

# Groups and Clubs for Seniors

Part of an Age-friendly Rockingham



## Social and Support Community Groups

Group Name	Information
Alzheimer's WA Carers Support Group	Monthly facilitated peer support groups. Second Wednesday of the month, 1pm–3pm at the Autumn Centre, McNicholl Street, Rockingham. <b>Contact:</b> 1300 66 77 88   <a href="mailto:support@alzheimerswa.org.au">support@alzheimerswa.org.au</a>
Chat and Do and Coffee Too	A craft group creating one piece for charity for every piece they take home. Wednesdays, 9am at the Warnbro Family and Community Centre, Moreton Crescent, Warnbro. <b>Contact:</b> Janet   0401 999 620   <a href="mailto:tparker@iinet.net.au">tparker@iinet.net.au</a>
Happy Wanderers Social Club	Social club with wide range of activities. Tuesdays, 9.30am at McLarty Hall, McLarty Road, Shoalwater. <b>Contact:</b> Pam   9593 5523   <a href="mailto:pisimmons1947@icloud.com">pisimmons1947@icloud.com</a>
Laughs and Crafts	Learn to knit or crochet, or bring along any craft project. Fridays, 10am–12pm at the Safety Bay Library, Safety Bay Road, Safety Bay. <b>Contact:</b> Safety Bay Library   9528 8611   <a href="mailto:sbycontact@rockingham.wa.gov.au">sbycontact@rockingham.wa.gov.au</a>
Mandurah and Rockingham Prostate Cancer Support Group	Support group for men and their families. Second Monday of the month, 7pm in Mandurah (contact Peter for venue). <b>Contact:</b> Peter   0475 674 417   <a href="mailto:mandurah.pcsg@gmail.com">mandurah.pcsg@gmail.com</a>



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



Men's Breakfast	<p>A full English breakfast and friendship for men. First Saturday of the month, 7am at St Brendan's Church, Currie Street, Warnbro.</p> <p><b>Contact:</b> Saint Brendan's   9593 1640   <a href="mailto:admin@stbrendans.com.au">admin@stbrendans.com.au</a></p>
Philatelic Society of Rockingham and Kwinana Districts	<p>Social stamp collecting group. Third Tuesday of the month, 7pm at Church of Christ, Frederick Street, Shoalwater.</p> <p><b>Contact:</b> Phil   0404 427 027   <a href="mailto:healsam@bigpond.com">healsam@bigpond.com</a></p>
Rockingham Bridge Club	<p>All experience levels welcomed. Meetings five days a week at McLarty Hall, McLarty Road, Shoalwater.</p> <p><b>Contact:</b> Nicky   0424 427 251   <a href="mailto:nicky.oconnell@me.com">nicky.oconnell@me.com</a></p>
Rockingham and Districts Friendship Club	<p>Fun, friendship and lunches. Tuesdays 10am at Rockingham RSL, Memorial Drive, Rockingham.</p> <p><b>Contact:</b> Merv   0416 814 748   <a href="mailto:kayjay003@bigpond.com">kayjay003@bigpond.com</a></p>
Rockingham and Districts Garden Club	<p>Learn, garden and connect. Second Thursday of the month, 12.30pm at Hillman Hall, Unnaro Street, Hillman.</p> <p><b>Contact:</b> Alice   0448 605 206   <a href="mailto:alice.socialite@icloud.com">alice.socialite@icloud.com</a></p>
Rockingham Carers Linking Together	<p>For both registered and unregistered carers. Third Tuesday of the month, venue changes. Call Carers WA for free membership and details.</p> <p><b>Contact:</b> CarersWA   1800 422 737   <a href="mailto:socialsupport@carerswa.asn.au">socialsupport@carerswa.asn.au</a></p>
Rockingham City Chess Connection	<p>All experience levels welcome, fun and friendly. Thursdays, 4pm at the Rockingham Library, Dixon Road, Rockingham.</p> <p><b>Contact:</b> Peter   0492 851 761   <a href="mailto:peter.merrotsy@uwa.edu.au">peter.merrotsy@uwa.edu.au</a></p>
Rockingham Community Shed for Men	<p>Monday - Friday, 9am - 2pm, at 7 Hefron Street, Rockingham.</p> <p><b>Contact:</b> Rob   9591 3803   <a href="mailto:rockingham.mens.shed@iinet.net.au">rockingham.mens.shed@iinet.net.au</a></p>
Rockingham Forget-Me-Not Memory Café	<p>Social gatherings for people living with dementia and their carers. Third Monday of the month, 10am at the Swinging Pig, Chalgrove Avenue, Rockingham.</p> <p><b>Contact:</b> Angi   0468 549 143   <a href="mailto:fmncafe@outlook.com">fmncafe@outlook.com</a></p>
Rockingham Legacy Laurel Club	<p>Second and fourth Thursday of the month (subject to change), 10am at Port Kennedy RSL, Paxton Way, Port Kennedy.</p> <p><b>Contact:</b> Ann   0417 917 586</p>
Rockingham Watercolour Society	<p>Learn and create with watercolour, weekly groups and beginners courses every six weeks. All sessions are at the Gary Holland Community Centre, Kent Street, Rockingham.</p> <p><b>Contact:</b> John   0477 123 786   <a href="mailto:2015rws@gmail.com">2015rws@gmail.com</a></p>
Rockingham Woodworkers Club	<p>Social group welcomes anyone who wants to work with wood. Monday – Friday mornings at the Autumn Centre, McNicholl Street, Rockingham.</p> <p><b>Contact:</b> Wendy   0457 771 196   <a href="mailto:wendybaker1829@yahoo.com.au">wendybaker1829@yahoo.com.au</a></p>

