

2024 **Seniors Week**

Celebrate and Connect

City of Rockingham
Free Events Guide





Western Australia

Seniors Week²⁰²⁴

Celebrate ageing and active participation.

The City of Rockingham is proud to be an age-friendly community. Every year we recognise WA Seniors Week to celebrate the contributions of older Western Australians.

This guide includes a whole month of free events to help you move, create, learn and celebrate healthy ageing.

The City recognises the important role that seniors play in our community beyond November. Check out the last few pages of this guide for some of the services and supports available year round.



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

FREE



**All activities in this guide are free
but bookings are essential**
(unless stated otherwise).



You can register for all events on the
City's website:
rockingham.wa.gov.au/seniorsweek

If you need help to register contact:
9528 0333 or customer@rockingham.wa.gov.au



Party Experience: Over 60s Dance Party



Wednesday 27 November 2024

5.30pm – 9.30pm



Gary Holland Community Centre

19 Kent Street, Rockingham

With life experience the party just gets better. Wrap up November and Seniors Week celebrations with a party.

Register now for your free ticket, which includes:



Live
entertainment



Dinner
and drinks



Party prizes



Most importantly,
new friends



Planning to Age Well

– Information Series

Healthy at Home



Thursday 7 November 2024

9.30am – 11.30am



Gary Holland Community Centre

19 Kent Street, Rockingham

Find out about supports to help keep you healthy and in your home as you age. Includes Commonwealth Home Support Packages, Home Care Packages, and home modifications.

Home in the Future



Tuesday 19 November 2024

9.30am – 11.30am



Mary Davies Library and Community Centre

17 Settlers Avenue, Baldivis

Retirement or lifestyle villages? Rentals or Lease for Life? What you need to know about residential aged care and other options available.

Protecting Your Choices



Thursday 28 November 2024

2pm – 4pm



Secret Harbour Community Centre

Oasis Drive, Secret Harbour

Protect your decisions into the future. Learn about Power of Attorney and Guardianship, Advanced Health Care Directives, wills, probate and executors.



Seniors Week Quiz Night at RYC



Friday 15 November 2024

5.30pm – 7.30pm



Rockingham Youth Centre

Mackinnon Street, Rockingham

A night of fun and games, organised by the Rockingham Youth Reference Group to celebrate Seniors Week.



Art and Craft Market Stalls



Saturday 23 November 2024

9am – 1pm



Autumn Centre

McNicholl Street, Rockingham

A showcase of the Autumn Centre members' creative arts and crafts. Pick up a special gift for a loved one or yourself, and learn more about the centre. Sausage sizzle and drinks also available to buy. No bookings required.



Mandala Drawing



Saturday 2 November 2024

9.30am – 11.30am



Safety Bay Library

197 Safety Bay Road, Safety Bay

Learn the beautiful process of mandala creation with artist Heather Carnegie.



Bollywood Dance Workshop



Saturday 2 November 2024

10am – 11am



Safety Bay Library

197 Safety Bay Road, Safety Bay

Dive into Diwali with Bollywood Dance Studio and dance like a movie star.



Seated Dance Class



Wednesday 6 November 2024

1pm – 2pm



Warnbro Community Library

Swallowtail Parade, Warnbro



Monday 11 November 2024

1pm – 2pm



Safety Bay Library

197 Safety Bay Road, Safety Bay

A joyful and inspiring seated dance class with Lifespan Dance.



Drone Workshop



Friday 8 November 2024

2.30pm – 4pm



Safety Bay Library

197 Safety Bay Road, Safety Bay

Try piloting a drone and experience a mesmerising light show. A special workshop for older adults by Squadrone.



Sustainable Scarf Making



Monday 11 November 2024

9am – 12pm



Singleton Sports and Community Centre

24 Cavender Street, Singleton

Repurpose materials for an infinity scarf and make your own yarn from old t-shirts. Margie is passionate about social connection for creative neurodiverse women like herself. This event welcomes everyone to experience her unique flare and perspective in textiles.



Laughter Yoga



Tuesday 12 November 2024

10am – 11am



Mary Davies Library and Community Centre

17 Settlers Avenue, Baldivis

A certified instructor will lead you in laughter yoga and meditation exercises. Please bring a water bottle.



Author Talk - Kez Wickham



Tuesday 12 November 2024

11am – 12pm



Rockingham Library

Dixon Road, Rockingham

Kez Wickham shares her wisdom and insights into writing, editing and producing novels.



First Aid Demonstrations with St John WA



Wednesday 13 November 2024

10.30am – 12.30pm



Safety Bay Library

197 Safety Bay Road, Safety Bay



Wednesday 13 November 2024

1pm – 3pm



Rockingham Library

Dixon Road, Rockingham

Learn some basic first aid focussing on burns, heart conditions and stroke, as well as a CPR demonstration.



Celebrate Grandparents

with Author Nada Lubay



Thursday 14 November 2024

10am – 11am



Rockingham Library

Dixon Road, Rockingham

Nada is a local author bringing light to grandparents and grand carers as unsung heroes.



