

September 2010

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Tales of Times Past

Senior Storytellers - Mandurah Branch

'Remember when...'

Heritage Storytelling Workshops

Do you enjoy a good yarn in the company of all ages and believe that history is important?

'Stories of how we survived and how we thrived'

Come along and listen to a handful of people's stories and share some of yours on:

Monday September 13
10am - 12noon

In the dining room of Ac-cent Mandurah
Come along and join in!

'Tales' is also offering a special opportunity to recall and share your stories of past times at two workshops on:

Date: Thursday September 30 and October 7
Time: 1 - 4pm
Venue: Old Mandurah Yacht Club, Halls Head

The workshops will:

- Develop confidence and skills in telling of our lives in a past age.
- Explore the role of passing on heritage in our community.

Bookings for workshops at the Old Mandurah Yacht Club and any further information:

Vasanti Sunderland Ph: 9383 3790
Rosalie Richards Ph: 9535 5403

DATES FOR YOUR DIARY

September 7	-	Crazy for Patsy Show
September 13	-	Tales of Times Past
September 14	-	Burswood Bus
October 5	-	Tribute to Elvis Concert
October 12	-	Burswood Bus
October 29	-	Seniors Expo
November 2	-	Melbourne Cup
November 3	-	Have-a-Go Day in Perth
November 16	-	Burswood Bus
December 7	-	Jay Weston Concert
December 14	-	Burswood Bus
December 17	-	Christmas Function

Seniors on Screen

Literary/Film Festival

FTI Cinema, 92 Adelaide Street, Fremantle.

Read the book, see the film, join the discussion.

FTI in Fremantle are offering **FREE** screening and refreshments for seniors every Thursday at 1pm from 30th September - 28th October 2010.

September 30

DISGRACE by J.M. Coetzee

October 7

THE READER by Bernhard Schlink

October 14

BROKEBACK MOUNTAIN by Annie Proulx

October 21

MAO'S LAST DANCER by Li Cunxin

October 28

JANE AUSTEN BOOK CLUB by Karen Joy Fowler

Bookings are essential, please call Helen on 9431 6700

FREE Electronic Waste Recycling

The City of Mandurah and Shire of Murray will be providing a free electronic waste recycling service during August, September and October at the following locations:

City of Mandurah Residents
Waste Management Centre,
Gordon Road, Meadow Springs

Shire of Murray Residents
Corio Road Transfer Station,
Corio Road, Pinjarra

E-waste that will be accepted:

- Computers and Laptops
- Electronic games and consoles
- Hi-Fi and DVD equipment
- Printers and Photocopiers
- TVs and Monitors
- Microwaves
- Cameras, Telephones and Mobile Phones

For more information call:

City of Mandurah : 9550 3854
Shire of Murray : 9531 7765

A Note from the Coordinator...

Dear Members and Friends

I have returned from a wonderful, relaxing holiday in the Pilbara and beyond and thank everyone for their best wishes and enquiries about my holiday on my return. The far north of Western Australia is so very beautiful, the red earth, the blue skies—it was very hard to come back to the confines of my office after such a fantastic time away. I have thoroughly enjoyed my month holiday, I have read several good books, spent good times with family and friends and thoroughly enjoyed my time in the north of the State and even tasted a good wine or two. Now it is back to work!!

I have some wonderful news for all of our members and user groups. Our application to Lotterywest for a much needed re-vamp of the centre has been approved and there will be a formal presentation of funds later in the month of September 2010. This funding will provide a much needed refurbishment of the kitchen and dining areas, better disability access into the toilets for the more frail aged, ergonomic furniture, equipment for many of the user groups, a hearing loop and lift access to the stage in the Main Hall etc. The grant process has been long and fairly arduous but the end result will benefit all users of our centre. It seems apt that in the 20th year of operation, our centre will benefit and realise a major makeover over the next twelve months or so.

The City of Mandurah and Mandurah Mobility's 2010 Mandurah Seniors Expo 2010 is planned for Friday, October 29 and will again be held at Ac-cent Mandurah and the surrounding council gardens. From all accounts, the plans made so far will ensure the event is a great success. James Lush will be our roving MC this year and there is a wealth of entertainment and activities planned for all those who attend. Mark the day on your calendars to ensure you don't miss out. It will be a fun and informative day for all who attend.

I also encourage you to attend the "Remember when...?" workshop being held in our dining room on Monday September 13. The storytellers from Tales of Times Past are fantastic and it is great to be able to affiliate and enjoy other people's life stories as well as share some of your own. Everyone is welcome to join in.

Yours in seniors
Kerrie Robinson

The City of Mandurah and Mandurah Mobility's

2010 Mandurah Seniors Expo

Friday October 29 - 9am to 5pm

Ac-cent Mandurah and surrounding council gardens

JAMES LUSH - ROVING MC

Make sure you come on down and support this free community event, which will be full of interesting exhibitors, market stalls, live entertainment, demonstrations and a fabulous art and craft exhibition. The dining room is also open for lights snacks and lunches throughout the day.

