

AUGUST 2023



DARLING
RANGE
Hub

www.drseniorshub.com.au

Mob: 0492 807 603

NEWSLETTER

NEW MEMBERS & ACTIVITIES ARE ALWAYS WELCOME!

I have been engrossed in the book "Ikigai: The Japanese Secret to a Long and Happy Life" by Hector Garcia and Francesco Miralles. This captivating read reinforces the significance of finding purpose in our lives and pursuing activities that bring us genuine joy. It emphasizes the profound impact of being part of a supportive community that looks after one another. A key takeaway from the book is the notion that to lead a happy and healthy life, we should never truly retire. This doesn't solely refer to our professional roles but rather to our passions and sources of happiness. The essence lies in not giving up on the things that bring us fulfillment and contentment throughout our entire life journey. I'm proud of our Darling Range Hub Community and each member as we share a welcoming space for all, it encourages the formation of a strong and happy community that supports and uplifts one another.

- Yvonne Fletcher

Darling Range Hub Coordinator

Mob 0492 807 603

Email hello@drseniorshub.com.au



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





IN THIS ISSUE

IN THIS ISSUE	Page
From The Desk of The President.....	4
Feature Article	5
Aug Artist of the Month	6
Volunteers of the month	
Rose Lim & Peter Stuart	7
Did you know?	8
Can you Solve These?	9
Recipe & More	

Happy Birthday

**Rose Giardina
Christine Lewis
Archer Ritchings
Nigel Miles
Jacqui Pettett
Norah Jackson
Tanya McGrath
Beth Veitch
Anneke Rombouts**

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

**WHAT'S
COMING UP
IN
AUG**



Two Bus Trip
Carpet Bowls
Chair Yoga
Board Games, Puzzles, Scrabble Group
BYO crafts & Mend & Make Do
CommuniTEA Matters morning Quiz with Peter
CommuniTEA Matter's Guest Speakers
Morning Music at KPAC & Romancing the Stone Gardens
Community Organisations Network
Book Club
E-Bike Riders and more!

Platinum Sponsor or Donor



Would you like to become a Platinum Sponsor or Donator?
Platinum Sponsors / Donators 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



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

Thank you to our Platinum Donor



FROM THE PRESIDENT'S DESK

Hi All

Welcome to August.

Two months of winter down with welcome rain.

I have had over 180mm this month and 540mm for the year to date. Very good but more is needed to get the bush through the hot summer ahead.

We continue to provide excellent activities at Jack Healey while Tuesday 25th saw thirty members at the Kalamunda Hotel for a Xmas in July lunch. I love getting out talking to people at all these opportunities.

Bus trips are now bimonthly, There is always something for everybody. It never fails to amaze me Yvonne's ability to organise so many events.

The newsletters she produces are held in high regard both within the City of Kalamunda and further afield.

The City is hosting a Compassionate Communities forum on Tuesday 8th of August between 10am till 2.30pm. The Hub has a stall and would love to see you there.

At present the committee is investigating an opportunity to further strengthen our commitment to keep seniors in their own homes 🏠 for as long as we can.

We will keep you informed so watch this space.

Cheers Roly Ritchie - Darling Range Hub President

Home Instead - Platinum Donation

By Yvonne Fletcher

PLATINUM DONATION ASSIST THE DARLING RANGE HUB IN KEEPING COMMUNITY ACTIVITIES AFFORDABLE!

🙏🙏 A Big Thank You to Home Instead Perth North East! 🙏🙏

We are thrilled to express our deepest gratitude to Home Instead Perth North East for their generous donation of yoga mats to The Darling Range Hub. This incredible support enables us to enhance our group activity of chair yoga, benefiting our members in so many ways.

Chair yoga is a fantastic program that promotes wellness, movement, stress reduction, flexibility, and balance. It provides a positive and inclusive environment where participants can connect, unwind, and improve their overall well-being. It's incredible how such a simple practice can have such a profound impact on our physical and mental health.

At The Darling Range Hub, we have always strived to offer our activities at an affordable cost, ensuring that everyone can benefit from them.