Nourishing Golden Age



Friday 15 November 2024

10am – 12.30pm



Secret Harbour Community Centre

Oasis Drive, Secret Harbour

Cook and enjoy a meal with others. You'll also get tips on nutrition for healthy ageing, meal planning, and saving money.



Quilled Christmas Card Workshops



Thursday 21 November 2024

2.30pm – 4pm



Mary Davies Library and Community Centre

17 Settlers Avenue, Baldivis



Tuesday 26 November 2024

10am – 11.30am



Safety Bay Library

197 Safety Bay Road, Safety Bay

Learn how to use colourful strips of paper to create beautiful Christmas cards.



Planning a Holiday Using AI



Friday 22 November 2024

10am – 12pm



Rockingham Church of Christ

Frederick Street, Shoalwater

Get tips to use artificial intelligence for the fun things in life, like holiday planning.

Presented by volunteer group Switched on Seniors (peer based learning for technology).



Are you Heatwave Ready this Summer?



Wednesday 20 November 2024

1.30pm – 3pm



Mary Davies Library and Community Centre

17 Settlers Avenue, Baldivis



Tuesday 26 November 2024

1.30pm – 3pm



Rockingham Library

Dixon Road, Rockingham



Wednesday 27 November 2024

10.30am – 12pm



Warnbro Community Library

Swallowtail Parade, Warnbro



Thursday 28 November 2024

10am – 11.30am



Autumn Centre

McNicholl Street, Rockingham

Attend one of these four free workshops to learn about:



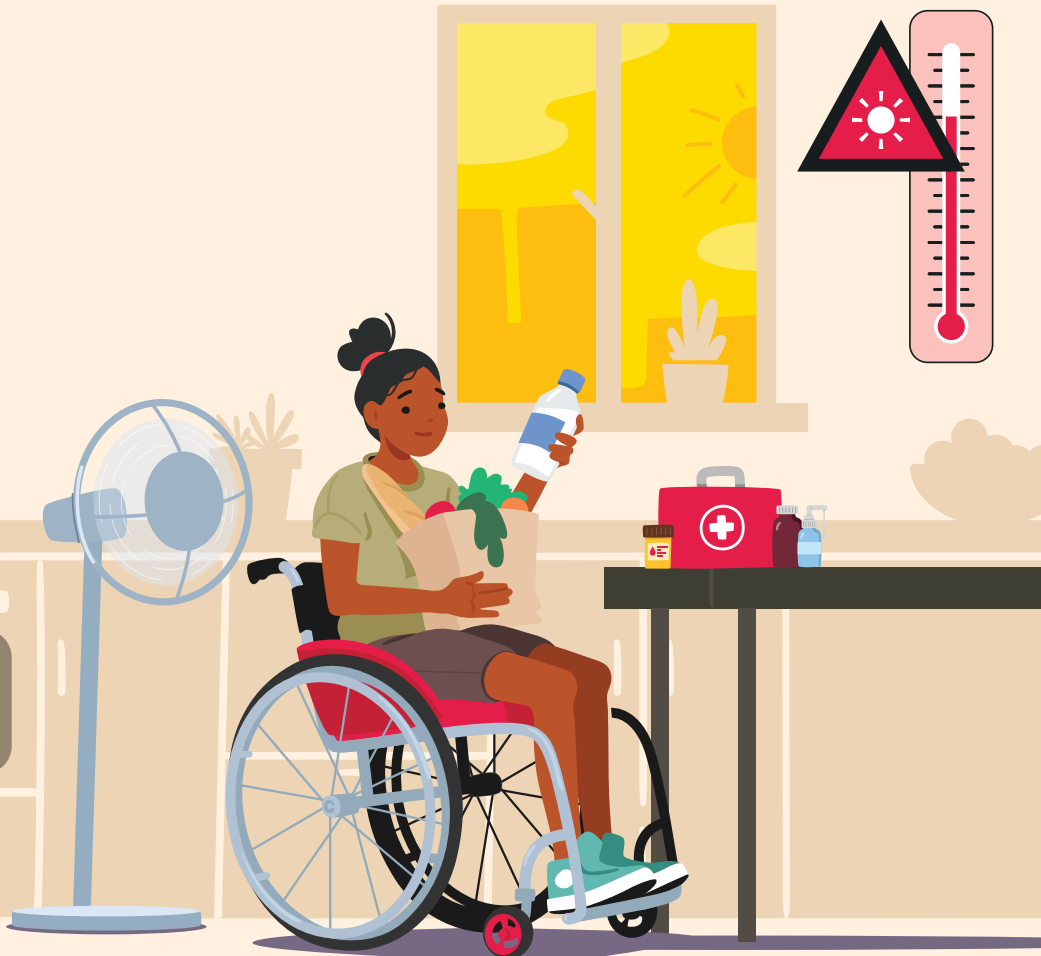
keeping your home cool whilst reducing household energy use and costs with free audits and coaching



initiatives available for Rockingham residents to be heat prepared



the impacts of heat and how to stay safe this summer.



