

APRIL 2023

# NEWSLETTER



A new initiative has been established through a partnership between the Darling Range Hub, the City of Kalamunda, and The WayFairer project to create a community organisations network. The network aims to bring together local non-profit and community organisations in the area to collaborate and share resources. The first meeting was held in March and successfully connected fourteen organisations. By working together, the network hopes to increase their collective impact and better serve the needs of the community. The initiative will provide a platform for organisations to connect, share best practices, and learn from one another, ultimately strengthening the community as a whole. If your organisations would be interesting in attending t April get together please contact feel welcome to contact me.

**- Yvonne Fletcher**  
**Darling Range Hub Coordinator**  
**Mob 0492 807 603**  
**Email [hello@drseniorshub.com.au](mailto:hello@drseniorshub.com.au)**

*Happy Birthday*

**Eileen Burnett**  
**John Giardina**  
**Krystyna Kerr**  
**Susan Miles**  
**Rosemary Milton**  
**James Naresh**  
**Dom Rechichi**  
**Kathy Ritchie**  
**Malcolm Roberts**  
**Shirley Stratton**  
**Jan Thompson**

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

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



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DARING GREATLY MEANS THE COURAGE

*to be vulnerable*

*it means to show up and be seen.*

*TO ASK FOR WHAT YOU NEED.*

*to talk about how you're feeling.*

*to have the HARD conversations.*

-Brené Brown

## NINE LETTER WORD PUZZLE

Can you find the 9-letter word?



Last months: lifehacks

## WHAT'S COMING UP IN APRIL



Bus Trip

Carpet Bowls

Chair Yoga

Board Games, Puzzles, Scrabble Group, and BYO crafts

CommuniTEA Matters morning Quiz with Peter

CommuniTEA Matter - WA Seniors Card

CommuniTEA Matter - Matthew Hughes

Book Club

E-Bike Riders and more

Fun with Friends Luncheon

## FROM THE PRESIDENT'S DESK

Hi all,

The year is Marching on and The Hub continues with excellent programs.

Since our last newsletter, we have conducted a very successful concert at Romancing the Stone Garden with the Perth Army Band whose vocalists and musicians had the crowd rocking. In conjunction with the E-bike group, we raised over \$3.5K which was a great effort supported by the many members who contributed to the success.

Derek and his social committee staged a Sundowner Friday 24th March and although it rained for the first time in months it was a successful event with great music provided by the Black Chooks. Members again excelled with their contributions. The time slot was perfect but the event was designed for more participation and attendance.

The many programs at Jack Healey continue to be well patronized so watch out for more opportunities later this month.

Keep yourself informed by reading the “what’s happening at the Hub this week.” Stay up to date and help spread the word by making sure friends and neighbors know what is going on.

Volunteers make a massive contribution to life in Australia with the value of billions of dollars every year. Remember every small contribution helps. The smallest actions will make somebody feel better. The smile, wave, or chat is the giving of your time to make somebody’s day better. These are the seeds of volunteering as they cost you nothing.

Remember as you go through the month to think of others.

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@drseniiorshub.com.au](mailto:hello@drseniiorshub.com.au)



Our many thanks to our sponsors



Thank you to our  
Platinum Sponsor

Connecting Seniors to Their Community  
Darling Range Hub  
[www.drseniiorshub.com.au](http://www.drseniiorshub.com.au)





## Darling Range Hub

### Staying in place Expo In Pingelly, WA



The Hub's attendance at the Staying in Place Expo demonstrates its commitment to improving the lives of seniors within the City of Kalamunda community. By learning about new technologies and strategies for supporting seniors, the Darling Range Hub can develop and implement innovative solutions to address the challenges faced by older adults in the area. The presentations from Leslie Bryce and Helen Morton provided valuable insights into the importance of community support and the role of technology in enabling seniors to live independently.

Overall, the Staying in Place Expo was a valuable opportunity for the Darling Range Hub to connect with other experts in the field and learn about innovative approaches to supporting seniors in small communities. The Hub's participation in events like this demonstrates its commitment to improving the lives of seniors in the area and its dedication to staying up-to-date with the latest research and trends in the field of aging.

