



What's on for Seniors 55+ October – December 2026

Join us for spring and summer fun! Connect, explore, and enjoy the warmer season by diving into a wide array of programs and activities on offer.

Optus Stadium Tour

Wednesday 28 October

Arrive at 8.30am for 8.45am departure.

Returning 2.30pm

Meet at Thornlie Park Centre, 50 Thornlie Avenue, Thornlie

Bookings open 8.30am, Monday 12 October

\$25

Experience one of Perth's premier sporting and entertainment venues on a coached outing to Optus Stadium. Enjoy a guided stadium tour, followed by lunch at one of the eateries in the stadium precinct at your own cost. Participants may choose to explore around the area at their own pace before relaxing on the coach journey back.



WASO Music For the Ages

Wednesday 18 November

10am – 11am

**Lyal Richardson Hall, The Agonis,
2232 Albany Hwy Gosnells**

Bookings open 8.30am, Wednesday 4 November

FREE

Enjoy a special performance by musicians from the Western Australian Symphony Orchestra. Listen to beautiful music, hear stories from their experiences in the orchestra, and discover what makes each piece special in this enjoyable and engaging concert.

Did you know?

You can receive this brochure in an email. Ask the Seniors Team for more information about our Seniors 55+ eNewsletter.

To support a smooth visit to events at the Addie Mills Centre, we encourage you to consider alternate transport such as public transport, carpooling or transport services.



Afternoon Tea at Addies

FREE

Tuesday 24 November

1.30pm – 2.30pm

Addie Mills Centre, Gosnells

**Bookings open 8.30am,
Wednesday 11 November**

Join us for a light buffet style afternoon tea and catch up with old friends and new. Bookings essential for catering purposes. Please note, those registering who attended the previous Afternoon Tea will go on the waitlist.

Introduction to Pony Canasta

FREE

Thursday 29 October

10am – 12pm

Addie Mills Centre, Gosnells

Bookings open now

Looking for a fun and social card game? Whether you're an experienced Canasta player wanting to learn a new variation or a complete beginner eager to try something different, this session is the perfect place to start. You'll be paired with an experienced player who will help you learn the rules and strategies at your own pace. After the introduction, you can continue attending regular sessions to develop your knowledge, confidence, and new friendships along the way.

**Addie Mills Centre will be closed from
Monday 21 December, reopening
Monday 11 January 2027. There will be no
programs or bus service available
during this time.**



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.

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

Think F.A.S.T – Stroke Foundation

Friday 23 October

In Australia, a stroke occurs every 11 minutes. In 2023, 1 in 4 strokes occurred in people under the age of 65 years. Strokes can happen at any age, and one in four people globally will have a stroke in their lifetime. But did you know more than 80% of strokes can be prevented?

Join us to learn what a stroke is, how to recognise the F.A.S.T. signs, what to do if someone is having a stroke and how you can prevent stroke for yourself and your loved ones.

FREE



Say That Again: All About Hearing and Tinnitus

FREE

Friday 27 November

Hearing loss doesn't just affect speech clarity and it doesn't just affect us individually. Numerous aspects of our health are impacted by hearing loss, including balance, mental health, and even an increased risk of dementia.



Volunteers Needed

Backup Front Desk Receptionist

Do you enjoy meeting new faces and making people feel welcome? Are you wanting to volunteer but not able to commit to regular shifts?

Seniors Services are seeking back-up front desk volunteers to help when our regular receptionists are not available. Please contact the Addie Mills Centre on 9391 6030 for more information or if you would like to express your interest. We look forward to hearing from you



**Free Seniors
55+ Programs
all week long**

Seniors Week 2026



Join us for a week of fun, connection, and community. Please note some programs are at capacity, please call the Addie Mills Centre for more information.

FREE

FELT FLOWER WORKSHOP

Monday 9 November, 10.30am – 12.30pm
City of Gosnells Museum at Wilkinson
Homestead Gosnells
Bookings open from 8.30am Monday 26 October

Join us for an upcoming workshop exploring the traditional craft of wet felting. Using wool, water and soap, you'll transform fibres into sculptable fabric to create a colourful felt flower.

Attach your creation to a pin or clip for a hat, bag or brooch, or make a red poppy for Remembrance Day.



FREE

JINGLE MINGLE AND MAKE

Thursday 12 November, 9.30am – 11.30am
Addie Mills Centre
Bookings open 8.30am Monday 26 October

Get into the festive spirit ahead of Christmas as you create two decorative keepsakes: a wooden gingerbread house and tabletop Christmas tree.

Suitable for all skill levels, this fun and relaxing workshop is a wonderful way to prepare for the holiday season.

FREE

UNLEASH YOUR STORY

Tuesday 10 November, 10am – 11.30am
Addie Mills Centre
Bookings open 8.30am Monday 26 October

Learn a simple, step-by-step process to capture your memories, shape your experiences into engaging stories, and gain confidence in your writing. Using the 20 Memories System, you'll discover how to unlock important moments from your life and turn them into a meaningful personal story, one memory at a time.



