

NEWSLETTER



Being a member of the Darling Range Hub offers access to resources, events, and opportunities for personal growth, as well as a network of likeminded individuals. In the month of love, February, the hub is hosting events promoting love and appreciation for the community, along with discounts on services and products for members.

We're actively looking for new ideas to expand our groups for your enjoyment. If you have an idea please feel welcome to contact me and let's see if together we can make it happen.

This month is all about LOVE please feel welcome to join us for our Valentine's Day Lunch or for our bus trip to beat the summer heat and enjoy a romantic comedy movie more details within this newsletter.

- Yvonne Fletcher Darling Range Hub Coordinator Mob 0492 807 603 Email hello@drseniorshub.com.au



Bill Tomlinson Christine Hosken Pamela Kenyon Gerald Hoffmann Hugh Thompson Carmel Johnson

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

DARLING RANGE HUB MEMBERSHIP FORMS ON LAST PAGE





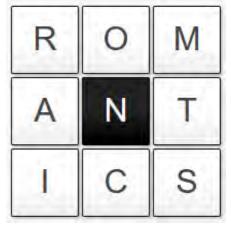
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NINE LETTER WORD PUZZLE

Can you find the 9-letter word?



Last months: chocolate

WHAT'S COMING UP IN FEBRUARY



Romantic Movie Comedy
Chair Yoga
Board Games, Puzzles and Scrabble Group
CommuniTEA Matter - KADS Tour
CommuniTEA Matter - Iris Jones
CommuniTEA Matters morning Quiz with Peter
E-Bike Riders and more
Coming soon Book Club & Carpet Bowls

Valentines Day Lunch

FROM THE PRESIDENT'S DESK

Hi all.

2023 the year of the Rabbit and we are already off and running. Communities and chair yoga have commenced, and we are looking for more/continued support in these activities.

The committee has planned to bring some new exciting opportunities as well as bring back some old favourites now that people seem more amenable to going out. I think that we have learned to live with and manage Covid, this is not to say that we still need to be careful. One of our first major activities will be a concert at Romancing the Stone Garden where we will work closely with the E bike group to raise funding to support our activities. Remember that we are dependent on fundraising and grants in order to stay viable and grants can be very variable.

Our large grant from Lotteries West was what allowed us to employ Leon English as our Project Manager for Neighbour Connect. We exhausted these funds in December and had to submit our acquittal. So at the moment we don't have a paid manager, but Leon was co-opted onto the committee with the intention of continuing his work in the Neighbour Connect area. If we can access funding related to this area we will recommence the position.

Remember the Hub is only as strong as our members contributions and we are looking to you for support. It can be as simple as attending our events or encouraging others to come along or putting your hand up to make a greater contribution in an area that interests you. Keep informed by reading Yvonne's brilliant monthly newsletter

supplemented with the weekly what's on.

We are already working hard with our partners to extend your opportunities,

Looking forward to catching up with you.

Cheers Roly Ritchie - Darling Range Hub President

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@drseniorshub.com.au







Our many thanks to our sponsors





Thank you to our Platinum Sponsor



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



Artist of the Month

RUSTYROO PAUL & KAYE MORO

Scultpures, Metal Work

Husband & Wife team Paul and Kaye Moro run a family business together, where they showcase Paul's art. The couple fell into the art world by accident, after Paul began experimenting and creating junk art whilst being involved in making robotic equipment for his job. He quickly realized that his true passion was in creating art, and he decided to pursue it full-time.

Being local to The Perth Hills the pair have an art studio where Paul creates stunning pieces of art that captivate audiences. His work is known for its unique blend of technology and traditional art techniques, making him a truly one-of-a-kind artist.

Kaye, who has a background in business management plays an important role in the business by managing the day-to-day operations and promoting Paul's work. Kaye is also involved in the art & design progress. Together, the two make a great team and have been able to establish themselves as successful art business in engagement, including Kaye's the community.





by Yvonne Fletcher

to find out more check out www.rustyroo.com.au

involvement in Rotary, has

made their business a mustsee for art lovers in the area.

If you are an artist (of any kind) or author we'd love to share your story Call or email Yvonne 0492 807 603 hello@drseniorshub.com.au

Cooking with Terry

by Yvonne Fletcher

Terry was the head chef at the restaurant where he and Carmel first met. Carmel was on her way to a job interview in Melbourne when in error she ended up at the wrong location. Despite the mistake, she was met by Terry, who was immediately struck by her charm and professionalism. Impressed by Carmel's demeanor, Terry offered her a job on the spot after a brief interview. The two worked together for several years and developed a strong friendship based on mutual respect and a shared work ethic. Over time, their friendship blossomed into a romantic relationship, and the two fell deeply in love with each other. Their chance meeting was indeed fate and Carmel and Terry's love story was one of serendipity, hard work, and true connection.

