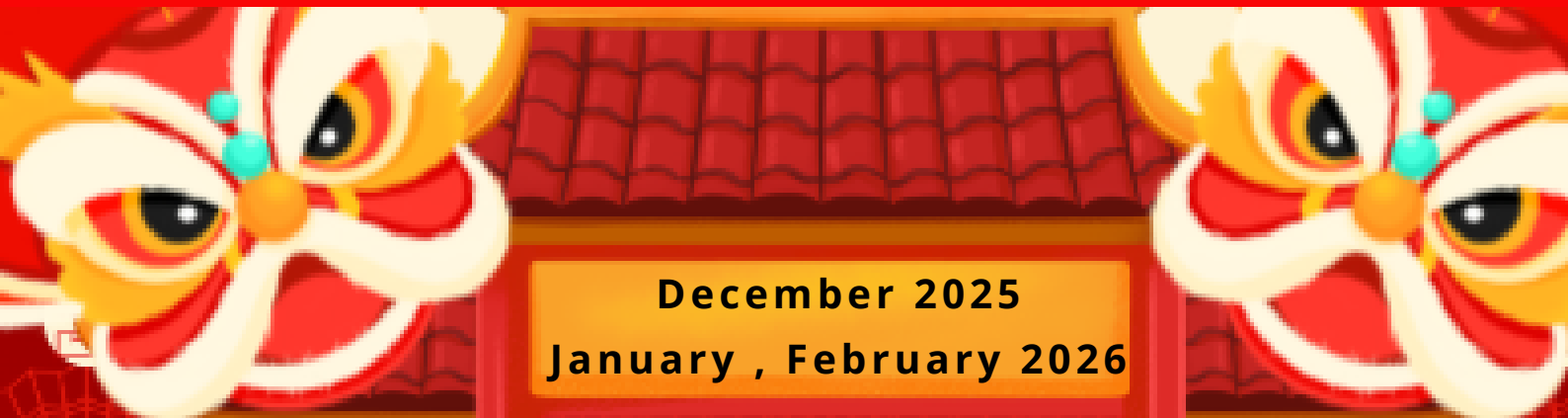




THE HERALD

Herald Avenue Senior Citizens' Club



**December 2025
January , February 2026**

CHRISTMAS BREAK

CLUB CLOSING

**4pm, Friday
19 December 2025**

CLUB RE-OPENING

**8.30am, Monday
5 January 2026**

YULETIDE GREETINGS FROM THE PRESIDENT

STELLA SHORT

As we wrap up another year together, I want to share my heartfelt gratitude for the wonderful moments we have enjoyed in our club. Our activities continue to keep members busy and healthy. This year, we introduced an extra—and very popular—linedancing session, alongside plenty of events and changes. Through it all, our finances have remained steady and the spirit of our club has stayed strong.

Looking ahead, I am thrilled about what is to come. We plan to launch a Games Day on Thursday afternoons, giving members the chance to enjoy Chess, Scrabble, Canasta, and other board games. We will continue to celebrate milestones, support one another, and ensure every voice is heard. And next year will be extra special—we will mark our 40th anniversary with zest.

Here's to a lovely year ahead. Merry Christmas and Happy New Year!

'TIS THE SEASON



It's that magical time of year again – and what better way to kick it off than with a big, jolly breakfast together on Saturday, 13 December 2025.

On the table: sizzling sausages, fluffy eggs, crispy bacon, golden hash browns, baked beans, mushrooms, toast and a rainbow of fresh fruits.

Bring your appetite, your laughter, and your Christmas spirit – because this is all about good food, great friends, and festive fun. Let's raise our cups to the season and celebrate with our Herald family.

A LITTLE PEEK INTO 2026

CELEBRATING 40 YEARS TOGETHER

In 2026, the Herald Avenue Senior Citizens' Club will celebrate a very special milestone - forty wonderful years together. That is four decades of friendship, activities, and cherished memories. We are planning a series of special activities and celebrations to mark this occasion.

Stay tuned for details, and join us as we celebrate the past, embrace the present, and look forward to the future together!



YO HO HO - AN ARTIST'S WISH LIST

GLENYS CAVE

Christmas means many things—quiet reflection on Bethlehem, the laughter of Santa, or simply the joy of family gatherings. But no matter how we celebrate, one tradition ties us together: receiving and giving presents.

