

JANUARY 2023



www.drseniorshub.com.au

Mob: 0492 807 603

NEWSLETTER



Wishing you all a fantastic 2023!

With the start of the new year, we have some exciting new initiatives coming up.... STAY TUNED We will need help and assistance with getting these new ideas and groups working so if you feel inspired and passionate about something come along and be part of the group or offer your help.

Our newsletter in February will continue to feature local artist, cooking and a feature article we'd love to showcase your story! Please contact me with for a quick and easy interview.

Is there any local issues you'd like to discuss or raise with us? We meet regularly with The City of Kalamunda and local Members of Parliament and we'd be happy to raise your concerns. Please feel welcome to phone, email or book a time to come and see me to discuss.

- Yvonne Fletcher

Darling Range Hub Coordinator

Mob 0492 807 603

Email hello@drseniorshub.com.au

Happy Birthday

**Nancy Audino
Diana Boswell
Carol Darbyshire
Sandra Mary De Boer
John Mullins
Roly Ritchie
Adele Stevens
Derek Winter**

To everyone celebrating a birthday in January
We wish you a very happy birthday

**DARLING RANGE
HUB MEMBERSHIP
FORMS ON LAST
PAGE**



Platinum Sponsor

Would you like to become a Platinum Sponsor?
Platinum Sponsors assist The Darling Range Hub
in creating on going resources for the community.

In return you'll appear regularly
in our newsletter and socials.

To find out more please contact Yvonne
Darling Range Hub

via

0492 807 603 or email hello@drseniorthub.com.au



Our many thanks to our sponsors



Thank you to our
Platinum Sponsor

Connecting Seniors to Their Community
Darling Range Hub
www.drseniorthub.com.au



Advocare

Empowering older people in WA

Advocare is a leader in addressing the rights of older people and elder abuse. We fight proactively for the rights of older people.

For more than 25 years, we have proudly helped older Western Australians access the right supports, information and protections available to them.

We are a not-for-profit organisation, completely independent from aged care providers.

Advocare provides support to older people to help them find what they need and what will work best for them. Our support and services are free, confidential and unbiased.

We connect older people in WA to information and services. People can come to us for information and support for where to go for various services for older people.

Our aim is to empower older people by giving them information and choice so they can make informed decisions to live the life they want on their terms.



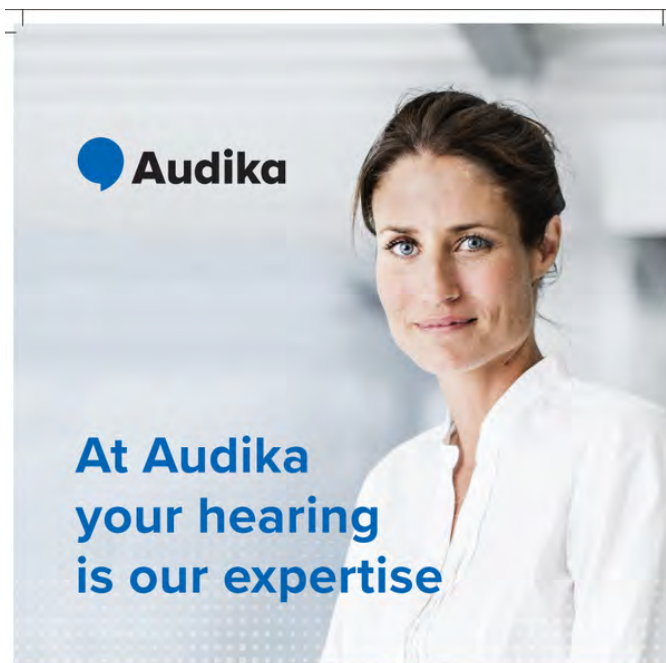
Advocare Talk

Advocare's services focus on:

- protecting the rights of older people
- addressing elder abuse
- overcoming social isolation; and
- accessing aged care services.

At Advocare, we believe rights do not diminish with age.

