



## 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

## Addie Mills Centre

2 Astley Street, Gosnells

Monday – Friday  
8am – 4.30pm  
Closed public holidays

9391 6030  
[amc@gosnells.wa.gov.au](mailto: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](http://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.

## 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](http://www.gosnells.wa.gov.au/enewsletters) to subscribe to the Seniors eNewsletter.



# 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+



# Seniors Program Schedule

Call 9391 6030  
for more information  
or to book a place

## MONDAY

### TAI CHI – \$7.50

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

### BRAIN TRAINING – \$2

10am – 12pm  
Puzzles, games and bingo  
**AMC**

### CHAIR YOGA – \$7.50

11am – 12pm  
Relaxed seated yoga class  
**AMC**

### TABLE TENNIS – FREE

1pm – 3pm  
Social games for all levels  
**AMC**

### DRUMS ALIVE – \$7.50

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

### EXERGAMING - \$2

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

10am – 11.30am  
Singapore style social game  
**AMC**

### RELAX & MEDITATE – \$2

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

### SINGING FOR FUN – \$2

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

## WEDNESDAY

### BRAIN TRAINING – \$2

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 – \$7.50

11am – 12pm  
Relaxed seated yoga class  
**AMC**

### RUMMY-O – \$2

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

### GosSamba - \$2

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



Beginners  
welcome!

## THURSDAY

### TAI CHI – \$7.50

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

### LIFEBALL – FREE

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

### PONY CANASTA – \$2

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

### CHAIR YOGA – \$7.50

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  
**AMC**

### SCRABBLE GROUP - \$2

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

## FRIDAY

### BRAIN TRAINING – \$2

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**