With the tremendous support from Home Instead Perth North East, we can continue to keep our prices realistic for our members. This contribution plays a crucial role in maintaining the accessibility and sustainability of our programs, enabling more individuals to experience the numerous benefits of chair yoga.

We are truly grateful for your commitment to our community and for recognizing the importance of promoting well-being through activities like chair yoga.

Once again, thank you, Home Instead Perth North East, for your support. We are honored to have you as a partner in our mission to foster wellness and create a positive and inclusive space for all. Together, we are making a real difference!

Our chair yoga class is available each Tuesday 9am-10am. To find out more please call Hub Coordinator Yvonne 0492 807 603

THANK
YOU



Artist of the Month

TANIA PARK

Author

Meet Tania Park, a self-published author who embarked on her writing journey through a writing workshop. Since then, she has achieved remarkable success, with 11 books now under her belt. Among them is the heartfelt story of her husband, James Park, titled "The Only Way I Know: How Being the Son of a Drover Shaped My Life," which Tania skillfully penned based on James' own accounts.

Tania's passion for writing knows no bounds, though she admits that choosing the perfect title and crafting a compelling blurb for the back of her books can be the most challenging aspect of the process. Prior to her writing career, Tania was a dedicated primary school teacher and a music specialist, but her love for storytelling led her to pursue writing. For Tania, the most rewarding part of being an author is the moment she holds the finished book in her hands, knowing that she has completed another work of art. Her dedication to her craft has left a lasting impact on her readers, as one of her close friends amusingly recounts a sleepless night spent engrossed in Tania's book. Tania Park's journey from a writing workshop to becoming a successful self-published author is an inspiration to aspiring writers. Her heartfelt stories and dedication to her craft continue to captivate readers and earn her a well-deserved place in the literary world.

by Yvonne Fletcher



Tania Park will be visiting The Darling Range Hub as guest speaker at

CommuniTEA Matters

9.30am Wed 20th Sept.



For more details about Tania's books head to Amazon.

**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@drsniorshub.com.au**

CAN YOU SOLVE THESE...

Rebus puzzles

Can you guess the words and expressions?

MY LIFE	Get it Get it Get it Get it	Try $\frac{\text{stand}}{2}$
TRAVEL CCCCC	FAST	T O W N
EYE EYE	father 	ONCE 
POT OO OO OO OO	D movie D movie D movie	SECRET ← SECRET SECRET

How Many Word Can You Make
From The Word :

WINTER



Can You Guess?

I have no voice, yet I speak to you.
I tell of all things in the world that people do. I have leaves, but I am not a tree. I have pages, but I am not a bride. I have a spine, but I am not a man. I have hinges, but I am not a door. I have told you all. I cannot tell you more. What am I?

2						6	9	
	5				3			
1	7				9	4		5
		3		2	5		1	8
				4				
7	2		3	8		5		
5		2	6				4	1
			5				7	
	6	7						3

Did You Know

- A crocodile cannot stick its tongue out.
- A shrimp's heart is in its head.
- It is physically impossible for pigs to look up into the sky.
- Almonds are a member of the peach family
- Like fingerprints, everyone's tongue print is different.

Easy Chocolate Mug Cake

Ingredients

- 3 Tbsp all-purpose flour
- 2 Tbsp granulated sugar
- 1 Tbsp unsweetened cocoa powder
- ¼ teaspoon baking powder
- dash salt
- 3 tablespoons milk (any kind of milk)
- 1 tablespoons canola oil (or melted butter)
- 1/8 teaspoon vanilla extract
- 1 tsp chocolate chips , or your favorite flavor baking chips

Instructions

1. Spray the bottom of a microwave-safe mug or coffee cup lightly with cooking spray.
2. Add flour, sugar, cocoa powder, baking powder, and salt and stir together.
3. Add milk, canola oil, and vanilla extract and stir until smooth, being sure to scrape the bottom of the mug. Stir in chocolate chips or sprinkle them on top.
4. Cook in microwave for 70-90 seconds (see note) until cake is just set, but still barely shiny on top. (see notes below). Allow to rest in microwave for 1 minute before consuming.