The Darling Range Hub recently attended the Staying in Place Expo in Pingelly, which showcased innovative ideas to support seniors in small communities. The Hub's President, Roly Ritchie, Coordinator Yvonne Fletcher, and Founder Peter Kenyon were present at the event to learn about new ways to help seniors stay in their homes. The Expo featured presentations from experts in the field, including Leslie Bryce, founder of Bell Cares, and Helen Morton, founder of Pingelly Somerset Alliance, who shared their experiences and strategies for supporting seniors locally.





**APRIL**

**VOLUNTEER**



**OF THE MONTH**

**LOYOLA WARES**

"I love helping people, you don't get paid for volunteering but you get rewarded in so many other ways like when you help someone who doesn't think they can achieve something but then you are there supporting them and they do achieve what they originally thought was too hard" - Loyola Wares

**APRIL**

**VOLUNTEER**



**OF THE MONTH**

**CAROL DARBYSHIRE**

"If we all help a little bit together we get things done."  
- Carol Darbyshire





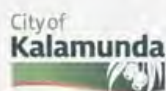
CommuniTEA Matters  
Morning Tea



The WA Seniors Card program is the most generous program of its kind in Australia, providing members access to State Government concessions and rebates.

The WA Seniors Card also provides you with benefits from participating businesses across Western Australia. Your card is your passport to savings! If you would like a card reissue, replacement or to find out the latest membership benefits available, WA Seniors Card will be visiting on 19 April 2023.

For more details call Darling Range Hub 0492 807 603



Wednesday 19th April 2023  
9.30am  
Jack Healey Centre  
Morning Tea members \$3  
Non members \$5

## CommuniTEA Matters MATTHEW HUGHES MLA

MEET AND GREET - MEET AND GREET - MEET AND GREET



**WEDNESDAY 26 APRIL 2023**

Morning Tea from 9.30am

Members \$3

Non Members \$5

Darling Range Hub - Jack Healey  
Centre 21 Mead Street Kalamunda

RSVP to Yvonne at

hello@drseniors hub.com.au



Join the Darling Range Hub Group Booking for  
\$13 per person  
(min 10 people required) or \$16 per person

**MORNING MUSIC: Aria Scarlett**  
**10am Wednesday 3 May 2023**

Kalamunda Performing Arts Morning Music

### Presenting.

A quality music-based show after a sociable morning tea: KPAC's Morning Music shows are a regular monthly treat! A fusion of musical ingredients. Baisey Cruz Duo deliver a soul vibe mixed with a smooth jazz sound as they bring out all the classic tunes. This acoustic duo performs with a beautiful marriage of sounds that resonates with audiences of all ages.

To reserve your spot payment due & bookings due  
by 19th April 2023 Phone Hub Coordinator  
Yvonne Fletcher 0492 807 603



# Paint & 'Sip'

## Community Art Workshop

Free  
Event

Saturday 15 April 2023  
2pm to 5pm  
Kalamunda Community Centre  
Crescent Rd, Kalamunda



Are you community minded and interested in connecting with like minded people? Have you ever wanted to participate in a paint and sip session?

The City of Kalamunda invites you to a **free** session as part of the Kalamunda Compassionate Communities Project.

Learn about the project and supporting community while painting your own Banksia Flower, guided by Artist in Residence Eleisha Pirouet.



(\*non-alcoholic event)

- All Materials provided
- Afternoon Tea\* included
- All skill levels and abilities welcome

Bookings essential via: [www.trybooking.com/CGUWK](http://www.trybooking.com/CGUWK)

For more information contact the City of Kalamunda  
9257 9999

Armada Kalamunda Group



# Who Will Take Care of Your Estate?

WORKSHOP

5 things you and your family must  
know about estate planning

Wednesday 3 May 2023

6:00pm-8:00pm

Make use of this excellent opportunity to learn about five simple things you can prepare:

- » What does estate administration involve after someone passes away?
- » How does asset ownership determine who inherits what?
- » What are the three elements of a complete Estate Plan?
- » What critical information and decisions can I make now, and how can I store these carefully?
- » Is my superannuation and insurance set up correctly to benefit my family and I?

