



# Seniors Week 2018

Free Events for Seniors



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



# Seniors Week 2018, celebrated from 11 - 17 November, is a special time for Western Australian seniors.

During Seniors Week a variety of events and activities will be held across the City of Rockingham to acknowledge and show our appreciation for their valued contribution to our community. Events this year will be held at the libraries and Autumn Centre.

All activities are free but **bookings are essential.**

## Mary Davies Library and Community Centre

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### Chair Yoga for Beginners

**Sunday 11 November,  
1pm - 2.15pm**

Learn about this gentle form of yoga, suitable for beginners, from teacher Serena. Enjoy the benefits of yoga including improved muscle tone, better breathing habits, reduction of stress, better sleep and a sense of well-being.

### Artist Walk

**Thursday 15 November,  
10am - 12pm**

Local artist and Baldivis resident Rachael Lemon will take participants on a guided walk through the Mary Davies Library and Community Centre and surrounding landscape in search of beautiful textures, sculptures and design. Once inspired, Rachael will then work with participants to create a sketch drawing. Participants can enjoy fresh fruit, coffee and tea whilst creating their locally inspired artwork.



## Warnbro Community Library

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### Crochet Baskets with Freckle and Stitch

**Sunday 11 November,  
2pm - 5.30pm**

Join Freckle and Stitch as we teach you how to make your very own crochet handle basket using recycled t-shirt yarn. These baskets are eco-friendly, quick to make and super versatile for keeping your knick-knacks. Not only will you make your own basket in class, you'll also take home a large bamboo crochet hook and pattern booklet so you can keep on creating. No crochet or knitting experience is required.

### Akwaaba Drumming Workshop

**Wednesday 14 November,  
6pm - 7pm**

Discover the rhythm of your soul through an Akwaaba African Drumming workshop. Using traditional hand drums and percussion instruments you'll be sure to bring the rhythms of Africa to our community during Seniors Week. Come and experience the fun and energy of African drumming.

## Rockingham Central Library

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### High Tea Masterclass

**Wednesday 13 November,  
10.30am - 12pm**

Chef Dale will be showcasing a selection of sweet and savoury treats which participants will learn how to make, and then enjoy tasting afterwards.

### Wills and Estate Planning Workshop

**Thursday 15 November,  
10.30am - 11.30am**

Join us as Catherine from Carriad Legal comes along to present this workshop on updating, or making your Will.

## Safety Bay Library

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### Water Colour Painting

**Thursday 15 November,  
10.30am - 12.30pm**

Join us as we welcome teachers from Mug and Brush for a beginner's water painting session. Participants will walk away with their very own painting. Light morning tea will be included.

### Stay on Your Feet

**Thursday 22 November,  
10.30am - 11.30am**

Worried about falling? Join us for an information session, and learn how to prevent slips, trips and falls in your home.

## Autumn Centre McNicholl Street, Rockingham

For more information,  
please call **9528 0333** or email  
[customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au)

## Mary Davies Library and Community Centre

To book, please call **9591 0800** or email  
[mdlcccontact@rockingham.wa.gov.au](mailto:mdlcccontact@rockingham.wa.gov.au)

## Safety Bay Library

To book, please call **9528 8611** or email  
[sbycontact@rockingham.wa.gov.au](mailto:sbycontact@rockingham.wa.gov.au)

## Autumn Centre

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### Navigating Home Care

**Monday 12 November,  
9am - 11am**

Not sure how to access home care to ensure you receive the support required to enable you to live longer at home? Come along to this free session to hear from and interact with key organisations.



## Rockingham Central Library

To book, please call **9528 8683** or email  
[rclcontact@rockingham.wa.gov.au](mailto:rclcontact@rockingham.wa.gov.au)

## Warnbro Community Library

To book, please call **9528 8577** or email  
[wclcontact@rockingham.wa.gov.au](mailto:wclcontact@rockingham.wa.gov.au)