

SEPTEMBER 2023



DARLING
RANGE
Hub

www.drseniorshub.com.au

Mob: 0492 807 603

NEWSLETTER

EMBRACING GROWTH AT DARLING RANGE HUB



At the heart of Darling Range Hub's progress lies our commitment to inclusivity and extending a warm welcome to new faces and members. To achieve this, we actively welcome newcomers by greeting them with a friendly hello and introducing ourselves, valuing their unique perspectives, and fostering an environment where everyone, irrespective of their background or beliefs, feels cherished and respected. We're also making changes to welcome new members into activities that were once exclusive, encouraging a dynamic shift within our community. Leading by example, we embody kindness, patience, and a shared willingness to learn. Here's a tip from one of our current members: "Always show empathy and encouragement to everyone. By embedding inclusivity, warm welcomes, and this evolving member dynamic into our hub's ethos, we set the stage for growth, with new members seamlessly integrating into our journey together."

- Yvonne Fletcher

Darling Range Hub Coordinator

Mob 0492 807 603

Email hello@drseniorshub.com.au



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





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Happy Birthday

Wendy Morris
Margi Parkinson
Shery Edwards
Emilia Ferrari
Brian Hurley
Ian Lea

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

All Things
GROW
WITH LOVE



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!

**WHAT'S
COMING UP
IN
SEPT**

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



Thank you to our Platinum Donor



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



FROM THE PRESIDENT'S DESK

Hi All

Well, two-thirds of the year is gone. Can somebody please tell me where that went? So Spring has sprung and although we may like to wave goodbye to winter and the colder weather let's hope we have more rain, for the farmers and more importantly for the bush. We don't want an early or major fire season given what's happening in the Northern Hemisphere at the moment.

We celebrated our first birthday for the Chair Yoga group and Donna Faragher donated some welcome yoga equipment - blocks and straps. It was a great morning tea event and Jack Healey had a real buzz.

The next major event at the Centre will be the Fashion Show, back by popular demand after a two-year break because of covid.

These will be very hot tickets with restricted numbers so get your group together and make your bookings. See the newsletter for more details. Rumour has it that a couple of past wannabes are tripping the catwalk for your entertainment.

Remember to keep supporting all the ongoing opportunities that the Hub offers and we second any suggestions moving forward.

We rely on your participation to make the Hub the success it is.

Membership was due at the end of July so if your renewal has slipped to the bottom of the pile please continue to support us by paying your dues.

Garden gurus and wildflower wanders are at the peak of their enjoyment at the moment.

Hope to see you out and about.

Cheers Roly Ritchie - Darling Range Hub President

Feature Article

Chair Yoga 1st Year Celebration

September 2023

By Yvonne Fletcher

Darling Range Hub Chair Yoga 1st Anniversary Special

It's with immense joy and gratitude that we bring you this special edition of our newsletter as we celebrate a remarkable milestone – the 1st Anniversary of Darling Range Hub Chair Yoga!

A Year of Gratitude: As we mark this milestone, we want to extend our heartfelt thanks to each and every one of you. Our dedicated participants, your unwavering dedication, and enthusiasm have been the bedrock of our success. It's your commitment that keeps our spirits high and our chairs occupied! 🙏

Our Pillars of Strength: Behind the scenes, our incredible instructors and committee members have been working tirelessly. Their belief in this program from day one has propelled us forward. We are profoundly grateful for their unflagging support.

A Generous Gift: A special shoutout goes to Donna Faragher MLC, who graced us with her presence on this special day. Her generous gift of yoga blocks and straps is not just a token of her kindness but a practical contribution to keeping our program accessible to all. Thank you, Donna, for your generosity and belief in our mission! 🧡❤️

More Than Just Exercise: Chair Yoga is more than just a fitness routine; it's a way of life. It doesn't matter if you're a seasoned yogi or just beginning your wellness journey; Chair Yoga is for everyone. It enhances your balance, flexibility, and overall health. Moreover, it's a delightful way to build muscle tone and strength while lifting your spirits and nurturing your mental well-being.

