

OCTOBER 2023



DARLING
RANGE
Hub

www.drseNIorshub.com.au

Mob: 0492 807 603

NEWSLETTER



Discover the Secrets of Longevity
and Fashion Elegance at Darling
Range Hub!

More on page 5

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



**DARLING RANGE
HUB MEMBERSHIP
FORMS ON LAST
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Happy Birthday

Kate Elliot
Glenys Feild
Bill Foreman
Yvonne Harrison
Lee Knowlson
Terry Scanlan
Margaret Thornton

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

**WHAT'S
COMING UP
IN
OCTOBER**



Two Bus Trips
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
FUNDRAISING CONCERT
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



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

Another edition. This one marks the beginning of the second quarter in the financial and business world, if that's important to you.

Friday 29th of September marked our Absolutely Fabulous fashion show. (see photos on Facebook) This was a fantastical event for a number of reasons.

- Firstly, the tremendous efforts of the many volunteers who worked with such enthusiasm to make it successful. This group was led by Yvonne Fletcher our Hub Coordinator and the Parade subcommittee ably supported by many others. My thanks to you all.
- The second major success story was in the involvement of the three "op" shops in the event. Verna's Place -St Barnabas Church, Kalamunda CWA and Vinnies Kalamunda all came on board. They provided the clothes for the models and took the opportunity to sell to the audience from their stalls. This is a great example of the Hubs commitment to local business and the community.
- Thirdly the event provided excellent entertainment to the audience who had fun and laughter while taking the opportunity to interact with others.

Socialisation is so important with many countries recognising it's importance. England have appointed a Minister for Loneliness. They see the effects of loneliness as a health issue having as much impact as smoking, alcohol and obesity. Loneliness and isolation exist in our own community so make an effort to connect with friends, family and neighbours soon.

We have two further events coming up in early November.

1. A night with Elvis " starring Joe who provided music at the Parade and;
2. The Australian tradition of the " Melbourne Cup Lunch" on the first Tuesday in November.

Lookout for tickets to these.

Our other important event is the AGM on Thursday 26th October. Show your support for the Hub and come along. Seriously consider nominating for the committee.

"We need you."

Cheers Roly Ritchie - Darling Range Hub President

Discover the Secrets of Longevity and Fashion Elegance at Darling Range Hub!

By Yvonne Fletcher

Dear Members and Friends,

I hope this message finds you well. I wanted to share a couple of exciting updates with you all!

Firstly, I had the pleasure of watching the enlightening documentary "How to Live to 100, Wherever You Are in the World" on Netflix, which is part of Dan Buettner's eye-opening "Secrets of the Blue Zones" series. It's truly remarkable to discover that our very own Darling Range Hub community embodies many of the 12 longevity-boosting habits discussed in the series. I highly recommend that you take the time to watch it and share your thoughts with me. It's both inspiring and thought-provoking. Happy viewing, and let's catch up soon to discuss!

Secondly, I wanted to express our heartfelt gratitude to everyone who made the absolutely fabulous fashion show on Friday, September 29th, such a resounding success. A big thank you to our dedicated volunteers, stunning models, the CWA Kalamunda, St. Barnabas, and Vinnies Kalamunda for being a part of this wonderful event. We also extend our appreciation to Mathew Hughes for printing our flyers. It was truly a remarkable day, and we've captured the moments through some fantastic photos available on our Facebook page for you to enjoy. As always, your continued support and involvement make our community thrive, and we look forward to many more memorable moments together.

Warm regards,

Yvonne Fletcher Darling Range Hub Coordinator

October 2033



Amanda Allanson

"I love volunteering and giving back to the community."
- Amanda Allanson

October 2033



Joe Micallef

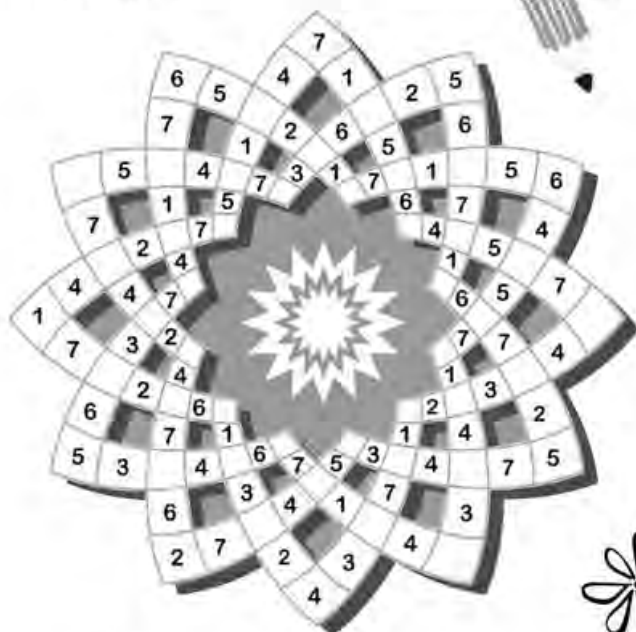
"When I started playing people came together to support and help me. Now I enjoy giving that back if something is needed to be done then I like to step up and help where I can."
- Joe Micallef

CAN YOU SOLVE THESE.



