

Seniors Newsletter

February 2025



Information

Home Cooling Subsidy Scheme

Is your home too hot in summer?

The City of Rockingham is offering a Home Cooling Subsidy that includes a variety of products to keep your home cool and comfortable during the hotter months.

Up to \$150 is available per household, per financial year. Subject to eligibility.

For more information visit rockingham.wa.gov.au/subsidyscheme, contact the City on 9528 0333 or email customer@rockingham.wa.gov.au

Seniors Information Resource 2024-2025

The Seniors Information Resource is an action of the WA State Seniors Strategy 2023-2033 to provide clear, accessible information about services, programs and concessions available to older people.

A limited number of printed copies are available at our libraries, and the Autumn Centre. You can also download a copy from wa.gov.au/organisation/departments-of-communities/seniors-information-resource

To provide feedback on the resource, contact the Department of Communities' Seniors and Ageing team 1800 176 888 or seniors@communities.wa.gov.au



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 with new groups twice annually. Some of the groups included are:

Rockingham and Districts Garden Club

Date: Friday 14 February
Time: 12.30pm – 3pm
Location: Hillman Hall, Unnarro Street, Hillman
Cost: \$6
Contact: Alice, 0448 605 206
alice.socialite@icloud.com

Come along for the meeting, enjoy afternoon tea and a talk about Bonzai.

Introductory Bridge Morning Tea

Date: Saturday 15 February
Time: 10.30am – 11.30am
Location: McLarty Hall, 1-5 Watts Road, Shoalwater
Contact: Di, 0466 014 606
rockbrig@bigpond.com

Meet club members and learn about bridge. Lessons commencing Saturday 22 February.

Forget-Me-Not Memory Cafe

Date: Monday 17 February
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.

Rockingham Classical Mah-jong Club

Date: Every Thursday
Time: 12pm – 4.30pm
Location: McLarty Hall, McLarty Road, Shoalwater
Cost: \$6
Contact: Lynn, 0402 494 690
linnypolley@yahoo.com.au

Play classical mah-jong following Millington Rules.

Free Fitness Sessions

The following free weekly fitness classes are currently available at the Rockingham Foreshore until the last week of March.

Tai Chi: Tuesdays, 6.30am – 7.30am
at Churchill Park
Jungle Body: Wednesdays, 6pm – 7pm
at The Lookout
Yoga: Thursdays, 6pm – 7pm
at The Lookout

For more information, visit rockingham.wa.gov.au/summerseries or contact the City on 9528 0333 or email customer@rockingham.wa.gov.au

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.

Lunar New Year Celebration

Date: Saturday 8 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

Join us for a vibrant cultural experience as we welcome the Year of the Snake. Immerse yourself in the rich traditions and crafts that bring this festive season to life:

- tea Meditation workshop for adults*
- Chinese dance performance
- calligraphy demonstration

*Bookings are essential.

Library Lovers' Week:

Book page embroidery

Date: Wednesday 12 February

Time: 10am – 12pm

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

Contact: Bookings, 9591 0800

mdlcccontact@rockingham.wa.gov.au

Join us for a special crafting event where you can turn book pages into stunning embroidered art. Bookings are essential.

Makers and Creators:

Mindful watercolours

Date: Wednesday 19 February

Time: 10am – 12pm

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

Contact: Bookings, 9528 8611

sbycontact@rockingham.wa.gov.au

A beginner friendly introduction to watercolours. Create Hollie Jade's Silly Birds.

These techniques can be used again and again for a mindful art practice, creating greeting cards or just for fun.

Bookings are essential.

Symphony on the Green

Date: Saturday 22 February

Time: 5.30pm – 9pm

Location: Village Green, Flinders Lane,
Rockingham

Contact: Bookings, 9528 0333

customer@rockingham.wa.gov.au

West Australian Symphony Orchestra (WASO) and special guests present a concert under the stars, performing favourites from film and television.

Part of the Summer Series.

Performance in the Park

Date: Sunday 23 February
Time: 5pm – 8pm
Location: Village Green, Flinders Lane,
Rockingham

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

A family-friendly outdoor theatre performance with food vendors and other pre-show entertainment and activities to enjoy. Part of the Summer Series.

2025 Art Prize – Entries Open

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

Entries close soon for the City of Rockingham Art Prize 2025, accepting artworks across a range of mediums including painting, drawing, sculpture and more.

Entries must be submitted by 4pm Thursday 13 February 2025.

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

Volunteer Recognition Evening Nominations 2025

Nominations Open: Monday 27 January
Nominations Close: Monday 10 March

Do you know a volunteer worthy of recognition?

The Volunteer Recognition Evening is held annually during the National Volunteer Week in May.

All Rockingham community groups, not-for-profit organisations, sporting clubs and any other organisations working with volunteers are invited to nominate volunteers worthy of recognition.

Volunteers are the heart of our community and we want to recognise them and let them know we truly appreciate them.

For eligibility criteria and to download a nomination form visit
rockingham.wa.gov.au/volunteering
contact the City on 9528 0333 or email customer@rockingham.wa.gov.au

City of Rockingham services

Rock Port - your personal gateway to the City

We have a secure online portal to make it quicker and easier for community members and organisations to keep in touch with the City. Rock Port allows residents and ratepayers to connect and engage with the City anywhere, anytime using any PC, tablet or mobile device. It's a great way to pay your rates, participate in surveys, and add your influence to future plans and strategies. Visit erock.rockingham.wa.gov.au

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