Scrabble Club	Friendly scrabble enthusiasts meet every Friday, 1pm–4pm at the Safety Bay Library, Safety Bay Road, Safety Bay. <b>Contact:</b> Carol Thomson   0410 300 733   tomcat5au@yahoo.com.au
Sing Australia	Inclusive and friendly group. Tuesdays, 6.30pm, contact organiser for location. <b>Contact:</b> Tereza   0437 430 010   tereza43@live.com.au
Take a Break Craft Group	BYO project. Wednesdays, 9am–12pm during school terms at the Church of Christ, Frederick Street, Shoalwater. <b>Contact:</b> Karin   0423 812 207   mandfredkarin@gmx.net
Wasarians	Social and friendship group for women, including guest speakers. Wednesdays, 9am at McLarty Hall, McLarty Road, Shoalwater. <b>Contact:</b> Jan   9528 2965   janthair@yahoo.com

## Health and Physical Activity

Group Name	Information
Cycling Without Age Rockingham	Free rides on piloted trishaw ebikes, Mondays, Wednesdays, and Fridays, 9.30am–11.30am at Churchill Park, Rockingham Beach Road, Rockingham. <b>Contact:</b> Deb   0433 401 470   deb.wall@cyclingwithoutage.org.au
Friends of Point Peron	Help care for Point Peron, visitors welcome. Sundays, 8am at Point Peron. <b>Contact:</b> James   0427 449 166   jgmumme@live.com.au
Prime Movers	Movement to music. Tuesdays and Thursdays, 9.30am at the Mike Barnett Sports Complex, Dixon Road, Rockingham. <b>Contact:</b> Rhonda   0444 560 037 secretary@primemovers-exercise.com.au
Rockingham Social Cycling Group	Suitable for all cyclists and experience levels. Twice weekly and monthly rides, contact organiser for dates and locations. <b>Contact:</b> Hope   0419 049 308
Seniors Social and Wellbeing Classes	Free social and fitness classes run by Aqua Jetty instructors. Locations in Secret Harbour, Golden Bay and Baldivis. <b>Contact:</b> Aqua Jetty   9591 0888   aquajetty@rockingham.wa.gov.au
Walking and Pole Walking Groups	Walking groups meet on different days and in different locations all over Rockingham. Pole walking is a fun, accessible option and groups in Rockingham and Baldivis provide equipment and tutorials. Visit the website to find your local walking and/or pole walking group. <b>rockingham.wa.gov.au/walking</b>