For a beginner artist, a few essentials can spark creativity. Good paints in the five basic colours—black, white, red, blue, and yellow—open endless possibilities. A canvas, whether from an art shop or supermarket, becomes a stage for imagination. Soft brushes make painting a pleasure, and a little advice from an experienced hand goes a long way.

Seasoned painters can be harder to please, but inspiration is always welcome. An art book, a DVD, or a gift card lets them explore new ideas. Beyond paint, pastels, crayons, charcoal, and pencils offer fresh ways to express themselves.

And if you're still unsure, visit the Activity Room—we're tucked away at the back on Mondays and Fridays, ready to share our favourites.



Credits for this photograph:

Willi Verschoof submitted this photo of our talented Art Group for the 2025 Golden Lens Photography Competition.



TERRACOTTA WARRIORS



On Friday 5 December 2025, 24 enthusiastic Club Members will set off for a visit to the WA Museum. The highlight of the day will be the chance to rub shoulders with the extraordinary Terracotta exhibit from China, offering a rare glimpse into history, artistry, and culture.

Thanks to the generous transport grant from the City of Canning, members can enjoy this enriching experience together with ease and comfort.

CARD-MAKING AT HERALD

NORMA MONKS

Do you love meeting new people, sharing conversations, and learning creative skills? Our Card-Making Group might be just what you're looking for!

With Christmas around the corner, handmade cards become cherished keepsakes. Guided by Norma's expertise, members craft designs that inspire and delight. No prior experience or materials are needed—just curiosity and enthusiasm.

We gather every Thursday morning, where some enjoy lively discussions about life's big questions, while others prefer quiet focus. Everyone's contribution is valued. A weekly highlight is our Show & Tell, sparking fresh ideas and inspiration. Morning tea is another favourite, with members bringing homemade treats and recipes to share.

Our creative journey explores embroidery, iris folding, quilling, pergamano, stamping, paper tole, punch work, and cutting machines. Together, we design cards for birthdays, anniversaries, Easter, Christmas, and friendship—limited only by imagination. Why not drop in, enjoy a chat, and see what we're all about?

From Norma, Joy 1, Joy 2, Mary, Ean, Pat & Kaye—wishing you a festive season filled with love, peace, and joy.



MAHJONG - TILES & TACTICS

A popular activity at the club. What begins as a few friendly rounds of tiles shuffling, quickly becomes a spirited contest of skill, memory, and luck.

For some, it is the thrill of strategy; for others, it is the joy of companionship. Either way, it is one that keeps minds sharp and spirits high.



ROCKING AROUND THE CLUB

SENIORS CARD-12 OCT

What an informative session. A group of 22 participants gathered to discover ways to maximise their WA Seniors Card privileges - and left with lots of tips and fresh ideas.

Information flowed freely, and everyone left satisfied about how to stretch their Seniors Card benefits further.

And because learning is always better with good company, we enjoyed food, snacks and plenty of laughter along the way.



LEST WE FORGET REMEMBRANCE DAY

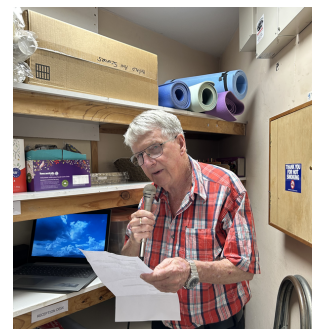
On November 11, our Club joined Australians everywhere in pausing to honour the courage and sacrifice of those who served in wars and peacekeeping missions. At 11 o'clock, the haunting notes of the bugle and a minute's silence was observed, echoing the moment the guns fell silent on the Western Front in 1918. Our members gathered with quiet dignity, some wearing red poppies as symbols of remembrance.

SWAN VALLEY

Our President led a cheerful busload of members on a memorable trip to the Swan Valley. The adventure began with morning tea in the leafy surrounds of historic Guildford, followed by a visit to the Guildford Visitors' Centre and Museum, where local history came to life.

Lunch was a highlight at Pasta in the Valley, where everyone enjoyed a delicious meal and marvelled at the huge pasta-making machine many had ever seen.

The day concluded with a scenic drive through the valley, capped off by sweet stops at Mondo Nougat and Whistlers Chocolate. With good company and plenty of treats, it was a day that captured the best of our club spirit.



ROCKING AROUND THE CLUB

MELBOURNE CUP

Our Melbourne Cup Luncheon on Tuesday, November 4th was a winner from the start. Thirty racegoers, decked in fascinators, hats and cheerful outfits filled the Recreation Room with excitement.

