

Seniors Newsletter

June 2026



Information

World Elder Abuse Awareness Day (WEAAD) – 15 June

This month we recognise WEAAD an annual day to raise awareness of the abuse of older people in community. Acts of harm or neglect against an older person, carried out by someone they know and trust, is considered abuse.

Join the conversation and learn more about action against elder abuse at the Seniors Safety Morning Tea (see back page for details). The Purple Road Project will also be displayed at the event, a community driven collection of purple flowers to recognise victims of abuse.

If you are concerned that you or a loved one may be experiencing abuse, the WA Elder Abuse Helpline is available:

1300 724 679

Monday – Friday, 8.30am – 4.30pm or visit advocare.org.au

Seniors and Carers Expo 2026 – Get Involved

Applications are open for stalls at the Seniors and Carers Expo 2026.

- Grow membership and attract volunteers
- Stallholders report meaningful engagement
- Only \$20 for stalls*
- Expected attendance: 1,500+
- Event date: Friday 9 October

Community groups are encouraged to apply, *unincorporated, not-for-profit groups may be eligible for a fee waiver.

Applications close Friday 3 July.

To apply or learn more visit rockingham.wa.gov.au/SeniorsExpo.

Or contact The Event Mill, 9477 4444 or seniors@theeventmill.com.au



Events and Activities

Regular Groups and Activities

Stay mentally and physically well by following the principle of Act, Belong, Commit. Download a list of more than 50 seniors' friendly groups and clubs that meet weekly and monthly. Download the full list from the City's website

rockingham.wa.gov.au/seniorgroups

or call 9528 0333 to have a copy posted.

The annual update has been completed so check out the list for new groups and up to date contact details. Some of the groups included are:

Chat and Do and Coffee Too

Weekly crafting group making take home items and charity donations. Wednesdays, 9am at Warnbro Family and Community Centre, Moreton Crescent, Warnbro.

Contact: Janet, 0401 999 620

tparker@iinet.net.au

Safety Bay Circle Dance

Gentle, meditative dance to world music. Mondays 10.30am and Wednesdays 7pm (school terms) at Guide Hall, Watts Road, Safety Bay.

Contact: Christine, 0408 934 420

bandicoots@iinet.net.au

Westerly Family Centre

A full program of social, support and learning groups including sewing, cross stitch, card making, Korowai making, mahjong, line dancing, yoga, tai chi and an English conversation club. Located on Westerly Way, Coo loongup. For program details, contact the Centre or visit

westerlyfamilycentre.com.au

Contact: Westerly Centre, 9592 3650

info@westerlyfamilycentre.com.au

Upcoming Events

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

Rockingham Sound Day VIEW Club

Date: Thursday 4 June

Time: 11am – 2pm

Location: Port Kennedy Tavern, Warnbro Sound Avenue, Port Kennedy

Cost: \$35 cash
(\$25 for lunch, \$10 entry)

Contact: Valerie, 0438 272 911

rockinghamsounddayview@gmail.com

Join VIEW Club members for lunch and help support the Learning for Life program. Enjoy a meaningful afternoon while hearing Nia Parker speak on women's health, an engaging and informative talk not to be missed.

University of the Third Age (U3A)

Rockingham Branch

Date: Friday 5 June and
Friday 19 June

Time: 1pm for 1.30pm to 3.30pm

Location: Masonic Hall, Wanliss Street, Rockingham

Cost: \$5

Contact: Valerie, 0438 272 911

valeriebuckley@westnet.com.au

Join U3A on 5 June, when Darryl Cook will inform members about Mercy Care. On 19 June, Richard Rennie will speak on Jack Flanagan, an early photographer in WA.

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.

Grill and Connect – Men’s Health Week

Date: Wednesday 10 June
Time: 3.30pm – 7pm
Location: Cumbre Sports Facility,
18 Saltaire Way, Port Kennedy
Contact: Enquiries, 9528 0333
customer@rockingham.wa.gov.au

This Men’s Health Week, the City is firing up the grill and inviting local men to a BBQ they don’t have to cook. Enjoy free barista coffee and a sausage sizzle for the first 150 attendees. Try indoor sports, explore information stalls, and connect with community groups. A great excuse to relax, recharge, and enjoy good company.

