

Seniors Newsletter

September 2025

Information

Dementia Action Week: 15 to 21 September

People living with dementia experience isolation, which is detrimental to health. Often this is due to uncertainty others feel when interacting with people after diagnosis.

This Dementia Action Week, everyone in the community is given a challenge to reach out to someone impacted by dementia and reconnect, because nobody can do it alone.

Dementia Guides are available at Rockingham Library and the Autumn Centre in September. You can also learn more about dementia and the power of community by watching short videos to become a Dementia Friend, visit dementia.org.au/dementia-friendly-communities

Stories for the Ages Contest: Entries close 4pm, 30 September

Don't miss a chance to win up to \$500 and see your work published. Submit a positive story about an older person or experience at an older age. Help to celebrate our amazing seniors.

Entry is free. There is no minimum requirement or format, it can be a story, essay, or poem, as short as you like (maximum 2,000 words) and written by people of any age.

For more information, and entry forms, visit rockingham.wa.gov.au/age-friendly or to receive printed copies by post, contact Customer Service 9528 0333 or customer@rockingham.wa.gov.au



Events and Activities

Regular Groups and Activities

Rockingham is home to a huge range of seniors groups and activities to learn, volunteer, connect, and stay mentally and physically fit. Download a list of weekly and monthly seniors' friendly groups and clubs from the City's website

rockingham.wa.gov.au/seniorsgroups

or call 9528 0333 to have a copy posted.

The list is updated with new groups twice annually. Some of the groups included are:

Alzheimer's WA Carer Support Group

Support group for carers of someone living with dementia. Meets on the second Wednesday of each month, 1pm – 3pm at the Autumn Club Dining Room.

Contact: Alzheimer's WA, 1300 66 77 88
support@alzheimerswa.org.au

Forget-Me-Not Memory Café

A warm, welcoming space for people living with dementia, their families and carers to enjoy coffee and a chat. Meets on the third Monday of each month, 11am – 12.30pm at The Swinging Pig, Chalgrove Avenue, Rockingham.

Contact: Angi, 0468 549 143
fmncafe@outlook.com

Safety Bay Circle Dance

Dance for fun, community and wellbeing to world music, no partner needed. During school terms: Mondays, 10.30am–12pm at the Guides Hall, McLarty Road, Safety Bay, and Wednesdays, 7pm–8.30pm at the Safety Bay Yacht Club, Safety Bay Road, Safety Bay.

Contact: Christine, 0408 934 420
bandicoots@iinet.net.au

Upcoming Events

All events are wheelchair accessible unless otherwise indicated. Contact event organisers to confirm other accessibility requirements. All listings are free unless otherwise specified.

Westerly Women's Health Day 2025

Date: Monday 1 September

Time: 10am – 12.30pm

Location: Westerly Family Centre,
27 Westerly Way, Cooloongup

Contact: Tanya, 9592 3650

info@westerlyfamilycentre.com.au

Celebrate with a free community event featuring guest speakers, health checks, stalls, activities and more. In partnership with BreastScreen WA.

Stay On Your Feet: Move Your Body

Date: Wednesday 3 September

Time: 11am – 12pm

Location: Safety Bay Library,
197 Safety Bay Road, Safety Bay

Contact: Bookings, 9528 8611

sbycontact@rockingham.wa.gov.au

Join a fun session to learn about factors affecting stability, simple exercises to improve balance, and which health professionals can best support you.

Stay On Your Feet: Remove Hazards Community Presentation

Date: Thursday 4 September

Time: 11am – 12pm

Location: Rockingham Library,
Dixon Road, Rockingham

Contact: Bookings, 9528 8683

rlcontact@rockingham.wa.gov.au

Learn to spot hazards at home, understand eye health, and get tips on safe footwear and foot care to stay active longer.

Disclaimer: Information is accurate at time of printing. Accuracy cannot be guaranteed as changes may be made by the event organiser after the publication date.

Burn Safe Workshop

Date: Saturday 6 September

Time: 10am – 12pm

Location: Baldivis Fire Station,
Corner Tranby Drive and
Eighty Road, Baldivis

Contact: Bookings, 9528 0333

customer@rockingham.wa.gov.au

Learn how to safely reduce fuel loads on your property with practical steps for planned burns, permit requirements, and managing small fires. Includes local case studies and a Burn SMART resource.

