Shire of Coolgardie

Mother of the Goldfields

SHIRE OF COOLGARDIE SENIORS CLUB MEMBER

*Seniors*

# COMMONHEALTH GAMES

## WEDNESDAY 21 OCTOBER







## COOLGARDIE COMMUNITY RECREATION CENTRE

- FUN
- GAMES
- FOOD
- PRIZES

- 9.30AM – 2PM
- FREE EVENT FOR SENIORS
- CARNIVAL THEME
- ONLINE REGISTRATION

Register teams of 8 participants



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# Event Infomation

Welcome to the 2026 Commonhealth Games! Get ready for a fantastic day of laughter, teamwork, friendly competition and carnival fun!



## TEAM REGISTRATION

Teams can register up to 8 participants.To ensure everyone can take part in every activity, a minimum of 6 participants is required for each game. If your team has fewer than 6 players, we'll do our very best to combine teams or match you with other attendees so everyone can join in the fun!



## DATE & TIME

Wednesday, 21 October 2026
9:30am – 2:00pm



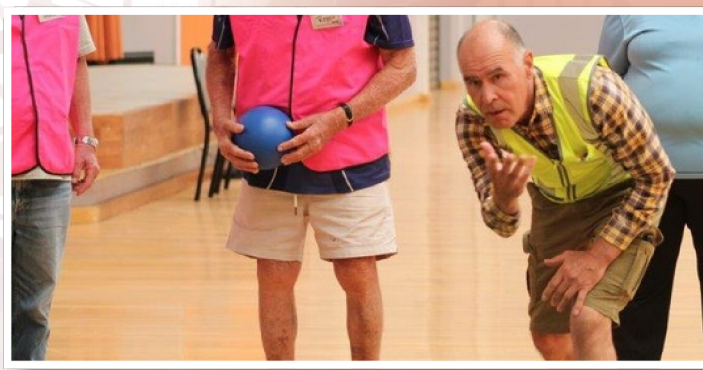
## VENUE

Coolgardie Community Centre

## FOOD & REFRESHMENTS

We've got you covered!

- Morning tea provided
- Lunch provided
- Tea and coffee available throughout the day



## WHAT TO BRING

All you need to bring is:

- Yourself
- Your teammates
- Your biggest smile
- Plenty of enthusiasm and team spirit!









# Itinerary

**9.30AM-10AM**
Guests arrive.
Morning Tea on arrival

**10AM-10.30AM**
Opening Ceremony
National Anthem
CommonHealth Games Team March

**10.30AM-11.45AM**
Let the games begin!!!
Round 1 of Game Rotations

**11.45AM-12.30PM**
Lunch & Guest Speaker

**12.30PM-1.30PM**
The games continue!!!
Round 2 of Game Rotations

**1.30PM-2PM**
Award Presentations

**2PM**
Buses arrive

# Games

## GAME 1: RING TOSS

## GAME 2: PING PONG

## GAME 3: BEAN BAG TOSS

## GAME 4: TEN PIN BOWLING

## GAME 5: VOLLEYBALL

## GAME 6: CHUCK A DUCK

## GAME 7: MINI GOLF

## GAME 8: VELCRO DARTS

## GAME 9: FLIP A CUP

## GAME 10: HOCKEY











## RING TOSS

**Objective:**
Toss the ring and try to land it over a scoring peg.

**How to Play:**

- Each player receives 6 turns.
- Stand behind the designated throwing line.
- Toss the ring towards the pegs.
- If the ring lands securely over a peg, you score the points shown on that peg.
- Add your points together at the end of the round.

**Scoring:**
Each peg is worth a different number of points. Add your points together at the end of the round.



## PING PONG

**Objective:**
Throw a ping pong ball and try to land it inside a scoring cup.

**How to Play:**

- Each player receives 6 turns.
- Stand behind the designated throwing line.
- Throw the ping pong ball towards the cups.
- A ball must land and remain inside the cup to score.
- Score the number of points shown on the cup.

**Scoring:**
Each cup is worth a different number of points. Add your points together at the end of the round.

# BEAN BAG TOSS




**Objective:**
Throw the bean bag at the target and aim to land it in the hole to score points.

**How to Play:**

- Each player receives 6 turns.
- Stand behind the designated throwing line.
- Throw the bean bag towards the target.
- Aim to get the bean bag through the hole.
- Add your points together at the end of the round.

**Scoring:**
A bean bag that lands in the hole scores 10 points.
Add your points together at the end of the round.

# TEN PIN BOWLING



**Objective:**
Knock down as many of the 10 pins as possible with the bowling ball.

**How to Play:**

- Roll the bowling ball from behind the designated line.
- Each players gets 2 bowls.
- Try to knock down all 10 pins.
- Follow the instructions of the event marshal before collecting or resetting the pins.
- Points are awarded for pins knocked down.