Towards a Bright Future: As we commemorate this first year of Darling Range Hub Chair Yoga, we look ahead with hope and anticipation. Our journey of growth, wellness, and community continues, and we invite each of you to be a part of it. ✨

In Conclusion: Today, we celebrate not just a year of yoga but a year of strengthening bonds and improving lives. Darling Range Hub Chair Yoga has brought fitness and community closer together. Here's to another year of well-being, another year of celebrating life, and another year of growing stronger together. Join us on this fantastic journey towards a healthier, happier you! 🧡🧡

Chair Yoga class Tuesday 9am-10am.
To find out more please call Hub Coordinator Yvonne 0492 807 603



Artist of the Month

JOHN NORRISS

Singer

In the mid-1980s, the talented singer and performer John Norriss embarked on a remarkable musical adventure in South Africa. There, he enchanted royalty like Princess Stephanie, Princess Caroline, and even serenaded Priscilla Presley with Elvis's iconic songs.

His journey continued aboard the 'Astor' cruise ship, performing as it sailed from Cape Town to Rio de Janeiro.

Beyond the stage, John explored the high seas, owning a charter yacht named Windwalker. For 15 years, he navigated the South Atlantic and the Caribbean, providing unforgettable experiences for guests. Returning home to Perth in 2010 due to his mother's illness, John continued to share his musical gifts, forming 'The Leftovers' and delighting audiences at bowling clubs.

Today, he's one of the remarkable singers participating in Seasons Funeral's Community Give Back Program, Seasons Singalong. We invite you to join us for a \$5-per-person event on October 3rd, featuring music, dance, tea, coffee, and morning tea. John will be playing his electric guitar and together with singing play instrumentals by The Shadows 'Apache'.

John's journey underscores the power of music and community.

by Yvonne Fletcher



John Norriss visit to The Darling Range Hub.

Tuesday 3rd Oct

10.30 am

Bookings essential call or email

Yvonne 0492 807 603

hello@drseniorshub.com.au



If you are an artist (of any kind) or author we'd love to share your story Call or email Yvonne



Peer to Peer Kalamunda: Local Support for Special Needs Families

In Kalamunda, **Pauline Foreman** identified a crucial need for tailored support for families raising children with special needs. Thus, she founded "Peer to Peer Kalamunda." This local initiative enables families to form lasting connections, sharing experiences, advice, and empathy.

Building Strong Bonds Through Understanding

Living in proximity fosters genuine relationships, making it easier for parents to reach out for assistance and share the unique challenges they face. Within this community, families find solace in understanding one another's struggles and triumphs, alleviating the burden of isolation.



Fostering Resilience and Positivity

Peer to Peer Kalamunda helps normalize the daily tasks of parenting children with additional needs, fostering positive connections among families. Through shared experiences, they gather strength and resilience, which they bring back home to face life's challenges. This local initiative is a beacon of hope, reminding us that understanding and connection can make all the difference in the world.

For more information or to join the group please contact Pauline Foreman - all carers are welcome
0417348193

CAN YOU SOLVE THESE...