SUDOKU PUZZLE

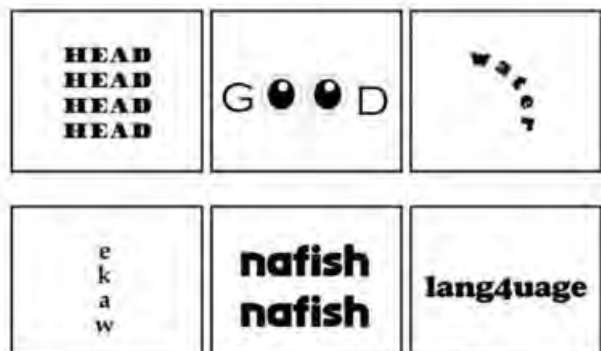
Fill empty spaces with numbers so each line shows 1 - 7.



Follow the numbers from 1 to 55 to help the frog find his lillipad.

	4	9	6	18	17	16	35	34	32
	3	8	5	20	40	15	21	23	45
1	1	2	3	4	21	23	18	20	30
3	2	9	8	13	12	31	30	19	48
9	3	6	7	8	20	12	17	18	19
8	4	5	22	9	10	11	16	40	20
10	5	26	23	10	42	41	15	39	21
14	6	25	24	11	12	13	14	39	22
8	7	14	15	16	17	18	19	20	23
21	34	33	32	31	40	27	26	25	24
23	35	18	19	30	29	28	27	28	29
24	36	30	32	31	5	2	50	51	52
38	37	38	39	46	47	48	49	44	55
39	20	33	44	45	29	52	53	45	
40	41	42	43	46	47	53	54	55	

Can you solve these rebus puzzles!



Just for a laugh!!

A young boy enters a barber shop and the barber whispers to his customer. 'This is the dumbest kid in the world. Watch while I prove it to you.' The barber puts a dollar bill in one hand and two quarters in the other, then calls the boy over and asks, 'Which do you want, son?' The boy takes the quarters and leaves. 'What did I tell you?' said the barber. 'That kid never learns!' Later, when the customer leaves, he sees the same young boy coming out of the ice cream store. 'Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?' The boy licked his cone and replied, 'Because the day I take the dollar, the game is over!'

Did You know!!

- Did you know dead skin cells are the main ingredient in household dust.
- The inventor of the microwave only received \$2 in 1945 never any of the royalties.
- The cornea is one of two parts in the human body without blood cells.
- Peanuts aren't actually nuts they are actual legumes.
- Dogs sniff good smells with their left nostril.
- Lemons float Limes sink.
- Cats have fewer toes on their back paws.

Faith in a Tree

A tree lets you shelter from the sun.

A tree will give you one of its limbs to keep you warm.

A tree will not even complain when you cut that loving heart into its trunk with endearing words.

A tree lets the birds rest their weary limbs and take a nap in its arms.

A tree will show its beauty with its flowers to welcome the bee's and the seasons.

A tree will nourish you with its fruit.

A tree is humble, bowing to the wind but will show it's strength by not giving in.

A tree will serenade your mind with its gentle whispers as it sways in the breeze.

- Cathy Audino

Support for individual's fundraising efforts

Marilyn Potter - MS Research

Ocean to ocean solo bike ride for Multiple Sclerosis research I live in Gooseberry Hill with my husband Graeme and a member of the Darling Range Seniors Hub. I attend chair yoga on Tuesday mornings which helps to keep me active as I have Multiple Sclerosis. I was diagnosed at the beginning of 2017. It has taken my independence away making walking difficult, and everyday life harder, so now have to rely on a walking frame. I need to attend physiotherapy classes at the Multiple Sclerosis centre every so often to keep as much mobility as I can. I also swim to keep active. It is a very debilitating disease and any research into MS is vital for the future to try and find a cure. Our son Jason who lives in Melbourne, with his wife Penny, is to take on a very long solo bike ride across Australia to raise as much money as he can for Multiple Sclerosis research. It was to take place in 2021 but boarder closers due to covid put a stop to it. He is all set to go this year, starting in Sydney on the 14th October and finishing in Perth on the 11th November. Jason will then ride in the 2023 MS Ocean Ride from Fremantle to Hillarys on Sunday 12th November. He will be well supported by Penny, Sonia (his twin sister) my brother and a good friend who will drive two mobile homes to accompany him. His web site is ocean2oceanride4ms.com . Please check it out , any donation will be greatly appreciated and help in the fight against this awful disease. Donation tab on website. You can follow Jason on his ride via the website and link there.



