



BULLETIN MAY 2026



Dear Members

Welcome May – where has this year gone?

UPCOMING EVENTS for May

- The Mother's Day Raffle will run during April – be sure to get your tickets. It will be drawn at lunch on Wednesday the 6th of May.
- The Veteran Car trip to Stonehenge will be held on the 2nd of May, leaving the Centre at 1.30 pm. If you are interested in riding in an old car please put your name in the book. Afternoon Tea will be tea/coffee and a scone for \$12.00. If you wish to visit the stones, that will be an extra charge.
- The Biggest Morning Tea is to be held on Thursday the 21st of May. Any donations of food gratefully accepted. Entry is \$10. There will be a Fashion Parade and a Raffle.

Lunchtime entertainment for May is:

The cut-off for lunch is Friday the week before.

Please note bookings and cancellations need to go through the office.

- 13th May – The Pop Ups
- 20th May – French classical guitarist Ingrid Riollot and accompanying pianist – Dress in French colours
- 27th – Ann and Erica (tbc)

Please try to be early (11.30am) on these days so as not to disrupt the entertainment.



A hysterical (and way too accurate) skit by Nona & Kath on the joys of mature/well-endowed women trying to buy bathers, in this day and age.

Midge & Nona talked to us about being in the Forces as a woman back in the 50 & 60's.



"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"

Last Years Melbourne Cup

Does anybody know RAY who attended last year's Melbourne Cup? He still has winnings to collect.

ANZAC DAY

Nona Vine and John Rose laid a wreath on our behalf. The Centre provided our own wreath this year with greenery and flowers provided by members. Thanks to everyone.



Lesley reading poems about the Diggers at Wednesday lunch
29/04/26

Donations



You have all been amazing!!

Our next request is for food for the Biggest Morning Tea on Thursday the 21st of May.

We will also need help setting up the day before and help on the doors & in the kitchen the day before.

Membership is due for 2026

As discussed at the AGM, the Annual Membership Fee is now \$35.

Cash, Card or Bank Transfer is available.

If choosing to pay by bank transfer the details are:

NAB: Esperance Seniors Citizens Centre

BSB: 086 554

ACCOUNT NO: 42053 1975

EMAIL: seniorcitz@outlook.com

*PLEASE put your **FULL NAME in the comment section and email or tell the office**, so we know who has paid and we can update your records accordingly.*

From the Office

- **There is a list of names on the noticeboard.** Can the people on the list please fill out a new Membership Form and put it in the spotted box or hand it in to the office.
- **Can the following people pls come and see Isabel in the office:** Jennifer Jackson, Dawn Peck.

From the monthly committee meeting

- Calendars have been reduced to \$10 if you are wanting another copy.
- It's been causing parking issues with 2 massive groups coming in back-to-back, so **Gentle Gym has moved to 10.15am (with a 10.30am start) - 11.15am on Thursdays.** Some of the people in the Gentle Gym aren't as mobile and struggle with having to park further away.

Activities

Bingo is going to be held on the 1st and 2nd Monday of each month at 1.00 pm. Come and get your fix of chocolates and laughs.



Drama is being held on the 1st and 2nd Monday of the month at 3.00 pm.

They are having so much fun, they are wondering why you haven't joined in yet.

The next dates are the 11th and 18th of May, due to the Public Holiday & Kath being away, then go back to normal.

Do you enjoy **knitting**? Our group meets Mondays at 1.00pm. Numbers are waning so we would love to see you here.



Vintage After 5 and Evening Gown Extravaganza

The day was a big success with approximately 144 people through the door, plus some younger ones.

We raised \$1274 with door takings and the wonderful tea/coffee and cake sales, plus a couple of outfits that were sold. Thank you to those that kindly donated food for the morning teas.

