

Seniors Week

and Age-friendly Rockingham Guide

Connect and engage with seniors programs and services. Plus, enjoy a whole month of free events to celebrate Seniors Week 2025.













Western Australia

Seniors Week

Connecting with community and celebrating our seniors.

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

Get involved and enjoy exploring opportunities to connect, participate and age-well.



What's in the Guide



This guide has a whole month of free community events for older people to move, create, learn and celebrate.

From page 28 this guide provides information on services, supports and programs that are available all year.

Important Event Information

All events listed in this guide are free to attend.

Bookings



Want to book multiple events? Visit rockingham.wa.gov.au/seniorsweek or contact 9528 0333 or customer@rockingham.wa.gov.au

Bookings are essential (unless stated otherwise). Library event bookings open four weeks before the event.

Access



Events are wheelchair accessible. For other access requirements, contact the City or make an enquiry using the details listed for each event.

November at a Glance

Celebrate WA Seniors Week 2025

Monday	Tuesday 10.30am Blackout Poetry (Baldivis) 12pm ChiBall	Wednesday
10am Seated Dance (Warnbro)	2pm Microgreens Workshop	10am Chair Yoga
2pm Zumba Gold (Baldivis)	2.30pm Demystifying Aged Care Pop Up	2pm Seated Dance (Rockingham)
17 10am Bring Your	eam Bring Your 9am Bring Your Bills	9am Community Connection Day
Bills (Rockingham)		10.30am Cyber Security (Safety Bay)
10am Don't Throw	10.30am Blackout	2pm Drone Workshop
It, Restyle It	Poetry (Safety Bay)	4pm Stories Showcase and Awards

Move Learn Create Connect and Celebrate



Free Community Events

Thursday	Friday	Saturday
9.30am Balance and Strength	9.30am Basket Weaving	10am Friendship and Crafting
9.30am Bush Medicine	12pm Gentle Flow Yoga	
9am Seniors Social and Wellbeing	10am Mature Aged Job Seeking Workshop	15
11am Diabetes WA Information Session	10am Cyber Security (Baldivis)	
2pm Zumba Gold (Safety Bay)	10am Summer Feast Workshop	9am – 1pm Autumn
	3.30pm Bingo: Old Cool and New School	Centre Markets
27	28	International Day of People with Disability
		10am Access the Coast with Cycling Without Age

Stories Showcase and Awards Night



Wednesday 26 November 4pm – 7pm



Gary Holland Community Centre Kent Street, Rockingham

Explore and celebrate diverse stories of older people who have, and are still, changing the world.

This finale event wraps up our month-long Seniors Week celebrations, honouring our amazing seniors.

- Formalities commence at 5pm
- Winners of the Stories for the Ages Contest announced at 5.45pm

Complimentary refreshments provided



Community Connection Day





Wednesday 19 November 9am – 12pm



Warnbro Community and Family Centre

1 Moreton Court, Warnbro

Explore opportunities for community connection. Fun, relaxing, or educational programs for seniors, carers and all.

Free morning tea

Free craft activities

Learn more about joining or starting a walking group

Meet and connect with community groups

Learn about free seniors programs and volunteering

Enquiries: **\ 9593 3027** info@warnbrocfc.com.au



Bingo: Old Cool and New School



Friday 21 November 3.30pm - 5.30pm



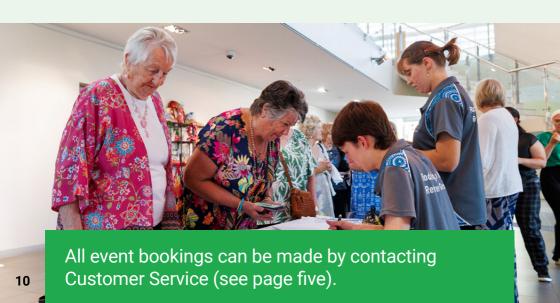
Rockingham Youth Centre McKinnon Street, Rockingham

Come on down to the Rockingham Youth Centre for an afternoon of bingo, prizes, light bites, and some friendly family rivalry. Open to ages 12+.