Tips

As all microwaves are different. Start with 70 seconds, wait 1 minute while it cools, then look to see if it is set. Add an additional 15-25 seconds if needed. Allow it to rest in the microwave for 1 minute. Cake will still cook even though resting.



August

♦♦♦ **VOLUNTEER** ♦♦♦



Rose Lim

"I've always enjoyed volunteering and being able to give back to the community!"

- Rose Lim

August

♦♦♦ **VOLUNTEER** ♦♦♦



Peter Stuart

"Volunteering for me started with my Cubs Group in the mountains of India it grew when I become a Scouts Leader. I continued volunteering in university and even had the opportunity to work with Mother Teresa! Now I volunteer running quizzes."

- Peter Stuart

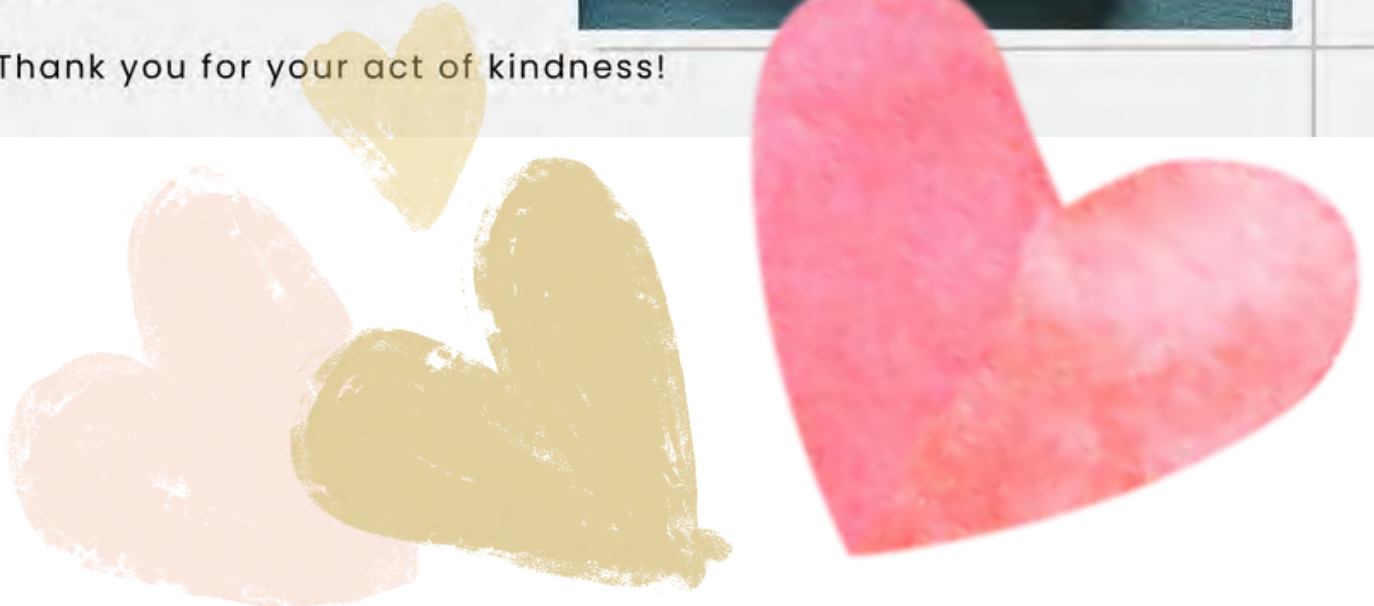
Did YOU KNOW?



For a number of years now our very own Darling Range Hub Member Grace Jackson has been donating knitted toys for hospitalized children at SJOH Hospital Midland! Thank you Grace for making the wonderful community contribution you are doing and for bringing a little joy to those in need!



Thank you for your act of kindness!



