



BULLETIN

OCTOBER 2025

Dear Members

Morning Melodies- The next Morning Melodies is on Thursday 9th October. Ingrid Riollot will be your entertainment for the day.

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



Morning Melodies 11/09/25
Brenda Barr and Euan

Dr Bynes and Sally Ashbill
entertaining us at lunch
24/09/25



Mega Quiz Night in conjunction with SAFE was held on Saturday the 6th of September. We raised a massive \$1841.80, half of which goes to SAFE.

Raffle Winners- Zoe Sheffield, Sue Wilson, Georgina Jenkyn, Pam Donkin, Genna Hepburn, Judy Andre and Judy Jose.



2025 Senior Citizens Calendar of events



- Book Club-** Saturday the 4th
- Drama Club-** Monday the 6th & 14th
- Parkinsons Support Group-** Friday the 10th 10am-12pm
- AG Show-** Friday the 17th & Saturday the 18th
- Octoberfest-** Wednesday 22nd German style lunch
- Quiz Day-** Monday the 20th
- Death Café-** Saturday the 25th
- AGM-** Monday the 27th 1.30pm

Please continue to clean chairs and tables after 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.

"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"

AGM

Annual General Meeting

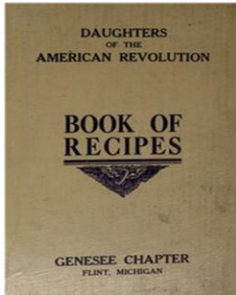
Our AGM is coming up next month on Monday the 27th of October at 1.30pm. Have a think about any of the positions that you might like to fill, as all positions become vacant.

We need at least 60 people to come along, to reach a Quorum.

Topics up for vote include:

Raising membership to \$35

Raising participation money to \$2



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.

This is a German style shortbread that gets used for the bases in fruit flans, custard tarts or in apple pies. We traditionally ate it as an iced biscuit on special occasions. The "two legged mice" aka children used to get into this dough in the fridge if it didn't get used up fast enough at home.

Oma's Shortbread

300gr plain Flour

200gr self-raising flour

250gr white sugar

250gr unsalted butter- cold and cubed

Finely zested rind of one lemon

1 egg

1 tsp vanilla essence

Enough cold milk to form a dough 1-2tbsp.

Sieve flour together and add sugar, mix together and add cubed

butter, coat in flour. Tip flour out onto bench and make a well in the middle. Add rest of the ingredients and slowly bring flour in until it starts to come together, then knead until completely mixed. Flatten out, cover and chill well in the fridge before using.



NB: You need to use this dough very cold. For biscuits cut part of the dough off, re-knead lightly, use plenty of flour to dust the bench and roll out about 4mm thick. Bake biscuits at top of oven on 180 for about 12-15 minutes, until lightly golden. Biscuits can be iced when cold with different flavour icings (lemon, rum, brandy, etc) or sprinkle sugar over before baking. To reuse the leftover dough, add more cold dough and knead together quickly before rolling out again.

If using as a base in flans, etc roll out to 5/6mm. Prick all over with a fork and blind bake on 180 for about 18-20 minutes, until golden. To fill a flan, coat a cold base with a thin layer of custard. This stops the fruit making it so soggy. Drain tinned fruit very well or cut up fresh fruit. Layer fruit on top of custard. Cover with cool but still runny fruit jelly (in the cake shop we used to replace part of the water with red or white wine) and chill in fridge until the jelly is set.

You can also do this in a food processor: pulse dry ingredients and butter until crumbs forms, add the rest of the ingredients and pulse until it just starts to form a dough. Tip onto bench, give a very quick knead, flatten out, wrap well and chill.

This can also be traded out for gluten-free flour, add an extra egg for more flexibility and 1-2 tbsp. more liquid. It is a bit harder to work with. I have also swapped out part of the dry ingredients (weight for weight) for other dry things like cacao powder for chocolate flavour (really nice with orange zest and orange juice (instead of lemon and milk). If using cocoa or cacao powder, dust the bench with it when rolling out. I've also added small choc bits, chopped nuts, shredded coconut, etc. Some flavours I've done over the years include: choc and orange, walnut, lemon and coconut, choc chip.



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 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 here.

The models and Mates4Mates gathered on Thursday 18th Sept for the launch of the calendar, and each received a copy. A video was taken and will be shown at a later date.

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.

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.



From the Office

- **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.
- **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.

Information from the Committee Meeting:

- Committee have agreed to the production of a website so we can reach out on the World Wide Web.
- A vintage car ride has been organised for next year, so to those who were looking forward to one this year, it slipped the Chairpersons mind, but she is onto it early, so you don't miss out next year.
- A brochure called "Don't Get Scammed" will soon be available. Be sure to grab a copy and follow the guidelines. Scamming is on the rise and it's scary to think how easy it is to lose our money.

Horizon Power Grant

17th of September- Horizon were invited for a ribbon cutting of the new computer and printer.

We received a very generous grant of \$2000 from Horizon Power that has allowed us to upgrade our computer system and printer.

We now have a Windows 11 compatible computer and estimate huge savings on printing costs with our new Ecotank printer. We will also be able to print A3 posters ourselves, saving even more money.

Many of our members are now taking advantage of our new EFTPOS facilities. EFTPOS will also help with our fund-raising efforts, as we had many people walk away last year at the show canteen without buying anything. Sales of our calendar at the show and the markets were also down due to no EFTPOS.

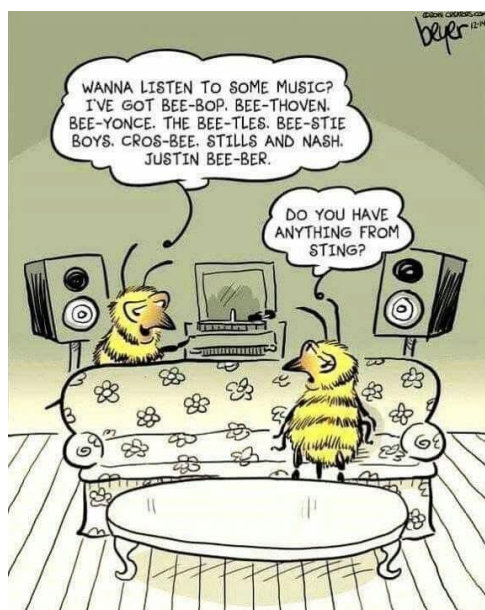
Both are major fund-raising events for us and allows us to promote what we do here, at the same time.



Esperance Community Singers singing at the Wildflower Festival.



The Gentle Gym group gets bigger every week. Are you looking for a way to stay active but can't bounce around on your feet? Come along and join in.



The Centre will be closing on Friday the 19th of December 2025 and re-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