**Bonus Scoring:**
Strike: Knock down all 10 pins with your first bowl = 20 points
Spare: Knock down all 10 pins using both bowls. = 15 points



## VOLLEYBALL

**Objective:**
Work together as a team to keep the beach ball in play and get it over the net.

**How to Play:**

- Split your team into two groups of 4 players.
- Each group sits on opposite sides of the net.
- Players must remain seated throughout the game.
- Use the beach ball to play volleyball.
- Each team can hit the ball a maximum of 3 times before it must go over the net.
- Keep the ball in play and work together as a team.

**Scoring:**
This is a fun team activity. As you will be versing your own team, points do not count towards the overall competition results.




## CHUCK A DUCK

**Objective:**
Throw the rubber duck through the targets to score as many points as possible.

**How to Play:**

- Each player receives 6 turns.
- Stand behind the designated throwing line.
- Throw the rubber duck towards the targets.
- Aim for the targets with the highest point values.
- A duck must land through the target to score.
- Record your points after each successful throw.

**Scoring:**
Each target is worth a different number of points. Add your points together at the end of the round.

# MINI GOLF



**Objective:**
Putt the ball through the tunnels to score as many points as possible.

**How to Play:**

- Each player get 6 turns.
- Stand behind the designated putting line.
- Use the plastic golf club to putt the ball.
- Aim to get the ball through the scoring tunnels.
- The ball must travel through the tunnel to score.
- Add your points together at the end of the round.

**Scoring:**
Each tunnel is worth a different number of points. Add your points together at the end of the round.

# VELCRO DARTS




**Objective:**
Throw the Velcro ball onto the target and aim for the highest-scoring sections.

**How to Play:**

- Each player receives 6 turns.
- Stand behind the designated throwing line.
- Throw the Velcro ball towards the target.
- The ball must stick to the target to score.
- Add your points together at the end of the round.

**Scoring:**
Each section of the target is worth a different number of points. Add your points together at the end of the round.



## FLIP A CUP

**Objective:**
Flip the cup and try to land it face down to score points.

**How to Play:**

- Start with the cup face up on the edge of a table.
- Use one hand to flip the cup.
- The cup must land face down to score.
- Continue flipping until the round is complete.
- Add your points together at the end of the round.

**Scoring:**
Every successful flip that lands face down scores 10 points. Add your points together at the end of the round.



## HOCKEY

**Objective:**
Work together as a team to hit the tennis ball into the opposing team's goal.

**How to Play:**

- Split your team into two groups of 4 players.
- Each group sits at opposite ends of the playing area.
- Players must remain seated throughout the game.
- Use the pool noodles to hit, pass and block the tennis ball.
- Try to hit the ball into the opposing team's goal.
- Play safely and keep your pool noodle under control.

**Scoring:**
This is a fun team activity. As you will be versing your own team, points do not count towards the overall competition results.









# Prizes

**THE SHOWSTOPPER AWARD - Best Dressed Team**
Awarded to the team that brings the most creativity, colour and carnival spirit to the Games. So dress to impress and let your team shine!

**COMMONHEALTH CHAMPS - Winning Team**
Presented to the team that earns the highest overall score across the day's events and is crowned our 2026 Commonhealth Games Champion.

**GOLDEN AGE CHAMPION - Oldest Competitor**
Celebrating our most senior participant, proving that age is no barrier to joining in the fun!

**SPIRIT OF THE GAME AWARD**
This special award recognises a participant who truly embodies the values of the Commonhealth Games through their inclusivity, positivity and enthusiasm.

**DOOR PRIZES & SURPRISE GIVEAWAYS**
The fun doesn't stop with our major awards! Keep an eye out throughout the day for door prizes and surprise giveaways, which will be presented to deserving participants and lucky attendees. These fantastic prizes have been generously donated by local businesses from Kambalda, Coolgardie and Kalgoorlie. We are incredibly grateful for their support.

Please take a moment to visit our Appreciation Board to see all of our wonderful sponsors and supporters. Their generosity helps make the Commonhealth Games a memorable day for everyone.

# Team Spirit



The Commonhealth Games are all about coming together, having fun and celebrating our amazing Seniors community! Whether you're here to compete, cheer on your teammates or simply enjoy the day, your team spirit is what makes this event so special.

## Team Outfits - Carnival Theme



It's time to bring the carnival to life! Dress up in your brightest colours, fun accessories or matching team costumes and show off your team spirit.

There'll be prizes for the Best Dressed Team, so don't be afraid to get creative!

## Friendly Competition



While every team will be aiming for the top spot, the Commonhealth Games is all about having fun together. Cheer each other on, celebrate every achievement, have a laugh and remember that the best memories come from enjoying the experience, not just winning.

Together, let's make this year's Commonhealth Games a colourful celebration filled with laughter, friendship and plenty of carnival fun!

