

# Seniors Newsletter

July 2025



## Information

### Stories for the Ages Contest and Showcase

We know Rockingham is a better place to live because of our senior and older community members.

Enter a positive story of ageing or an older person you know for a chance to see your work published and win up to \$500.

- Entries open 15 August - 30 September 2025
- Free community workshops available (see Translate and Dictate on the back page, more story workshops in August)
- Terms, conditions and entry form available online or by calling customer 9528 0333 or visit

[rockingham.wa.gov.au/age-friendly](https://rockingham.wa.gov.au/age-friendly)

### Safe and Found WA

Safe and Found WA supports people with autism, dementia, and other cognitive impairments to stay safe and active in the community. WA Police and Medic Alert partner with families to ensure Police have immediate access to critical information in an emergency. Contact Safe and Found WA to learn more

Call: 1800 88 22 22

Email: [enquiry@safeandfound.org.au](mailto:enquiry@safeandfound.org.au)

Website: [safeandfound.org.au](https://safeandfound.org.au)

The City of Rockingham offers support with set up costs to eligible residents (ongoing subscription not eligible) through our subsidy schemes. See back page of the newsletter for more subsidy information.



# 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](http://rockingham.wa.gov.au/seniorgroups)

or call 9528 0333 to have a copy posted. The list is updated with new groups annually.

## Chat and Do and Coffee Too

Join our friendly craft group to create handmade items to keep or donate to local charities. Wednesdays, 9am at the Warnbro Family and Community Centre.

**Contact:** Janet, 0401 999 620  
[tparker@iinet.net.au](mailto:tparker@iinet.net.au)

## National Seniors Rockingham Branch

Friendly catch-ups and outings on the first Wednesday of each month, 10am at Port Kennedy RSL.

**Contact:** Nanette, 0417 099 505  
[nansenior@bigpond.com](mailto:nansenior@bigpond.com)

## Rotary Club - Palm Beach

Make a difference through service, integrity, and fellowship by joining the Rotary Club. Meetings are held every Wednesday, 6.30pm at Hotel Clipper.

**Contact:** Dee, 0483 161 823  
[darine4@bigpond.com](mailto:darine4@bigpond.com)

## 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.

### Youth Mental Health First Aid

**Date:** Thursday 3 July and  
Friday 4 July

**Time:** 9am – 4.30pm

**Location:** Rockingham Youth Centre, 20  
MacKinnon Street Rockingham

**Contact:** Bookings, 9591 0836, Ages 18+  
[youthcentre@rockingham.wa.gov.au](mailto:youthcentre@rockingham.wa.gov.au)

Learn how to support young people's mental health in this free two-day workshop. Gain practical skills to respond to mental health challenges and connect young people with professional support. Open to anyone living, working, studying, volunteering, or caring for a young person, including grand-carers in the City of Rockingham.

### Mind the Change: Story Time

**Date:** Friday 4 July

**Time:** 10am – 12pm

**Location:** Rockingham Library,  
Dixon Road, Rockingham

**Contact:** Mind the Change, 0438 326 327  
[admin@mindthechange.org](mailto:admin@mindthechange.org)

This fun and fully supported workshop has been designed to support people living with dementia to learn new fiction writing skills and improve your storytelling techniques. A follow up workshop will be held on Friday 1 August for participants who want help finalising their story which will then be showcased in the Library for Dementia Action Week. For more information contact Mind the Change or visit [mindthechange.org](http://mindthechange.org)

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.

### **Nana's Naughty Knickers presented by Rockingham Theatre Company**

**Location:** The Castle, Rockingham Theatre,  
8 Attwood Way, Rockingham

**Cost:** \$22 concession  
\$24 standard

**Contact:** RTC, 0455 507 330  
[rtcinfoteam@gmail.com](mailto:rtcinfoteam@gmail.com)

**Date:** Friday 4 July – 8pm  
Saturday 5 July – 8pm  
Friday 11 July – 8pm  
Saturday 12 July – 8pm

Matinees: Sunday 6 July – 2pm

Don't miss the Fun Farce.

Bridget and her grandmother are about to become roommates. All is not what it seems and quickly turns into an experience that Bridget will never forget. For tickets and more information, visit [rtcrockingham.com](http://rtcrockingham.com)

### **University of the Third Age (U3A) Rockingham Branch**

**Date:** Friday 4 July and  
Friday 18 July

**Time:** 1pm for 1.30pm – 3.30pm

**Location:** Masonic Hall, Wanliss Street,  
Rockingham

**Cost:** \$5

**Contact:** Valerie, 0438 272 911  
[valeriebuckley@westnet.com.au](mailto:valeriebuckley@westnet.com.au)

U3A offers a chance to meet new people and enjoy interesting talks. In July, Terry Harvey will discuss Mikhail Gorbachev, the raising of the Iron Curtain and the fall of the Berlin Wall on 4 July and Helen Williamson will present pearling, a WA primary industry on 18 July.