## Learn, Volunteer, Advocate

Group Name	Information
Family History Society of Rockingham and Districts Inc.	Genealogy and family history group. First Saturday of the month at Lotteries House, Civic Boulevard, Rockingham. <b>Contact:</b> Verna   0407 192 393   fhsrd@gmail.com
National Seniors Rockingham Branch	First Wednesday of the month, alternate meetings and outings, 10am at the Port Kennedy RSL, Paxton Way, Port Kennedy. <b>Contact:</b> Nanette   0417 099 505   nansenior@bigpond.com
Rockingham District Silver Chain Fundraising Group	Friendships, occasional outings and fundraising. Second Friday of the month, 1.30pm at Challenger Court Hall, Anderson Way, Rockingham. <b>Contact:</b> Veda   9592 9934   Irene   motherbear51@yahoo.com.au
Rockingham Sound Day VIEW Club	Women's group supporting the Smith Family. First Thursday of the month, 11.30am at PK Tavern, Warnbro Sound Avenue, Port Kennedy. <b>Contact:</b> Sandy   0404 295 352 rockinghamssounddayview@gmail.com
Soroptimist Club of Rockingham	International women's service group. Third Wednesday of the month, 6.30pm, Westerly Family Centre, Westerly Way, Cooloongup.
University of the Third Age	A happy and social network embracing the motto 'Live, Laugh, Learn'. First and third Fridays of the month, 1.30pm at the Masonic Hall, Wanliss Street, Rockingham. <b>Contact:</b> Valerie   0438 272 911   valeriebuckley@westnet.com.au

### Country Women's Associations (intergenerational group for women. All are welcome.)

Baldivis Belles	First Friday of the month, 7pm at the Mary Davies Library and Community Centre, Settlers Avenue, Baldivis. <b>Contact:</b> Linda   0417 984 656   cwabaldivisbelles@gmail.com
Rockingham	Monthly and weekly meetings, craft breakfasts and bi-monthly craft retreats. Various locations. <b>Contact:</b> Elaine   0420 540 495   cwarockingham@gmail.com
Safety Bay	First Tuesday of the month, 10am at the CWA Hall, 12 Watts Road, Shoalwater. <b>Contact:</b> Joyce   9527 7742   joywayne@iprimus.com.au

Lions Clubs (Australia's largest community service organisation)	
Baldivis	First Wednesday of the month, 6.30pm at the Mary Davies Library and Community Centre, Settlers Avenue, Baldivis. <b>Contact:</b> baldivis.wa@lions.org.au
Rockingham	Second and fourth Mondays of the month, 6.30pm at the Rockingham Bowling Club, Kent Street, Rockingham. <b>Contact:</b> Hazel   0408 441 759   hazelmast@outlook.com
Port Kennedy	Second and Fourth Mondays every month, 6.30pm at PK Tavern, Warnbro Sound Avenue, Port Kennedy. <b>Contact:</b> Debra   0420 648 902   portkenedy.wa@lions.org.au

Probus Clubs (retired and semi-retired people enjoying fun and friendship)	
Baldivis	Second Wednesday of the month, 1.15pm at the Mary Davies Library and Community Centre, Settlers Avenue, Baldivis. <b>Contact:</b> Helen   0419 251 489   helenhardy@westnet.com.au
Rockingham Combined	Fourth Monday of the month, 2pm at the Marine Rescue Centre, Point Peron Road, Peron. <b>Contact:</b> Helen   0419 251 489   helenhardy@westnet.com.au
Shoalwater Ladies	Second Monday of the month, 9.30am at the RSL Club, Memorial Drive, Peron. <b>Contact:</b> Sue   0424 723 923   healsam@bigpond.com

Rotary Clubs (providing service, promoting integrity and fellowship)	
Baldivis	Alternate Mondays, 7pm at Peel Manor House, Fletcher Road, Karnup. <b>Contact:</b> Tim   0438 953 738   baldivisrotaryclub@gmail.com
Palm Beach	Wednesdays, 6.30pm at Hotel Clipper, Patterson Road, Rockingham. <b>Contact:</b> Dee   0483 161 823   darine4@bigpond.com
Rockingham	Mondays, 6pm at the Rockingham RSL Club, Memorial Drive, Peron. <b>Contact:</b> Wayne   0400 210 700   secretaryrotaryrockingham@gmail.com

Switched On Seniors (peer support tech help for phones and tablets)	
Contact for all groups: Sheena   0458 163 422   sheenae@iinet.net.au	
Autumn Centre	Tuesdays, 10am–12pm at the Autumn Centre, McNicholl Street, Rockingham. Autumn Centre membership required for this group. Visit <a href="http://rockingham.wa.gov.au/autumncentre">rockingham.wa.gov.au/autumncentre</a> for more information about Autumn Centre membership.
Waikiki	Thursdays, 10am–12pm at the Rockingham Baptist Church, Gnangara Drive, Waikiki.
Shoalwater	Fridays, 10am–12pm at the Church of Christ, Frederick Street, Shoalwater.

Note: Information correct at time of printing, contact groups to confirm details and any costs before attending.