Marilyn Potter - Darling Range Hub Member

Support for individual's fundraising efforts



Yvonne Fletcher – Mental Health

Sadly, 1 in 5 people experience symptoms of mental illness each year. In fact, every day in Australia, 9 people will die by suicide.

This month, I am walking 40km in One Foot Forward to support Australians impacted by mental illness and suicide. A group of friends and I will be walking Bibbulmun Track Kalamunda to Mundaring on the weekend of 20th & 21st October.

My goal individual goal is to raise \$385 to help the Black Dog Institute put ground-breaking new mental health treatment, education and digital services into the hands of the people who need them the most.

Please make a donation and support my 40km challenge this month to help change lives:

<https://www.onefootforward.org.au/fundraisers/yvonnefletcher>

Together, we can show people experiencing mental illness that they are not alone.

Thank you.

Yvonne Fletcher - Hub Coordinator

ZIG ZAG COMMUNITY ARTS AND CITY OF KALAMUNDA

PRESENT



ZIG ZAG COMMUNITY ARTS & CRAFT WORKSHOPS



INTRODUCTION TO CROCHET

THURSDAY 12 OCTOBER @ 9:30AM

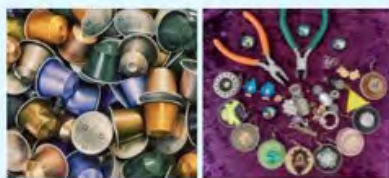
JACK HEALEY CENTRE, KALAMUNDA



MACRAME HAT HANGERS

THURSDAY 19TH OCTOBER @ 9.30AM

WOODLUPINE COMMUNITY CENTRE, FORRESTFIELD



JEWELLERY MAKING WITH PODS

THURSDAY 26 OCTOBER @ 1PM

JACK HEALEY CENTRE, KALAMUNDA



MIXED MEDIA

THURSDAY 2 NOVEMBER @ 10AM

PRIVATE STUDIO IN GOOSEBERRY HILL



PAINT N' SOUP - WATER COLOUR

THURSDAY 23 NOVEMBER @ 10AM

ROMANCING THE STONE GARDEN, MAIDA VALE

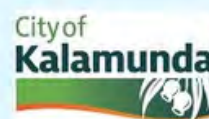


TO REGISTER YOUR SPOT

SCAN QR CODE

CALL - 0416152997

ZIGZAGCOMMUNITYARTS@GMAIL.COM



WWW.ZIGZAGCOMMUNITYARTS.ORG.AU/EVENTS

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.



Kings Park Festival - wildflower experience



DARLING
RANGE
Hub

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



Includes

- ✓ Transport from Kalamunda
- ✓ Coffee Stop (own cost) & Self Guided Tour of Wildflowers & Glass Bridge
- ✓ 12.30pm Lunch Zamia Cafe – own cost
- ✓ Transport back to Kalamunda

Limited Spaces

Friday 13th Oct
Meet at:
Thai on the Hill
8.50am for
9:00 am departure

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.

Celebrating Seniors Week 2023

Join us for a light lunch and fun bingo

Woodlupine Community Centre

12-2pm, Friday 17 November

88 Hale Road, Forrestfield

Cost \$5.00 per person + BF

Bookings essential!

Visit www.trybooking.com/CKGMS

by 10 November to secure your spot.

Tickets also available to purchase at: Woodlupine Family Centre (Tues-Thur 9am to 2pm, Fri 9am to 12pm) and Darling Range Hub (Mon - Thurs 8.30am to 1pm).

This event is supported by City of Kalamunda, Woodlupine Family Centre, and Darling Range Hub.

**Bookings
essential**

**Cost \$5.00 per
person + BF**

Scan here to book now!



We strive to improve access and inclusion for all community members.

The venue has accessible parking bays and accessible toilets available.

Please contact Ruth on 9257 9999 to discuss any further access needs or dietary requirements.

Email enquiries@kalamunda.wa.gov.au
www.kalamunda.wa.gov.au



Intergenerational Community 'Play in the Park'

Grandparents
Welcome

Did you know?

Children learn best through play!

Come along to a free, fun-filled play in the park!
For children aged 0 - 5, parents, carers and grandparents.

BYO hat, picnic blanket, morning tea and water.

Coffee
cart

U BEAN
COFFEE

Playground
on site!