Create Greeting Cards with Canva



Tuesday 26 November 2024

1pm – 3pm



Safety Bay Library

197 Safety Bay Road, Safety Bay

Learn to design beautiful greeting cards using the free online design space, Canva.



Celebrate Age-friendly Rockingham, Anytime!

**The City
promotes healthy
ageing, any time of year.**
Listed on the next pages
are some options available
year round.

Contact the City or visit our
website to learn more.





Stay Active:

Aqua Jetty Live Well Membership

Discounted rates exclusively for people over 50 and anyone with disability.

Includes access to a range of classes, services and facilities for health and activity.

9591 0888 | aquajetty@rockingham.wa.gov.au
87 Warnbro Sound Avenue, Warnbro

Baldivis Indoor Sports Complex Lifestyle Program

The Lifestyle Program offers group fitness for all ages and abilities during school terms.

All classes are casual and multipasses are available. Programs include walking netball, tai chi qi gong and pickleball.

9591 0840 | baldivisindoorsc@rockingham.wa.gov.au
31 Eighty Road, Baldivis

Seniors Social and Wellbeing Program

Free weekly fitness run by qualified Aqua Jetty staff.

Baldivis Indoor Sports Complex:

Mondays 9am – 10.30am and

Wednesdays 9.30am – 10.30am

Golden Bay Coastal Community Centre:

Mondays 9am – 10.30am and

Fridays 9am – 10am

Secret Harbour Community Centre:

Tuesdays and Thursdays 9am – 10.30am

9591 0888 | aquajetty@rockingham.wa.gov.au
rockingham.wa.gov.au/age-friendly

Stay Connected:

Autumn Centre

An active and social environment for people over the age of 60. Groups, activities, special events, meals, and services are all on offer.

Open Monday – Friday: 7.15am – 4pm.

Annual membership or casual attendance available.

9528 8560 | customer@rockingham.wa.gov.au

rockingham.wa.gov.au/autumncentre

McNicholl Street, Rockingham

Rockingham Arts Centre

Open Wednesday to Sunday, 10am-4pm.

Featuring artist exhibitions, workshops and artist talks all year. The centre is walking distance to the beautiful Rockingham Foreshore and makes a great addition to any day out.

9527 0734 | artscentre@rockingham.wa.gov.au

rockingham.wa.gov.au/rockinghamartscentre

11 Kent Street, Rockingham

Library Programs

All four City of Rockingham libraries run educational and engaging programs all year.

Sign up to email newsletters to receive the program guide every two months.

rockingham.wa.gov.au/libraries

Mary Davies Library and Community Centre

17 Settlers Avenue, Baldivis | 9591 0800

Rockingham Library

Dixon Road, Rockingham | 9528 8683

Warnbro Community Library

Swallowtail Parade, Warnbro | 9528 8577

Safety Bay Library

197 Safety Bay Road, Safety Bay | 9528 8611

Seniors Newsletter and Group Listing

Register to have a monthly newsletter emailed or posted to you. Keep connected with upcoming events for seniors and the latest news.

Newsletters are regularly sent with a list of regular groups for seniors, available in Rockingham.

9528 0333 | customer@rockingham.wa.gov.au
rockingham.wa.gov.au/seniors-information

Get Support:

Subsidy Scheme

The City offers concession card holding residents rebates to help them feel safer and more connected. Four schemes are currently available and eligibility criteria apply.

For households:

Safety

Home Cooling

For individuals over 60:

Home Modifications and Assistive Technology

Information Technology

9528 0333 | customer@rockingham.wa.gov.au
rockingham.wa.gov.au/subsidyscheme

Rockingham Community Connect Transport

Door-to-door transport for eligible residents to set destinations (see the website or contact the City for criteria). The service operates two mini-vans, one of which is wheelchair accessible.

9528 0333 | customer@rockingham.wa.gov.au
rockingham.wa.gov.au/rockinghamconnect

SmartWatch

SmartWatch service is a vehicle security patrol service to observe, report, monitor and deter criminal activity. Residents are able to make additional patrol requests including Holiday Watch services.

1300 657 123 | 12pm – 4am seven days a week.
(Outside these hours contact police on 131 444)
rockingham.wa.gov.au/smartwatch

Beach Access

The City supports everyone to enjoy our amazing coast. Beach accessible wheelchairs and walkers are available free to hire from several locations, any time of year.. Accessible matting is installed at six beach locations between October and April each year.

To arrange equipment hire or confirm matting has been installed contact the City.

9528 0333 | customer@rockingham.wa.gov.au
rockingham.wa.gov.au/accessiblebeaches

RECHARGE Points

Mobility charging points are available in public areas through the RECHARGE Scheme.

Autumn Centre: Two points

Vicinity Rockingham: Four points

Rockingham Foreshore, Churchill Park: One point

Stockland Baldivis Centre: One point

Aqua Jetty: Two points

For location details and further information contact the City of Rockingham

9528 0333 | customer@rockingham.wa.gov.au
rockingham.wa.gov.au/seniors-information



Presented by the City of Rockingham