CommuniTEA Matters
9.3.0am Wednesday 18th
January 2023



JOIN THE DARLING RANGE HUB
9.30 Wednesday 25 January 2023

Jack Healey Centre

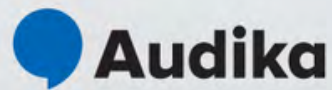
For more details

Phone: Hub Coordinator Yvonne Fletcher 0492 807 603

Morning Tea Members \$3 non members \$5

Audika is visiting the Darling Range Hub to give our members access to quality hearing healthcare. Audika know ears. Their expert teams are specialised in helping people hear better, providing the right technology, value, and care for every ear. Audika will provide a talk on the importance of hearing health as well as provide free* hearing checks on the 1st Monday of the month starting in February 2023 for all members and their families. The topics for the presentation will include:

- Campaign for Better Hearing (the give back program)
- Facts about Hearing Loss
- How do our ears work
- Types & causes of Hearing Loss
- Noise induced hearing protection
- Signs of Hearing Loss
- Tinnitus
- Hearing Device Technology
- Implantable Technology
- Hearing Services Program



**At Audika
your hearing
is our expertise**

We visit here on:

Monday
6th February
10.00am - 12.00pm

**Call Yvonne on
0492 807 603
to book a free*
hearing check.**

*Free hearing check available to adults aged 26 or over only.

Hearing Checks | Free

Monday 6th February 10am–12pm

Hearing is one of our most precious senses and is fundamental to our overall health, wellbeing, and quality of life.

This is a free service to all members and their families.

For an appointment:

Call Darling Range Hub Coordinator
Yvonne Fletcher on 0492 807 603



JOIN THE DARLING RANGE HUB GROUP THEATRE LOVERS

Group Booking \$13 per person
(min 10 people required) or \$16 per person

MORNING MUSIC: The Jarrah Celts

10am Wednesday 1 February 2023

Kalamunda Performing Arts Morning Music

Phone: Hub Coordinator Yvonne Fletcher 0492 807 603
to reserve your spot payment due by December 1st

OR

JOIN THE DARLING RANGE HUB
at The Jack Healey Centre for
Small Talk - Hub Members Conversation
over morning tea

This month bring in an article of
interest could be news or magazine to
share with the group.

Hub Members \$3 Guest \$5



9.30am

Wednesday 1 Feb 2023

Chair Yoga



JACK HEALEY CENTRE

the corner Mead Street & Canning Road Kalamunda

9AM - 10AM TUESDAYS

Cost \$9 per session or;

Block of 10 sessions \$81

Space Limited - Booking Essential

To Book Phone Yvonne 0492 807 603

Darling Range Hub financial members will receive their first session free -booking essential



DARLING
RANGE
Hub

BOOK CLUB

STARTING SOON

Classic Literature of the Month

THIS WEEK'S SHELF PICK

Share your Favorite

STARTING SOON

Register your interest in joining

START DATE TO BE CONFIRMED 1-2pm Wednesday

The Foyer Jack Healey

Contact Yvonne Fletcher

Darling Range Hub Coordinator in the office or
phone 0492 807 603 or email hello@drseniiorshub.com.au
or leave your details below

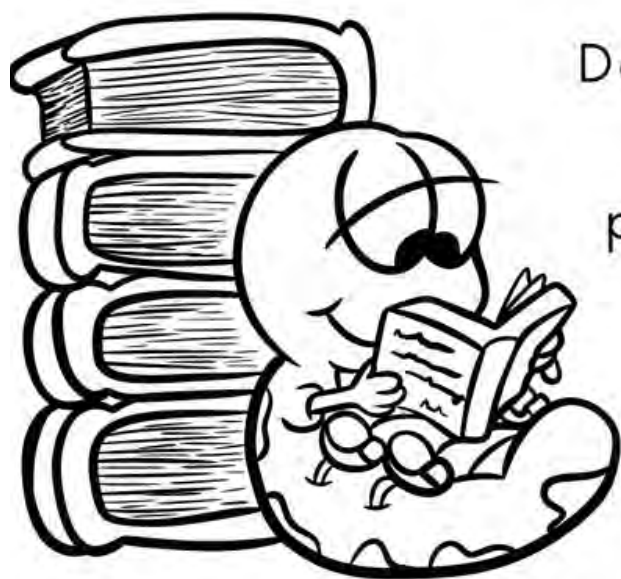


DARLING
RANGE
Hub

We're seeking
someone special
to help run the
book club

STARTING SOON

If you're keen to help please
contact Yvonne Fletcher
Darling Range Hub Coordinator
in the office or
phone 0492 807 603 or email
hello@drseniiorshub.com.au



Book Club Time:
1-2pm Wednesday afternoons
The Foyer Jack Healey
Start Date To Be Confirmed



THEATRE GROUP

**For lovers of the theatre -
min 10 people required for
the group to access show
group discounts - to register
please email Yvonne
hello@drseniorshub.com.au**



With the support of Dom doing our weekly drop offs, we've been collecting containers to help The Darling Range Hub raise money for our ongoing Hub activities through the Containers for Change Program.

