

# Seniors Newsletter

May 2024

## Information

### **Pickleball at Baldivis Indoor Sports Complex and Mike Barnett Sports Complex**

Pickleball is a racket or paddle sport in which two or four players hit a perforated, hollow, plastic ball with paddles over an 86 cm high net, until one side is unable to return the ball or commits a rule infraction.

Pickleball is quickly becoming a popular game for seniors as the light ball and low nets assist players to keep up with the ball while lowering strain on elbows and joints with the lower nets. The game is played indoors at both City facilities to keep players dry and wind protected.

More information inside.

### **Mother's Day**

Sunday 12 May 2024 is Mother's Day.

Make Mother's Day special by spoiling your mum or any mum you wish to appreciate. Share a message of appreciation or take her to our local groups and activities in Rockingham.

*You forgave me for things I didn't do,  
You forgave me for bad things I did.  
You loved me, no matter what, dear Mom.  
I'm so happy to be your kid.  
You forgive me all the time, dear Mom,  
Then you guide me to a better way.  
I'm blessed with your unconditional love  
I appreciate you every day.*

By Joanna Fuchs.



## Events and Activities

### Regular Groups and Activities

Rockingham is home to a huge range of seniors groups and activities to learn, volunteer, connect, and stay mentally and physically fit. Download a list of weekly and monthly seniors' friendly groups and clubs from the City's website

[rockingham.wa.gov.au/seniorgroups](http://rockingham.wa.gov.au/seniorgroups)

or call 9528 0333 to have a copy posted.

The list is updated with new groups twice annually. Some of the groups included are:

#### CWA Baldivis Belles

**Date:** First Friday of the month

**Time:** 7pm

**Location:** Baldivis Recreation Centre,  
Fifty Road, Baldivis

**Cost:** Free

**Contact:** Linda, 0417 984 656

[cwabaldivisbelles@gmail.com](mailto:cwabaldivisbelles@gmail.com)

Come along to the Country Women's Association (meet in the blue building) to make new friends and help the community with women of all ages and interests.

#### Scrabble Girls

**Date:** Fridays

**Time:** 1pm – 4.30pm

**Location:** Safety Bay Library,  
Safety Bay Road, Safety Bay

**Cost:** Free

**Contact:** Carol, 0410 300 733

[tomcat5au@yahoo.com.au](mailto:tomcat5au@yahoo.com.au)

A great afternoon. Meet new people and play scrabble just for fun.

#### Pickleball

Available at two City facilities:

##### Mike Barnett Sports Complex

**Date:** Mondays, 8.30am – 10.30am

**Location:** Mike Barnett Sports Complex,  
Dixon Road, Rockingham

**Cost:** \$10

**Contact:** Mike Barnett Sports Complex,  
9591 0850

[mikebarnett@rockingham.wa.gov.au](mailto:mikebarnett@rockingham.wa.gov.au)

##### Baldivis Indoor Sports Complex

**Date:** Wednesdays, 8.30am – 10.30am

Sundays, 4.30pm – 6.30pm

**Location:** Baldivis Indoor Sports Complex,  
Eighty Road, Baldivis

**Cost:** \$10

**Contact:** Baldivis Indoor Sports Complex,  
9591 0840

[baldivisindoorsc@rockingham.wa.gov.au](mailto:baldivisindoorsc@rockingham.wa.gov.au)

##### Rockingham Watercolour Society Inc.

**Date:** Fridays

**Time:** First session 9am – 12.30pm

Second session 1pm – 4pm

**Location:** Gary Holland Community Centre,  
Kent Street, Rockingham

**Cost:** \$5 members

**Contact:** John, 0477 123 786

[2015rws@gmail.com](mailto:2015rws@gmail.com)

A welcoming group for all levels of expertise coming together to learn, practice and share all about watercolours. First two sessions are free to newcomers. \$15 name badge. \$40 annual membership.

Disclaimer: Information is accurate at time of printing. Accuracy cannot be guaranteed as changes may be made by the event organiser after the publication date.