Flowers Word Search

APRON
BOUQUET
BUD
CARNATION
CASHIER
CLIPPERS
DAFFODIL
DAISY
DELIVERY



FLORIST
FLOWERS
GARLAND
GLOVES
GREETING CARD
LILY
ORCHID
PETAL
POTS

RIBBON
ROSE
SEEDS
SHOP
STEM

TISSUE PAPER
VASE
WATERING CAN
WREATH



X I P A Z R X D S X S W T S C A S H I E R
D A X D N L B N I I E A E C H T S O H G E
Z U H Z Y D O Q A H K T U U O I M U S X G
F N B E N R Z L X D C E Q P X X V X R L F
W O K I Z B N D Q B J R U H T L S C E C X
Z B M T F C A R N A T I O N C B W Z P I N
R B Y R A F U H Q K T N B M K U S G P T G
W I Y D A F F O D I L G D X N Q D A I S Y
F R X G T X T F U Q T C M P H W S J L G F
S E K Q S G S N X S G A S Y Y P Q E C C T
R E R S I M M O M F Z N L R F H Q K E K I
S J V Y R E S A V W L V I N E E S R U D S
T I O O L W V S W Y N M F U W E N N Y S
J D S H L C R R O I E R S Z R I O Y C G U
B E U A F G W M E N X P E N F K T L G H E
L I L Y P A S R O A G B W V R S U K F A P
P O P L E R G R B E T K L W I S E K S R A
P B O R N L P A O M Z H Z A Q L N T K S P
Y W H D R A C G N I T E E R G F E T A L E
H W S W B N D T I J X H Y V V M M D W J R
T G F I T D M H F O D W M V S O N W U P D

Jokes!!



- What did the left eye say to the right eye?
Between you and me something smells...
- What do you call an apology written in dots and dashes?
Re-morse code...
- Once my dog ate scrabble tiles..
He kept leaving me little messages around house .



How many words can you make from the word ...

SEPTEMBER

Answers

to August Puzzles



Can You Guess: A Book

Rebus Puzzles: Four once in my life, Forget it, Try to understand, Travel overseas, Breakfast, Downtown, Eyeshadow, Stepfather, Once upon a time, potatoes, 3D movie, Top secret

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

Easy Omelete In a Mug



Ingredients

- Salted butter, for greasing the mug
- 3 large eggs
- 2 tablespoons milk
- 2 tablespoons shredded Monterey Jack cheese
- 2 tablespoons finely diced ham
- 1 tablespoon finely diced green bell pepper
- Pinch kosher salt
- Pinch freshly ground black pepper

Instructions

Grease the inside of a microwave-safe 12-ounce mug with the butter. Add the eggs and milk, then beat with a fork until well combined. Stir in the cheese, ham, bell pepper, salt and pepper. Microwave on a medium-high setting for 1 1/2 minutes, then stir and microwave until the eggs are set, an additional 1 to 1 1/2 minutes. Let cool slightly before serving.

Food Saving Tips

- Snap-frozen or tinned alternatives is a healthy, affordable alternative. Saves waste and sometimes taste even better.
- Some rewards and benefits are worth signing up for as they can provides regular offers, discounts and savings.
- Store Fresh produce at right temperatures and with similar item. *Certain fruits and vegetables produce ethylene gas as ripen, This causes ethylene-sensitive produce to ripen quicker, too.*

Use where you found them in the supermarket as ough guide .

- *Best before dates are not used by dates and items are still okay to be consumed after these dates.*
- *If produce is coming close to use by date freeze items, freeze milk. cut up fruit eg: bananas, strawberries then use in cooking or making a smoothie*



September 2033

◆◆ **VOLUNTEER** ◆◆



OF THE MONTH

Roly Ritchie

"I love volunteering for the opportunity to give something back. I love the contacts with people and hearing their stories. We all have a unique important story. If I can help one person during the day this makes my day."

- Roly Ritchie

September 2033

◆◆ **VOLUNTEER** ◆◆



Kathy Ritchie

"Volunteers are the bedrock of our community. I know I gain joy from helping visitors to the City, helping our seniors to thrive, and nurturing our furry, feathery, and scaly friends at Kanayna."

- Kathy Ritchie

SEPT BIRTHDAY CELEBRATIONS

MORNING QUIZ

Tease Your Brain & Win Prizes

Wednesday 13th Sept

Morning Tea starts: 9.30am
Quiz Starts at: 10.00 am
\$3 members or \$5 non members with quiz master Peter Stuart!

DARLING RANGE Hub
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



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

Ebike Group

What's Coming Up
Call Kate 0417 033 725



Introducing Margi's Mend & Make Do

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



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.