41 Ormsby Terrace (PO Box 210) Mandurah WA 6210 p 9550 3799 f 9550 3790

email: council@mandurah.wa.gov.au web: www.mandurah.wa.gov.au

Podiatry: 9535 9143 Dining room: 9550 3793 Hairdresser: 9550 3788

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The Burswood Bus

\$10 per person fun pack

Upcoming Trips

**Tuesday September 14
&
Tuesday October 12**

So what do you get with your \$10 Fun Pack?

- Coach transport to and from Burswood Casino.
- Delicious buffet lunch at Carvers or a meal at Snax.
- Gaming vouchers to enjoy at the Casino.

Bus leaves Ac-cent Mandurah at 9.00am sharp and departs Burswood at 3.30pm.

Bookings essential. To reserve your spot, please see reception or by phoning 9550 3799.

PAYMENT MUST BE MADE BEFORE THE DAY

Congratulations to Margaret Stenson the lucky winner of the casino bus trip raffle in August.

"The generosity of your time is the most valuable gift you can give."
SARA HENDERSON

Heartmoves

Heart Foundation Heartmoves is a gentle physical activity program. Regular participation can help to:

- Better manage weight, blood sugars, blood pressure and cholesterol.
- Improve fitness, balance, co-ordination and flexibility
- Enhance your quality of life and meet other people.

**Tuesday Mornings in the Main Hall
11.15am - 12.15pm
\$4.00 per class**

For more information, please contact the Heartmoves leader:

Patrick Kilcoyne 0407 995443

Tuesday afternoon concert series

Presenting.....



Lois Younger

'Quiet Please There's a Lady on the Stage'

**Tuesday September 7
1.30pm—3pm**

Lois will entertain us with a sensational tribute show where she pays tribute to three great ladies of song; Connie Francis, Dusty Springfield and the unforgettable Natalie Cole.

A Tribute to Elvis

**Tuesday October 5
1.30pm—3pm**

Joe Memphis brings us his Tribute to Elvis - a show not to be missed to all you die hard Elvis fans!. If you're lucky, we may get a visit from Neil Diamond as well!

Bring along your friends, neighbours and family for a great afternoon of entertainment.

Non-Members Welcome!

Tickets:

\$5 Members / \$8 Non-Members



Handy hints ...

- Scuff marks caused by shoes on vinyl floors, can easily be removed by wiping with a small quantity of eucalyptus oil on a paper towel.
- If you have trouble holding a glass, slip several rubber bands around the glass at regular intervals. The glass will be much easier to grip.
- For a quick and luscious icing, place a layer of chocolate mint patties over a freshly baked cake while it is still hot and leave until the mints soften. Spread with a spatula - delicious!
- Repair the binding on books with dressmakers" iron-on-stiffening. Cut strips to the required width, then iron on in the usual way.

\$50 Dollar Notes - NO THANK YOU!

WE DO NOT CHANGE \$50 NOTES - PLEASE CHANGE THEM BEFORE YOU ARRIVE

Thank you for your cooperation.

Pole Walking

Time to burn off all those winter kilos and get ready for summer!

Thursday Mornings 9am

Join David our pole walking leader for an hour walk around the foreshore of Mandurah and surrounding areas. With or without poles, if you fancy a walk with some pleasant company, just come along and join in!

Meet in the reception of Ac-cent Mandurah. Poles are available for loan if you wish - just book them out with reception.

VOLUNTEERS - WE NEED YOU!

Kitchen

Must be able to be on feet for extended periods and prepared to wear hairnets and closed in shoes and like serving people. Morning shifts available.

Bus Drivers

A normal driver's licence is all that is required to drive our 12 seater bus. Shifts are 8.15am-12noon and 12noon - 4.30pm (approx) Mon-Fri.

If you cannot commit to a weekly spot, but think you would be able to cover relief as and when needed—we would still like to hear from you.

ALL VOLUNTEERS RECEIVE FREE MORNING/AFTERNOON TEA

SENIORS EXPO—OCTOBER 29

Help is needed in the following areas:

- Bus driving (already registered bus drivers only please)
- Information booth
- Fit and able people for the help of set up / set down of Expo

ALL VOLUNTEERS AT THE EXPO WILL BE REWARDED WITH A FREE MOVIE TICKET!

Please leave your name with Karen or Jill in the office.

September funnies ...

A good excuse for speeding...



When asked by a young patrol officer: "Do you know you were speeding"? This 83-year-old woman told him the truth! "Yes , but....I had to get there before I forgot where I was going".

Traffic cameras

A man was driving when a traffic camera flashed.

He thought his picture was taken for exceeding the speed limit, even though he knew he was not speeding. Just to be sure, he went around the block and passed the same spot, driving even more slowly, but again the camera flashed.

He thought this was quite funny, so he slowed down even further as he drove past the area, but the traffic camera flashed yet again.

He tried a fourth time with the same result.

The fifth time he was laughing when the camera flashed as he rolled past at a snail's pace.

Two weeks later, he got five traffic fine letters in the mail for driving without a seat belt.

Relaxation massage

Kevin Stephenson, our relaxation masseur, will be returning from his holiday at the end of September, and we are now taking bookings for October onwards.

Massages are for members only and cost just \$5 for one hour!

Booking are made through reception.