## University of the Third Age (U3A) Rockingham

**Date:** First and third Friday of every month  
**Time:** 1pm for 1.30pm start  
**Location:** Masonic Hall, Wanliss Street, Rockingham  
**Cost:** \$5 (includes afternoon tea)  
**Contact:** Valerie, 0438 272 911

U3A offers an opportunity to make friends and hear interesting speakers.

Friday 3 May – Richard Smith presents 'Eyes in the Sky; Surveillance for Survival'

Friday 13 May – Terry Harvey will take us on the 'Incredible Indian Railway'.

## Upcoming Events

All events are wheelchair accessible unless otherwise indicated. Contact event organisers to confirm other accessibility requirements.

## Family History Society of Rockingham and Districts Inc. General Meeting

**Date:** Saturday 4 May  
**Time:** 2pm – 3.30pm  
**Location:** Lotteries House meeting room first floor, Civic Boulevard, Rockingham  
**Cost:** \$5  
**Contact:** Verna, 0407 192 393  
[fhsrd.sec@gmail.com](mailto:fhsrd.sec@gmail.com)

Peter Worsley (OAM) will speak about some of the famous, and not so famous, ships that are in museums overseas and here in W.A. He has been involved with Maritime Museum in Fremantle since 1979.

## Country Women's Association (CWA) Community/Mother's Day Markets

**Date:** Sunday 5 May  
**Time:** 9am – 12pm  
**Location:** Guides Hall, Watts Road, Shoalwater  
**Cost:** Free  
**Contact:** Lisa, 0400 056 444  
[hannexsa@gmail.com](mailto:hannexsa@gmail.com)

Come along and meet the friendly members of the CWA Safety Bay branch. There will be handmade gifts, jams, relishes, cakes, plants, preloved books and more. Part proceeds support our branch to help local charities.

## Rockingham and Districts Gardening Club General Meeting

**Date:** Thursday 9 May  
**Time:** 12.30pm – 3pm  
**Location:** Hillman Hall, Unnaro St, next to Hillman Primary School, Hillman  
**Cost:** \$6 (includes afternoon tea)  
**Contact:** Alice, 0448 605 206  
[alice.socialite@icloud.com](mailto:alice.socialite@icloud.com)

The monthly General Meeting will be followed by a guest speaker from Native Nursery, an afternoon tea and a free raffle.

### **Switched on Seniors: Law Week Information**

**Date:** Friday 19 May  
**Time:** 10am – 12pm  
**Location:** Church of Christ,  
Frederick Street, Shoalwater  
**Cost:** \$3 (includes morning tea)  
**Contact:** Sheena, 0458 163 422  
[switchedonseniors@gmail.com](mailto:switchedonseniors@gmail.com)

Mountain Lawyers will present on estate planning (including wills, enduring powers of attorney, guardianship and advanced health directives) as well as debunking some common myths.

### **Seniors Safety Morning Tea**

**Date:** Thursday 13 June  
**Time:** 10am – 12pm  
**Location:** Main Hall, Gary Holland  
Community Centre,  
Kent Street, Rockingham  
**Cost:** Free  
**Contact:** Bookings, 9528 0333  
[customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au)

Enjoy a free morning tea and hear from experts and local support services about how you and others can stay safe in your relationships, home, and community. The event will also feature the Purple Road Project, an incredible creation from our community to recognise World Elder Abuse Awareness Day, also in June.

Bookings are essential, visit [rockingham.wa.gov.au/  
SeniorsSafetyMorningTea](http://rockingham.wa.gov.au/SeniorsSafetyMorningTea) Groups of six or more are encouraged to contact the City via email to reserve a table.

## **City of Rockingham services**

### **The Rockingham Volunteer Centre (RVC)**

The RVC is the community's hub for volunteering, linking together people who want to volunteer and the organisations that need them. So however you are, or would like to be, involved in volunteering make sure to link in with the RVC.

The Centre is located in the Rockingham Library, Dixon Road, Rockingham and opens Mondays and Tuesdays: 9.30am – 2.30pm; Wednesdays and Thursdays: 1pm – 6pm. Drop in for a chat or contact, 9528 8670 [volunteering@rockingham.wa.gov.au](mailto:volunteering@rockingham.wa.gov.au)