Experience -
**HOTHAM VALLEY RAILWAY 47TH
ANNIVERSARY FESTIVAL**



DARLING
RANGE
Hub



Price
Members
\$46 pp
Non
Members
\$48 pp



Includes

- ✓ Transport from Kalamunda
- ✓ 11am Arrive Dwellingup Festival
- ✓ 12pm Lunch – Your choice of Food Vans or Cafe (Own Cost)
- ✓ 1.30pm Arrive at the Train Station
- ✓ 2.00pm Steam Ranger Trip
- ✓ Transport back to Kalamunda

Limited Spaces

Sunday 10th Sept

Thai on the Hill

8.50am

Limited home pick up
available

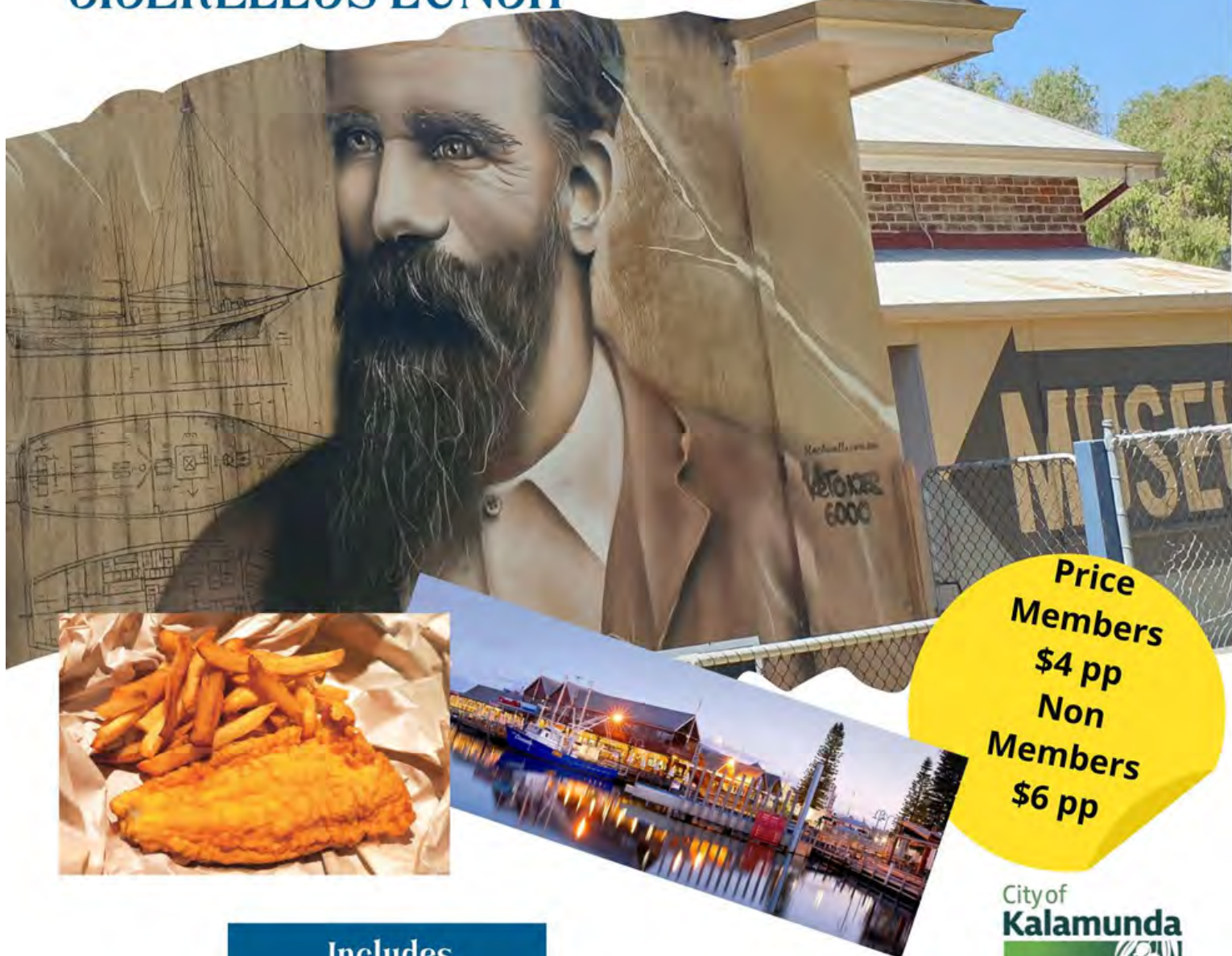
Limited Spaces Available

Bookings Essential – contact Hub Coordinator Yvonne Fletcher to reserve your spot: 0492 807 603 or email: hello@drseniorshub.com.au
NB: Your personal belonging are your own responsibility.

Experience - MANDURAH MUSEUM & CICERELLOS LUNCH



DARLING
RANGE
Hub



Price
Members
\$4 pp
Non
Members
\$6 pp



Includes

- ✓ Transport from Kalamunda
- ✓ 11am Arrive Mandurah Museum your cost (gold coin donation)
- ✓ One hour guided heritage walk with Mandurah Museum
- ✓ 1pm Lunch – Cicerellos no bookings just walk in (Own Cost)
- ✓ Transport back to Kalamunda

Limited Spaces

Saturday 16th Sept
Thai on the Hill
9.30am

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@drseniiorshub.com.au
NB: Your personal belonging are your own responsibility.

Absolutely
FABULOUS
FASHION SHOW

Friday 29th Sept, 2023
1pm

You are invited to
The Darling Range Hub
Absolutely Fabulous Fashion Show
Showcasing local op shops CWA, The St Barnabas Op Shop &
Vinnies Kalamunda.

A Darling Range Hub Fundraiser assisting with Hub programs.

Tickets & Bookings
Essential.
\$25 plus booking fee
Scan to book



or call Yvonne
0492 807 603



Includes
Light Afternoon
Tea
Fashion Parade
Glass of Bubbles on
Arrival.
Bring \$ for raffles
and purchasing
