

MARCH, APRIL, MAY 2026



THE HERALD

HERALD AVENUE SENIOR CITIZENS' CLUB



Welcome 2026

2025 concluded on an excellent note with a well-attended Christmas Breakfast and festive gatherings organised by various activity groups. As we enter 2026, our Centre was beautifully transformed for the Lunar New Year, adorned with colourful decorations and cheerful lanterns that created a vibrant and spirited celebration.

The year ahead promises many activities, with the highlight being the 40th Anniversary of our Club. This milestone allows us to honour 8 members who have each contributed more than 30 years of service, as well as acknowledge all who have helped shape our Club into the welcoming and vibrant community it is today. We will also celebrate the rich cultural diversity of our membership, whose traditions and shared values continue to strengthen our sense of unity and belonging.

A. M. Short

March 30 – April 2

Easter Delights

April 23

Members'

Appreciation Day

May 4 – May 8

Appreciating Moms

May 16

Biggest Cuppa (Fund-
Raiser)

June 15

Excursion – Pinjarra
Trots

July 4

40th Anniversary

August 6

AGM 2026

Lunar New Year

Culture, Cuisine & Celebration

One hundred and eighty members gathered on Thursday, 26 February to celebrate the 7th day of the Chinese New Year Festival. We were honoured by the presence of Mr Sam Lim, Federal Member of Parliament; His Worship, Mr Patrick Hall, Mayor of the City of Canning; and Ms Jessika van de Mark from the City of Canning.

The morning concert showcased the wonderful talents within our Club—an uplifting guitar performance, a routine from the Tai Chi Group, elegant sequence dancing and three vibrant Chinese cultural dances that delighted the audience.

Members then enjoyed a sumptuous, scrumptious lunch, followed by an afternoon of line dancing and mahjong. Even a power failure could not cast a shadow on the enthusiasm of our members. It was a still warm and memorable celebration of culture, community, and togetherness.



A Captivated Audience



A Glimpse at the Celebrations



"We had such a lovely time that we're quite ready to book next year's tickets the moment they appear."





Christmas Breakfast 13 December 2025



Behind each group of satisfied diners are a team of dedicated volunteers preparing breakfast with care and heart.



Defibrillator Training - Building Confidence to Save a Life



Receptionists, Committee members, activity organisers and interested Club members gathered on 20 January 2026 for a session on how to use the Club's new defibrillator.

The training provided participants with guidance, and the reassurance to respond effectively in an emergency. The machine will be permanently located at the Reception Area, ensuring it is easily accessible should the need ever arise.

The Value of Art - A Reflection

BY GLENYS CAVE

I recently watched *The Monuments Men*, with a mature George Clooney in the lead — one of my favourite actors. The film, polished in the usual Hollywood way, still manages to convey an important truth. During the Second World War, countless works of art were stolen from occupied countries and hidden away. It became the mission of art-loving soldiers to recover these treasures and return them to their rightful owners.

Stealing a nation's art is more than theft. It is an attempt to erase identity — the genius, creativity, and cultural memory of people stretching back centuries.

I would never compare myself to the great artisans of history, but I do understand the heartbreak of losing a piece of one's own work. Anyone who has ever created something — a painting, a sculpture, even a simple sketch — knows the personal connection that forms with each stroke and each decision.



Here in Perth, we are fortunate to have a wonderful art gallery and museum. They are part of our heritage, our collective treasure. I don't mind how much is spent on acquiring a work of art; to me, it is money well spent. These pieces will endure long after we are gone.

Since taking up painting myself, I've gained a deep appreciation for the talent of our local artists. The time, effort, and heart that go into each piece are extraordinary. And there is nothing quite like the quiet satisfaction of that final brush stroke.

Art should be encouraged everywhere — in schools, in clubs, and in community spaces. It is never too late to discover a talent or rekindle a forgotten one.