Who will take prizes home in an intergenerational showdown?

Enquiries: **\ RYC 9591 0836**

youthcentre@rockingham.wa.gov.au



Autumn Centre Markets



Saturday 22 November 9am - 1pm



Autumn Centre McNicholl Street, Rockingham

Members and visitors are invited to start their Christmas shopping early for stocking fillers and larger gifts.

A wide variety of handmade crafts and unique gift ideas, all created by talented members.

Café also open to purchase food and drinks

Bookings not required

Enquiries: **\ 9528 8560**

💌 customer@rockingham.wa.gov.au



Access the Coast with Cycling Without Age





Saturday 29 November 10am – 2pm



Churchill Park

Rockingham Foreshore

Discover your community and celebrate International Day of People with Disability.

11am - View the Changing Places Facility

Unique market stalls from local artists with disability

Live performances

Activities for all ages and abilities

Free Cycling Without Age trishaw rides

Try out beach walkers and wheelchairs

Bookings not required



Aqua Jetty Classes – Free to Try Days



Aqua Jetty

87 Warnbro Sound Avenue, Warnbro

Wear comfortable clothes and bring a water bottle.

Please note these are timetabled classes, members will be given priority access.

ChiBall



Tuesday 4 November

12pm - 1pm

Bookings not required

A mindful and holistic approach to exercise.

Gentle Flow Yoga



Friday 7 November

12pm - 1pm

Bookings not required

Catering to all levels, this session combines breath awareness, grounding stability and mindful focus.

Enquiries: 📞 Aqua Jetty, 9591 0888

aquajetty@rockingham.wa.gov.au

Blackout Poetry



Tuesday 4 November

10.30am - 12.30pm



Mary Davies Library and Community Centre

17 Settlers Avenue. Baldivis

Enquiries: **\ 9591 0800**

mdlcccontact@rockingham.wa.gov.au



Tuesday 25 November

10.30am - 12.30pm



Safety Bay Library

197 Safety Bay Road, Safety Bay

Enquiries: **\ 9528 8611**

sbycontact@rockingham.wa.gov.au

A simple, fun and artistic way to create poems and stories by selecting words from a page of text, redacting the rest and letting those words speak for themselves.

Seated Dance with Life Span



Monday 10 November 10am - 11am



Warnbro Community Library Swallowtail Parade, Warnbro

Enquiries: **9528 8577**

wclcontact@rockingham.wa.gov.au



Wednesday 12 November

2pm - 3pm



Rockingham Library Dixon Road, Rockingham

Enquiries: **9528 8683**

rlcontact@rockingham.wa.gov.au

Creative and joyful seated dance. Suitable for all, including people with Parkinson's, MS and other conditions which may limit mobility.



Zumba Gold



Monday 10 November

2pm - 3pm



Mary Davies Library and Community Centre

17 Settlers Avenue, Baldivis

Enquiries: **9591 0800**

mdlcccontact@rockingham.wa.gov.au



Thursday 20 November

2pm - 3pm



Safety Bay Library

197 Safety Bay Road, Safety Bay

Fun, low-impact dance class specifically for active older adults. Please wear comfortable clothes, shoes, and bring a water bottle.



Cyber Security Awareness Session



Friday 14 November

10am - 12pm



Mary Davies Library and Community Centre

17 Settlers Avenue, Baldivis

Enquiries: **9591 0800**

mdlcccontact@rockingham.wa.gov.au



Wednesday 19 November

10.30am - 12pm



Safety Bay Library

197 Safety Bay Road, Safety Bay

sbycontact@rockingham.wa.gov.au

Learn about the latest scams, prevention measures, what to be aware of online, and where to report scams. **Ouestion and answer** time at the end.



Bring Your Bills -Energy Saving Workshops

Energy Ahead will review energy bills and help you find practical ways to reduce costs.

