

Seniors Newsletter

August 2024

Information

Seniors and Carers Expo – Cancelled

Unfortunately the 2024 Seniors and Carers Expo has been cancelled due to unforeseen circumstances.

We hope to be able to offer our valued seniors community other events throughout the year.

Visit rockingham.wa.gov.au/whatson to stay up to date with coming events, or keep an eye out in the [Seniors Newsletter](#).

Please contact us on 9528 0333 or customer@rockingham.wa.gov.au with any queries.

Western Australia Recovery College Alliance

Western Australia Recovery College Alliance (WARCA) is a state-wide not-for-profit educational institution, providing opportunities for the community to learn about recovery related to mental health, substance use and other life challenges.

All WARCA courses are free and designed by community for community. Anyone over the age of 18 is welcome.

For more information contact 1300 285 751, info@warecoverycollege.org.au or visit their website warecoverycollege.org.au/courses



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/seniorgroups or call 9528 0333 to have a copy posted. The list is updated with new groups twice annually. Some of the groups included are:

Walking Soccer at Aqua Jetty

Date: Mondays
Time: 7.15pm – 8.15pm
Location: Aqua Jetty,
87 Warnbro Sound Avenue,
Warnbro
Cost: \$10 per player
Contact: Andy 0403 347 795
andyhider7@gmail.com

Walking Soccer is a modified version of the traditional game which encourages physical activity, social interaction and soccer enjoyment for low impact focused players.

Marilla Community Centre

Location: Marilla Community Centre,
Point Peron Road, Rockingham
Contact: 0491 096 324
marillacommunity@gmail.com

Marilla Community Centre has opened their memberships from families of the Defence Force to the wider community. Get in touch for a range of community activities.

Forget-Me-Not Dementia Support

Date: Third Monday of the month
Time: 10am – 12pm
Location: Swinging Pig,
1 Chalgrove Avenue,
Rockingham
Cost: Free
Contact: Angi, 0468 649 143
fmncafe@outlook.com

Are you, a family member or someone you care for living with dementia? You are not alone. Come along and join us for a coffee and chat with others in the warm welcoming environment of the Swinging Pig.

Baldivis Indoor Sports Complex Lifestyle Program

Date: Mondays, Tuesdays,
Wednesdays and Fridays
Time: 8.30am – 9.30am
Location: Baldivis Indoor Sports Complex,
531 Eighty Road, Baldivis
Cost: \$10
Contact: Reception 9591 0840
baldivisindoorsc@rockingham.wa.gov.au

Join our fabulous instructors with low impact group fitness classes like Yoga, Tai Chi, Functional Movement classes and Interactive Yoga for mum and bubs.

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.

Upcoming Events

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

Smells Like You – Stop and Smell the Memories Performance

Date: Tuesday 17 July – Saturday 3 August

Time: 11am – 11.50am

Location: The Blueroom Theatre,
53 James Street,
Perth Cultural Centre,
Northbridge

Cost: \$32 full price
\$27 concession card
\$27 groups of six or more

Contact: Pete, 9227 7005
pete@blueroom.org.au

A dementia-friendly performance designed to be enjoyed by people living with dementia and their families, told through puppetry, scents and music.

To book tickets visit blueroom.org.au

Rockingham Stamp Show

Date: Sunday 4 August

Time: 11am

Location: Gary Holland Community Centre

Cost: Free

Contact: Bill, 0437 533 895
bill_maureen@westnet.com.au

Philatelic exhibit for the Premier Competition in Western Australia. Stamp dealers will be in attendance for appraisals. There will be a stamp auction from 2pm, junior giveaways and a special door prize.

Homelessness Week Event

Date: Tuesday 6 August

Time: 9am – 1pm

Location: Rockingham Salvation Army,
Corner of Willmott Drive and
Read Street, Coooloongup

Cost: Free

Contact: City of Rockingham
9528 0333

customer@rockingham.wa.gov.au

Come along and connect with support services, enjoy lunch and have fun.

Rockingham and Districts Garden Club – AGM

Date: Thursday 8 August

Time: 12.30pm – 3pm

Location: Hillman Hall, Unnarro Street
(next to Hillman Primary School),
Rockingham

Cost: \$6

Contact: Alice, 0448 605 206
alice.socialite@icloud.com

Come and contribute to the Rockingham and Districts Garden Club's Annual General Meeting, raffle and afternoon tea.

Aged Care Information Stall

Date: Thursday 15 August

Time: 10am – 12pm

Location: Dixon Road, Rockingham

Cost: Free

Contact: Rockingham Library
9528 8683

rlcontact@rockingham.wa.gov.au

A Baptist Care aged care specialist will be in attendance to provide information on aged care options and the process.

See Me See You Multicultural Responsiveness Workshop

Date: Thursday 22 August

Time: 9.30am – 11.30am

Location: Rockingham Library,
Dixon Road, Rockingham

Cost: Free

Contact: City of Rockingham
9528 0333

volunteering@rockingham.gov.au

Would you like to improve your engagement and connection with people from a migrant or refugee background?

Whether or not you think you are an ace when it comes to other cultures, this is a great opportunity to up-skill and have fun.

Bookings essential.

Switched on Seniors – City of Rockingham Initiatives

Date: Friday 23 August

Time: 10am – 12pm

Location: Church of Christ,
Frederick Street, Shoalwater

Cost: \$3 (includes morning tea)

Contact: Sheena, 0458 163 422

switchedonseniors@gmail.com

The City of Rockingham will be providing information on activities, projects and initiatives relevant to seniors, including:

- Subsidy Schemes
- LitterBusters
- Assisted Waste Collection Services
- SmartWatch

City of Rockingham services

Neighbours Unite

Neighbours Unite is a City initiative that creates neighbourhood connections to encourage safer communities. You can become a Neighbours Unite Champion, keep informed with monthly updates from our team and host a neighbourhood activity where you can apply for up to \$150 reimbursement following your activity.

Contact the City on 9528 0333, email neighboursunite@rockingham.wa.gov.au or head to the City's website to find out more rockingham.wa.gov.au/neighboursunite

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