



**Seniors Recreation
Council of WA Inc.**

PATRON:
His Excellency the Honourable Chris Dawson
AC APM, Governor of Western Australia

Have a Go Day

A LiveLighter Event

Wednesday 12th November 2025

Burswood Park 9.00am to 3.00pm, Great Eastern Highway

Free Activities and Information day for over 50's

“Time to Have a Go”

Featuring Activities, Clubs/Groups, Seniors & Commercial Agencies

08 6118 2718 www.srcwa.asn.au

Free tea, coffee & bottled water available all day.

Food Vendors in attendance.

🚌 FREE Shuttle Bus Service Burswood Train Station 🚗 FREE Parking at Crown and Surrounding Carparks



SUPPORTED BY



Supported by



Activities and Timed Activities

Site	Organisation	Activity	Times if applicable
118C	ANZ Bank	Technology	
83	Association of Caravan Clubs WA	Disc Bowls (or Ladder Golf)	
20	Audika	Hearing Checks	
153	Auscare Group	Health Checks	
116A	Australian Facetors Guild	Gemstone shaping	
161	Avivo: Live Life	Interactive	
118B	Be Connected	Technology	
68	Black Swan Health	Health & Balance Checks	
62	BreastScreen WA	Health Checks	
127	Canoeing – CITS	Canoeing	
94	Catholic Homes	Health Checks	
119B	Chair Dancing Perth	Chair Dancing	10.10am-10.30am; 12.05pm-12.25pm;
45	ChiroVan	Posture Assessments	
141	Chung Wah Community Care	See site for details	
37	Circle of the Sword	Sword Fighting & Demos	9am, 10am, 11am, 12noon, 1pm, 2pm
4	Costco Wholesale	Otoscope Testing	
17	Crown Perth	See site for details	See site for details
174	Curtin FM 100.1	Onsite Broadcasting	
144	Curtin Uni-Healthy Ageing Research	Blood Pressure Checks	
111	Cycling Without Age Perth	Trishaw Rides	
80	Diabetes WA	Spot the Scam Game	

Site	Organisation	Activity	Times if applicable
39A	Enchanted Bells	Bell and Chime Ringing	See site for details
21	Esperanto League of WA	Language Lessons	10am,11am, 12pm,1pm,2pm
118E	Ess Click	Technology	
43	First Aid Kits	Blood Pressure Checks	
128A	GOLD Paddling	Canoeing	
39B	Handbells in Peel	Bell and Chime Ringing	See site for details
107B	Happy Feat/Rockon	Rock n Roll and Line Dance	9.50am - 10.25am 1.10pm - 1.50pm
105	Have a Go Day Official Walk	group walk	10.50am
117A	Have a Go News	Chocolate Wheel	See site for details
171	Health/Disability Svc Complaints	Competition	
126	Hearing Australia	Hearing Tests	
34B	Hora Shalom	Dance Display	9.30am - 9.50am; 11.30am - 11.50am;
167	iLA (LiveUp)	Interactive	
38A	Injury Matters	Exercise Challenge	
118D	Innogreen	Technology	
108	Kevin Bennett	Musical Performance	11:30am - 12:10pm
74	Laugh WA Inc	Laughter Yoga	9.30am- 9.50am; 11am-11.20am; 12.10pm-12.30pm; 1.20pm – 1.40pm; 2.20pm – 2.40pm
160	Legal Aid WA	Games	
119A	Linedance Legends	Line Dancing	9.45am-10.05am; 11.40am-12.00pm; 1.20pm-1.40pm; 2.35pm-2.55pm
77A	Lions Hearing Clinic	Hearing Checks	
77B	Lions Hearing Foundation	Hearing Checks	
52C	LiveLighter Healthway	Interactive	
8C	Meningitis Centre Australia	Health Checks	
166	MetSO/Karrinyup	Orchestra Main Stage	main stage site 108 9.15am - 9.45am
108	Michael Barbaro	Musical Performance	12:15pm - 1:00pm
108	Moira J Scott	Musical Performance	1.55pm to 2.45pm
8A	Neurological Council of WA	Health Checks	
155	Nine Perth	Spinning Wheel Games	See site for details
40	Northern Lights Music WA	Try Instruments	See site for details
148	Nurse Next Door Perth Nth	Health Checks	
108	Official Welcome		10.30am - 10.50am
32	Onyx Movement	Falls Prevention Exercises	11.00am-11.20am; 12.45pm-1.05pm;
120A	Over 50s Ballroom Dancing Club	Ballroom Dancing	9.00am-9.20am; 10.50am-11.10am; 12.30pm-12.50pm; 1.45pm-2.05pm
128B	Paddle WA	Canoeing	
30	Pickleball Perth/My AIRfeet Aust	Pickleball	
52B	Pole Walking - SRCWA	Pole Walking	10.00am, 11.10am, 12noon, 1.00pm, 2.00pm
12A	Public Transport Authority	Interactive	
18	Radio 6PR	Broadcasting	
107A	Rebound Band	Rock n Roll Band	9.50am - 10.25am; 1.10pm - 1.50pm
34A	Retstappers	Tap Dancing	10.00am - 10.25am; 11.55am- 12.15pm; 1.10pm - 1.30pm; 2.00pm - 2.20pm;
122	Right at Home	Spin to Win	
47	School of Science ECU	Calendar Puzzle	
87	Scouts WA Heritage Centre	Interactive	
54	Silver Star Wanda'rrers Line Dancing	Line Dancing	9.35am-9.55am; 11.10am-11.30am; 12.15pm-12.45pm; 1.25pm – 1.45pm; 2.20pm-2.40pm

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120B	Square Dance Society WA	Square Dancing	9.25am-9.45am; 11.15am-11.35am; 12.55pm-1.15pm; 2.10pm-2.30pm
106	St Jude's Home Care	Interactive	
125	Step Flex Orthotics WA	Health Checks	
8B	Stroke Foundation Australia	Health Checks	
157	SwanCare	Prize Wheel	
118A	Tech Savvy Seniors - SRCWA	Technology	
29	Technology for Ageing/Disability	Bike Riding	
93	Ukendoit Ukulele Group	Ukelele Performances	10.00am-10.20am; 11.45am -12.05pm; 12.55pm-1.15pm; 1.55pm – 2.15pm
134	Umbrella Multicultural Comm Care	Spin Wheel Games	
71	Volleyball WA	Senior Volleyball Activity	9.00am-9.30am;10.00am-10.30am;11.35am-12.05pm; 12.45pm-1.15pm; 1.55pm-2.15pm;
33	WA Bush Poets & Yarnspinners	Poetry Reading	main stage site 108 - 11.00am-11.25am; 9.00am-9.25am; 12.20pm-12.40pm; 1.35pm-1.55pm;
116B	WA Lapidary & Rockhunting Club	Gem polishing	
108	WA Police Pipe Band	National Anthem & Walk	10.30am
13	WA Seniors Card	Interactive	
152	West Coast Metal Detector Club	Metal Detecting	