Enquiries: **9528 0333**

customer@rockingham.wa.gov.au



Monday 17 November

10am - 12pm



Rockingham Library

Dixon Road, Rockingham



Tuesday 18 November

9am - 11am



McLarty Hall

McLarty Road, Shoalwater

Bring your bills to this event and meet the Happy Wanderers Social Club at their weekly social meeting full of fun and activities.



Bush Medicine Workshop



Thursday 6 November

9.30am - 11am



South Coastal Babbingur Mia

4 Civic Boulevard, Rockingham

Learn about traditional cultural practices of wellness. Includes common trees and plants used to treat ailments and wounds.

Enquiries: **\ 9528 0333**

customer@rockingham.wa.gov.au

Balance and Strength Circuit



Thursday 6 November

9.30am - 10.30am



Baldivis Indoor Sports Complex

531 Eighty Road, Baldivis

Mixture of body weight exercises, cardio and balance movements.

Enquiries: **\ 9591 0840**

baldivisindoorsc@rockingham.wa.gov.au

Basket Weaving Workshop



Friday 7 November

9.30am - 11.30am



South Coastal Babbingur Mia

4 Civic Boulevard, Rockingham

Learn traditional weaving techniques and create a beautiful basket

Enquiries: **\ 9528 0333**

customer@rockingham.wa.gov.au

Friendship and Crafting



Saturday 8 November 10am - 11am

Bookings not required



Dome Waikiki

Warnbro Sound Avenue, Waikiki

Connect with the multigenerational Country Women's Association Rockingham. Bring a project or just yourself. Attend for free, morning tea available to purchase.

Enquiries: **\ 0420 540 495**

cwarockingham@gmail.com

Microgreens Workshop



Tuesday 11 November

2pm - 3pm



Rockingham Library

Dixon Road, Rockingham

Boost your nutrient intake, improve health and enjoy gardening on a smaller, easier scale. Learn how to start with a hands-on workshop.

Enquiries: **\ 9528 8683**

rlcontact@rockingham.wa.gov.au

Pop-Up: Demystifying Aged Care



Tuesday 11 November

2.30pm - 5pm



Rockingham Library

Dixon Road, Rockingham

One-on-one advice with BaptistCare about support to stay independent at home, care options, fees, funding eligibility, and accessing services.

Enquiries: **\ 9528 8683**

rlcontact@rockingham.wa.gov.au

Chair Yoga



Wednesday 12 November

10am - 11am



Safety Bay Library

197 Safety Bay Road, Safety Bay

Learn with Gabi from GuruOmYoga to improve flexibility, build strength, improve posture, and calm your mind, while seated.

Enquiries: **\ 9528 8611**

sbycontact@rockingham.wa.gov.au

Seniors Social and Wellbeing Morning Tea



Thursday 13 November

9am - 10.30am



Secret Harbour Community Centre

Oasis Drive, Secret Harbour

Celebrate Seniors Week with the members of this free program. Take part in a circuit class, learn about community programs and enjoy morning tea.

Enquiries: Aqua Jetty, 9591 0888

aguajetty@rockingham.wa.gov.au

Diabetes WA Information Session



Thursday 13 November 11am - 12pm



Rockingham Library

Dixon Road, Rockingham

For those who want to learn more, may be at risk of, or are living with diabetes. Learn about the body, the National Diabetes Services Scheme, practical prevention and management tips, and the annual cycle of care.



rlcontact@rockingham.wa.gov.au

Mature Aged Job Seeking Workshop



Friday 14 November

10am - 11am



Warnbro Community Library

Swallowtail Parade, Warnbro

Career Coach Aly Bannister presents a workshop with tools for success in today's job market.

Enquiries: **9528 8577**

wclcontact@rockingham.wa.gov.au

Summer Feast Workshop



Friday 21 November

10am - 12pm



Rockingham Library

Dixon Road, Rockingham

Learn about seasonal purchasing and cooking with fresh ingredients. Then enjoy the meal you cook together.