I especially want to thank all the people that helped with putting it all together. Without you my ideas could not come to fruition. Those that donated clothes & accessories, helped dress the mannequins – and no I didn't change anything, the ladies that manned the doors and the kitchen, and to those that helped clean up. One of the outfits was worn in 1930 and one of the capes was worn to the early 1900 Masonic Balls. The antique lady's underwear was someone's dowry and one set of knickers was made from parachute silk.

I want to thank the Anglican Op Shop, the Red Cross Op Shop & Anything and Everything Esperance, together with the James Street Boutique and Esperance Care Services who donated clothes and loaned us mannequins & stands.

The Winner of the Hundred Dollar Board was Nona Vine.

The Winner of the Easter raffle was Midge Dansey. The raffle raised \$246.70.





What does a healthy 24-hours look like for older adults?

Physical Activity

- At least 30 minutes of moderate-to vigorous-intensity physical activities on most days.
- Muscle-strengthening activities that involve all major muscle groups on 2 or more days per week.
- Functional activities targeting mobility, balance and coordination on 3 or more days per week.
- Several hours of light-intensity physical activity daily.

Sedentary Behaviour

- Minimise long periods of sitting by replacing sedentary behaviour (including recreational screen time) with any type of physical activity where possible.
- Break up extended periods of sedentary behaviour as often as possible – standing, stretching or walking even for a few minutes can make a difference.

Sleep

- Aim for 7-8 hours of good-quality sleep each night with consistent sleeping and waking times -good sleep should feel refreshing and help minimise daytime sleepiness. Brief awakenings during the night are normal, and maintaining a regular sleep schedule can support better rest.
- Why movement matters for older adults
- The message from the new guidelines is simple: Replacing sitting time with any type of physical activity (even light movement) improves your health.

For older adults, staying active can:

- reduce the risk of falls
- maintain independence
- improve strength, balance and mobility
- boost mood and cognitive wellbeing
- support heart, bone and joint health
- Easy and enjoyable ways to get moving

Strength and balance training: Activities like resistance training, weights, tai chi and Pilates help maintain muscle strength and improve stability. Many community centres, councils and gyms offer classes specifically designed for older adults, making it easier to exercise safely and effectively. Visit the Stay On Your Feet® eDirectory to find exercise classes near you.

Water-based exercise: Swimming and aquatic classes are gentle on the joints while helping improve strength, flexibility and balance—all essential for preventing falls and staying active. If you'd like to build confidence in the water, Royal Life Saving WA's Aqua Skills 55+ offers a free water safety and swimming refresher for adults aged 55 and over.

Everyday functional movement: Gardening, housework, dancing, playing with grandchildren, carrying groceries or taking the stairs all help you stay active and build the functional strength needed to move confidently and independently.

Group activities: Staying active with others not only boosts motivation but also supports wellbeing and social connection. Consider joining group walks, aqua classes, bowls, community exercise groups or seniors' fitness programs.

Moving Your Body doesn't have to be complicated – small, consistent steps can have a big impact on your health.



GIFT VOUCHERS

A reminder that we have gift vouchers available.

Do you want to gift somebody a lunch or even their membership. Perhaps a voucher to the next social event being held?

You can purchase from the office – for whatever it is you want to gift.



ESPERANCE SENIOR CITIZENS
AUSTRALIA'S BIGGEST MORNING TEA

Raising funds for
CANCER COUNCIL OF WA.

THURSDAY 21ST MAY 2026

COMMENCING 9.30 AM

FASHION PARADE COMMENCING AT 10.00 AM

COURTESY OF JAMES STREET BOUTIQUE

Dress theme is Denim & Lace

\$10.00 ENTRY.

TABLE FULL OF PRIZES – RAFFLE TICKETS \$1.00

Special thanks to Brumbys & Woolworths in
helping with catering requirements.

Please continue to clean chairs and tables after every use.

Please turn off lights, fans and the aircon after your group has finished. Also check all windows are closed.

Please remember to refill the urns, kettles and water bottles – don't leave it for someone else

Please don't come to the Centre if you are feeling unwell.

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

