

Seniors Newsletter

May 2025

Information

National Volunteer Week Pop Up

Volunteering in your community can help create a sense of belonging and connection, not to mention it's a great way to help others. Drop in for a chat with our friendly Rockingham Volunteer Centre staff and volunteers.

Meet the City of Rockingham Community Volunteer Organisation of the Year in 2024, and their furry companions from Story Dogs, on Tuesday 20 May. More details inside.

National Public Toilet Map

The National Public Toilet Map shows the location of more than 23,000 public and private public facilities across Australia. Information is provided about each toilet, such as location, accessibility details, opening hours and features like sharps disposal and shower.

To learn more visit toiletmap.gov.au

Use the 'Find' option to search an area, or submit an addition if you know of a toilet that isn't listed.

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/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:

Rockingham and Districts Garden Club

Date: Thursday 8 May
Time: 12.30pm – 3pm
Location: Hillman Hall,
Unnarro Street, Hillman
Cost: \$6
Contact: Alice, 0448 605 2068
alice.socialite@icloud.com

Come along to the meeting, enjoy afternoon tea, a raffle, and a talk about seniors from a City of Rockingham Community Development Officer.

Rockingham Woodworkers Club

Date: Mondays – Fridays 9am – 12pm
Tuesdays 12.30pm – 3.30pm
Location: Adjacent to the Autumn Centre,
McNicholl Street, Rockingham
Contact: Wendy, 0457 771 196
wendybaker1829@yahoo.com.au

A community of wood enthusiasts crafting, creating, and sharing skills.

Forget-Me-Not Memory Café

Date: Monday 19 May
Time: 10am – 12pm
Location: The Swinging Pig,
Chalgrove Avenue,
Rockingham
Contact: Angi, 0468 549 143
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 this warm, welcoming environment.

Upcoming Events

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

Tai Chi

Date: Monday 5 May
Time: 11am – 12pm
Location: Safety Bay Library,
197 Safety Bay Road,
Safety Bay
Contact: Bookings, 9528 8611
sbycontact@rockingham.wa.gov.au

Join us for a calming and rejuvenating Tai Chi session. Experience the flow of gentle movements that promote relaxation, balance and mindfulness. Bookings essential.

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.

Nutrition education and cooking workshop

Date: Wednesday 7 May

Time: 10am – 12.30pm

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

Contact: Bookings, 9528 8611

sbycontact@rockingham.wa.gov.au

Cook and enjoy a meal and learn valuable nutrition tips for healthy ageing. Bookings essential.

Saving Money with your Smart Phone - Switched on Seniors

Date: Friday 9 May

Time: 10am – 12pm

Location: 78 Frederick Street,
Shoalwater

Cost: \$3

Contact: Sheena, 0458 163 422

switchedonseniors@gmail.com

Learn how to save money on petrol, insurance, books, magazines, audiobooks and more using your smartphone or tablet.

Applied Suicide Intervention Skills Training

Date: Tuesday 13 May and
Wednesday 14 May

Time: 10am – 12pm

Location: Mary Davies Library and
Community Centre,
17 Settlers Avenue, Baldivis

Contact: Bookings, 9528 0333

customer@rockingham.wa.gov.au

A two-day workshop teaching invaluable life-saving skills to support someone who may be at immediate risk of harm.

Tech Savvy Seniors “Think Before You Click”

Date: Thursday 15 May

Time: 10am – 12pm

Location: Rockingham Library,
Dixon Road, Rockingham

Contact: Enquiries, 9528 8683

rlcontact@rockingham.wa.gov.au

Tech Savvy Seniors Project Manager Martin Yates will be offering up to date advice to stay safer online.

National Volunteer Week Pop Up

Date: Tuesday 20 May

Time: 10am – 12pm

Location: Rockingham Library,
Dixon Road, Rockingham

Contact: Enquiries, 9528 8683

volunteering@rockingham.wa.gov.au

Volunteering is a fantastic way to give back, meet new people, and build a sense of community. Drop by for a friendly chat with our staff and volunteers.

The Secret to a Good Life: Ageing Well

Date: Wednesday 20 May and
Wednesday 27 May

Time: 9am – 12.30pm

Location: Mary Davies Library and
Community Centre,
17 Settlers Avenue, Baldivis

Contact: COTA WA, 9472 0104

admin@cotawa.org.au

Council on the Ageing (COTA) WA present a Seniors Education Series over two half day sessions. Day 1: Life after 50, Money, and Making it Legal.

Day 2: Staying Connected, Preparing for End of Life, and Flourishing.

Alcohol and Other Drug Consumer and Community Coalition Talk

Date: Thursday 22 May

Time: 11am – 12pm

Location: Rockingham Library,
Dixon Road, Rockingham

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

Hear about the important advocacy work the AODCCC does to assist anyone impacted by the effects of drugs and alcohol and their family members.

National Reconciliation Week Virtual Breakfast

Date: Tuesday 27 May 2025

Time: 9am – 10.30am

Location: Online

Contact: Reconciliation WA, 6552 6990
admin@recwa.org.au

National Reconciliation Week (NRW) 2025 theme is Bridging Now to Next. Join the virtual breakfast to hear Yawuru Elder Patrick Dodson speak about Reconciliation. Gather family or friends and share meaningful conversation by tuning in live, or watch the recording later. For more information visit recwa.org.au

Castaways Sculpture Awards 2025: Entries Closing Soon

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

Entries for the 2025 Castaways Sculpture Awards close at 4pm on Thursday 15 May 2025. For more information or to enter, visit rockingham.wa.gov.au/castaways

Safety for Seniors - Save the Date

Date: Wednesday 18 June

Time: 10am – 12pm

Location: Gary Holland Community Centre, 19 Kent St,
Rockingham

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

Don't miss our annual event highlighting seniors' safety in relationships, community and at home. The event includes the Purple Road Project, recognition of World Elder Abuse Awareness Day, expert advice, services and supports, and a free morning tea. Register online: rockingham.wa.gov.au/whats-on

City of Rockingham services

Assisted Waste Collection Service

Need help putting out your bins? The City's Waste Services offers assistance to older people or people with disability who are unable to take their bins out to the kerb on their bin day.

Contact the City on 9528 0333 or email customer@rockingham.wa.gov.au to find out more about the Assisted Waste Collection Service.

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