Enquiries: **\ 9528 8683**



rlcontact@rockingham.wa.gov.au

Drone Workshop



Wednesday 26 November

2pm - 4pm



Safety Bay Library

197 Safety Bay Road, Safety Bay

Learn all about drones from Squadrone. Try piloting a drone and experience a mesmerising light show.



Enquiries: **\$\square\$** 9528 8611



sbycontact@rockingham.wa.gov.au

Don't Throw It, Restyle It



Monday 24 November 10am – 12pm



Mary Davies Library and Community Centre 17 Settlers Avenue, Baldivis

Get creative and thrifty with fashion to save money, mend and adjust clothes. Bring a clothing item that needs new life, or just yourself. All other materials supplied.



Celebrate Age-friendly Rockingham, Anytime

The City promotes healthy ageing, participation and connection for seniors any time of year.

The rest of this Age-friendly Guide for Seniors Week 2025 includes information about the facilities, programs, subsidies, and events that support seniors in our community.

Information in this guide is correct at the time of printing (October 2025) and subject to change.



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Connect and Engage

This guide provides an overview of age-friendly supports, programs and services. New opportunities are regularly made available so learn how to stay connected with news and your community.





The Seniors Groups and Clubs List includes 50+ local groups and is sent with the newsletter monthly by email, or yearly by post.

Subscribe to the newsletter



rockingham.wa.gov.au/subscribe

Download the list



rockingham.wa.gov.au/seniorsgroups

Contact Customer Service for printed copies.

Customer Service:





🔍 9528 0333 🚩 customer@rockingham.wa.gov.au



Provide your feedback on the items that matter to you.

Visit rockingham.wa.gov.au/shareyourthoughts to explore all the items the City is currently asking the community for comment and feedback on.

Share your thoughts on the items that matter to you and help shape the future of our City.

Don't have access to a computer?

Sign up to the Seniors Newsletter for news about opportunities to share your thoughts (see previous page).

Customer Service:





📞 9528 0333 🔀 customer@rockingham.wa.gov.au

VOLUNTEERS

Rockingham Volunteer Centre (RVC)

Rockingham's volunteering hub links people and organisations, and provides free training opportunities.

Located in the Rockingham Library, Dixon Road, Rockingham.

Make an appointment with a Volunteer Referral Officer Mondays and Tuesdays, 9.30am – 2.30pm or Wednesdays and Thursdays, 1pm – 5pm.

rockingham.wa.gov.au/vio 📞 9528 8670

volunteering@rockingham.wa.gov.au





Connect with your neighbours and host an event or activity. The City could provide a reimbursement up to \$150 for activity costs. Terms and conditions apply.

More information and applications:

rockingham.wa.gov.au/neighboursunite 9528 0333
neighboursunite@rockingham.wa.gov.au





Loneliness can affect anyone – friends, partners, parents, children, colleagues, neighbours or yourself. Life changes and personal circumstances can also make someone more vulnerable to loneliness.

Find useful resources and learn more about what you can do for yourself or others on the City's website.

More information and resources:

rockingham.wa.gov.au/loneliness

Customer Service:





🔦 9528 0333 🔀 customer@rockingham.wa.gov.au

Supports and Services

Discounts, subsidies and services available for seniors living in the City of Rockingham. See Other Resources (page 55) to find more supports available for WA seniors.





Seniors Discounts

Seniors and pensioners may be able to apply for a rebate on Council rates and Emergency Services Levy. Full details of the rebates available are on the back of rates notices or visit:



Seniors rates and pet registration discounts are available, see your registration form or visit:

rockingham.wa.gov.au/pets



Customer Service:





📞 9528 0333 🔀 customer@rockingham.wa.gov.au

Subsidy Schemes

The City offers residents with a valid concession card rebates up to \$150 per financial year to support them with a range of purchases. Eligibility criteria apply.

Age-friendly Subsidies (per person, aged 60+)



Information Technology

Assistance to stay connected with family, friends, resources and information.