**AUG CELEBRATIONS
BIRTHDAYS**

MORNING QUIZ

Tease Your Brain &
Win Prizes

**Wednesday
9TH Aug**

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



PEER-TO-PEER KALAMUNDA

Parents, caregivers and families of children with disability, we'd love to welcome you to our Peer-to-Peer Kalamunda group - a safe and friendly space to connect with your peers, share information and be empowered!

MORNING TEA PROVIDED
Join us for morning tea and a chat!

**MEETING FORTNIGHTLY
MONDAY MORNINGS**

9.00 am - 11.00 am

The Jack Healey Centre
Mead Street, Kalamunda

**FOR MORE INFORMATION CONTACT PAULINE ON
0417 348 193**



HAVE FUN WITH



Carpet Bowls

**\$5
MEMBERS
ALL AGES
WELCOME**

**Come &
TRY First
Session
FREE!**

\$5 Members

1.00 pm - 3.00 pm Each Monday

Bookings Essential

Jack Healey Centre 21 Mead St Kalamunda

Call Hub Coordinator Yvonne Fletcher 0492 807 603

Membership Required for more details

Contact Hub Coordinator

hello@drseniorthub.com.au



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

THE DARLING RANGE HUB'S

EBIKE GROUP



Below is the up and coming eBike ride events.
NB These may be subject to change.
From Hermann, Kate & Sue - Ebike Group

If you'd like to join the ebike group please call Hermann on 0403 301 429
until 15th July and from the 16th July please call Sue 0429 375 365
PROGRAM OF EVENTS for Darling Range E Bikers. 2023

SATURDAY 5TH AUG
Ride to Pickering
Brook.

SATURDAY 12TH AUG
Ride to Parkerville
Tavern & Hovea Falls

OCT -12TH - 15TH
Dwellingup ride.
Forestry Centre.

All Welcome

CommuniTEA Matters

Wednesday

30th Aug

9.30am - 11.30am

The morning will start at the Jack Healey Centre with morning tea and guest presenters Frank & James from The Electric Bike Company.

a brief presentation on what ebikes are, how they work, and how they can improve physical and mental health. We then facilitate ebike and trike rides around your premises for all participants. All electric bikes/trikes and helmets are provided. We find this is an entertaining and informative session for all participants, which provides an awesome opportunity to get out, get moving and have some fun! There is also special offers for all attendees, but the focus is on having fun, and learning something new



STAY FIT - HAVE FUN

Guest presenters Frank & James
The Electric Bike Company

**\$3 members
and \$5 non
members**



What to expect

- Morning Tea at Jack Healey Centre
- Guest presenters
- EBike demonstration

For more details about The Electric Bike Co head to www.theelectricbikecompany.com.au

**JOIN
US!!**



2 x Bus Trips in Aug Experience - The Tivoli Club Getting Out Country



DARLING
RANGE
Hub

Come and join our cast in our beautiful Art Deco Theatre in Applecross as we present an amazing show of hand clapping foot stomping fun, with songs from your favourite Country stars. Shania Twain, Johnny Cash, Loretta Lynn and Willie Nelson to name a few. We serve a chicken & chips meal at interval and you are welcome to bring your own nibbles. Our little shop sells cool drinks, crisps and lollies/chocolates (cash only). You can also bring your own alcohol but don't forget your glasses.



Includes

- ✓ Transport from Kalamunda
- ✓ You choose your show time either Friday evening or Sunday afternoon
- ✓ Price includes show & chicken & chips
- ✓ Transport back to Kalamunda

Price
Members
\$20 pp
Non
Members
\$22pp



Limited Spaces

Choose 1 of 2 Shows
Friday 25th Aug 8.00pm
or
Sunday 27th Aug
12.00pm
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

Crafts, Crochet, Knitting. Mend & Make Do

**Each Tuesday from
11.00am**

**Jack Healey Centre
For details**

**Phone Yvonne
0492 807 603**

All Welcome

**Gold coin donation
for tea & coffee.**

**Chat and share
ideas.**

**Loyola's
Yarning Group
Bring your own or
learn new skills.**



**Margi's
Mend & Make Do
Bring your items in
for repair.**

Introducing Margi's Mend & Make Do

NEW TO THE HUB

In these times of tightened finances, AND a better awareness of the environment, it makes sense to get another years' wear out of that old shirt. So now you can bring in items for small sewing repairs while you wait – buttons, hems, seams etc, or come back the following week for a bigger job to be completed. There is no fee for Hub members, unless we need to purchase something (e.g. elastic, zip, binding, special buttons). Non-members will be asked to make a small donation to the Hub.



