

Seniors Newsletter

May 2026



Information

Waste Education Opportunities

The City offers free support and a range of resources to our community to help them in their waste reduction mission.

Community groups can request a 45-50 minute 'Mission: Recycle Right' presentation from our Environmental Education Officer. These presentations are also running in libraries in May (more details in the event listings).

Residents can also request an informal visit to households or unit complexes. Our Waste Education Officers will provide specific advice for strategies to improve your bin use.

To arrange a presentation or visit, contact the City on 9528 0333 or customer@rockingham.wa.gov.au

For more information and resources visit rockingham.wa.gov.au/wasteeducation

Pioneers' Luncheon Registration

The Pioneers' Luncheon is an annual event celebrating our long-time residents of Rockingham who have lived in the City for 50 consecutive years or more, and are 65 years of age or older.

The event is strictly invitation only and residents must register themselves as a 'pioneer' to receive their invite (you only need to register once).

If you feel you are eligible, please register via the website rockingham.wa.gov.au/pioneers or request a registration form to be sent by post by contacting the City on 9528 0333 or customer@rockingham.wa.gov.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 list is updated with new groups annually. Some of the groups included are:

Rockingham Districts Gem and Rock Hunting Club

A social lapidary group to learn and explore gems, rocks, minerals and silverwork.

Mondays-Wednesdays, 9am – 2pm and Saturdays, 9am – 12pm at Bungaree Oval, Crater Place, Rockingham.

Contact: Dawn, 0438 962 536

rockingham.gem.club.wa@gmail.com

Soroptimist Club of Rockingham

International women's service group.

Third Wednesday of the month, 6.30pm, at Westerly Family Centre, Westerly Way, Cooloongup.

Contact: Anne, 0417 905 029

sirockingham@siseap.org

Switched On Seniors

Tech-savvy, peer support for smart phones and tablets. Ask questions and share tips. All groups meet 10am – 12pm.

Tuesdays: at the Autumn Centre (members only), McNicholl Street, Rockingham.

Thursdays: at Rockingham Baptist Church, Gnangara Drive, Waikiki

Fridays: at Rockingham Church of Christ, Frederick Street, Shoalwater

Contact: Sheena, 0458 163 422

switchedonseniors@gmail.com

Country Women's Association (CWA)

Open to all women, offering social, craft, and community activities.

Baldivis Belles three meetings a month, Fridays and Saturdays at Baldivis Reserve Hall (Blue Hall), Fifty Road, Baldivis.

Contact: Karen, 0417 160 916

cwabaldivisbelles@gmail.com

Rockingham monthly and weekly meetings, craft breakfasts, and bi-monthly craft retreats at various locations.

Contact: Janine, 0488 140 440

cwarockingham@gmail.com

Lions Clubs

Open to all, focusing on community service, fundraising, and local projects.

Baldivis: first Wednesday of the month, 6.30pm at Baldivis Reserve Hall (Blue Hall).

Contact: baldivislions@gmail.com

Rockingham: second and fourth Tuesdays of the month, 6.30pm, at Rockingham Bowling Club, Kent Street, Rockingham.

Contact: Sylvana, 0417 950 967

seclionsrockingham@gmail.com

Port Kennedy: second and fourth Mondays of the month, 6.30pm at PK Tavern, Warnbro Sound Avenue, Port Kennedy.

Contact: David, 0497 868 435

sec.pklions@gmail.com

Prime Movers

Movement to music for the over 50s.

Classes designed for active older adults to exercise in a fun and safe way. Thursdays, 9.30am at the Mike Barnett Sports Complex, Dixon Road, Rockingham.

Contact: Prime Movers, 0444 560 037

secretary@primemovers-exercise.com.au

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.

Upcoming Events

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

Sandgropers Land Yacht Club

Date: Sunday 3 May

Time: 1pm – 4pm

Location: Lake Walyungup, Safety Bay Road, Warnbro

Contact: Barry, 0423 506 283

landsail@iprimus.com.au

Join a bunch of predominantly senior fun seekers and try land sailing. The BBQ will be sizzling so come and see what's happening.

