

JUNE, JULY, AUGUST 2026



THE HERALD

HERALD AVENUE SENIOR CITIZENS CLUB



FORTY YEARS - MANY CULTURES, ONE COMMUNITY

Join us on 4 July as we celebrate the 40th anniversary of Herald Avenue Senior Citizens' Club. Experience the rhythm of an Irish tap dance, the heartwarming melodies of our Skifflers, the lively beat of our line dancers and the colour and energy of a Bollywood dance - the rich cultural diversity that makes our Club so special.

This milestone event brings together music, dance, culture and food in one vibrant celebration, along with an exhibition showcasing the memories and milestones that have shaped the Club over four decades. Come dressed in your national costume.

Be part of a day that honours our past, celebrates our present and looks to the future.

Wifi in the Club

You asked and we are now ready to provide Internet service for ALL our members.

Connect to:

HASCC_Guest_5132_5

G OR

HASCC_Guest_5132

No Password required.

\$10

40 Years
Many Cultures, One Community

1986-2026

Saturday 4 July 2026

10.30 am

Concert*Lunch*Exhibition

HERALD AVENUE SENIOR CITIZENS' CLUB

40th RUBY ANNIVERSARY

*Don't miss out.
We encourage you to get your
tickets early - as numbers are
limited.*

SHARING YOUR HERITAGE

*We are celebrating the wonderful mix of
cultures in our Club. Please drop a note in
the box and tell us which country you
come from*

LOOKING AHEAD - ACTIVITIES 2026

WHEN IN 2026	WHAT
15 June	Pinjarra Paceway
4 July	40 Years- Many Cultures, One Community
13 August	AGM 2026
31 August to 4 September	Fathers' Day
17 October	Craft Fair
3 November	Melbourne Cup
5 December	Christmas Breakfast

THE TEAM BEHIND THE CLUB

President	Stella Short	Vice President	Brian Jansen	Treasurer	Alex Chan
Secretary	Yin Long	Social Secretary	Vivien Wong		
Committee Members					
Shandra Berry	Margaret Hampson	Roland Hor	Moon Loh		
Edward Ma	Vince Maher	Jim Oakland	Corlin Yen		



COFFEE AND COOKIES

23 April 2026

The weather was truly on our side. Just as it was time for us to enjoy our cups of aromatic coffee, the sun decided to make its presence felt – a perfect touch for a perfect morning. Right on cue, Beach Break Van rolled up to our door. The only thing missing was the beach itself. Their cheerful team served 130 members with complimentary coffees, each paired with a classic Anzac biscuit. The Centre was abuzz with conversation, laughter, and the comforting hum of people enjoying a shared moment.

Everywhere you looked, there were big smiles. The atmosphere was warm, lively, and full of appreciation – exactly what Members' Appreciation Day is all about. It was a simple gesture, but one that was truly appreciated.



Overheard

Are we having coffees every week?

When is the next Members' Appreciation Day?





RAISING \$9297 FOR THE CANCER COUNCIL

On 16 May, the Herald Avenue Senior Citizens' Club joined thousands of Australians in supporting Australia's Biggest Morning Tea. The Club was buzzing as volunteers packed snack boxes, prepared homemade treats, and ran a cheerful raffle. A warm thank-you to Tina and her team of amazing helpers, whose efforts made the party run smoothly.

We were honoured to welcome Scott Quek, recently recovered from cancer, whose familiar tunes touched everyone. Indah McPherson energised the afternoon with Zumba, followed by enthusiastic line dancers led by Betty Hu and Florence Hui, and sequence dancers performing to melodies specially organised by Moon Loh.

It was a warm, lively afternoon filled with smiles. Thank you to all our volunteers, performers, donors, and members for supporting a cause that touches so many lives.





Rhumbumbuma



BIGGEST CUPPA

Overheard

"Let's see if we can beat last year's amount!"



Scott Quek entertaining the guests



Tina's team of helpers



With Kelly Langley from Cancer Council WA

THURSDAY LINE DANCERS ALSO RAISE A CUPPA

The ever-energetic Thursday Line Dancing Group, led by Catherine Lange, proudly raised a cuppa for cancer in support of the Cancer Council. The hall was filled with laughter as members enjoyed fun games, friendly challenges, and—of course—lots and lots of dancing. Their enthusiasm and joyful spirit made the morning a wonderful celebration.



BOWLING NEWS

On 24 April 2026, a new Bowls Sub-Committee was formed.