If anyone would like to donate bits and pieces for this new initiative, please pop by on Tuesday or leave with Yvonne at other times. We can make good use of your unwanted craft items – iron-on patches, elastic, zips, appliques, motifs, patches, cottons – anything going unused in your sewing basket.

Each Tuesday from 11.00am

Jack Healey Centre

For details

Phone Yvonne

0492 807 603

Gold coin donation for tea & coffee

Growing Kalamunda

A Compassionate Communities Forum: Living Well, Ending Well

Tuesday 8 August 2023

10:00am - 2:30pm

Kalamunda Agricultural Hall,
48 Canning Rd, Kalamunda

Join us to Grow Kalamunda Compassionate Communities. What is it and why does it matter?

Connect with local services, view the Artist in Residency exhibition and learn about enhancing **life and your legacy**.

Featuring:

- **Online session with Professor Samar Aoun, 2023 WA Australian of the Year**
- Morning tea and lunch provided
- Services Expo
- See Program Overleaf for more details

Supported by:



Government of **Western Australia**
Department of **Health**

Armadale Kalamunda Group
East Metropolitan Health Service



The City of Kalamunda welcomes all abilities and champions inclusion.

To discuss your individual needs, please email

socialinclusion@kalamunda.wa.gov.au

www.kalamunda.wa.gov.au



FREE EVENT
Bookings Essential



Scan here to book now!

Program

10:00am Registration and Morning Tea

Join us in the KPAC Gallery for morning tea and chat with
Compassionate Communities Artist in Residence Eleisha Pirouet



10:30am Open and Welcome

Open and Acknowledgement Mayor Margaret Thomas
Introduction Shane Bailey | Community Champion



10:45am Online Presentation - Growing Compassion in Life and Death

Presented by Professor Samar Anoun, 2023 WA Australian of the Year
Professor Aoun will share her passion about how we all can be involved
in growing compassionate communities. As communities we need to
re-learn the old ways of caring for one another.



12:00pm Ambulance Wish Western Australia

Presented by Susie and Gary Wilson. Ambulance Wish Western Australia enables
people receiving palliative care or who are terminally ill to fulfil a final wish by
visiting a place of personal significance, for example, to admire their own garden, to
feel the breeze of the beach, or to be surrounded by their loved ones and pets.



12:20pm Kalamunda Hospital and Day Hospice

Presented by Judy Brand, Nurse Unit Manager Kalamunda Hospital
Judy will provide an overview on Kalamunda Day Hospice and the
support provided to individuals with a life limiting diagnosis.



12:40pm Lunch Over Death Cafe



1:15pm No-one Dies Alone Companion Program

Presented by Jennifer Crossing, Amana Living
Jennifer will provide an overview on the No-one Dies Alone Companion
program and how volunteers provide reassurance, comfort and support to
a person in their final moments.



1:35pm Discussion Panel; Where to from here?

Brainstorming Session on growing a 'Compassionate Community'
Facilitated by Inclusive Communities Officer - City of Kalamunda



2:05pm Closing Summary

Facilitated by Shane Bailey - Compassionate Community Champion



All Welcome



CommuniTEA Matters

Wednesday
23rd Aug
9.30am - 11.30am

Our July Artist of the Month
James Park joins us for
CommuniTEA Matters.
The morning will start at the
Jack Healey Centre with
morning tea and guest speaker
James Park.