Please RSVP with any accessibility requirements



FourLion Legal will be in attendance to cover some of the legal questions you may have.

BOOKINGS  
ESSENTIAL

Woodlupine Community Centre  
88 Hale Rd, Forrestfield

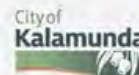
Book online at [trybooking.com/CFRRZ](http://trybooking.com/CFRRZ)



Phone 9257 9958  
Email [enquiries@kalamunda.wa.gov.au](mailto:enquiries@kalamunda.wa.gov.au)  
[kalamunda.wa.gov.au/seniors](http://kalamunda.wa.gov.au/seniors)

FOURLION  
LEGAL

simplyEstate



# POT LUCK LUNCH



SUNDAY 7TH MAY  
SUNDAY 4TH JUNE

bookings essential for  
catering

to book call

Jean 0467 777 162

location

Jack Healey Centre



# THEATRE GROUP



For lovers of the theatre -  
min 10 people required for  
the group to access show  
group discounts - register  
your interest below to  
register please email

Yvonne

[hello@drsniorshub.com.au](mailto:hello@drsniorshub.com.au)



# Experience - Penguin Island Ferry & Discovery Centre



DARLING  
RANGE  
Hub



**Price**  
**Members**  
**\$34 pp**  
**Non**  
**Members**  
**\$36pp**



## Includes

- ✓ Transport from Kalamunda
- ✓ Ferry Trip To Penguin Island & Discovery Centre Admission
- ✓ Lunch Pengo's Cafe (own cost)
- ✓ Transport back to Kalamunda

## Limited Spaces

**Monday 17th April**

**Meet at:**

**Thai on the Hill**

**9.50am**

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](mailto:hello@drseniorshub.com.au)





# LUNCH WITH FRIENDS

18 April 2023 Pizza & Soup



**Join us for a fun afternoon with friends, conversation, laughter & food. This month is a pizza & soup luncheon.**

**BYO Drinks**

When:

**12pm Tuesday 18th April**

Where:

**Darling Range Hub - Jack Healey Centre**

Cost:

**\$15 per person**

**Bookings Essential**

**<https://www.trybooking.com/CFOZL>**

**For additional information call Yvonne Darling Range Hub  
on 0492 807 603**





# Join Josie for our new book club

**Each Wednesday's 1-2 pm  
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@drseniiorshub.com.au](mailto:hello@drseniiorshub.com.au)

**YOU  
WIN!**



**For details  
Phone Yvonne  
0492 807 603**





# 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

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

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HAVE FUN AND RELAX WITH

# *Carpet Bowls*

**FREE  
TRIAL  
SESSION**



**Free Trial Session**

**1.30 pm - 3.30 pm Monday 24th April**

**Bookings Essential**

**Jack Healey Center Kalamunda**

**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



**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](http://containersforchange.com.au)



## Join Us for April 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  
1pm Book Club

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 Hermman: 0403301429

Closed for Easter 7th & 10th April & Closed for Anzac Day 25th April 2023

12th Apr Wednesday 9.30 am - Jack Healey Centre - CommuniTEA Matters Morning Quiz with Peter Stuart and March birthday celebrations.

17th Apr Monday 9.50 am - Bus Trip - Penguin Island

18th Apr Tuesday 12.00 pm - Jack Healey Centre - Fun with Friends Luncheon Bookings Essential refer to flyer

19th Apr Wednesday 9.30 am Jack Healey Centre - CommuniTEA Matters WA Seniors Card

24th Apr Monday - 1.30 pm Jack Healey Centre - Free Carpet Bowl Trial Bookings Essential

26th Apr Wednesday 9.30 am Jack Healey Centre - CommuniTEA Matters - Matthew Hughes

3rd May WEDNESDAY 10.00 am

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

7th May SUNDAY 12.00pm Jack Healey Centre - Pot Luck Lunch - Call Jean to book 0467777162



# 2023-2024



## Membership Application Form

**BONUS**  
2 months free

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	<input type="checkbox"/>
Community hero rate	\$80.00	<input type="checkbox"/>

**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@drsensorshub.com.au](mailto:members@drsensorshub.com.au)

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