Home Modifications and Assistive Equipment

Assistance to help you stay independent and age well at home.

Safety Subsidies (per household, applicants aged 18+)



Assistance for eligible residents 18+ years to make their homes safer.



Home Assistance for eligible residents 18+ Cooling years to make their homes cooler.

More information and applications visit:

rockingham.wa.gov.au/subsidyscheme

Customer Service:





📞 9528 0333 🚩 customer@rockingham.wa.gov.au

Rockingham Connect

Community Transport Service





Door-to-door transport for eligible residents



Weekly schedule of set destinations



Two mini-vans (one wheelchair accessible)



Volunteer roles available

Eligibility and schedules:





rockingham.connect@rockingham.wa.gov.au

Housebound Library Service

Library items can be delivered to Rockingham residents who are temporarily or permanently unable to visit their local library (see page 53 for more about libraries).

Monthly deliveries available

Borrow up to 20 items at a time

Applications and more information:

rockingham.wa.gov.au/library-services



Assisted Waste Service

Assistance to people who are physically unable to take their bins out to the kerb.

Additional waste bins can be requested if you have a medical condition that results in additional waste.

Applications must be accompanied by a letter from a health practitioner.

rockingham.wa.gov.au/seniors-information



Customer Service:





Beach Accessibility

Everyone can enjoy our stunning coastline

Accessible beach matting

Installed at seven beach locations between October and April each year.

Beach accessible wheelchairs and walkers

Available free to hire all year round at several locations.

Contact Customer Services to arrange equipment hire or confirm matting availability.

For more accessible features on our coast visit: rockingham.wa.gov.au/accessiblebeaches

Customer Service:





9528 0333 M customer@rockingham.wa.gov.au

SmartWatch

The City's vehicle security patrol service observes, reports, monitors and deters criminal activity. Targeting vandalism, graffiti, hooning, anti-social or suspicious behaviour.





Residents can request additional patrol for areas they are concerned about.



Holiday Watch is available if you'll be away from your home for more than one night.

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

Report Graffiti and Litter



Goodbye Graffiti: 1800 454 883

Litter Busters: **1800 4 LITTER (1800 454 883)** or download the Rockingham LittleBusters app.

Seniors Safety

Purple Road Project

Elder abuse is a human rights issue that can prevent someone from ageing positively.

Every year our community adds handmade flowers to the Purple Road to recognise World Elder Abuse Awareness Day (15 June) and the underlying issue of casual ageism.

Also in June, the Seniors Safety Morning Tea encourages community to connect with each other, supports, and services.

rockingham.wa.gov.au/seniorsevents

The City also recognises 16 Days in WA (25 November to 10 December) to end violence against women. Subscribe to the City's newsletters (page 31) or call to learn more.

Customer Service:





📞 9528 0333 🔀 customer@rockingham.wa.gov.au

If you or a loved one need to discuss any concerns, there is always someone to listen:

Elder Abuse Helpline WA: 1300 724 696
Advocare (Seniors Peak Body): \$\mathbb{L}\$ 1800 655 566 \$\mathbb{L}\$ advocare.org.au
Older Person's Right Services (OPRS): 9440 1663 nsclegal.org.au
Elders Rights WA: 1300 650 579
1800Respect: 1800 737 732
Mensline Australia: 1300 78 99 78 mensline.org.au
Kids Helpline: 1800 55 1800
Lifeline: 13 11 14

If you are assisting someone who does not speak English, call the Translating and Interpreting Service (TIS) on **13 14 50**.

rockingham.wa.gov.au/lookingforhelp

Events, Facilities and Recreation

The City of Rockingham provides a wide range of free and low-cost events and recreation. Some major annual events are highlighted here. Subscribe to the Seniors Newsletter (page 31) to stay informed about others.



Seniors Month

WA Seniors Week celebrates and recognises the contributions of older Western Australians to our community.