Captain: John Bottrell **Vice Captain:** Tom Cole
Secretary: Marie Egan **Treasurer:** Elizabeth Avery
Committee Members: Margaret Bell, Bernie Brosztl, John Fisher, Keith Hand, Brian Jansen



MOTHER'S DAY AT HERALD

During the week leading up to Mother's Day, the ladies in the club were treated to complimentary tea and coffee and daiiy sweet treats.



Over the past few months, our wonderful ladies have been incredibly busy creating beautiful handmade items for King Edward Hospital, Armadale Hospital, Sir Charles Gairdner, Fiona Stanley, and several other charitable organisations. We have gifted an amazing collection of lovingly made items – chemo beanies, cosy blankets, premmie and newborn jackets, tiny bootees, baby beanies, and the most delightful knitted toys. Every hospital has expressed how much these items are appreciated by their staff, patients, and specialist units.

We are truly fortunate to have such talented and generous participants in our group. Your workmanship, care, and dedication bring comfort to so many people in need, and we are deeply grateful for all that you do

AROUND THE CLUB



ZUMBA WITH INDAH

Indah leads her lively group of exercise enthusiasts every Friday at 1.00 pm in the Hall, guiding them through energetic routines set to upbeat music. This cheerful Zumba group is as friendly as they come – and you always know when the class has finished, because the moment the music stops, the hall fills with the sound of happy, animated chatter.

KNATTY KNITTERS



WESTERN MAHJONG

Our Western Mahjong Group has been buzzing along nicely – some weeks we're quiet, some weeks we sound like a busy marketplace, but that's half the fun.

A big welcome to our new members, Penny, Rhonda and Jenny. It's good to have Rhonda and Michiko back after their little mishaps. Ah, the joys of getting older... more creaks, more aches, and somehow we're all moving in slow-motion these days. Hope everyone's had their flu jab and is taking care.

We were saddened to lose Rex recently. He hadn't been well for some time, and our thoughts are with his family and friends. Take care, everyone. We look forward to our weekly games, laughs, and friendly noise – it keeps us young.



AROUND THE CLUB



WHIST

Whist is a classic four-player card game that has been enjoyed for centuries. Played in partnerships, it's a simple trick-taking game where players try to win more tricks than the opposing pair. One suit becomes the trump, and players follow the suit led whenever possible.

What makes Whist appealing is its mix of luck, memory, and quiet strategy. There's no talking between partners, so players rely on observation and teamwork. Still popular in clubs today, Whist remains a favourite for its friendly competition and the easy social connection it brings to the table.

HERALD AVENUE SENIOR CITIZENS' CLUB

ACTIVITY TIMETABLE (2026)

	TIME	MORNING	TIME	AFTERNOON	TIME	EVENING
MONDAY	8.30 – 11.00	Darts	1.00 – 3.00	Bingo	6.00 – 7.30	Sequence Dancing(Beg)*
	9.00 – 11.45	Sequence Dancing	12.00–2.30	Quilting	7.30 – 10.30	Sequence 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	Sequence 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	9.00 – 12.30	Indoor Bowls	1.00 – 3.30	Table Tennis (Mixed)	7.30 – 10.30	Sequence Dancing *
	9.00 – 12.00	Table Tennis (Ladies)	1.00 – 3.30	Western Mahjong		
	9.00 – 3.00	Snooker	1.30 – 3.30	Skiffle Group		
	11.00–12.00	Chair Yoga**				
THURSDAY	8.30 – 11.30	Card-making	11.30 –3.30	Chinese Mahjong	6.00 – 7.30	Sequence Dancing(Imp)*
	8.30 – 11.30	Knitting/ Crocheting	12.30 - 3.30	Board Games	7.30 – 10.30	Sequence Dancing(Adv)*
	9.00 – 10.00	Line Dancing (Beginners)**				
	10.15 – 12.00	Line Dancing (Improvers)**				
	9.00 – 3.00	Snooker				
FRIDAY	9.00 – 12.00	Indoor Bowls	1.00 – 1.40	Zumba Gold**		
	11.30 – 2.30	Art (Painting)	1.00 – 3.00	Guitar Group		
	9.00 – 3.00	Snooker				
SAT	9.30 – 12.30	Line Dancing*	1.00 – 3.30	Table Tennis	7.30 – 10.30	Sequence Dancing*
SUN			2.30 – 4.30	Sequence Dancing*		



Hall



Recreation Room



Activity Room



Computer Room

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

**Members ONLY Activity: \$6