Local Authors Book Fair

Date: Wednesday 10 September

Time: 11am – 4pm

Location: Rockingham Library,
Dixon Road, Rockingham

Contact: Bookings, 9528 8683

rlcontact@rockingham.wa.gov.au

Discover the wealth of local writing talent with authors from the Rockingham Writers Centre. Meet the authors, chat about their work, purchase books and enjoy book signings throughout the event.

Snake Safety Talk with Medusa Reptile Services

Date: Saturday 13 September

Time: 10am – 11am

Location: Rockingham Library,
Dixon Road, Rockingham

Contact: Bookings, 9528 8683

rlcontact@rockingham.wa.gov.au

Join Lani Stevens to learn what to do if you encounter snakes and how to keep yourself, your grandchildren and pets safe.

Country Women's Association

Rockingham: Craft and Croissants

Date: Saturday 13 September

Time: 10am – 12pm

Location: Dome Waikiki,
Gnangara Drive, Waikiki

Contact: Elaine, 0420 540 495

cwarockingham@gmail.com

Bring your craft project or just come along to chat over coffee or tea with our members.

1000 Hearts Community Kindness Project

Date: Saturday 13 September

Time: 9.30am – 11.30am

Location: Safety Bay Library,
197 Safety Bay Road,
Safety Bay

Contact: Bookings, 9528 8611

sbycontact@rockingham.wa.gov.au

Enjoy a relaxed intergenerational morning of simple hand sewing with 100% wool felt pre-cut hearts. No experience needed. All welcome aged 10 to seniors to sit together, sew, share, and connect.

Dementia Action Week:

Mind the Change Story Time Exhibit

Date: Monday 15 – Sunday 21
September

Time: Library opening hours

Location: Rockingham Library,
Dixon Road, Rockingham

Contact: Bookings, 9528 8683

rlcontact@rockingham.wa.gov.au

View the Mind the Change Story Time project display in the library foyer all week. See how story telling can challenge stigma and breakdown barriers.

Mind the Change: Story Time Screening

Date: Thursday 18 September

Time: 10am – 12pm

Location: Rockingham Library,
Dixon Road, Rockingham

Contact: Bookings, 9528 8683

rlcontact@rockingham.wa.gov.au

Enjoy a short film on creativity and connection for people living with dementia, followed by morning tea. Learn about building a dementia-friendly community.

International Day of Peace: In Search of Safety

Date: Monday 22 September

Time: 11am – 12pm

Location: Rockingham Library,
Dixon Road, Rockingham

Contact: Bookings, 9528 8683

rlcontact@rockingham.wa.gov.au

Join the Australian Red Cross for an interactive talk on the largest refugee crisis since World War II. Learn about the humanitarian impact, hear refugee experiences and gain insight into Australia's role in offering protection.

Australia Day Community Citizen of the Year Awards

Nominations are open for the 2026 Community Citizen of the Year Awards, closing 31 October. Nominate an individual or group doing great things in our community across four categories.

- Community Citizen of Year
- Youth Citizen of Year
- Senior Citizen of Year
- Active Citizenship (Group/Event)

For more information or to submit a nomination visit citizenshipawards.com.au

Seniors and Carers Expo 2025: Save the Date

Date: Friday 10 October

Time: 10am – 2pm

Location: Mike Barnett Sports Complex,
Dixon Road, Rockingham

Contact: Enquiries, 9528 0333

customer@rockingham.wa.gov.au

Join us for a fun and engaging day with information stalls, health checks, activities, giveaways, and opportunities to connect with community groups and services tailored for seniors.

City of Rockingham services

Services in your street

We want you to love where you live, just as much as we do. To find out about the services available in your neighbourhood and what to do when there is a problem such as noise disturbances, pest control, graffiti and more, contact the City on 9528 0333, email customer@rockingham.wa.gov.au or visit rockingham.wa.gov.au/servicesinyourstreet

To update your details or to unsubscribe, contact the City of Rockingham on

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

You can also receive this information by registering at rockingham.wa.gov.au/subscribe