

Seniors Newsletter

February 2026



Information

Aged Care Specialist Officers (ACSO)

Services Australia ACSO's are specialised staff who provide detailed help with aged care matters. ACSO's can help with:

- in-depth and financial information about aged care services
- assessment referrals
- help appointing a My Aged Care representative
- connecting with local support services.

Older people, family members or nominees can make face to face appointments, either:

- in-person (at the Mandurah Service Centre) or
- via video chat (for people with a MyGov account).

To make an appointment, call the Aged Care Line on 1800 227 475 between 8am – 5pm, Monday – Friday.

Safer Internet Day – Tuesday 10 February

Safer Internet Day is a global day of action to raise awareness of online safety issues and work towards a safer internet. Make a big difference with a small action like starting a conversation, sharing a tip or changing a habit.

For more information and to download resources for seniors and grandparents, visit esafety.gov.au/seniors

For ongoing support and improved confidence online, join Switched on Seniors. These weekly peer-to-peer learning groups meet in three locations.

See the listing inside for more details.



Events and Activities

Please note all events are free unless otherwise specified.

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 on an annual basis.

Fabulous Fuchsia Follies

Join the 'Red Hatters', a fun social group for women over 50, meeting at Secret Harbour Golf Club for coffee on the first Monday of each month and outings on the third Monday.

Contact: Linley, 0457 771 196
linley52@icloud.com

Rockingham Woodworkers Club

Join a community of wood enthusiasts crafting, creating, and sharing skills. Mondays to Fridays, 9am – 12pm and 1pm – 4pm. McNicholl Street, Rockingham (next to the Autumn Centre).

Contact: Wendy, 0457 771 196
wendybaker1829@yahoo.com.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. Third Monday of each month, 10am – 12pm at Cafe Clipper and Bar, Patterson Road, Rockingham.

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

Upcoming Events

All events are wheelchair accessible. Contact event organisers to confirm accessibility requirements.

Get Active Outdoors

Date: Thursday 5 February

Time: 9am – 10am

Location: Lions Park, Arcadia Drive, Shoalwater

Date: Friday 6 February

Time: 9am – 10am

Location: City Park, Westralia Gardens, Rockingham

Contact: Enquiries, 9528 0333

customer@rockingham.wa.gov.au

Get fitter, meet new people, and enjoy the outdoors with free group workouts. Led by qualified trainers from Aqua Jetty, these sessions suit all fitness levels and offer practical tips for using the outdoor gym safely. To book online, visit rockingham.wa.gov.au/whatson

Switched on Seniors

Date: Friday 6 February

Time: 10am – 12pm

Location: Rockingham Church of Christ, Frederick Street, Shoalwater

Cost: \$4

Contact: Sheena, 0458 163 422

switchedonseniors@gmail.com

Get confident with your device. Switched on Seniors can guide you through your smartphone, tablet, or iPad safely and easily.

Groups also meet on Tuesdays (Autumn Centre members) and Thursdays (Waikiki Baptist Church). Contact Sheena for more details.

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.

Castaways Sculpture Awards 2026: Entries Open

Contact: Enquiries, 9528 0333
customer@rockingham.wa.gov.au

Entries for the 2026 Castaways Sculpture Awards open Tuesday 10 February, with a \$27,250 prize pool.

Selected works will exhibit from 24 October to 1 November 2026 at Rockingham Foreshore and Rockingham Arts Centre.

Entries must be submitted by 4pm Thursday 24 April, terms and conditions apply.

For more information visit rockingham.wa.gov.au/castaways

Rockingham and Districts Garden Club

Date: Thursday 12 February
Time: 12.30pm – 3.30pm
Location: Hillman Hall, Unnarro Street, Hillman

Cost: \$6
Contact: Alice, 0448 605 206
alice.socialite@icloud.com

Come along enjoy afternoon tea, a raffle and a talk from the Geraniums and Pelargonium Society.

Movie in the Park

Date: Friday 13 February
Time: 5.30pm – 8.30pm
Location: Marjorelle Reserve, Karnup
Cost: \$6
Contact: Enquiries, 9528 0333
customer@rockingham.wa.gov.au

Come along for some community fun, including kids' activities and a magical movie under the stars. Pack your blankets or low chairs and settle in.

Lunar New Year Celebration

Date: Saturday 14 February
Time: 9.30am – 11.30am
Location: Safety Bay Library, 197 Safety Bay Road, Safety Bay

Contact: Enquiries, 9528 8611
sbycontact@rockingham.wa.gov.au

Enjoy a vibrant celebration welcoming the Year of the Horse. Immerse yourself in rich traditions, performances and crafts that bring this festive season to life.

Rockingham Bridge Club Lessons

Date: Saturday 14 February
Time: 9.30am – 11.30am
Location: McLarty Hall, 1-5 Watts Road, Shoalwater

Cost: \$50 for 6 months and \$5 weekly

Contact: Nicky, 0424 427 251
rockbrig@bigpond.com

Learn to play bridge in a relaxed, friendly environment. Meet club members, discover the basics of this classic card game and enjoy connecting with others.

Ghost Towns of Western Australia

Date: Thursday 19 February
Time: 5.30pm – 6.30pm
Location: Rockingham Library, Dixon Road, Rockingham

Contact: Bookings, 9528 8683
rlcontact@rockingham.wa.gov.au

Explore Western Australia's past with The Ghost Towns of WA. Discover the stories of people who once lived and worked in the more than 250 now abandoned towns across the state.

Symphony on the Green

Date: Saturday 21 February
Time: 5.30pm – 9pm
Location: Village Green, Flinders Lane,
Rockingham
Contact: Enquiries, 9528 0333
customer@rockingham.wa.gov.au

Enjoy an evening under the stars with the West Australian Symphony Orchestra (WASO) at the Village Green. Bring a picnic or grab a bite from the food trucks and don't forget chairs, cushions and blankets for a magical outdoor concert experience the whole family can enjoy.

Autumn Feast

Date: Wednesday 25 February
Time: 10am – 12pm
Location: Safety Bay Library, 197 Safety
Bay Road, Safety Bay
Contact: Bookings, 9528 8611
sbycontact@rockingham.wa.gov.au

Celebrate autumn with our free nutrition and cooking workshop. Learn how to cook fresh, nourishing meals using seasonal ingredients, discover tips for buying in season, and enjoy what you make with others.

Kawaii Brooch Making Workshop

Date: Wednesday 25 February
Time: 2pm – 4pm
Location: Rockingham Library,
Dixon Road, Rockingham
Contact: Bookings, 9528 8683
rlcontact@rockingham.wa.gov.au

Join Japanese artist Nami Osaki from Nami's Art Room to learn simple, fun techniques for illustrating cute (kawaii) designs. Turn your finished artwork into a personalised brooch to take home.

Discover the Power of Podcasting with The Hybrid Author

Date: Thursday 26 February
Time: 2.30pm – 6.30pm
Location: Rockingham Library,
Dixon Road, Rockingham
Contact: Bookings, 9528 8683
rlcontact@rockingham.wa.gov.au

Kickstart a podcast with expert guidance from The Hybrid Author, Joanne Morrell, using Rockingham Library's free podcasting suite. Learn proven tips from her 175+ episodes streamed in 41 countries and don't miss this opportunity to turn your podcasting ideas into reality.

City of Rockingham Services

Share Your Thoughts

We know what happens in our City matters to you, and we need the community's ongoing help to plan for the future of our City. The City of Rockingham's online engagement space is an easy way to provide your input on projects and topics that are important to you.

To explore what's happening across the City including items open for public comment, City works, and external projects visit rockingham.wa.gov.au/shareyourthoughts

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