World Asthma Day Talk: Live Well with Asthma and COPD

Date: Tuesday 5 May

Time: 11am – 12pm

Location: Rockingham Library, Dixon Road, Rockingham

Contact: Bookings, 9528 8683

rockinghamlibraries@rockingham.wa.gov.au

Learn from Respiratory Care WA about asthma, COPD, their causes, and how to manage them, plus asthma first aid.

Rockingham Day Sound VIEW Club

Date: Thursday 7 May

Time: 11am – 2pm

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

Cost: \$25 lunch, \$10 donation (cash only)

Contact: Valerie, 0438 272 911

rockinghamsounddayview@gmail.com

Celebrate 23 years of VIEW (Voice, Interests and Education of Women) with a day of fun, connection, learning, and memories. Meet friendly local women who make a difference in our community.

Mission: Recycle Right, the Three-bin Way

Date: Friday 8 May

Time: 10am – 11pm

Location: Rockingham Library, Dixon Road, Rockingham

Contact: Enquiries, 9528 8611

rockinghamlibraries@rockingham.wa.gov.au

OR

Date: Thursday 28 May

Time: 5pm – 6pm

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

Contact: Bookings, 9528 8611

rockinghamlibraries@rockingham.wa.gov.au

Unpack the recycling journey and the three-bin system. Find out what happens after you toss something in a bin and discover practical tips for sorting, reusing and reducing everyday waste.

Creating Black Cockatoo Friendly Suburbs with Dr. Christine Groom

Date: Saturday 9 May

Time: 10.30am – 11.30am

Location: Rockingham Library, Dixon Road, Rockingham

Contact: Enquiries, 9528 8683

rockinghamlibraries@rockingham.wa.gov.au

Carnaby's cockatoos are a much-loved part of Perth. Learn how their survival can be supported by making urban areas and gardens more suited to their habitat.

National Volunteer Week Pop Up

Date: Thursday 21 May
Time: 10am – 4pm
Location: Secret Harbour Community,
Centre, 4 Oasis Drive,
Secret Harbour

Contact: RVC, 9528 8670
volunteering@rockingham.wa.gov.au

'Your Year to Volunteer.'
Celebrate National Volunteer Week and visit the Rockingham Volunteer Centre (RVC) team at this pop-up event. Discover the opportunities available, benefits of volunteering and learn how you can use your skills or try something new to help make a stronger community and support your own mental and physical wellbeing.

Brain Games for Adults

Date: Friday 22 May
Time: 10am – 11am
Location: Rockingham Library,
Dixon Road, Rockingham,

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

Take part in a neurobics workout with fun, social brain boosting activities that build memory, focus, and fresh neural pathways.

Purple Road Craft Workshop

Date: Wednesday 27 May
Time: 10.30am – 12.30pm
Location: Safety Bay Library,
197 Safety Bay Road,
Safety Bay

Contact: Bookings, 9528 8611
rockinghamlibraries@rockingham.wa.gov.au

A relaxed, hands-on morning of creativity and conversation for all skill levels. Create simple purple flower crafts in your own style for the Purple Road Project. This is a community driven effort to recognise World Elder Abuse Awareness Day, with purple flowers representing older people who have experienced abuse.

Saturday Social Games

Date: Saturday 30 May
Time: 9.30am – 11.30am
Location: Safety Bay Library,
197 Safety Bay Road,
Safety Bay

Contact: Bookings, 9528 8611
rockinghamlibraries@rockingham.wa.gov.au

A relaxed morning of classic board and card games, perfect for unwinding, meeting people, and enjoying friendly competition. Free for ages 16+, with no booking required.

City of Rockingham services

Assisted Waste Collection Service

Need help putting out your bins? The City's Waste Services offers assistance to seniors or people with disability who are unable to take their bins out to the kerb on their bin day. You may also be eligible for an additional 140 L general waste bin if you have a medical condition that results in additional waste. A letter from a medical practitioner must accompany your application.

For more information contact the City, 9528 0333 or customer@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