One of Terry's most cherished memories as a chef was during the 1986 America's Cup in Fremantle. Terry said, "The vibe around Fremantle was infectious!" He had a sizeable team working under him and on one occasion, they served over 2,000 bacon and egg breakfasts. At the time, the breakfast was priced at \$50 AUD, which in 2023, taking into account the effects of inflation this would be equivalent to approximately AUD \$154.50 per breakfast.



This success of the restaurant in delivering so many meals was a testament to Terry's leadership and culinary skills and remains one of his fondest moments as a chef.

Wasabi and Lime Mayonnaise Prep time 10 minutes, serves 4

- ½ cup (150g) mayonnaise
- 2 teaspoons wasabi paste
- 1 teaspoon finely chopped fresh coriander
- 1 teaspoon lime juice Combine mayonnaise. wasabi. coriander juice in a small bowl Serve mayonnaise with grilled salmon or chicken

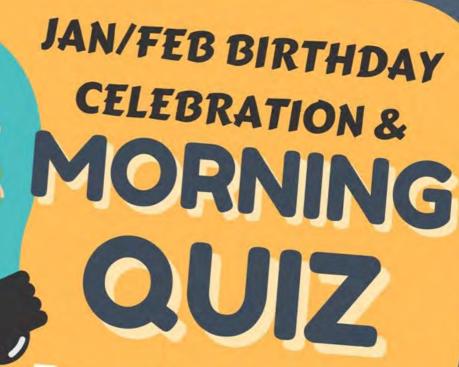




We visit here on:

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.



Tease Your Brain & Win Prizes

Wednesday 8TH Feb

Morning Tea starts: 9.30am

Quiz Starts at: 10.00 am

\$3 members or

\$5 non members

with quiz master

Peter Stuart!







CommuniTEA Matters - Jack Healey Centre
Phone Hub Coordinator for more details
0492 807 603

All Welcome



CommuniTEA Matters

Wednesday 15th February 9.30am - 11.30am

A day in the life of a musician with **Iris Jones**

Guest Speaker Iris Jones

\$3 members and \$5 non members





What to expect

- Morning Tea at Jack Healey Centre
- Guest speaker Iris Jones
- Music

For more details about Iris Jones head to www.kalamunda.wa.gov.au/news-details/2019/07/23/residents-awarded-freeman-of-the-city







Experience-Movies & Lunch Beat the Heat





- Transport from Kalamunda
- Morning Tea (own cost) your choice in Midland Shopping Centre
- Movie What's Love Got to Do With It.
- ✓ Lunch Hans Cafe Midland (own cost)
- √ Transport back to Kalamunda

Friday 17th Feb
Meet at:
Thai on the Hill
9.00 am
Limited home pick up

Limited home pick up available

Limited Spaces Available

Bookings Essential - contact Hub Coordinator Yvonne Fletcher to reserve your spot: 0492 807 603 or email: hello@drseniorshub.com.au

Zig Zag Community Arts, NY Events & The City of Kalamunda

PRESENT

KARNIVAL IN THE HILLS

KALAMUNDA EMBRACES



FESTIVAL 2023











STIRK PARK Kalamunda 4pm - 8pm Saturday 18 February 2023

Festival Opening with Traditional Smoking Ceremony @ 4pm Circus Performers | Magicians | Circus/Clowning Workshops Silent Disco walking tours | Food & Drink | Musicians

FREE ENTRY

(Gratuities after each show will be appreciated)

Major Event Sponsors





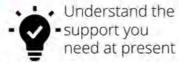






CONSULTATIONS SUPPORT

Understanding





Navigation



My aged care website – complete an online referral with Serena and get started on your way to aged care funding

Material



Helpful easy to understand material to take home

Follow Up

Follow up call from Serena to see how your process is going and further guidance if needed.



NAVIGATING MY AGED CARE

With Serena Lu from Home Instead

We all want to age within our own home for as long as possible and most will need to access funding to do this. Many people find the process of understanding and accessing funding to be extremely difficult to understand.

It can be confusing to navigate and overwhelming for many of us. For this reason, many of us put it in the "I'll do it later bucket" only to never get round to it. The truth is, many people wait until their needs change dramatically to apply for home care funding only to have to wait up to 12 months to receive any. Don't let this happen to you!

If you believe your needs have increased and you need a little more support, then come and book a slot with Serena from Home Instead to help navigate the My Aged Care funding.

Consultations are FREE - spaces are limited!

