

# Seniors Newsletter

April 2026



## Information

### Crime Prevention at Home

Simple design and maintenance changes can improve safety and reduce crime. Alongside cameras and alarms, use Crime Prevention Through Environmental Design (CPTED) principles such as trimming trees and shrubs for visibility, keeping doors and windows locked, installing sensor lights, and removing hiding places.

Eligible adults can also apply for the Safety Subsidy Scheme for up to \$150 reimbursements per household each financial year for eligible safety items.

To download a CPTED checklist visit [rockingham.wa.gov.au/safecommunity](https://rockingham.wa.gov.au/safecommunity)  
For Subsidy information and applications visit [rockingham.wa.gov.au/subsidy](https://rockingham.wa.gov.au/subsidy)

Contact the City for printed copies  
9528 0333.

### Life in Pictures Short Film Competition

Life in Pictures, a short film competition that is part of the Revelation Perth International Film Festival, invites people of all ages to create a three-minute film exploring positive ageing or ageism.

Entries are open now and close Friday 19 June 2026, with \$1,000 prizes for winners in each of the three categories: 17 and under, 18–59, and 60+. Shortlisted films will be screened ahead of the festival's iconic closing night party on Sunday 19 July.

Learn more and get started at a free workshop (see inside for details) or visit [revelationfilmfest.org/life-in-pictures](https://revelationfilmfest.org/life-in-pictures)

Initiative supported by the Department of Communities.



# 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](http://rockingham.wa.gov.au/seniorgroups) or call 9528 0333 to have a copy posted. The list is updated with new groups annually. Some of the groups included are:

### The Cafe Knitters

A friendly social group for knitting and crocheting items to donate to charity. All experience levels are welcome. Every Friday, 10am at Dome, Waikiki Village Shopping Centre, Gnangara Drive.

**Contact:** Bill, 0418 949 821  
[propertygurus23@gmail.com](mailto:propertygurus23@gmail.com)

### Pelican Patchwork and Quilting

A welcoming patchwork, quilting and needle-craft group, meets every Tuesday, 9am at Port Kennedy Community Centre, Clipper Drive, Port Kennedy.

**Contact:** Anne, 0448 481 880  
[aghowell55@gmail.com](mailto:aghowell55@gmail.com)

### Baldivis Senior Citizens Pilates

A pilates group for people aged over 55+, \$10 per session. Beginners are welcome, just bring your own mat. Tuesdays 10am, Baldivis Indoor Sports Complex, 531 Eighty Road, Baldivis.

**Contact:** Chantele, 0416 184 861  
[chantelepilates@gmail.com](mailto:chantelepilates@gmail.com)

## Upcoming Events



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

### Brain Games for Adults

**Date:** Friday 10 April  
**Time:** 10am – 11am  
**Location:** Rockingham Library,  
Dixon Road, Rockingham  
**Contact:** Bookings, 9528 8683  
[rockinghamlibraries@rockingham.wa.gov.au](mailto:rockinghamlibraries@rockingham.wa.gov.au)

Give your brain a neurobics workout with fun, social, games and activities. Strengthen memory, sharpen focus and spark new neural pathways with brain-boosting fun.

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

**Date:** Friday 17 April  
**Time:** 1pm – 3.30pm  
**Location:** Masonic Hall, Wanliss Street,  
Rockingham  
**Cost:** \$5  
**Contact:** Valerie, 0438 272 911  
[valeriebuckley@westnet.com.au](mailto:valeriebuckley@westnet.com.au)

Linda Redman offers insights from her time as a Perth Zoo volunteer. Also, a chance to learn about other U3A member activities.

### Rockingham Community Aged Care Expo

**Date:** Wednesday 15 April  
**Time:** 10am – 1pm  
**Location:** Gary Holland Community Centre,  
Kent Street, Rockingham  
**Contact:** Enquiries, 0493 271 667  
[hello@theacec.com.au](mailto:hello@theacec.com.au)

Discover services, supports, and information relevant to older people – including in-home care, mobility aids, residential options, health services, financial planning, funeral arrangements, travel and more. Promoting healthy ageing and rights to prepare for your future.

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.

### **Cyber Safety for Seniors**

**Date:** Tuesday 21 April  
**Time:** 9am – 11am  
**Location:** Westerly Family Centre,  
27 Westerly Way, Cooloongup  
**Contact:** Bookings, 9528 0333  
[customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au)

Attend a free, relaxed information session to learn about the latest scams, prevention measures and what to be aware of when online. Learn more about ongoing support and how to stay up to date with scams awareness. Light refreshments provided.

