

NEWSLETTER

September 2023

READ ALL ABOUT IT!



MESSAGES FROM THE PRESIDENT

Council elections will take place in October. I urge all members to cast a vote for the candidate of their choice who is "community friendly" and who intends to support a review of the new fee structure for community groups.

WHERE HAVE ALL THE GRANDMAS GONE?

(Author unknown)

*In the dim and distant past
When life's tempo wasn't so fast
Grandma used to rock and knit
Crochet, tat and baby-sit.*

*When the kids were in a jam
They would always call on Gran.
In that day of gracious living
Grandma was the gal for giving!*

*But today Grandma's in the gym
Exercising to keep trim
Or off touring with the bunch
Or taking friends out to lunch.*

*Going north to seek the sun
She knows how to have some fun.
Nothing seems to stop or block her
Now that Grandma's off her rocker!*

PLEASE REMEMBER:

Everyone is fighting a battle you know nothing about.

Be kind always!

INTRODUCING



Nelly Ocariz

Dancing, Zumba, Table Tennis

Born in Chile, Nelly and her husband arrived in Sydney in 1970, the year her daughter was born. She moved between Sydney and Wagga Wagga due to her husband's work, during which time she undertook various jobs, ranging from sewing from home to employment with local factories.

Sadly, Nelly's husband passed away but she stayed in Wagga Wagga until 2005 when she moved to Perth to be near her daughter.

Nelly says her daughter, son-in-law and grandchildren are her life! They take great care of her and she couldn't ask for a better family. After arriving in Perth, her daughter helped Nelly join a local tennis club and dance group, where she made many good friends. However, she eventually had to give tennis up due to health difficulties.

Music is also a major factor in Nelly's life! She continued with her dancing with many senior centres, taking lessons and attending ballroom dancing in the evening. However, anxiety and stress got the better of her and it became apparent she would need to take time out to relax more and change her lifestyle somewhat.

Nelly says her concentration is not what it used to be. As she says, it is just that she is getting older and has health issues, much the same as many others at her age. However, due to the support from her daughter, she is able to come to the Whitford Club and enjoy listening to the music in the ballroom dancing sessions. She says Toni, who runs the classes, is lovely and she feels very supported. In addition, Nelly enjoys participating in the table tennis and Zumba activities at the Club, which help her to relax so she can enjoy the music and friendship, without having to concentrate too much (which is very difficult for her).

She would like to thank all the Club members who support her, especially in the ballroom dancing, Zumba and table tennis classes. Their understanding of her anxiety and stress have made her feel welcome and not alone.

We love seeing you enjoy the music at the Club's functions, Nelly, encouraging others to take to the dance floor. Never stop doing what you do best! Keep putting on those dancing shoes and kicking up those heels! We are so glad you joined us at the Whitford Senior Citizens' Club.

QUIZ QUESTIONS – FROM BACK IN THE DAY:

1. Who sang the song Que Sera Sera?
2. Who was known as Old Blue Eyes?
3. Who danced with Ginger Rogers?
(a famous dancing duo)
4. Who was the energetic dancer who sang and danced to 'Singing in the Rain'?

(Answers on page 2)

SWAN RIVER CRUISE
TUESDAY, 17 OCTOBER 2023



\$105 PER PERSON

PICK UP: 9.00 am Outside
 Whitfords Library
 RETURN: 3.30 pm (approx.)
 outside Whitfords Library

We make our way directly to the impressive **Queens Gardens** where we will enjoy **morning tea** and take time to admire these magnificent gardens.

From there we will make our way to **Elizabeth Quays** where you will have some free time to check out all the changes here before boarding your **Captain Cook River Cruise to Fremantle**.

A full commentary will be given by your crew as you **cruise the Swan River to Fremantle**, before arriving at **Fisherman's Harbour** and **Twin Finn** for some tasty fish and chips for lunch.

After lunch you will have some free time to maybe visit the **Shipwrecks Museum** (*entry fee*) or simply enjoy the location before slowly starting our way home.

PLEASE NOTE: It is essential full payment is received three weeks prior to the cruise (26th September). The cruise will be strictly closed after that date and it will not be possible to accept cancellations).

Please secure your seat by paying at the office **no later than 26th September**.

(Non-members welcome)

TRIP TO ARALUEN



We had lots of fun on our trip to see the tulips of Araluen on 22 August. After spending time perusing the beautiful blooms, we headed off for lunch at the Kalamunda Hotel, where we drew our coach raffle and enjoyed getting to know one another.

On our way home, we stopped at the Jadran Winery where we sampled a drop or two of their excellent wine.

CHRISTMAS IN JULY

We held our annual Christmas in July celebrations on Friday evening, 22nd July. Spot prizes were awarded to those with a 'lucky hat', thanks to kind donations of gifts from our members throughout the year.

In spite of a slight hiccup with the 'entertainment', many joined others on the dance floor, dancing to 'Beatles to Buble' and other fifties and sixties music. It seems the evening was enjoyed by all!

Bob George and Jim helped add to the Christmas theme by arranging a back-drop of a traditional scene of a cat enjoying the warmth of a fire, with snow seen falling gently outside.

Special thanks to all the volunteers who helped run the event. You are all too many to mention but you are all legends! Thanks also to Coronet Caterers who provided a tasty and generous roast beef/pork dinner.

As usual, we had a raffle and first prize was collected by **Heather Jowett**.



Ken Hayes won the second prize and **Ricki George** was lucky enough to be drawn in third place.



The door prize was won by **John Porter**.



Congratulations to all our winners!

UPCOMING EVENTS

9 September – Summer Dance
 6.30 pm – 10.00 pm
 Band: The Misfits
 \$10 per ticket
 BYO food and drinks

14 September – *full!*
 External Trip -
 Chittering Wildflower Spectacle.

17 October – Swan River Cruise
 (see separate notice)

OP SHOP

Please note there will be no Op Shop during the months of September or October

IMPROVE YOUR VOCABULARY

Obelus

Have you ever wondered what the symbol used for division in a math problem is called? Well, now you know!

QIGONG AND MEDITATION CANCELLED

Please note there will be no Qigong from 12th September. Classes will resume on 3rd October.

YOGA

We are pleased to advise Rain Quinne will be running the yoga classes at the Club from 6th September to 27th September. Jason is due to return from the Italy Yoga Retreat from 30th September.

PLEASE CONSIDER OTHERS

Colds and flu' are particularly prevalent at the moment. We ask everyone to stay at home if they are 'under the weather' as these infections are transmitted extremely quickly amongst your fellow members.

Thank you for your consideration.

ANSWERS TO MUSIC QUIZ

1. Doris Day
2. Frank Sinatra
3. Fred Astaire
4. Gene