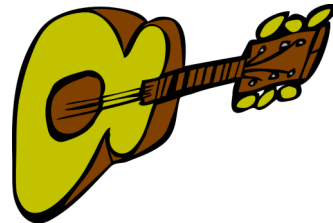


BEGINNERS UKULELE CLASS

Due to demand we would like to run another Ukulele class for beginners. This would be on a Wednesday afternoon from 2pm

Please register your interest in this class to Merrie in the office so that we can get the class underway as soon as possible



Indoor Bowls Saturday Session

Come along on a Saturday afternoon from 1pm-3pm and join in the fun!



MARCH 2019 NEWSLETTER

FREE TO GOOD HOME

We have been given a brand new pair of Men's size 11 EEE Brown Hush Puppies shoes. Please come in and take them home and make good use of them.



CHECK YOUR MEDICINES from the Stay On Your Feet Group

Falls cause more than half of injuries reported by Western Australians aged 65 years and over. This may surprise you, as while many people would know someone who has experienced a fall, it is not a health issue that is often discussed. The good news is that falls are preventable.



Here are some simple tips for managing your medicines to reduce falls:

- Speak to your GP or Pharmacist about a medicine review
- Keep track of your medicines with an up to date list
- Speak to your GP or Pharmacist if you experience side effects or are taking sleeping tablets
- Before you start taking a new medicine, ask your Pharmacist to explain the benefits and what side effects to watch for

Dancing—Saturday 9th March 2019 8.00pm until late

Why not come and dance the night away at the Senior Citizens — Enjoy Barn dancing, Pro-Jive, Pride of Erin, Gipsy Tap, Quick Step and some New Vogue. Great way to have lots of fun and socialize. Enquire with Rose on 0407 446 227 or David on 0408 941 329



One of the tricycles

'Cycling Seniors'

Members of the community that care about Seniors' mobility are thinking about providing a service using tricycles as per the photograph on the left.

The idea would be that volunteers take Seniors on a cycling excursion, to provide an outing, hence enabling them to enjoy the view of the parks/beach or take them in a group for a picnic or to do some shopping.

Please can you register your interest if you believe you would use a service such as this—it would be free of charge!!