

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. Contact: 1300 66 77 88 support@alzheimerswa.org.au
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. Contact: Janet 0401 999 620 tparker@iinet.net.au
Happy Wanderers Social Club	Social club with wide range of activities. Tuesdays, 9.30am at McLarty Hall, McLarty Road, Shoalwater. Contact: Pam 9593 5523 pisimmons1947@icloud.com
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. Contact: Safety Bay Library 9528 8611 sbycontact@rockingham.wa.gov.au
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). Contact: Peter 0475 674 417 mandurah.pcsg@gmail.com



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>Contact: Saint Brendan's 9593 1640 admin@stbrendans.com.au</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>Contact: Phil 0404 427 027 healsam@bigpond.com</p>
Rockingham Bridge Club	<p>All experience levels welcomed. Meetings five days a week at McLarty Hall, McLarty Road, Shoalwater.</p> <p>Contact: Nicky 0424 427 251 nicky.oconnell@me.com</p>
Rockingham and Districts Friendship Club	<p>Fun, friendship and lunches. Tuesdays 10am at Rockingham RSL, Memorial Drive, Rockingham.</p> <p>Contact: Merv 0416 814 748 kayjay003@bigpond.com</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>Contact: Alice 0448 605 206 alice.socialite@icloud.com</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>Contact: CarersWA 1800 422 737 socialsupport@carerswa.asn.au</p>
Rockingham City Chess Connection	<p>All experience levels welcome, fun and friendly. Thursdays, 4pm at the Rockingham Library, Dixon Road, Rockingham.</p> <p>Contact: Peter 0492 851 761 peter.merrotsy@uwa.edu.au</p>
Rockingham Community Shed for Men	<p>Monday - Friday, 9am - 2pm, at 7 Hefron Street, Rockingham.</p> <p>Contact: Rob 9591 3803 rockingham.mens.shed@iinet.net.au</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>Contact: Angi 0468 549 143 fmncafe@outlook.com</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>Contact: 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>Contact: John 0477 123 786 2015rws@gmail.com</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>Contact: Wendy 0457 771 196 wendybaker1829@yahoo.com.au</p>

Scrabble Club	Friendly scrabble enthusiasts meet every Friday, 1pm–4pm at the Safety Bay Library, Safety Bay Road, Safety Bay. Contact: Carol Thomson 0410 300 733 tomcat5au@yahoo.com.au
Sing Australia	Inclusive and friendly group. Tuesdays, 6.30pm, contact organiser for location. Contact: 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. Contact: 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. Contact: 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. Contact: 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. Contact: 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. Contact: 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. Contact: 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. Contact: 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. rockingham.wa.gov.au/walking

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. Contact: 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. Contact: 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. Contact: 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. Contact: Valerie 0438 272 911 rockinghamsounddayview@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. Contact: 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. Contact: Linda 0417 984 656 cwabaldivisbelles@gmail.com
Rockingham	Monthly and weekly meetings, craft breakfasts and bi-monthly craft retreats. Various locations. Contact: Elaine 0420 540 495 cwarockingham@gmail.com
Safety Bay	First Tuesday of the month, 10am at the CWA Hall, 12 Watts Road, Shoalwater. Contact: 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. Contact: baldivis.wa@lions.org.au
Rockingham	Second and fourth Mondays of the month, 6.30pm at the Rockingham Bowling Club, Kent Street, Rockingham. Contact: 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. Contact: 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. Contact: 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. Contact: Helen 0419 251 489 helenhardy@westnet.com.au
Shoalwater Ladies	Third Monday of the month, 9.30am at the Rockingham Navy Club, Point Peron Road, Peron. Contact: 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. Contact: Tim 0438 953 738 baldivisrotaryclub@gmail.com
Palm Beach	Wednesdays, 6.30pm at Hotel Clipper, Patterson Road, Rockingham. Contact: Dee 0483 161 823 darine4@bigpond.com
Rockingham	Mondays, 6pm at the Rockingham RSL Club, Memorial Drive, Rockingham. Contact: 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@inet.net.au	
Autumn Centre	Tuesdays, 10am–12pm at the Autumn Centre, McNicholl Street, Rockingham. Autumn Centre membership required for this group. Visit rockingham.wa.gov.au/autumncentre 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.