Every November the City celebrates for a whole month. Seniors Week Guide lists free community events to connect, participate, and age-well.

rockingham.wa.gov.au/seniorsweek



Seniors and **Carers Expo**





An event held annually in October at the Mike Barnett Sports Complex for seniors and carers to connect with support, services, information and resources.

Stalls, activities and entertainment come from a huge range of government organisations, community groups and service providers.

rockingham.wa.gov.au/SeniorsExpo

Customer Service:





📞 9528 0333 🔀 customer@rockingham.wa.gov.au

















The Autumn Centre

Open Monday - Friday, 7.15am - 4pm McNicholl Street, Rockingham

















An active and social environment for people over the age of 60.

More than 50 group fitness classes, learning activities, creative groups, social and support options available every week.

Special events, meals, the Have a Chat Café, and services at discount rates for members.

Annual membership or casual attendance available.

🖵 rockingham.wa.gov.au/autumncentre 📞 9528 8560 customer@rockingham.wa.gov.au



Seniors

Social and Wellbeing Program



Free exercise and social connection classes available for older people. Facilitated by Aqua Jetty staff.

Baldivis Indoor Sports Complex

Mondays, 9am - 10am and Wednesdays, 9.30am - 10.30am

Golden Bay Coastal Community Centre

Mondays, 9am - 10.30am and Fridays, 9am - 10am

Secret Harbour Community Centre

Tuesdays, 8.30am – 9.30am and Thursdays, 9am – 10.30am

rockingham.wa.gov.au/age-friendly

📞 9591 0888 🎽 aquajetty@rockingham.wa.gov.au

Aqua Jetty

87 Warnbro Sound Avenue, Warnbro

LiveWell Membership

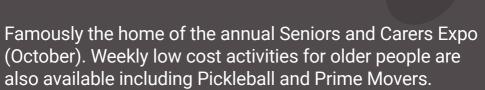
Discounted rates exclusively for people over 60 and people with disability. Includes a range of classes, services and facilities for health and activity.

rockingham.wa.gov.au/aquajetty

📞 9591 0888 🔀 aquajetty@rockingham.wa.gov.au

Mike Barnett Sports Complex

Dixon Road, Rockingham



rockingham.wa.gov.au/mbsc

📞 9591 0850 🞽 mikebarnett@rockingham.wa.gov.au

Baldivis Indoor Sports Complex

531 Eighty Road, Baldivis

Lifestyle Program

Casual group fitness for all ages and abilities during school terms. Multi-passes available.

Yoga

Pickleball

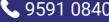
BISC Café

Seniors Specials: Choose from a selection of meals served with a small tea or coffee for \$13.50.

Available Tuesdays and Thursdays, 11am - 1.30pm







→ baldivisindoorsc@rockingham.wa.gov.au

Library Programs

All four City of Rockingham libraries run educational and engaging programs all year. Sign up to receive the newsletters by email to get access to the events and programs guide every two months.

rockingham.wa.gov.au/citynewsletters

Locations

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

\$\sqrt{9528 8577}

Safety Bay Library

197 Safety Bay Road, Safety Bay

\$ 9528 8611

rockingham.wa.gov.au/libraries

Housebound Library services also available (see page 40).

Rockingham Arts Centre

11 Kent Street, Rockingham

Open Wednesday to Sunday, 10am – 4pm.

Artist exhibitions, workshops and artist talks.









Other Resources

My Aged Care

Support to navigate and access aged care services.

**** 1800 200 422

(Monday to Friday 8am – 8pm, Saturday 10am – 2pm)

myagedcare.gov.au

Seniors Information Resource

A guide to services, programs and concessions available to Western Australian seniors.

Department of Communities' Seniors and Ageing team

L 1800 176 888

■ seniors@communities.wa.gov.au

Download the resource:



WA Seniors Card

Access to State Government concessions and business discounts to assist with the costs of living (eligibility criteria apply).

1800 671 233 (Monday to Friday 8.30am – 4.30pm)

info@seniorscard.wa.gov.au

seniorscard.wa.gov.au







Presented by the City of Rockingham

Customer Service:





