



What's on for Seniors 55+ January – March 2024

Kick off the New Year by trying something new. We have plenty of activities to keep seniors in the City of Gosnells connected, engaged and active.

Activities are open to people aged 55 and over who live in the City of Gosnells.

Please note the following when registering for seniors activities:

- Unless otherwise stated, you may book for yourself and one other person.
- Bookings are taken from 8am on the day of registration by calling 9391 6030. Please check dates carefully.
- If you have registered for an event and are unable to attend, please call the Seniors 55+ team at Addie Mills Centre so your place may be offered to someone on the waitlist.
- Payments are due one week before the event date.



Relax and Meditate (4 week intro series)

Tuesdays from 6 February – 27 February
 Addie Mills Centre, Gosnells
 12pm – 1pm
 Bookings from 8am on Monday 22 January

FREE

Are you interested in learning how to optimise your health? Join this four-week workshop to learn and experience meditation, relaxation and mindfulness techniques. Each session will include different styles of meditation practices.



Sunset stroll along the Swan

\$10

Tuesday 20 February
 Meet at Addie Mills Centre, Gosnells
 4pm – 9pm
 Bookings from 8am on Monday 5 February

Join us for this excursion to view the Perth city skyline on a summer evening. Stroll along the riverside with old friends and new. This 5.5km walk will cross multiple bridges for a full loop around part of the beautiful Swan River. There is also a halfway pick up option for those who prefer a shorter walk. After the walk, participants will be taken to Victoria Park to purchase dinner at their own expense, from a variety of restaurant options.

The ability to navigate steps and walk for moderate distances will be required. Please bring a water bottle and wear suitable footwear.

Samba Drumming for Beginners (5 week series)

Fridays from 23 February to 22 March

Addie Mills Centre, Gosnells

2pm – 3.30pm

Bookings from 8am on Wednesday 7 February

FREE

GosSamba is a social band of players creating vibrant Brazilian rhythms using a wide range of drums and percussive instruments. This beginner's series will give you the basic musical knowledge to get started and is essential if you are thinking of joining the core group.

Big Day Out: Harry Perkins Institute

Wednesday 28 February

Meet at Thornlie Station

Arrive at 8.45am for a 9am departure and returning at approximately 2pm

Bookings from 8am on Wednesday 14 February

FREE

Build your confidence using public transport and, using your WA Seniors Card, ride the bus for a day out to the Harry Perkins Institute. You will see world class facilities, an original sample of the mould used by Alexander Fleming to grow penicillin and discover historical highlights in medical research that led to the medicines we rely on today. Participants will have the opportunity to purchase lunch from the cafe located on site before returning to Addie Mills Centre. The ability to walk a moderate distance is essential.

Tiles and Smiles: Mahjong for First-timers

Tuesday 5 March

Addie Mills Centre, Gosnells

1pm – 2.30pm

Bookings from 8am on Monday 19 February

FREE

Come and have fun while learning Singapore-style Mahjong basics with our friendly and experienced volunteers. Mahjong is a game of strategy originating in 19th century China. Studies show playing Mahjong is great exercise for your brain. It helps improve concentration and logical thinking, enhances your memory and relieves stress.

Paper Pot Making at Mary Carroll Wetlands

Thursday 14 March

Mary Carroll Wetlands, Eudoria Street, Gosnells

9am – 11am

Bookings from 8am on Monday 26 February

FREE

Take part in this interactive native plant and paper pot-making workshop at Mary Carroll Wetlands. Facilitated by the City's Switch Your Thinking team, this session will help you learn about making the most of native plants. Following the workshop, enjoy a short scenic Eco Walk and Talk led by the knowledgeable volunteers from the Friends of Mary Carroll Wetlands group. A light morning tea will be provided.

Free One-on-One Financial Education

By appointment only

Every second Thursday of the month starting February

Addie Mills Centre, Gosnells

FREE

Call 9440 1663 to be linked with a financial educator from Northern Suburbs Community Legal Centre, for a sit-down appointment at Addie Mills Centre to give you tools, tips and general advice to make the most of your finances. This 90-minute session will cover areas such as creating a budget, setting financial goals, removing unnecessary expenses, financial abuse and scams and other online resources available.

Globetrotter Trivia Night – Harmony Week

Thursday 21 March

Addie Mills Centre, Gosnells

5.30pm – 8.30pm

Bookings from 8am on Wednesday 6 March

\$5

This year we are celebrating diversity in our community by participating in a globetrotter trivia quiz. Challenge your general knowledge as well as trivia about cultures and music from around the world. Book a table for six people or book a seat for yourself, and we will put a table together for you. We encourage you to bring along a plate of cultural food to share. As the colour orange is associated with Harmony Day, we encourage you to dress in orange, with prizes awarded for best dressed person and table.

What's new at Addie's

Tech Space and Free Wi-Fi – Public computers are now available at Addie Mills Centre. Visitors are welcome to sign in and independently use the computers for personal projects or to develop their computer skills.

Tech volunteers will also be available for one-on-one appointments. Call Addie Mills Centre for more information.

EFTPOS is now available for program and activity payments making it easier to book your preferred activities.