clothing at the
event.



Jack Healey Centre,
21 Mead Street Kalamunda



Printing Provided by: Matthew Hughes MLA



Seasons Sing-alongs

**You are invited
to join us for morning tea and
Seasons Sing-along. Feel welcome to get up and have a dance!
Bookings required for catering purposes.**

Cost: \$5 Time: 10.30am Date: Tuesday 3rd October 2023

Where: Jack Healey Centre

RVSP: Yvonne



**DARLING
RANGE
Hub**

e: hello@drseniiorshub.com.au

m: 0492 807 603



MELBOURNE CUP LUNCHEON



**Tuesday 7th
Nov 2023**

**Lunch | BYO | Prizes | Sweep | Hat Competition and more
10.30am - 2pm Romancing The Stone Gardens**

3 Lilian Road, Maida Vale

More Details Contact 0492 807 603

**TICKETS \$25 +BF AVAILABLE ONLINE
NUMBERS LIMITED
RSVP & PURCHASE TICKETS VIA
[HTTPS://WWW.TRYBOOKING.COM/CKMEC](https://www.trybooking.com/CKMEC)**



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 Sept 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 Kate:
0417 033 725

Once a Month Events

6th Sept 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

10th Sept Bus Trips refer to flyer

13th Sept Wednesday 9.30 am - Jack Healey
Centre - CommuniTEA Matters Morning Quiz with
Peter Stuart celebrating Sept birthdays

16th Sept Bus Trip refer to flyer

20th Sept Wednesday 9.30 am - Jack Healey
Centre - CommuniTEA Matters
Guest Speaker - Published Author - Tania Park

27th Sept Wednesday 9.30 am - Jack Healey
Centre - CommuniTEA Matters
Guest Speaker - Carers WA - Tiffany Alling

29th Sept Friday Fashion Parade refer to flyer

1st Oct SUNDAY 12.00pm - Jack Healey Centre -
Pot Luck Lunch - Call Jean to book 0467777162

3rd Oct Tuesday 10.30am - Jack Healey Centre -
Seasons Singalong refer to flyer

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.