City of Rockingham Art Prize

Date: Saturday 13 June –
Saturday 5 July
Time: Wednesday – Sunday,
10am – 12.30pm, 1pm – 4pm
Location: Rockingham Arts Centre,
11 Kent Street, Rockingham
Contact: Enquiries, 9528 0333
customer@rockingham.wa.gov.au

The annual City of Rockingham Art Prize returns to the Rockingham Arts Centre, showcasing Western Australian artists across painting, photography, printmaking, sculpture, ceramics and mixed media. For more information, visit

rockingham.wa.gov.au/artprize

Forget-Me-Not Memory Café

Date: Monday 15 June
Time: 10am – 2pm
Location: Cafe Clipper, Patterson Road,
Rockingham
Contact: Angi, 0468 549 143
fmncafe@outlook.com

Join the Forget-Me-Not Memory Café for a coffee and friendly conversation. A warm, welcoming space for those living with dementia or supporting someone who is.

Men’s Health: Prostate Cancer Awareness Information Session

Date: Wednesday 17 June
Time: 3.30pm – 4.30pm
Location: Warnbro Community Library,
2 Swallowtail Parade, Warnbro
Contact: Bookings, 9528 8577
rockinghamlibraries@rockingham.wa.gov.au

Presented by the Prostate Cancer Foundation of Australia and Life Force. Learn about Australia’s leading cause of cancer, risks, symptoms, testing, treatment options and available support services.

Responding to Escalating Behaviours Workshop

Date: Friday 19 June
Time: 9am – 4pm
Location: Secret Harbour Surf Life Saving
Club, Palermo Cove,
Secret Harbour
Contact: Bookings, 9528 0333
customer@rockingham.wa.gov.au

Free workshop combining theory and practical skills for de-escalating people and situations. Learn how to respond appropriately to unexpected or inappropriate behaviour. For anyone living, volunteering, studying or working in the City of Rockingham.

Beach to Tabletop: Examining Coastal Specimens

Date: Monday 22 June
Time: 11am – 12pm
Location: Safety Bay Library, 197 Safety
Bay Road, Safety Bay
Contact: Bookings, 9528 8611
rockinghamlibraries@rockingham.wa.gov.au

Keep your toes sand free as a marine scientist brings beach wonders to you. Explore real shark eggs, sea urchins, seahorses and other fascinating ocean treasures found on Perth’s shores.

Planning for the Future and Protecting Your Rights

Date: Wednesday 24 June

Time: 11am – 12pm

Location: Rockingham Library,
Dixon Road, Rockingham

Contact: Bookings, 9528 8683

rockinghamlibraries@rockingham.wa.gov.au

Learn about key legal documents including Enduring Power of Attorney (EPA) and Enduring Power of Guardianship (EPG) with Elder Rights WA. Understand advance planning, key considerations before drafting documents, and how to safeguard your rights.

Seniors Safety Morning Tea

Date: Wednesday 24 June

Time: 10am – 12pm

Location: Gary Holland Community
Centre, 19 Kent Street
Rockingham

Contact: Bookings, 9528 0333

customer@rockingham.wa.gov.au

Join a free morning tea and conversation on staying safe in relationships, at home and in the community. Hear from keynote speakers and connect with local services to ask questions and learn more about safety for seniors.

Mental Health First Aid Workshop

Date: Thursday 25 June and
Friday 26 June

Time: 9am – 4.30pm

Location: Gary Holland Community
Centre, 19 Kent Street,
Rockingham

Contact: Bookings, 9528 0333

customer@rockingham.wa.gov.au

For people who may support someone experiencing mental health issues. Learn practical skills to recognise and respond to mental health concerns. Free for those living, volunteering, studying or working in the City of Rockingham.

Fermentation for Beginners: Demonstration

Date: Monday 29 June

Time: 12pm – 2pm

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

Contact: Bookings, 9528 8611

rockinghamlibraries@rockingham.wa.gov.au

Learn the art of fermentation in a live demonstration transforming produce into probiotic-rich foods like sauerkraut, kimchi and kombucha. Presented by Amy from My Nonna Life.

City of Rockingham services

Seniors Social and Wellbeing Program

This program, facilitated by experienced Aqua Jetty trainers, provides an opportunity for seniors to engage in physical and social activities in a friendly group setting at:

- Baldivis Indoor Sport Complex: Mondays 9am-10am and Wednesdays 9.30am-10.30am
- Coastal Community Centre: Mondays 9am-10am and Fridays 9am-10.30am
- Secret Harbour Community Centre: Tuesdays 8.30am-9.30am and Thursdays 9am-10.30am

For more information contact Aqua Jetty, 9591 0888 or aquajetty@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