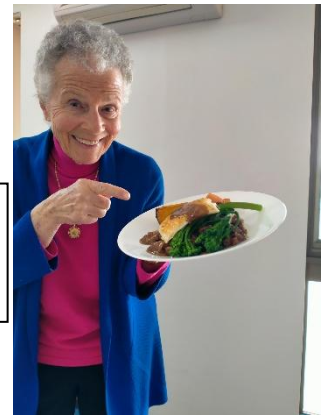


**Octoberfest** A fun lunch with ladies and Tony dressing up. Tony won Best Dressed and Betty Haslam won the elimination game. Songs were played on the TV. Schnitzel, German Potato Salad and Black Forest compote was enjoyed on the day.



The ever-popular Dr Byrnes entertaining us at lunch with Irene Melbourne playing the piano.

Sally showing of the Guinness Pie. With the warmer weather we will be moving to a slightly different menu.



**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. Please bring a small casserole or dessert with you. Hopefully you can come and join in the day with your glad rags and fascinators, and hopefully a small casserole to share. There will be a prize for the best dressed.

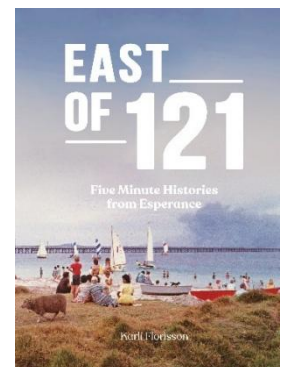


**From the Office**

- If you're parking in the carpark, please make sure your carpark pass is on display. We currently have lots of visitors trying to park here.
- Please remember that the cut off day to book for Wednesday lunch is the previous Friday. We order our food on Fridays, according to the number of bookings. If you are sick or have an emergency, of course you need to cancel but lots of late cancelations, result in us losing money.

Sue Starr has bought a copy of Karli Florisson's book 'East Of 121 - Five Minute Histories from Esperance', which she has donated to the Seniors library in the lounge.

**It's to be returned to the library and kept there for everyone to read.**



**Christmas Lunch – 10<sup>th</sup> December 2025**

For our regular diners, this will be the last meal of the year. It is a Secret Santa so please remember to purchase, wrap and deliver your parcel before the day. Payment will be taken when you name is added to the Christmas Lunch list.

**Drama Club** – Kath Bowering has decided that due to lack of numbers this group will not continue in 2026. She may decide to run small workshops if enough interest is shown.



## Useful Information if you're in Perth for medical appointments

This was copied from the Esperance Community Notice Board. It was shared by one of our members. This is also pinned on the Esperance/Goldfields Community FB Page in featured posts, to make it easier to find.

### **Medical edge**

**Phone 1300 427 944**

Esperance residents who are **pensioners** need to know about this wonderful **FREE service** available in Perth to **transport you to medical appointments**. They travel further than Yanchep, Greenmount and Mandurah to pick you up and deliver you to any medical appointments and return you to where you are staying. I am currently in Perth using this wonderful service, which for last five days has been flawless. They pick up exactly when required which has made keeping appointments so easy. You ring above number to register (service is run from Melbourne), have registration form sent to your doctor, and once registered you can request pickups six days a week. This has made medical visits so much less stressful. I hope Esperance residents can use this information.

### From the comments

"Blue Dot Army are also helpful for cancer patients."

"Leukaemia foundation and cancer council can also help with Uber credits"

## Scam Watch

The alarming scale of scams resulted in \$32 million lost in 2024 in Western Australia. The Buy/sell scams on online marketplaces, claimed the most victims while employment scams on social media, are a new one to watch.

### **Roof repair conmen back targeting WA homes**

- Dodgy door knockers back targeting WA homes with substandard roof repairs
- Elderly couple paid \$18,000 for minor work that was not completed
- Red flags include no quotes, no contact info, demands for bank cheques

### **Consumers adrift as shipping container scams surge**

- Fake shipping container sites scamming WA buyers
- Over \$84,000 lost so far in 2025 – nearing last year's total
- Use secure payment methods and verify sellers before buying



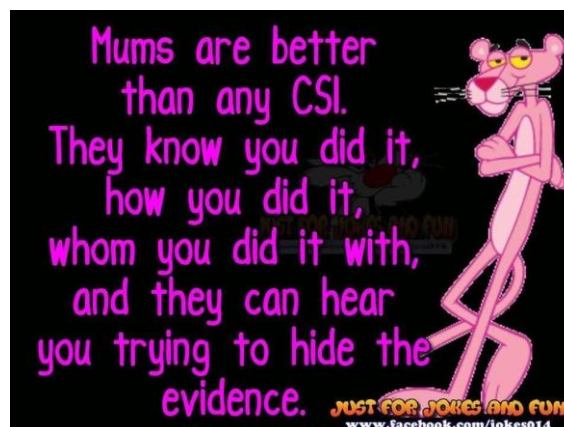
## Information from the AGM

- Yearly Fees will be \$35 starting from January 2026
- Participation money will be \$2 per activity starting in January 2026
- In the new year we will be collecting containers, to go to Cash for Cans for fund-raising- more info to follow.

Sue Melville read this out in Gentle Gym to much laughter, so I asked for a copy to put in here. Enjoy!!!

### **Who Done It**

When me prayers were poorly said  
Who tucked me in me widdle bed  
Who spanked me till me arse was red  
Me Mudder  
Who took me from me cosy cot  
And put me on the ice cold pot  
And made me pee if I could not  
Me Mudder  
And when the morning light would come  
And in me crib me dribbled some  
Who wiped me tiny widdle bum



Me Mudder  
Who would me hair so neatly part  
And hug me gently to her heart  
And sometimes squeezed me till I fort  
Me Mudder  
Who looked at me with eyebrows knit  
And nearly had a king size fit  
When the Sunday pant me shit  
Me Mudder  
When at night her bed did squeak  
Me raised me head to have a peak  
Who yelled at me to go to sleep  
Me Mudder

**The Centre will be closing on Friday the 19<sup>th</sup> of December 2025 and re-opening on Monday the 12<sup>th</sup> 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

