



What's on for Seniors 55+ April – June 2024

Autumn is the season of change and a perfect opportunity for you to make some changes and try something new.



BE ENTERTAINED

GET SOCIAL

STAY 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.
- Attendees of the previous Walk or Big Day Out will go on the wait list.
- 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.

Seniors Community Dinner

FREE

Friday 19 April
City of Gosnells Civic Centre, Gosnells
6pm – 8.30pm (doors open from 5.30pm)
Bookings from 8am on Monday 8 April

We love celebrating our seniors, so we're rolling out the red carpet for a magical evening for City of Gosnells residents aged 55+. Join us for a night of delightful cuisine and entertainment while overlooking the beautiful gardens of the Civic Centre. Connect with fellow seniors, forge new friendships and relish the joy of shared experiences. Please note limited places are available so bookings are essential.

Bollywood Dance for Beginners

FREE

Friday 17 May
Addie Mills Centre, Gosnells
1.30pm – 2.30pm
Bookings from 8am on Wednesday 1 May

Join us for an energetic, colourful, and easy to follow Bollywood dance workshop. Learn creative and authentic Bollywood hand gestures and simple choreography to foot tapping music.

The workshop is suitable for men and women of all ages and physical abilities. For those who prefer, there is an option to remain seated. Please bring along a water bottle and wear comfortable clothing and shoes. We would love to see some colours and bling, so don't be shy!





Autumn in the Valley

Thursday 23 May
Meet at Gosnells Railway Markets, Albany Highway side
Arrive at 8.45am for 9am departure and return at approximately 3pm
Bookings from 8am on Monday 6 May

\$10

Experience the beautiful Swan Valley in Autumn and start the day with a lovely bush walk through the area around Bells Rapids. With its majestic boulders, rushing waters and picturesque views, this 3km river walk is sure to set the scene for our Autumn in the Valley adventure. For lunch, jump back on the coach and be transported to Pasta in the Valley for a taste of Italy! Please note lunch is at participants own expense. A trip to the valley would not be complete without a quick stop at the Chocolate Factory before returning to Gosnells Railway Markets. The ability to navigate uneven terrain without the use of mobility aids is essential. Participants should also be sufficiently fit to walk the full distance at a moderate pace. Suitable sturdy footwear is necessary.

Afternoon Tea at Addie's

Friday 24 May
Addie Mills Centre, Gosnells
1.30pm – 2.30pm
Bookings from 8am on Wednesday 8 May

FREE

Join us for a light buffet-style afternoon tea and catch up with old friends and new! Bookings essential for catering purposes.

Big Day Out – Perth Town Hall

Tuesday 18 June
Meet at Thornlie Station
Arrive at 8.45am for a 9am departure and return approximately 2pm
Bookings from 8am on Wednesday 5 June

FREE

Use your WA Seniors Card to catch the bus for a day in the CBD. Once at the Perth Town Hall, enjoy morning tea for a gold coin donation before settling in for a show. Afterwards, explore Perth city centre and purchase lunch from a variety of vendors before meeting for the return journey to Thornlie. This outing allows the use of walking aids, however participants will need to safely manage bus travel and walking distances of around 250m each way to and from venues and food vendors.

Free One-on-One Financial Education

By appointment only
Every second Thursday of the month
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 online resources.

Programs in the Spotlight

Looking for something to fill your Thursdays?

How about taking advantage of the many programs we have on offer. Thursdays are jam-packed with programs throughout the City, including Tai Chi, Ukulele, Lifeball, Pickleball and Table Tennis. Thursday programs at Addie Mills Centre include Pony Canasta, Chair Yoga and Scrabble. If transport to Addie Mills is a barrier in participating, ask about the City's free bus service, available Monday to Friday. Please call 9391 6030 for more information.





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 6030 so your place may be offered to someone on the waitlist.

Transperth – Get on Board

FREE

Friday 26 April

Transperth is committed to making public transport accessible for all. This seminar will help you prepare for travel and make the most of Perth's public transport system, with everything you need to know about planning a journey and feeling confident and safe on that journey. Information will also include accessible transport, ticketing, staff, safety and security, as well as current and future projects.

Prostate Cancer Foundation of Australia

FREE

Friday 10 May

Prostate cancer is the most-diagnosed cancer affecting Australian men. Each day, more than 70 Australian men are diagnosed with prostate cancer and more than 10 men will die from the disease. Ian Mawson, a survivor of prostate cancer and a Life Force Volunteer from Prostate Cancer Foundation of Australia, will cover all there is to know about what prostate cancer is, the signs, possible causes, treatments available and more. This is an important health topic that impacts many Australian families and this presentation will raise awareness and encourage more men to take action and improve their health outcomes. This is one not to be missed.

Diabetes Australia – Living with Diabetes

FREE

Friday 24 May

Join us for a community diabetes education event hosted by Diabetes WA and the National Diabetes Services Scheme (NDSS). This session, presented by a credentialed Diabetes Educator, covers information on what diabetes is, the different types of diabetes, risk

factors, how it can be managed, as well as the role of the NDSS and Diabetes WA.

Whether you are simply looking to improve and maintain your health, are living with diabetes, pre-diabetes or at risk of diabetes, this session will improve your understanding of the condition.

Red Cross – Aged Care Services

FREE

Friday 14 June

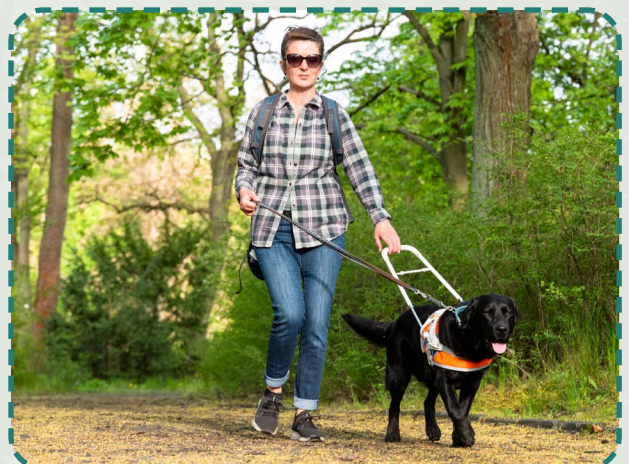
Australian Red Cross (ARC) is a volunteer-based organisation that exists to reduce human suffering. With 110 years' experience and a community of over 20,000 members and volunteers, the ARC acts locally and connects globally to deliver what's needed, when it's needed most. Simon Allan from the ARC will join us to provide an overview of several services available to seniors in the community. He will also discuss the various opportunities to volunteer with the ARC, to help make a difference in the community.

Guide Dogs WA

FREE

Friday 28 June

As the pioneers of Guide Dogs in Australia, Guide Dogs WA has been training life-changing guide and assistance dogs for over 70 years, for people with low or no vision, disability or illness. In this presentation you'll learn about the wonderful work of Guide Dogs WA, the training programs they deliver, volunteering opportunities available, and enjoy a visit from a special guest, one of the Ambassador Dogs from Guide Dogs WA.



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 11.30am – 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 9am – 10.15am

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

Printed on unbleached 100% recycled and recyclable paper.

This document is available in alternative formats.

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