To register online visit

[rockingham.wa.gov.au/whatson](http://rockingham.wa.gov.au/whatson)

### **ANZAC Day Talk: Unsung Heroes**

**Date:** Tuesday 21 April  
**Time:** 10am – 11am  
**Location:** Rockingham Library,  
Dixon Road, Rockingham  
**Contact:** Bookings, 9528 8683  
[rockinghamlibraries@rockingham.wa.gov.au](mailto:rockinghamlibraries@rockingham.wa.gov.au)

Local author and genealogist Yvonne Height shares stories of the First Anzacs of WWI, uncovered while researching and writing her work to highlight the courage of remarkable Western Australians.

### **Different Minds, Shared Stories**

**Date:** Wednesday 22 April  
**Time:** 4pm – 6pm  
**Location:** Warnbro Community Library,  
Swallowtail Parade, Warnbro  
**Contact:** Bookings, 9528 8577  
[rockinghamlibraries@rockingham.wa.gov.au](mailto:rockinghamlibraries@rockingham.wa.gov.au)

An inspiring community session where young neurodivergent voices share their stories and insights. Perfect for parents, young people and anyone wanting to better understand and celebrate neurodiversity in everyday life.

### **Have a Go Day Rockingham**

**Date:** Wednesday 22 April  
**Time:** 10am – 2pm  
**Location:** Mike Barnett Sports Complex,  
Dixon Road, Rockingham  
**Contact:** SRCWA, 6118 2716  
[info@srcwa.asn.au](mailto:info@srcwa.asn.au)

Have a Go Day is an annual free day of activities and information for over 50s to stay active and connected. Meet local groups, try activities and enjoy free refreshments. This LiveLighter event from the Seniors Recreation Council WA (SRCWA) is proudly supported by the City of Rockingham.

### **Unwrapping Plastics: Our Health, Our Planet**

**Date:** Thursday 23 April  
**Time:** 10am – 11am  
**Location:** Rockingham Library,  
Dixon Road, Rockingham  
**Contact:** Bookings, 9528 8683  
[rockinghamlibraries@rockingham.wa.gov.au](mailto:rockinghamlibraries@rockingham.wa.gov.au)

Explore how plastics have reshaped our planet, their hidden impacts on health and the environment. Discover practical ways to reduce plastic waste in daily life, plus enjoy fun waste related activities.

### **Life in Pictures Short Film Competition - Filmmaking Basics Workshop**

**Date:** Thursday 23 April  
**Time:** 1.30pm – 3.30pm  
**Location:** Mary Davies Library and  
Community Centre,  
17 Settlers Avenue, Baldivis  
**Contact:** Damien, 0448 007 233  
[admin@revelationfilmfest.org](mailto:admin@revelationfilmfest.org)

A free workshop for the Life in Pictures competition. Never made a film before? No problem. Local filmmaker and academic Damien Spiccia will introduce storytelling basics and practical tips to get started.

## **Castaways Sculpture Awards 2026: Entries Open**

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

Entries for the 2026 Castaways Sculpture Awards closes soon, with a total prize pool of \$27,250. Selected works will be exhibited from 24 October to 1 November 2026 at the Rockingham Foreshore and the Rockingham Arts Centre.

Entries close 4pm Friday 24 April 2026. For more information and to enter, visit [rockingham.wa.gov.au/castaways](http://rockingham.wa.gov.au/castaways)

## **Disability Access and Inclusion Plan (DAIP) – Community Consultation**

The City is developing the next Disability Access and Inclusion Plan to guide actions over the next four years. A community survey is available online for the first two weeks of April to share your ideas and experiences. Community workshops will be held in May, dates and further details will be listed in the May edition of this newsletter. For more information and to complete the survey visit [rockingham.wa.gov.au/shareyourthoughts](http://rockingham.wa.gov.au/shareyourthoughts)

## **The Very Best Exotic Marigold Hotel**

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

**Cost:** \$25 concession  
\$27 standard

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

**Date:** Friday 10 April – 7.30pm  
Saturday 11 April – 7.30pm  
Sunday 12 April – 2pm  
Friday 17 April – 7.30pm  
Saturday 18 April – 7.30pm  
Sunday 19 April – 2pm  
Friday 24 April – 7.30pm  
Saturday 25 April – 7.30pm

Based on the popular movie, 'The Very Best Exotic Marigold Hotel', the production is presented by Rockingham Theatre Company (RTC) in collaboration with the Great Indian Theatre Company. Bar and canteen available. For tickets and more information, visit [rtcrockingham.com](http://rtcrockingham.com)

For group bookings of 10 or more please call RTC.

## **City of Rockingham services**

### **Rockingham Connect Community Transport Service (RCCTS)**

The RCCTS provides door-to-door transport for eligible Rockingham residents to popular locations. Pension or health care concession card holders who struggle to access public or private transport may be eligible. RCCTS operates thanks to the wonderful volunteer Drivers and Transport Assistants. If you have a few hours a week to spare we would love to hear from you.

For information on registering for the service or volunteering your time, contact the City on 9528 0333 or [rockingham.connect@rockingham.wa.gov.au](mailto:rockingham.connect@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](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)