When Half Yours stormed home – we had cheers from the big screen at the Entryway that beamed the race live from Melbourne, and groans from the diners in the dining room as the TV was on the wrong channel. Nonetheless, hearty congratulations to our sweep winners. A sumptuous lunch, with endless cups of tea, coffee and wine, tempting desserts and lucky draw prizes kept everyone fuelled and cheered.

Everyone enjoyed the camaraderie that makes our gatherings so special.



CRAFT FAIR-4 OCT

A huge Thank-you to everyone who made our Annual Craft Fair such a success! Despite the rainy morning, the hall was busy from morning right through to noon, with happy shoppers and old friends catching up.

Our talented crafters and artists did us proud: every table was a feast for the eyes, from jewellery to painting to jars of home-made jam.

If you missed it this year, mark your calendar for next October - It will only get better. Well done, everyone - here is to our creative and hardworking group who supported the event!

ROCKING AROUND THE CLUB

MANY HANDS MAKE LIGHT WORK

if you wandered into the club recently, you might have thought Santa's workshop had relocated! A merry band of ladies and gentlemen- our own Herald elves - bustled about with tinsel in hand, untangling fairy lights, fluffing branches, and coaxing Christmas trees into their sparkling best.

With laughter, teamwork, talented fingers and a sprinkle of festive magic, they transformed the club into a wonderland of colour and cheer. Thanks to their efforts, our Club now sparkle with the spirit of Christmas, ready to welcome us all into the season of joy.



*Ladies
And Gents
Hairdressing*

Open Tuesday to Friday

9.00 am to 4.00 pm

Appointments

Telephone: 6260 7658



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HERALD AVENUE SENIOR CITIZENS' CLUB
ACTIVITY TIMETABLE (2025/2026)

	TIME	MORNING	TIME	AFTERNOON	TIME	EVENING
MONDAY	8.30 – 11.00	Darts	1.00 – 3.00	Bingo	6.00 – 7.30	N Vogue/ Seq Dancing (Beg)*
	9.00 – 11.45	N Vogue/ Seq Dancing	12.00–2.30	Quilting	7.30 – 10.30	N Vogue/ Seq Dancing (Adv)*
	9.00 – 12.00	Beading	12.30–3.00	Canasta		
	9.00 – 3.00	Snooker				
	11.30 – 2.30	Art (Painting)				
TUESDAY	9.00 – 10.00	Yoga**	1.00 – 3.30	N Vogue/ Seq Dancing		
	9.00 – 10.30	Table Tennis (Men)	1.00 – 3.30	Whist		
	10.30–11.30	Keep Fit**				
	9.00 – 3.00	Snooker				
	9.00 – 12.00	Computer Club				
WEDNESDAY	8.45 – 9.45	Tai Chi (Intermediate)**	1.00 – 3.30	Table Tennis (Mixed)	7.30 – 10.30	N Vogue/ Seq Dancing *
	9.55- 10.55	Tai Chi (Advanced)**	12.00–1.00	Chair Yoga**		
	9.00 – 12.30	Indoor Bowls	1.00 – 3.30	Western Mahjong		
	9.00 – 12.00	Table Tennis (Ladies)	1.30 – 3.30	Skiffle Group		
	9.00 – 3.00	Snooker				
THURSDAY	8.30 – 11.30	Card-making	11.30–3.30	Chinese Mahjong	6.00 – 7.30	N Vogue/ Seq Dancing (Imp)*
	8.30 – 11.30	Knitting/Crocheting			7.30 – 10.30	N Vogue/ Seq Dancing (Adv)*
	9.00 – 10.00	Line Dancing (Beginners)**				
	10.15 – 12.00	Line Dancing (Improvers)**				
	9.00 – 3.00	Snooker				
FRIDAY	8.45 – 9.45	Tai Chi (Beginners)**	1.00 – 1.40	Zumba Gold**		
	9.55- 10.55	Tai Chi (Adv)**	1.00 – 3.00	Guitar Group		
	9.00 – 12.00	Indoor Bowls				
	11.30 – 2.30	Art (Painting)				
	9.00 – 3.00	Snooker				
SAT	9.30 – 11.30	Line Dancing*	1.00 – 3.30	Table Tennis	7.30 – 10.30	N Vogue/ Seq Dancing*
SUN			2.30 – 4.30	N Vogue/ Seq Dancing*		

* Members: \$6, Non-Members: \$7

**Members ONLY Activity: \$6

Updated: 3 Dec 2025