### **Karak sunset with Noelene Regan**

**Date:** Wednesday 9 July

**Time:** 10am – 1pm

**Location:** Rockingham Library,  
Dixon Road, Rockingham

**Contact:** Bookings, 9528 8683  
Ages 18+

[rlcontact@rockingham.wa.gov.au](mailto:rlcontact@rockingham.wa.gov.au)

Join contemporary First Nations artist Noelene Regan for a special NAIDOC Week event exploring Nyoongar culture through art. Create your own karak sunset artwork while learning about culture and stories.

### **Rockingham and Districts Garden Club**

**Date:** Thursday 10 July

**Time:** 12.30pm – 3pm

**Location:** Hillman Hall,  
Unnaroo Street, Hillman

**Cost:** \$6

**Contact:** Alice, 0448 605 206  
[alice.socialite@icloud.com](mailto:alice.socialite@icloud.com)

Come along to the meeting, enjoy afternoon tea, a raffle, and a talk from guest speaker Gillian from The Rose Society.

### **T-shirt Tote'n'Tassel workshop**

**Date:** Thursday 10 July

**Time:** 10am – 11.30am

**Location:** Rockingham Library,  
Dixon Road, Rockingham

**Contact:** Bookings, 9528 8683

[rlcontact@rockingham.wa.gov.au](mailto:rlcontact@rockingham.wa.gov.au)

Make a no-sew tote bag from an old t-shirt this Plastic Free July. Don't forget to bring your own t-shirt to upcycle.

### **Translate and Dictate Stories:**

#### **Switched On Seniors**

**Date:** Friday 25 July

**Time:** 10am – 12pm

**Location:** Rockingham Church of Christ,  
Frederick Street, Shoalwater

**Date:** Thursday 31 July

**Time:** 10am – 12pm

**Location:** Baptist Church,  
Gnangara Road, Waikiki

**Contact:** Sheena, 0458 163 422

[switchedonseniors@gmail.com](mailto:switchedonseniors@gmail.com)

Capture your stories without typing or writing, or by using a language other than English. Learn from Switched On Seniors how your smartphone or tablet can help (BYO device).

### **Healthy Living with Arthritis Seminar – Rockingham**

**Date:** Wednesday 23 July

**Time:** 11am – 1pm

**Location:** Rockingham Bowling Club,  
51 Kent Street, Rockingham

**Contact:** Arthritis WA, 9388 2199

[ashwiniT@arthritiswa.org.au](mailto:ashwiniT@arthritiswa.org.au)

Join Dr Joe Kosterich for an informative session on medicinal cannabis for chronic pain, followed by solicitor Paul Trainor discussing the importance of estate planning. Light lunch included. For more information, visit [www.arthritiswa.org.au](http://www.arthritiswa.org.au)

### **Military family history talk:**

#### **Tracking down soldiers in your family**

**Date:** Thursday 24 July

**Time:** 11am – 12pm

**Location:** Rockingham Library,  
Dixon Road, Rockingham

**Contact:** Bookings, 9528 8683

[rlcontact@rockingham.wa.gov.au](mailto:rlcontact@rockingham.wa.gov.au)

Interested in researching the servicemen and women in your family but not sure where to begin? Join author and genealogist Yvonne Height as she shares practical tips, expert advice and useful resources to help kick-start your family history journey.

## **City of Rockingham services**

### **Age-friendly and Safety Subsidy Schemes**

The City's Subsidy Schemes provides reimbursements to residents with valid concession Cards\* of up to \$150 per financial year in four categories.

Safety Subsidy Schemes (per household): Safety and Home Cooling. Age-friendly Subsidy Schemes (individuals aged 60+): Information Technology, and Home Modifications and Assistive Equipment.

For other eligibility requirements\* and to download application forms visit

[rockingham.wa.gov.au/subsidyscheme](http://rockingham.wa.gov.au/subsidyscheme) or contact the City on 9528 0333 for a hard copy.

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

**9528 0333** or [customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au)

You can also receive this information by registering at [rockingham.wa.gov.au/subscribe](http://rockingham.wa.gov.au/subscribe)