What to expect

- Morning Tea at Jack Healey Centre
- Guest Speaker

For more details about James Park
Check out his book written by Tania Park
The Only Way I know

July Artist of the Month
August Guest Speaker

Guest speaker James Park

\$3 members
and \$5 non
members



JOIN
US!!

0492 807 603 hello@drsniorsub.com.au www.drsniorshub.com.au

UPCOMING EVENTS

SAVE THE DATES

AUG
25 &
27

TWO BUS TRIPS

SEPT
29

**FASHION PARADE
JACK HEALEY CENTER**

OCT
29

**GRANDPARENTS DAY
ROMANCING THE STONE
GARDENS**

NOV
7

**MELBOURNE CUP
LUNCHEON
ROMANCING THE STONE
GARDENS**

TICKETS AVAILABLE SOON



LUNCH WITH FRIENDS

15 Aug 2023
Burgers, Salad & Dessert



The Conversation You Need to Have

*Talking about death won't kill you
Practical advice about your choices
from a family lawyer, GP and more.*

Sunday 6th August | 12pm - 2.30pm
\$20 per person (inc lunch and resources)
RSVP by 30th July
1 Varley St, Lesmurdie

To register email info@lesmurdiechurch.com.au or call 9291 9866.

www.trybooking.com/CFOZL
\$15 per person + booking fee
12pm Tuesday 15th Aug
Jack Healey Centre
BOOKING ESSENTIAL

CONSULTATIONS SUPPORT

➔ Understanding



Understand the support you need at present



NAVIGATING MY AGED CARE

With Sophie Johnson from Home Instead

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

➔ Navigation



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

It can be confusing to navigate and over whelming 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!

➔ Material



Helpful easy to understand material to take home

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!

➔ Follow Up



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

Monday 21st Aug from 8.30am

Book 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).

Each 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.



WANTED GUEST SPEAKERS

We'd love for you to share your story, art or talent with us at one of our CommuniTEA Matters morning tea.

Please Call Yvonne 0492 807 603
The Darling Range Hub



Join Us for Aug Events



Mondays

Jack Healey Center
1pm
Carpet Bowls

Tuesdays

Jack Healey Centre
9am
Chair Yoga
10am
Hello Coffee
Lounge
11am
Crafts, knitting,
Mend & make do
1pm
scrabble, board
games & puzzles

Wednesdays

Jack Healey Centre
9.30am
CommuniTEA
Matters

Thursdays

10am Book Club

Fridays

Romancing the Stone
Gardens
9.30am
CommuniTEA Matters

Jack Healey Center
9.30am
Table of Wisdom

Saturdays

Various Locations
E-Bike Ride, please
call Hermman:
0403301429

Once a Month Events

2nd Aug WEDNESDAY 10.00 am
Kalamunda Performing Arts Centre
- Morning Music

Call Yvonne to book 0492 807 603 or;
chitter chatter morning tea at Jack Healey Centre

6th Aug SUNDAY 12.00pm Jack Healey Centre -
Pot Luck Lunch - Call Jean to book 0467777162

8th Aug Tuesday 10am-2.30pm - Kalamunda Ag
Hall Growing Kalamunda Compassionate
Communities Forum

9th Aug Wednesday 9.30 am - Jack Healey Centre
- CommuniTEA Matters Morning Quiz with Peter
Stuart celebrating June birthdays

15th Aug Tuesday 12.00 pm - Jack Healey Centre
- Lunch with Friends
\$15 per person + bf

16th Aug Wednesday 9.30 am - Jack Healey
Centre - CommuniTEA Matters
Spring Road Kindy visit to Darling Range Hub

23rd Aug Wednesday 9.30 am - Jack Healey
Centre - CommuniTEA Matters
Guest Speaker James Park

25th & 27th Aug Bus Trips refer to flyers

30th Aug Wednesday 9.30 am - Jack Healey
Centre - CommuniTEA Matters
Guest Presenter e-bikes & health

3rd Sept SUNDAY 12.00pm - Jack Healey Centre -
Pot Luck Lunch - Call Jean to book 0467777162

2023-2024



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	<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

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