Age-friendly Rockingham

2023 Seniors Week

City of Rockingham Free Events Guide

rockingham.wa.gov.au

city of Rockingham

where the coast comes to life

All events are wheelchair accessible, contact the organiser for other accessibility requirements.

Western Australia

2023 Seniors Week

The City of Rockingham offers free events in November to celebrate WA's annual Seniors Week, and to recognise older people's active participation in community life.

All activities are free but bookings are essential. Please note that library event bookings open three weeks prior to the event.

Seniors Social and Wellbeing Program

Every week in November

Aqua Jetty staff lead free weekly physical activities designed to improve strength and balance in people over the age of 60. Enjoy some light refreshments and fantastic company after every session. Please bring your own cup if you would like to stay for refreshments.

Baldivis Recreation Centre
Fifty Road, Baldivis

Aerobics style class with body weight exercises*
Mondays, 9am – 10.30am

* Monday 13 November will be a special Ballroom dance class instead of the usual aerobics style class.

Cardio dance class with stretch and flow
Wednesdays, 9.30am – 10.30am

INFO

Bookings not required, contact Aqua Jetty for more information on **9591 0888** or email **aquajetty@rockingham.wa.gov.au**

Coastal Community Centre
Tangadee Road, Golden Bay

Circuit class for balance and strength
Mondays, 9am – 10.30am

Gentle fitness for a balanced mind and body
Fridays, 9am – 10am

Secret Harbour Community Centre
Oasis Drive, Secret Harbour

Gentle fitness for a balanced mind and body
Tuesdays, 9am – 10.30am

Circuit class for balance and strength
Thursdays, 9am – 10.30am

For more information visit the What's On calendar
rockingham.wa.gov.au/whats-on

FREE

All activities are free but bookings are essential.
Please note that library event bookings open three weeks prior to the event.

First Thursday Films

Thursday 2 November 2023
12pm – 2.30pm

Safety Bay Library
197 Safety Bay Road, Safety Bay

Join us for a film and a light lunch to celebrate our older community members.

Bookings and info: 9528 8611 or sbycontact@rockingham.wa.gov.au

Laughter Yoga

Wednesday 8 November 2023
10am – 11am

Warnbro Community Library
Swallowtail Parade, Warnbro

Laughter Linguist and founder of Laughter Skills, Katrin Marris, will lead you through laughter exercises and meditation. Celebrate Seniors Week by feeling great about life.

Bookings and info: 9528 8577 or wcl@rockingham.wa.gov.au

Celebrate Diwali With Sand Art

Wednesday 8 November 2023
10.30am – 12pm

Safety Bay Library
197 Safety Bay Road, Safety Bay

Diwali is the Hindu festival of lights, where the spiritual victory of light over darkness, good over evil and knowledge over ignorance is celebrated. Diwali is often marked with fireworks and the decoration of floors with rangoli designs. Celebrate Diwali by making your own sand art rangoli to take home, while bopping away to Bollywood tunes. There will also be chai tea and Indian sweets to try.

Bookings and info: 9528 8611 or sbycontact@rockingham.wa.gov.au

Seniors Social and Wellbeing Program - Ballroom Dance Session

Monday 13 November 2023
9am – 10.30am

Baldivis Recreation Centre
Fifty Road, Baldivis

Enjoy a special Seniors Week Ballroom dance session with Aqua Jetty staff. Enjoy some light refreshments and fantastic company after every session.

Bookings and info: 9591 0888 or aquajetty@rockingham.wa.gov.au

LiveUp

Monday 13 November 2023
11am – 12pm

Rockingham Library
Dixon Road, Rockingham

LiveUp is a free national healthy ageing platform designed to help you reimagine, reset, and reconnect with living your life to its fullest. You'll find personalised suggestions, including tailored activities, assistive products, social connections and more, all in your local area or online. Hear from Sally from the LiveUp Engagement Team about how LiveUp can help you to age your way.

Bookings and info: 9528 8683 or rlcontact@rockingham.wa.gov.au

First Aid Demonstration

Monday 13 November 2023
4.30pm – 6.30pm

Warnbro Community Library
Swallowtail Parade, Warnbro

St John Ambulance will provide a First Aid demonstration. Please note there are no qualifications for completing this course, this is for educational purposes only.

Bookings and info: 9528 8577 or wcl@rockingham.wa.gov.au

Tovertafel Tuesday

Tuesday 14 November 2023
Multiple sessions throughout the day

Rockingham Library
Dixon Road, Rockingham

Tovertafel translates to magic table. Come along to a 45 minute session to experience the magic. The interactive games are designed to be accessible for people living with dementia but are fun and relaxing for everyone. Tea and coffee provided.