FREE

BRING YOUR GRANDPARENTS TO PARK PLAY

Friday 13 November, 9am – 11am
Mary Carroll Park, Gosnells

Join Park Play for a fun-filled day designed for grandparents and grandkids. Bring a picnic, enjoy games and activities and make lasting memories together.



ACT NOW, STAY SECURE – CYBER SECURITY TIPS

Thursday 12 November, 1.30pm – 2.30pm
Addie Mills Centre
Bookings open from 8.30am Monday 26 October

Join the City's Cyber Security Analyst for an engaging workshop packed with simple, smart tips to take control of your digital safety. As well as free expert advice, attendees will be eligible to book a separate session to receive 1:1 IT support on their electronic device. Funded by the Australian Government.

FREE

Seniors Week Community Celebration

*A special event honouring the
contribution and spirit of our
senior community*



Friday 13 November

6pm – 9pm

(doors open from 5.30pm)

**Mills Park Centre
Brixton Street, Beckenham**

FREE

Enjoy a fun-filled evening of music, dancing, laughter and great company, with a delicious buffet dinner. Whether you're hitting the dance floor, catching up with friends or making new ones, it promises to be a memorable night of celebration and connection.



BOOKINGS AND ELIGIBILITY

- ◆ To register please call Addie Mills Centre on 9391 6030 from 8.30am, Monday 2 November
- ◆ Registering attendees of the 2025 Seniors Community Dinner will be waitlisted
- ◆ Waitlisted applicants will be notified from Monday 9 November if a place becomes available
- ◆ Registration is essential. No walk-ins

FREE

Seniors Carols by Candlelight

Friday 11 December

Doors open with light refreshments from 5.30pm – 6.15pm

Show runs 6.30pm – 8.30pm

Don Russell Performing Arts Centre, Thornlie

Bookings open 10am Monday 30 November through

DRPAC Box Office



Call the DRPAC Box Office from 10am on 9498 9414 or book online by scanning this QR code (above). Please note rows A – C are booked by phone bookings only. Please advise booking staff of any seating requirements when booking as the theatre is tiered. You may book for yourself and one other. This event is open to City of Gosnells Seniors 55+.

Embrace the spirit of Christmas and be a part of the festivities at the annual Seniors 55+ Carols by Candlelight at the City's premier theatre. Enjoy Christmas favourites, sing along and be entertained by talented local performers. Bring your festive spirit, and join us for an evening of music, merriment, and Christmas cheer! Make this Christmas season one to remember and don't miss this festive favourite!

Thank you to our Volunteers

More than 50 volunteers help deliver quality Seniors 55+ programs across the City of Gosnells. Your generosity, friendship, and commitment enrich the lives of many in our community. Wishing you a very Merry Christmas and a happy, healthy New Year.



New Program Carrom

Discover Carrom! Easy to learn and fun to master, players use skill, strategy, and precision to push discs into corner pockets. Our welcoming Carrom program encourages hand-eye coordination, friendly competition, and meaningful social connections in a supportive and relaxed setting.

Mondays 1pm – 3pm
Addie Mills Centre
\$2.30 (including afternoon tea)

Call the Addie Mills Centre for more information or to register.



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 – \$2.30 (currently full, please add your name to waitlist)
Monday, Wednesday and Friday
9.30am – 12pm

CARROM – \$2.30
Monday 1pm – 3pm

CHAIR YOGA – \$9 (currently full, please add your name to waitlist)
Monday 11am – 12pm
Wednesday 10.45am – 11.45am
Thursday 10am – 11am

DRUMS FIT – \$9
Monday 1.30pm – 2.30pm

EXERGAMING – \$2.30
Monday 1.30pm – 3pm

POLE WALKING – FREE
Tuesday
(Apr – Sep) 9am – 10.15am
(Oct – Mar) 8.30am – 9.45am

MAHJONG – \$2.30 (currently full, please add your name to waitlist)
Tuesday 9.30am – 12pm

SINGING FOR FUN – \$2.30
Tuesday 1.30pm – 3.30pm
(school terms)

RUMMY-O – \$2.30
Wednesday 12.30pm – 3pm

SOCIAL PONY CANASTA – \$2.30
Thursday 9.30am – 12pm

SCRABBLE CLUB – \$2.30
Thursday 12.30pm – 3pm

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

HOMESTEAD PARK CENTRE
14 GLENBROOK ROAD, THORNLIE
PICKLEBALL – FREE (currently full, please add your name to waitlist)
Tuesday 9.30am – 11.30am
Thursday 11.30am – 1.30pm

GOSSAMBA – FREE
Wednesday 2pm – 3.30pm

LIFEBALL – FREE
Thursday 9am – 11am

MILLS PARK CENTRE
BRIXTON STREET
BECKENHAM

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

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

MADDINGTON COMMUNITY CENTRE
19 ALCOCK STREET
MADDINGTON
UKULELE GROUP – FREE
Thursday 11.30am – 1.30pm

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

info@gosnells.wa.gov.au
gosnells.wa.gov.au

Addie Mills Centre
2 Astley Street
Gosnells WA 6110

Opening hours:

Monday – Friday
8am – 4pm

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.

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 Afternoon Tea at Addies, Coached Outing, or Big Day Out will go on the respective wait list.
- Bookings are taken from 8.30am 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.