

# Seniors Week

## 11-17 November 2024

Celebrate Seniors Week in the City of Karratha by joining us for free seniors' events

MONDAY
11 NOV
1PM-2.30PM

#### **Get Goofy with Gadgets**

Red Earth Arts Precinct Studio Room

Join us for afternoon tea and a hands-on experience with robots and fun technology. There will be a 3D printing demo and library staff will chat about all the things you can borrow from the "Library of Things".

No registration required.

FRIDAY
15 NOV
From 9.30AM

#### **Cake Competition**

Tambrey Pavilion, Tambrey Drive

Entries should be delivered between 9.30am and 10am. Judging will be from 10am to 10:30am and the winner will be announced at 11am. Enjoy tea, coffee and cake after the competition. For more information, please see the Cake Competition rules and information.

TUESDAY

12 NOV

10AM-12PM

#### Morning Tea & Memories

Roebourne PCYC, Sholl Street

Come together for a yarn and morning tea with a slide show of old photos with a local focus on Roebourne, Wickham, Cossack and Point Samson.

No registration required.

SATURDAY
16 NOV
9AM-10AM

### Yoga & Meditation with Ora Wellness 6/20 Hedland Pl

Experience the joy of movement and mindfulness in a welcoming environment designed just for you. Relax, rejuvenate, and connect with your community. Please BYO water bottle. Spaces are limited, to register please email hayley.pate@karratha.wa.gov.au.

THURSDAY

14 NOV

10AM-11AM

#### Silver Sneakers Walking Netball Karratha Leisureplex

Enjoy a FREE come and try walking netball session catered especially for seniors and led by our Karratha Leisureplex health and fitness staff. Please register by emailing hayley.pate@karratha.wa.gov.au.

SUNDAY 17 NOV 2PM-5PM

### Paint & Sip with Three Birds Creative 5/18 Hedland Pl

Enjoy painting, laughter and great company, all in a friendly and supportive atmosphere. No experience necessary-just bring your enthusiasm and let your creativity flow! Spaces are limited, to register please email hayley.pate@karratha.wa.gov.au.

#### For more information please email hayley.pate@karratha.wa.gov.au.

Seniors Week is proudly presented by the City of Karratha with support from the Department of Communities Council of the Aging WA, and Pilbara Bakehouse.



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## **Cake Competition**

# Tambrey Pavilion, Tambrey Drive RULES AND INFORMATION

Our 2024 Seniors Cake Competition will be held at the Tambrey Pavilion, Lot 4227 Tambrey Drive, Nickol on Friday 15 November 2024.

All seniors are welcome to join in the fun, regardless of whether they're entering the competition. Cakes will be shared from 11am.

Entries must be delivered to the venue between 9.30am and 10am on Friday 15 November 2024. Judging will occur from 10am to 10.30am. The winner will be announced at 11am.

#### **Conditions of entry:**

- 1. Contestants may only enter one cake.
- 2. Cakes must be homemade (not store bought).
- All cakes must be fully baked and complete.
- 4. Cakes must be presented on a suitable surface, such as a plate or tray.
- 5. Please do not cook anything that requires refrigeration.
- 6. Cake sizes no bigger than 30cm wide x 30cm long x 30cm high.

- 7. Please have a list of ingredients used to bake. Ingredients will only be shared with judges or for anyone with allergies.
- 8. Must be willing to share your cake after the competition.

Contestants must be present during judging from 10am to 10.30am to provide a brief description of their cake and answer questions.

#### Scoring eystem:

- Each contestant will be assigned a number for judging. Submissions will be judged on a scale of 1-10 with 10 being the highest score.
- 2. Contestants will be judged based on taste, creativity, originality and appearance.
- 3. The contest committee will tally all the ballots. The contestant with the highest score wins.

#### After the competition:

Tea, coffee, water and juice will be provided. Your cake can be shared with anyone who has attended.

Please email hayley.pate@karratha.wa.gov.au if you plan to enter a cake.

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