Program location key

AMC Addie Mills Centre, 2 Astley Street, Gosnells

HPC Homestead Park Centre 14 Glenbrook Road, Thornlie

LRH Lyal Richardson Hall, The Agonis 2232 Albany Highway, Gosnells

MCC Maddington Community Centre 19 Alcock Street, Maddington

MPC Upstairs Function Hall, Mills Park Centre, Brixton Street, Beckenham

Looking for more?

Sign up to receive a brochure full of new activities for over 55s in the mail every three months.

The Seniors' activities brochure can also be picked up from the Addie Mills Centre and other City facilities.

Online?

Visit www.gosnells.wa.gov.au/
enewsletters to subscribe to the Seniors
eNewsletter.

Addie Mills Centre

2 Astley Street, Gosnells

Monday – Friday 8am – 4.30pm Closed public holidays

9391 6030 amc@gosnells.wa.gov.au

The Addie Mills Centre is the City of Gosnells dedicated over 55s community centre.

Call into the centre, visit the City's website at www.gosnells.wa.gov.au or call our friendly team to learn more.

A free bus service can pick you up from home and bring you to the Addie Mills Centre if you need help with transport.

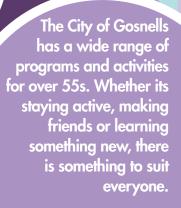
With puzzles, book swap, free wi-fi, a public computer hub, ample space to chat, and beautiful walk trails, the Addie Mills Centre is a great spot to meet with friends or make new ones.





What's on for Seniors 55+

Programs and activities



Programs and activities open to City of Gosnells residents aged 55+



Seniors Program Schedule

Call 9391 6030 for more information or to book a place

MONDAY

TAI CHI - \$7.90

9am – 10am - school terms Improve balance and strength MPC

BRAIN TRAINING - \$2.10

10am – 12pm Puzzles, games and bingo AMC

CHAIR YOGA - \$7.90

11am – 12pm Relaxed seated yoga class AMC

TABLE TENNIS – FREE

1pm – 3pm Social games for all levels MPC

DRUMS ALIVE - \$7.90

1:30pm - 2:30pm Funky aerobics group for all levels (can be seated)

EXERGAMING - \$2.10

1.30pm – 3pm Social and fun video games using movement capture technology

TUESDAY

POLE WALKING - FREE

8:30am - 9:45am (Oct-Mar) 9am - 10:15am (Apr-Sept) Explore the City with friends. Training and poles provided. Call 9391 6030 for departure locations

ULTIMATE FRISBEE – FREE

9am – 10am Indoor social Frisbee played at walking pace HPC

PICKLEBALL – FREE

10am – 11.30am Social indoor game similar to indoor tennis HPC

MAHJONG - \$2.10

10am - 11.30am Singapore style social game AMC

RELAX & MEDITATE - \$2.10

10am – 11am
Guided meditation for good health and relaxation
AMC

SINGING FOR FUN - \$2.10

2pm – 3.30pm – school terms Social group singing popular music from all genres.

WEDNESDAY

BRAIN TRAINING - \$2.10

10am – 12pm Puzzles, games and bingo AMC

READY TECH GO - FREE

10am – 11am
First & Third Wed of the month.
One-on-one technology support sessions – bookings required
AMC

CHAIR YOGA – \$7.90

11am – 12pm Relaxed seated yoga class AMC

RUMMY-O - \$2.10

1pm – 3pm Popular tile board game played for fun - beginners welcome

GosSamba - FREE

2pm - 3:30pm Social group playing high energy samba music HPC



THURSDAY

TAI CHI - \$7.90

9am – 10am – school terms Improve balance and strength MPC

LIFEBALL - FREE

9am – 11am Social team game similar to netball HPC

PONY CANASTA - \$2.10

10am – 12pm Played for fun with lots of laughs AMC

CHAIR YOGA – \$7.90

10am – 11am Relaxed seated yoga class AMC

UKULELE GROUP - FREE

11am – 1.30pm Play music in a friendly setting MCC

PICKLEBALL - FREE

11:30am – 1:30pm Social indoor game similar to tennis HPC

TABLE TENNIS - FREE

1pm – 3pm Social games for all levels MPC

SCRABBLE GROUP - \$2.10

12:30pm – 2:30pm Classic word building game AMC

FRIDAY

BRAIN TRAINING -\$2.10

10am - 12pm Puzzles, games and bingo AMC

OWL: OLDER WISER LIVELIER SERIES – FREE

10am – 11.30am 2nd & 4th Friday of the month. Free information sessions on a wide variety of topics. Call 9391 6030 for more information

AMC

IN THE LOOP - FREE

10am - 12pm
1st Friday of the month. Friendly knitting and crocheting group turning donated material into charity items