OLDER, WISER, LIVELIER (OWL) SERIES

OWL seminars take place at the Addie Mills Centre, from 10am – 11.30am on the listed date.

This free series delivers a variety of relevant and engaging information in a welcoming social setting. OWL seminars take place on the second and fourth Friday of the month and provide great opportunities to learn something new.

Bookings are now open. If you are unable to attend an event you have registered for, please call 9391 6038 so your place may be offered to someone on the waitlist.

Harry Perkins Institute of Medical Research

Friday 9 February

FREE

The Harry Perkins Institute of Medical Research is a leading Western Australian medical research centre, dedicated to tackling some of the world's biggest health issues. Their world-class teams accelerate the delivery of life-saving breakthroughs to improve the health of all Western Australians, for today and for our future generations.

Hear about the advancements being made in treating illnesses that may affect us all, such as cancer, heart disease, diabetes and neurogenetic diseases.

Boat Lifting, the Panama Canal and More, with Sheila Twine

FREE

Friday 23 February

People throughout the ages have grappled with the challenge of transitioning boats across different bodies of water. Clever people have devised locks to raise ships up and over hills and engineers have come up with ingeniously counterbalanced devices to lift boats from one waterway to another using minimal power.

This talk will explore these topics, plus the huge difficulties faced when building the Panama Canal. It will also describe the Falkirk Wheel, linking two canal systems of vastly different heights.

Prepare to be enthralled by engineering masterpieces.

Switch Your Thinking

FREE

Friday 8 March

Are you passionate about the environment and preserving nature's gifts for generations to come? At this presentation you will meet members of Switch Your Thinking, who are part of a Local Government initiative including the City of Gosnells, City of Armadale and the Shire of Serpentine Jarrahdale.

Switch Your Thinking's core mission is to encourage and enable people to live sustainably, providing resources and advice on how to have a low-impact lifestyle. Since 2002, the Switch Your Thinking team has helped its program partners and the community to reduce greenhouse gas emissions by 339,700 tonnes of carbon dioxide equivalent, which is like putting 790,000 barrels of crude oil back in the ground.

Make the most of this great opportunity to learn more about tools, tips and resources that can help you save money on energy-saving technology and live sustainably.

Injury Matters – Move Your Body

FREE

Friday 22 March

This essential presentation from Injury Matters will provide key information to help you stay informed and motivated to keep moving your body. The presentation focuses on building strength and balance to prevent falls and promotes healthy ageing.



Call 9391 6030 to express your interest in these or other activities. Please ask staff for more information.

Weekly Programs for Seniors

Open to residents 55 years and over. To book your spot or for more information, please call 9391 6030 or visit gosnells.wa.gov.au.

ADDIE MILLS CENTRE 2 ASTLEY STREET, GOSNELLS

BRAIN TRAINING – \$2
Monday, Wednesday and Friday
10am – 12pm

CHAIR YOGA – \$7.50
Monday and Wednesday
11am – 12pm
Thursday 10am – 11am

DRUMS ALIVE – \$7.50
Monday 1.30pm – 2.30pm

EXERGAMING – \$2
Monday 1.30pm – 3pm

MAHJONG – \$2
Tuesday 10am – 11.30am

RELAX AND MEDITATE – \$2
Tuesday 10am – 11am

SINGING FOR FUN – \$2
Tuesday 2pm – 3.30pm
(school terms)

SENIORS READY TECH GO – FREE
First and third Wednesdays of the month
10am – 11am
Bookings essential

RUMMY-0 – \$2
Wednesday 1pm – 3pm

GOSSAMBA – \$2
Wednesday 2pm – 3.30pm

SOCIAL PONY CANASTA – \$2
Thursday 10am – 12pm

SCRABBLE CLUB – \$2
Thursday 12.30pm – 2.30pm

IN THE LOOP – FREE
First Friday of the month
10am – 12pm

**HOMESTEAD PARK CENTRE
14 GLENBROOK ROAD, THORNLIE**
ULTIMATE FRISBEE – FREE
Tuesday 9am – 10am

PICKLEBALL – FREE
Tuesday 10am – 11.30am
Thursday 12pm – 1.30pm

LIFEBALL – FREE
Thursday 9am – 11am

**MILLS PARK CENTRE
BRIXTON STREET
BECKENHAM**

TABLE TENNIS – FREE
Monday and Thursday
1pm – 3pm

TAI CHI – \$7.50
Monday and Thursday 9am – 10am
(school terms)

**MADDINGTON COMMUNITY
CENTRE 19 ALCOCK STREET
MADDINGTON**

UKULELE GROUP – FREE
Thursday 11am – 1.30pm

VARIOUS STARTING LOCATIONS

POLE WALKING – FREE
Tuesday 8.30am – 9.45am

If transport is an issue, please ask about our free Addie Mills Centre bus service

City of Gosnells
PO Box 662
Gosnells WA 6990
9397 3000

council@gosnells.wa.gov.au
gosnells.wa.gov.au

Addie Mills Centre
2 Astley Street
Gosnells WA 6110

Opening hours:

Monday – Friday
8am – 4.30pm

Closed Public Holidays

9391 6030

amc@gosnells.wa.gov.au

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