

# Seniors Newsletter

December 2024 – January 2025



**Information**

## Accessible Beaches

Rockingham's beaches have a range of options that help everyone to enjoy them.

Accessible beach matting is installed at:

- Bell Park, Rockingham Beach Road
- Governor Road Reserve, Governor Road
- Phoebe Hymus Park, Alexandra Street
- Palm Beach, Esplanade
- Rockingham Foreshore, Rockingham Beach Road
- Shoalwater Beach, Arcadia Drive
- Singleton Foreshore, Foreshore Drive

Beach walkers and wheelchairs are also available. To arrange free hire or for more information call 9528 0333 or visit

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

## Seniors Social and Wellbeing Program

Aqua Jetty trainers lead free, weekly physical wellness activities in social settings.

## Baldivis Indoor Sports Complex

Mondays, 9am – 10.30am and  
Wednesdays, 9.30am – 10.30am

## Coastal Community Centre

Mondays, 9am – 10.30am and  
Fridays, 9am – 10am

## Secret Harbour Community Centre

Tuesdays and Thursdays, 9am – 10.30am

Contact: Aqua Jetty, 9591 0888

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



## 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](https://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:

#### CWA Safety Bay Community Market

**Date:** Sunday 8 December  
**Time:** 9am – 12pm  
**Location:** Guides Hall  
Watts Road, Shoalwater  
**Contact:** Lisa, 0400 056 444  
[hannexsa@gmail.com](mailto:hannexsa@gmail.com)

Friendly members with handmade gifts, jams and relishes, cakes, plants, preloved books and more.

#### Rockingham and Districts Garden Club

**Date:** Thursday 12 December  
**Time:** 12.30pm – 3pm  
**Location:** Port Kennedy  
Community Centre  
8 Clipper Drive, Port Kennedy  
**Cost:** \$6  
**Contact:** Alice, 0448 605 206  
[alice.socialite@icloud.com](mailto:alice.socialite@icloud.com)

Monthly meeting with guest speaker from Succulent Corner, Karnup.

### Upcoming Events

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

#### Summer Series Fitness Classes

**Date:** November 2024 – March 2025  
**Location:** Rockingham Foreshore  
Rockingham Beach Road,  
Rockingham  
**Contact:** Enquiries, 9528 0333  
[customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au)

Free weekly fitness classes:

**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

No classes from 24 December 2024 to 2 January 2025.

#### Sensory Escapades to 'Generate Joy'

**Date:** Wednesday 4 December  
**Time:** 10am – 12pm  
**Location:** Gary Holland Community Centre  
19 Kent Street, Rockingham  
**Contact:** Customer Service, 9528 0333  
[customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au)

Experience music, movement, and colour as you explore your senses and learn ways to generate joy in life.

This workshop is part of a range of activities celebrating International Day of People with Disability.

Visit [rockingham.wa.gov.au/idpwd](https://rockingham.wa.gov.au/idpwd)

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.

### **Christmas Lights Launch**

**Date:** Friday 6 December

**Time:** 5pm – 8.30pm

**Location:** Churchill Park  
Rockingham Beach Road,  
Rockingham

**Contact:** Enquiries, 9528 0333

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

Rockingham Foreshore will light up at the official launch of the City's Christmas lights display. There will be lots of festive fun for the whole family, including:

- a visit from Santa
- Christmas markets
- on-stage and roaming entertainment
- children's activities
- a sensory-friendly chill-out zone
- food vendors.

Christmas lights turn on at 8pm.

Visitors are encouraged not to smoke, vape or drink alcohol.

### **Gingerbread House Workshop**

**Date:** Sunday 8 December

**Time:** 10am – 12.30pm

**Location:** Warnbro Community and Family Centre  
1 Moreton Cres, Warnbro

**Cost:** \$20

**Contact:** Rebecca, 9593 3027

[info@warnsbrocfc.com.au](mailto:info@warnsbrocfc.com.au)

Bring the family along and together construct and decorate a beautiful, edible gingerbread house to take home. Run by Chat and Do and Coffee Too.

### **JingleCrafternoon**

**Date:** Sunday 8 December

**Time:** 1pm – 3.30pm

**Location:** Warnbro Community Library  
Swallowtail Parade, Warnbro

**Contact:** Bookings, 9528 8577

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

Celebrate the season with JingleCrafternoon. Join us for festive crafting and create beautiful Christmas decorations in a relaxed and cheerful setting. Bookings are essential.

### **Dementia without Loneliness**

**Date:** Monday 9 December

**Time:** 1pm – 2.30pm

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

**Contact:** Bookings, 9528 8683

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

Michael Verde is an award winning writer, speaker, and documentarian, who is internationally recognised as an expert in the field of dementia care. Through his inclusive vision and focus on connected communities, Michael will teach you skills to support, connect and communicate with people living with dementia. Bookings are essential.

### **Carols on the Grass**

**Date:** Tuesday 10 December

**Time:** 5.30pm – 7pm

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

**Contact:** Bookings, 9528 8683

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

All your favourite carols performed by Mandurah Concert Band. Bookings are essential.

## New Year's Eve

**Date:** Tuesday 31 December  
**Time:** 5pm – 12am  
**Location:** Churchill Park and Bell Park  
Rockingham Beach Road,  
Rockingham

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

Say farewell to 2024 and celebrate the New Year in style with:

- fireworks at 9pm and midnight
- roaming entertainment
- free children's activities
- amusement rides
- a sensory-friendly chill-out zone
- food vendors.

The stage will feature live music from The Cat Empire, supported by Big Horn Productions and local acts. Visitors are encouraged not to smoke, vape or drink alcohol.

## City of Rockingham Opening Hours

The City's Administration Centre will close over the Christmas/New Year period from 4.30pm **Tuesday 24 December 2024**, reopening for business as usual at 8.30am **Thursday 2 January 2025**.

## Summer Book Sale

**Date:** Monday 6 January to  
Saturday 18 January  
**Time:** Library opening hours  
**Location:** Rockingham Library  
Dixon Road, Rockingham

**Contact:** Bookings, 9528 8683  
[rlcontact@rockingham.wa.gov.au](mailto:rlcontact@rockingham.wa.gov.au)

Grab a bargain at Rockingham Library's annual summer book sale. Nothing over \$2. Items for sale include adult fiction, non-fiction, children's materials, magazines and more.

## 2025 Art Prize – Entries Open

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

Entries are now open for the City of Rockingham Art Prize 2025, accepting artworks across a range of mediums including painting, drawing, sculpture, photography and more. Finalists will be displayed at the Rockingham Arts Centre from Saturday 14 June to Sunday 6 July 2025. Entries close Thursday 13 February 2025.

Visit [rockingham.wa.gov.au/artprize](https://rockingham.wa.gov.au/artprize) for more information.

# City of Rockingham services

## SmartWatch

The City's SmartWatch service is a vehicle security patrol service. The vehicles conduct regular coordinated patrols to observe, report, monitor and deter criminal activity. Residents are able to make additional patrol requests including Holiday Watch services.

SmartWatch operates from 12pm - 4am, seven days a week and can be contacted on **1300 657 123**. Outside of these hours, please contact the police on **131 444**.

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](https://rockingham.wa.gov.au/subscribe)