Monday 20th February from 8.30am

Make your appointment today
Call Yvonne Fletcher - The Darling Range Hub
on 0492 807 603

Consultations run for approximately 1 hour.
You will need to bring in your Medicare & GP details and your DVA card (if you they have one).

Recommendations are non-biased when it comes to finding the correct home provider for you. Home Instead believe in supporting the community with up to date information to help empower residents to make their own choice with in Home Care.

All Welcome



CommuniTEA Matters

Wednesday 22nd February

9.30am - 11.30am

The morning will start at the Jack Healey Centre with morning tea and guest speaker Fi Livings **KADS President. Then** make our way over to the KADS Theatre for a behind the scenes tour of the theatre.

Guest speaker and tour guide - KADS **President Fi Livings**

\$3 members and \$5 non members

JOIN US!!



What to expect

- Morning Tea at Jack Healey Centre
- Guest speaker
- A 3 min short walk
- **KADS Theatre Tour**

For more details about KADS head to www.kadstheatre.com.au





The Darling Range Hub is excited to announce their partnership with



The Darling Range Hub can refer you into mindSpot GP for an assessment.

MindSpot services are free to use, and they always will be. Funded by the Australian Government, we provide access to psychological care at no cost to you.



- Mindsopt GP support people to learn about their mental wellbeing and learn how to manage their symptoms.
- Mindspot aim to teach people key psychological skills to help them become more resilient.
- Most people using MindSpot are troubled by depression, anxiety, and stress. We also support people with distress due to chronic health conditions.

For more information call Hub Coordinator Yvonne Fletcher 0492 807 603



Join Josie for our new book club

COMING SOON

Book Club

Time: 1-2pm Wednesday afternoons

The Foyer Jack Healey



Register your interest today!
please contact Yvonne
Fletcher
Darling Range Hub
Coordinator in the office
or
phone 0492 807 603 or
email
hello@drseniorshub.com.au



POT LUCK LUNCH



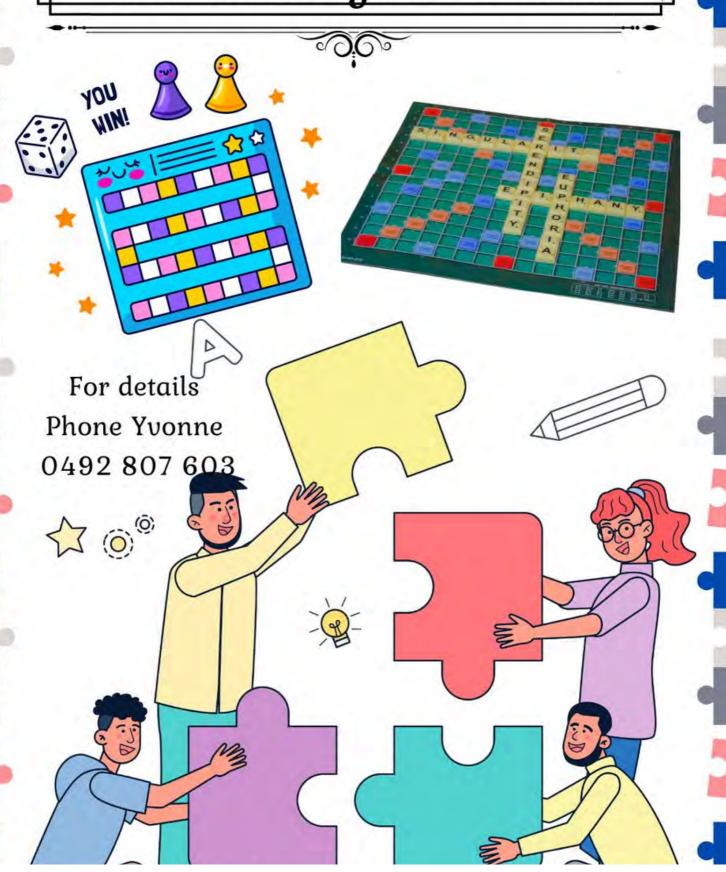
SUNDAY 5TH FEB SUNDAY 5TH MAR

bookings essential for catering to book call Jean 0467 777 162

location

Jack Healey Centre







FUNDRAISING CONCERT

Friday 10th March 7.30pm

Location: Romancing The Stone Gardens

Tickets: \$35 per person

Tickets can be purchased online and support both The Darling Range Hub & ebike Group

Buy Now

https://www.trybooking.com/CDRHR

For details call Tom Hogg 9454 4298



JOIN THE DARLING RANGE HUB GROUP THEATRE LOVERS

Group Booking \$13 per person

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

MORNING MUSIC: Stewart Herbertson 10am Wednesday 1 March 2023

Kalamunda Performing Arts Morning Music

Presenting: Second Shot – The 80's Edition. A 1980's sing along to some of the biggest selling songs of all time including music by David Bowie, Elton John, Roy Orbison, John Farnham and may more. Celebrating the artists who came back for a second shot of success during the era of MTV and big hair.

