

Seniors Newsletter

August 2025



Information

Support Navigating Aged Care

Care Finders provide free, one-on-one support to help understand and access the aged care system. To be eligible for Care Finders a person must:

- be aged 65 or over
- not have a trusted carer or support person to provide assistance, and
- be eligible to receive government-funded aged care.

People at risk of, or experiencing homelessness, can access Care Finders from the age of 50. Specialised services are also available for First Nations people, culturally and linguistically diverse people, and people living with dementia.

For more information visit:

myagedcare.gov.au/help-care-finder

or call My Aged Care on 1800 200 422
(8am – 8pm, Mon-Fri. 10am-2pm, Sat)

Emergency Relief and Other Local Supports

Homelessness Week runs from August 4 to August 10. One of the first steps to ending homelessness is increased awareness. Anyone can be at risk of homelessness or need emergency assistance.

If you or someone you know needs help with food, bills, or basic needs, help is available. Our local Emergency Relief Services list is a valuable first step to find support locally.

To see the list visit:

rockingham.wa.gov.au/emergencyrelief

or request a printed copy by contacting Customer Service, 9528 0333.

Explore more services and support

rockingham.wa.gov.au/lookingforhelp



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

or call 9528 0333 to have a copy posted.

The list is updated with new groups annually.

Fabulous Fuchsia Follies

Join the 'Red Hatters,' a fun social group for women over 50, meeting on the first Monday of each month. For venue details, please contact Linely.

Contact: Linely, 0418 912 725
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 Autumn Centre).

Contact: Wendy, 0457 771 196
wendybaker1829@yahoo.com.au

Probus Clubs - Shoalwater Ladies

Join the Shoalwater Ladies Probus Club for friendship and fun, and engaging guest speakers. Meetings are held on the second Monday of each month at 9.30am at the RSL, 19 Memorial Drive, Peron.

Contact: Sue, 0424 723 923
healsam@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.

University of the Third Age (U3A) Rockingham Branch

Date: Friday 1 August and Friday 15 August

Time: 1pm for 1.30pm – 3.30pm

Location: Masonic Hall, Wanliss Street, Rockingham

Cost: \$5

Contact: Valerie, 0438 272 911
valeriebuckley@westnet.com.au

1 August, Greg Hebble presents 'Wheelchairs for Kids'. 15 August, Nigel Ridgeway shares the WWII tale of Von Mücke and the schooner Ayesha.

She Means Business Workshop

Date: Saturday 2 August

Time: 10am – 12pm

Location: Rockingham Library, Dixon Road

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

Presented by one of WA's top 15 coaches and an award-winning AusMumpreneur, this fun, informative workshop is aimed at first time female business owners and Mumpreneurs. Providing tips and tricks to help participants save time, energy and money. Lots of practical ideas to build your business and keep it on track.

Bookings open Saturday 5 July.

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.

Rockingham Stamp Show and Swanpex

Date: Sunday 3 August
Time: 10am – 4pm
Location: Gary Holland Community Centre, Kent Street, Rockingham
Contact: Phil, 0404 427 027
hwealsam@bigpond.com

The Rockingham Stamp Show is held annually and offers stamp collectors and enthusiasts the chance to buy, sell, and explore the world of philately. Whether you're a seasoned collector or just curious, it's a great event to connect with others who share your passion.

Homelessness Week 2025: Find Support

Date: Monday 4 August
Time: 10am – 1pm
Location: The CREW, Unit 2/5 Cessnock Way, Rockingham
Contact: Enquiries, 9528 0333
customer@rockingham.wa.gov.au

The CREW provide support to people who are experiencing homelessness. Learn more about services providing support and join conversations about loneliness.

Homelessness Week 2025: Housing Insecurity

Date: Tuesday 5 August
Time: 9am – 1pm
Location: The Salvation Army Rockingham, Read Street, Cooloongup
Contact: Enquiries, 9528 0333
customer@rockingham.wa.gov.au

Learn about support for people experiencing housing insecurity. Connect with support services, information about housing options, and applying for rentals.

Colour My World - Mindful Adult Colouring

Date: Tuesday 5 August (then every first Tuesday of each month)
Time: 2pm – 3pm
Location: Rockingham Library, Dixon Road
Contact: Bookings, 9528 8683
rlcontact@rockingham.wa.gov.au

Join our new monthly colouring group launching during Loneliness Awareness Week to foster community connection. Colouring has been shown to have many health benefits; it reduces stress, lowers blood pressure, aids memory and when combined with the social aspect of a group activity those benefits are multiplied.

Meet your neighbours, bring your friends and enjoy a free afternoon tea to mark our inaugural session. All materials provided.

Origami Paper Cranes

Date: Wednesday 6 August
Time: 2pm – 3pm
Location: Rockingham Library, Dixon Road
Contact: Bookings, 9528 8683
rlcontact@rockingham.wa.gov.au

On Hiroshima Peace Day hear the story of Sadako Sasaki and her 1,000 paper cranes. Then make your own origami paper crane to represent peace.

All materials will be provided.
Bookings open 9 July.

Makers and Creators:

Decoupage Memory Boxes

Date: Thursday 7 August

Time: 9.30am – 10.30am

Location: Rockingham Library, Dixon Road

Contact: Bookings, 9528 8683

rlcontact@rockingham.wa.gov.au

Make your own decoupage keepsake box. All materials provided. Bookings open Thursday 10 July.

Rockingham and Districts Garden Club

Date: Thursday 14 August

Time: 12.30pm – 3pm

Location: Hillman Hall,
Unnaro Street, Hillman

Cost: \$6

Contact: Alice, 0448 605 206

alice.socialite@icloud.com

Learn more about the Garden Club and how to get involved. Everyone is welcome to attend the Annual General Meeting and enjoy afternoon tea.

Love to Read Local:

A Talk by Norman Jorgensen

Date: Friday 8 August

Time: 11am – 12pm

Location: Rockingham Library,
Dixon Road

Contact: Bookings, 9528 8683

rlcontact@rockingham.wa.gov.au

The Rockingham Writers Centre are hosting a talk by author Norman Jorgensen to celebrate Love to Read Local. Norman will discuss his research, influences and current works in progress. Plus tips from a 40 year career as a writer, bookseller, publisher's agent and bookshop owner.

Stories for the Ages Contest Entries Open

Date: Friday 15 August – Tuesday
30 September

Authors of any age can enter a positive story of older people for a chance to see their work published and win up to \$500. Stories must be less than 2,000 words and tell a positive story of an older person, or the benefits of older age.

For more information including how to enter visit rockingham.wa.gov.au/age-friendly or contact Customer Service on 9528 0333 or at customer@rockingham.wa.gov.au

City of Rockingham services

Rockingham Volunteer Centre (RVC)

The RVC connects people with local volunteering opportunities and supports organisations in the City of Rockingham. Volunteer Referral Officers offer a free referral service and personalised support. The RVC can be found at the Rockingham Library, Dixon Road and is open Mon–Tues 9.30am–2.30pm, and Wed–Thurs 1pm–5pm.

Make an appointment to explore current volunteering options, including one-off, short-term, and long-term positions by contacting the RVC, 9528 8670 or

volunteering@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