



Korean entertainers enthralled audiences at the Waitara Wellness Centre.

Korea sends song and dance team

MONIQUE COWPER

WAITARA: From bingo to gardening, the elderly locals who frequent the Waitara Wellness Centre are regularly treated to a variety of activities, but last week they were given a particularly unique experience.

A group of Korean dancers and musicians put on a performance for the residents who attend the centre for socialising.

The performers were members

of Heng Bok Hae Korean Day Centre and they did traditional flower and fan dancing and encouraged a group singalong. They also brought with them a display of Korean dolls.

The centre's acting co-ordinator Laila Wazirzada said they regularly provide services such as a book club, group excursions and art groups.

"Waitara Wellness Centre provides socialisation opportunities to frail and elderly people in the

community," she said. "Waitara Wellness Centre was proud to host this amazing morning of centuries-old music song and dance."

The centre also hosts exercise programs, a physiotherapist, massage and occupational therapy, with transport included.

The centre is run by Catholic Community Services with funding from the Department of Health and Aging and the Home and Community Care Program.