Containers for Change is a state wide recycling scheme that enables charities and community groups who participate in the scheme to fundraise for their cause.

Every eligible container collected is worth 10 cents, which can really add up! So we're asking friends and neighbours if they could also save their containers and donate them to us. Please bring empty lidless containers into the Jack Healey Centre and drop into the bin at the front door or; They can be dropped in the bin outside 10 Heath Rd, opposite the Uniting Church.

We all value and appreciate your support.
Thanks very much!
The Darling Range Hub



They'll get 10 cents for each one. With your help, we can make a change.

✓ ELIGIBLE CONTAINERS



The scheme targets drink containers most commonly seen as litter. Most aluminium, glass, plastic, steel and liquid paperboard drink containers between 150ml and 3L are eligible for a refund.

✗ INELIGIBLE CONTAINERS



Generally, ineligible containers are those that are less than 150ml and greater than 3L. Other ineligible containers include all plain milk bottles, wine bottles, pure spirit bottles, cordial and registered health tonics. Pure juice containers over 1L (or under 150ml) are also ineligible.

To find out more visit containersforchange.com.au

Join Us for

January Events



DARLING
RANGE
Hub

Every Tuesday: Hello Coffee @ the Jack Healey Centre from 10.00 am

Every Tuesday: Chair Yoga 9am-10am, Hello Coffee 10am-12pm, Board Games & Puzzles @ the Jack Healey Centre from 1.30 pm

Every Wednesday: CommuniTEA Matters most weeks @ the Jack Healey Centre from 9.30 am

Every Friday: CommuniTEA Matters Romancing the Stone, Maida Vale from 9.30am or; Table of Wisdom 9.30am Jack Healey Centre

Every Saturday: E-Bike Ride, please call Herman: 0403301429



January

18th WEDNESDAY - 9.30am Jack Healey Centre - Guest Speaker Michelle Lekhoathy
Advocare Talk addressing the rights of older people and elder abuse

20th FRIDAY 8.50am - Bus Trip - French Feels - refer to flyer

25th WEDNESDAY - 9.30am Jack Healey Centre - Guest Speaker Sharon Birch
Audika Talk - The importance of hearing health

February

1st WEDNESDAY 10.00am

Kalamunda Performing Arts Centre - Morning Music - To secure group discount min 10 people required Call Yvonne to book 0492 807 603

5th SUNDAY 12.00pm Jack Healey Centre - Pot Luck Lunch - Call Jean to book 0467 777 162

6th MONDAY 10.00AM - 12.00pm

Jack Healey Centre - FREE Hearing Screening Bookings Essential Call Yvonne 0492 807 603



2022/2023 Membership Application Form

Title:	Surname:	Given Name:
Date of birth:	Address:	
Home Phone:	Email:	
Mobile Phone:		
Known Medical Conditions:		
In Case of Emergency Contact Person	Surname:	Given Name:
Home Phone:	Mobile Phone:	
Relationship to you:		

NB please provide your in "case of emergency" contact person that we may contact them

Membership Fees

Membership is paid annually at the end of each current financial year.

Amount to Pay (Please tick the box that applies to you. All rates include G.S.T.):

Full year rate **\$40.00** ☐

Community hero rate **\$80.00** ☐

Signed: _____ **Date:** _____

To help ensure a successful and inclusive Hub experience please aid us by sharing some of your skills and passions.

What Are the Requirements to become a Hub Member?

Joining the Hub is a commitment! When you become a Hub Member, you will –

- Uphold the Hub's values and mission.
- Nominate how you can contribute to Hub operations.
- Commit to the 'Ask a Member First' Policy.

Office Use Only

Join Date: _____ Paid by: ☐ Cash ☐ Cheque ☐ Bank deposit*

Account name: **The Darling Range Seniors Hub Inc**

BSB: **633 000**

Account number: **169 412 566**

Please post form to DRSH PO Box 194, Kalamunda 6076 **OR** email to members@drsniorshub.com.au

*If paying by bank transfer, please make sure your name is in the message part of the transfer.