Phone: Hub Coordinator Yvonne Fletcher 0492 807 603 to reserve your spot payment due & bookings due by 21st Feb 2023



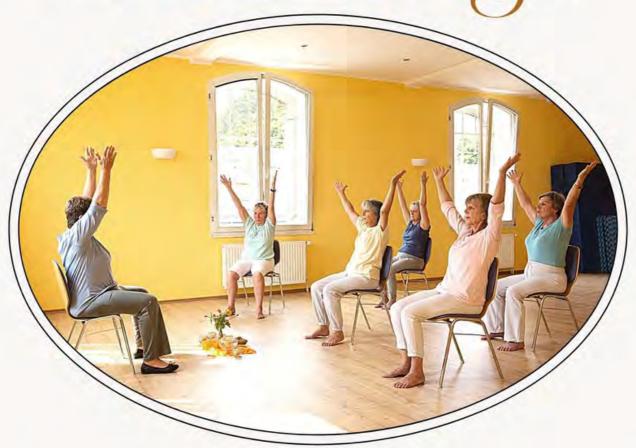
JOIN THE DARLING RANGE HUB
at The Jack Healey Centre for
Small Talk - Hub Members
Conversation
over morning tea
Bring in an article of interest could be news or magazine to share with the

Hub Members \$3 Guest \$5 9.30am Wed 1 Mar 2023

group.



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



HAVE FUN AND RELAX WITH

Carpet Bowls



Jack Healey Center Kalamunda Dates & Times TBC

Call Hub Coordinator Yvonne Fletcher 0492 807 603









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. Please remember to remove the lids.

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



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.



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.

Join Us for February Events



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 1.00 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

5th Feb SUNDAY 12.00pm Jack Healey Centre - Pot Luck Lunch - Call Jean to book 0467777162

6th Feb MONDAY 10.00AM - 12.00pm Jack Healey Centre - FREE Hearing Screening To book call Yvonne 0492 807 603

8th Feb Wednesday 9.30am - Jack Healey Centre - CommuniTEA Matters Morning Quiz with Peter Stuart and Jan/Feb birthday celebrations.

14th Feb Tuesday 12.00pm - Jack Healey Centre - Valentines Day Luncheon \$15 per person refer to flyer.

15th Feb Wednesday 9.30am - Jack Healey Centre - CommuniTEA Matters - A day in the life of a musician and producer with Iris Jones

17th Feb Friday 9.00am - Bus Trip - Movies and Lunch bookings essential.

20th Feb Monday Home Instead - Navigating My Aged Care - FREE Appointments
To book call Yvonne 0492 807 603

22nd Feb Wednesday 9.30am - Jack Healey Centre & KADS Theatre - CommuniTEA KADS talk and tour with KADS Theatre President Fi Livings

1st March 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 Mar SUNDAY 12.00pm Jack Healey Centre - Pot Luck Lunch - Call Jean to book 0467777 162

6th March MONDAY 10.00AM - 12.00pm Jack Healey Centre - FREE Hearing Screening To book call Yvonne 0492 807 603

10th March Friday - Romancing the Stone Gardens - Fundraising Concert refer to event flyer.



Half Year 2022/2023 Membership Application Form

Title:	Surname: Given Name:				
Date of birth:	Address:				
Home Phone:	Email:				
Mobile Phone:	NR please advise your in case	of emergence	y contact person that we may contact them		
Known Medical Conditions:	ivo picuse duvise <u>your</u> in cuse o	n emergency	contact person that we may contact them		
In Case of Emergency Contact Person	Surname: Given Name:				
Home Phone:	me Phone: Mo		lobile Phone:		
Relationship to	you:				
	lf year rate mmunity hero half ye	ar rate	\$20.00 □ \$40.00 □		
To help ensure a passions.	successful and inclusive Hu	b experien	ce please aid us by sharing some of your skills and		
			ou become a Hub Member? ou become a Hub Member, you will –		
 Nominate how 	ub's values and mission. v you can contribute to Hub op · 'Ask a Member First' Policy.	erations.			
Office Use Only					
Join <u>Date:</u>			d by: ☐ Cash ☐ Cheque ☐ Bank deposit*		
	Account	name:	The Darling Range Seniors Hub Inc BSB: 633 000 Account number: 169 412 566		

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