So come and visit us in the Art Room. We love what we do, and we love sharing it. You might just find a spark of inspiration waiting for you

Welcoming Mr Sam Lim in December 2025 & February 2026



Indoor Bowls - A Wednesday & Friday Morning Favourite

Indoor Bowls is one of the club's more popular activities, drawing an enthusiastic crowd and filling the hall with friendly competition, good-natured banter and laughter. Members appreciate the relaxed pace, the social connection, and the welcoming atmosphere that makes newcomers feel instantly at home. It's a wonderful way to stay active, sharpen coordination, and enjoy the camaraderie that defines our community.

2026 COMPETITION FIXTURES

DATE	HOME/AWAY	CLUB	NOTES
Wed 28 January 2026	Home	Armadale	Plate Please
Wed 4 March 2026	Away	Southern District	RideShare \$5
Wed 18 March 2026	Away	Kwinana	RideShare \$5
Wed 1 April 2026	Away	Beckenham Mills Park	RideShare \$5
Wed 22 April 2026	Home	Gosnells Addie Mills	Plate Please
Wed 6 May 2026	Home	Rockingham	Plate Please
Friday 19 June 2026	Away	Stock Road	RideShare \$5
Wed 15 July 2026	Home	Mundaring	RideShare \$5
Wed 29 July 2026	Home	South District	Plate Please
Wed 5 August 2026	Away	Mundaring	Plate Please
Wed 26 August 2026	Away	Rockingham	RideShare \$5
Friday 4 Sept 2026	Away	Gosnells Addie Mills	RideShare \$5
Thurs 17 Sept 2026	Away	Armadale	RideShare \$5
Friday 9 Oct 2026	Home	Stock Road	Plate Please
Wed 21 Oct 2026	Home	Beckenham Mills Park	Plate Please
Wed 4 Nov 2026	Home	Kwinana	Plate Please

A Year of Adventure

WILLI VERSCHOOF

2025 was a year of discovery and countless memories across Tasmania, New Zealand and Southeast Asia. It began with misty rivers and rugged mountains in Tasmania, plus an unexpected moment onstage in Strahan as a squawking parrot in *The Ship That Never Was*.

A new passport opened the door to 15 dazzling days in New Zealand—from Rotorua's geothermal wonders and Māori culture to Franz Josef Glacier, Milford Sound, Hobbiton and a magical farewell snowfall.

By September, the journey continued through Vietnam, Laos and Cambodia, from Hanoi's lively chaos to the calm of Ha Long Bay, a warm welcome in a Laotian family home, and sunrise at Angkor Wat. Along the way came "hero rats," shared laughter with a fellow traveller, and even a two-hour detention at Perth Airport.

It was a year rich with colour, culture and unforgettable memories.



Snooker Room Update: A Great Finish to 2025 & an Exciting 2026

ROB MORGAN



The Snooker Group ended 2025 on a festive high with a lively Christmas Lunch on 3 December, enjoyed by eighteen players, their partners, and our President, Stella Short.

The 2025 Club Championship Final was a rare off-scratch showdown between Jim Oakland and Rob Morgan, with Rob winning a close 3–2 match. Congratulations to both players.

In 2026, we are planning four competitions, and both snooker tables will be professionally reclothed, thanks to a 2025 election-promise grant.

Here's to a fantastic year of snooker ahead — good luck to all players in 2026!

HAIRDRESSING @ HERALD
(TUESDAY – FRIDAY)
Tel: 62607658



Ladies
And Gents
Hairdressing



Podiatry
ALL WELCOME (including non-members)

PODIATRY @ HERALD
(BY APPOINTMENT)
Tel: 0488 717 729

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	8.45 – 9.45	Tai Chi (Intermediate)**	1.00 – 3.30	Table Tennis (Mixed)	7.30 – 10.30	Sequence 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	Sequence Dancing (Imp)*
	8.30 – 11.30	Knitting/Crocheting			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	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 – 12.30	Line Dancing*	1.00 – 3.30	Table Tennis	7.30 – 10.30	Sequence Dancing*
SUN			2.30 – 4.30	Sequence Dancing*		

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

**Members ONLY Activity: \$6

Updated: 14 March 2026