



Program location key

- AMC** Addie Mills Centre,
2 Astley Street, Gosnells
- HPC** Homestead Park Centre
14 Glenbrook Road, Thornlie
- LRH** Lyl 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

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



The City of Gosnells has a wide range of programs and activities for over 55s. Whether its staying active, making friends or learning something new, there is something to suit everyone.

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



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.

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
AMC

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
AMC

DRUMS ALIVE – \$7.90

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

EXERGAMING - \$2.10

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

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.
AMC

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
AMC

GosSamba - FREE

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



Beginners
welcome!

THURSDAY

TAI CHI – \$7.90

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

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
AMC