FEATURING:

Range of
different Kids
Activities

Toilets on
site

Accessible
by bus



Bill Shaw Reserve

Monday 13 November 2023

9:30am – 11:30am

Corner of Canning Road
and Grove Road, Lesmurdie

FREE



More Information

☎ 9359 1155

✉ woodlupine-fc@bigpond.com

📘 @WoodlupineFamilyCentre



Do you have ideas of what to include in a Community Art Mural?

My Life; My Community

To celebrate International Day of People with Disability a community art mural will be painted. We would like your ideas on what to include in the design.

Theme is My Life; My Community

List your ideas:

.....

.....

.....

.....

<https://forms.office.com/r/gkDr939shP>

In partnership with:



Please come along and help paint the mural on Monday 4 December 2023

9:30am - 12:30pm

Building Friendships Office
44 Haynes St, Kalamunda

www.trybooking.com/CLJBX



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



Carers Morning Tea

Wednesday 18 October 2023

10:00am - 11:30am

Building Friendships Office
44 Haynes St, Kalamunda



Are you an unpaid Carer?

The City of Kalamunda, Kalability Catering, Kalamunda Secondary Education Support Centre and Building Friendships want to thank you for your hard work and dedication and invite you to a FREE morning tea. Make your own paper flower.

Please advise of any dietary requirements and book by **Sunday 15 October**

FREE EVENT
Bookings Essential



Scan here to book now!
www.trybooking.com/CLFCQ

In partnership with:



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



Bring Kalamunda Compassionate Communities to Life

FREE Afternoon Tea

Saturday 21 October 2023

2:00pm - 4:00pm

Kalamunda Community Centre
2 Crescent Rd, Kalamunda



Come and explore the role of connectors and how you can help get Compassionate Communities rolling.

FREE EVENT
Bookings Essential



Please advise of any dietary requirements and book by **Thursday 19 October 2023**

Scan here to book now!
www.trybooking.com/CLJFL



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





DARLING
RANGE
Hub

NOTICE OF AGM

**5 PM
THURSDAY
26TH OCT
2023**

Location:

The Dining Room

Jack Healey Centre

RSVP: Yvonne

hello@drseniorshub.com.au

or 0492 807 603



DARLING
RANGE
Hub

CONCERT AN EVENING WITH ELVIS

Tribute by Joe

Romancing the Stone Gardens

3 Lilian Road Maida Vale

7.30pm Friday 3rd November

TICKET INFORMATION

limited tickets

\$30 per person

includes concert & supper

Tickets available at

www.trybooking.com/CDRHR

or scan the QR code to

book now

or call:

0492 807 603

Tom 9454 4298

scan QR Code for tickets

**BOOK
NOW!**



City of
Kalamunda





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)**




HOW MUSIC AFFECTS THE BRAIN

PROFESSOR ALAN HARVEY

Well known for his **TED talk** at the Concert hall, Alan who is a Neuroscientist at UWA will captivate the audience for this unique talk on Music and how it impacts us as human beings.



**All proceeds going to
Kalamunda & Lesmurdie SHS
Music programs**

 TUESDAY 24TH OCTOBER

 AT 06.00-7.30PM

COST \$30

Rotary

Club of Kalamunda



Kalamunda Performing Arts
Centre 48 Canning Road,
Kalamunda

(08) 9257 2558

<https://bit.ly/KPACRotaryMusic>



SCAN ME



BOOK NOW





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 Oct 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

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

3rd Oct TUESDAY 10.30am - Jack Healey Centre
Seasons Sing-along

4th Oct WEDNESDAY 10.00am
Kalamunda Performing Arts Centre
- Morning Music
Call Yvonne to book 0492 807 603 or;
chitter chatter morning tea at Jack Healey Centre

10th Oct Bus Trips refer to flyer SOLD OUT

11th Oct Wednesday 9.30 am - Jack Healey
Centre - CommuniTEA Matters Morning Quiz with
Peter Stuart celebrating Oct birthdays

13th Oct Friday 9.30 am - Bus Trip refer to flyer

18th Oct Wednesday 9.30 am - Jack Healey
Centre - CommuniTEA Matters
Guest Speaker - Real Estate Agent - Grant
Winning

25th Oct Wednesday 9.30 am - Jack Healey
Centre - CommuniTEA Matters
Guest Speaker - PDC - Type 2 Diabetes

**26th Sept Thursday DARLING RANGE HUB AGM
5PM**

1st Nov WEDNESDAY 10.00am
Kalamunda Performing Arts Centre
- Morning Music
Call Yvonne to book 0492 807 603 or;
chitter chatter morning tea at Jack Healey Centre

5th Nov 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.