Bookings and info: 9528 8683 or rlcontact@rockingham.wa.gov.au

Cooking and Nutrition for Older Adults

Tuesday 14 November 2023
10am – 12.30pm

Mary Davies Library and Community Centre
17 Settlers Avenue, Baldivis

Foodbank WA provides great nutrition and cooking tips to keep you healthy and keep costs down. Come along to learn nutrition principles followed by a cooking class and a chance to enjoy your lunch together.

Bookings and info: 9528 0333 or customer@rockingham.wa.gov.au

Meaning and Dementia

Michael Verde

Tuesday 14 November 2023
10am – 11.30am

Mary Davies Library and Community Centre
17 Settlers Avenue, Baldivis

Michael Verde is a globally recognized thought leader in the field of dementia care. This workshop is suitable for anyone who wants a deeper understanding of dementia and how our community is vital to the future of dementia care.

Bookings and info: 9528 0333 or customer@rockingham.wa.gov.au

---

Dementia without Loneliness

Michael Verde

Tuesday 14 November 2023
1pm – 2.30pm

Mary Davies Library and Community Centre
17 Settlers Avenue, Baldivis

Are you caring for someone living with dementia? This workshop with international dementia expert Michael Verde is specific to families and carers.

Bookings and info: 9528 0333 or customer@rockingham.wa.gov.au

Choir Extravaganza

Wednesday 15 November 2023
10am – 11am

Mary Davies Library and Community Centre
17 Settlers Avenue, Baldivis

La Gioia Delle Donne, the Joys of Women Choir, will sing a vibrant blend of traditional and contemporary Italian folk songs with an infectious passion and enthusiasm.
Light morning tea provided.

Bookings and info: 9591 0800 or mdlcccontact@rockingham.wa.gov.au

Planning for the Future

Thursday 16 November 2023
10am – 11am

Safety Bay Library
197 Safety Bay Road, Safety Bay

Planning ahead is important, especially when you are well and able to do so. Join Elder Rights WA as they talk through legal tools such as Wills, Enduring Powers of Attorney, Enduring Powers of Guardianship, and Advance Health Directives. Information packs provided.

Bookings and info: 9528 8611 or sbycontact@rockingham.wa.gov.au

Screen Printing on Fabric

Thursday 16 November 2023
10am – 12.30pm

Rockingham Library
Dixon Road, Rockingham

Use several techniques for a beautiful finished project to take home. Participants must also be able to attend a second session at 10am – 12.30pm on Thursday 23 November 2023.

Bookings and info: 9528 8683 or rlcontact@rockingham.wa.gov.au

Living Arrangements for Older People

Friday 17 November 2023
10am – 11am

Rockingham Library
Dixon Road, Rockingham

Join Elder Rights WA as they provide information about the importance of having a written agreement about any living arrangement you may enter into.

Bookings and info: 9528 8683 or rlcontact@rockingham.wa.gov.au

Move Your Body presentation

Friday 17 November 2023
9.30am – 10.30pm

Warnbro Community Library
Swallowtail Parade, Warnbro

This presentation focuses on building strength and balance to prevent falls and promote healthy ageing. Learn balance and leg strength exercises that will keep you enjoying your favourite activities for longer.

Bookings and info: 9528 8577 or wclcontact@rockingham.wa.gov.au

Celebrate Our Seniors Morning

Saturday 18 November 2023
9.30am – 10.30am

Safety Bay Library
197 Safety Bay Road, Safety Bay

The Celebrate Our Seniors Morning consists of the four events seen on the next page.

Bookings and info: 9528 8611 or sbycontact@rockingham.wa.gov.au

Intergenerational Cookie Decorating Class

9.30am – 10.30am

Designed for family groups to create together, so bring the grandchildren and walk away with a box of treats you decorated together. Learn how to apply fondant icing to pre-baked cookies with Carli from Bake with Carli. Maximum of one adult and two children per family group.

Art by Numbers

9.30am – 10.30am

Art can be fun, creative and soothing. Nourish your artistic skills by choosing to paint or sticker by numbers. This provides a great opportunity to venture into visual art.

Armchair Travel

9.30am – 11am

Take a guided tour of South East Asia without leaving the comfort of an arm chair, thanks to the Virtual Reality technology from SilVR. Arrival by 9.30am is essential for anyone who has not completed the 20 minute VR training at a previous Rockingham Library event.

Drumming Circle

10.30am – 11.30am

Come along with your family and join Rhythm Fix for an interactive facilitated African drumming session. This session provides a fun opportunity to come together in a musical celebration of our community's older people.

Age-friendly
Rockingham

city of
Rockingham
where the coast comes to life

Presented by the City of Rockingham