

Seniors Newsletter

September 2026

Information

Dementia Action Week: 21 to 27 September

Dementia is Australia's leading cause of death, but it's not talked about nearly enough. This September, during Dementia Action Week, 'it's time to talk about dementia'. Everyone can help build understanding, reduce stigma and create more support for everyone affected, one conversation at a time. Join the conversation by attending one of the City events (details inside) or starting a conversation with your friends and family.

Not sure how to start a conversation? Check out resources from our City Libraries or visit the Dementia Australia website for a wide range of resources. Or listen to real life stories about life after a diagnosis in the Hold the Moment podcast. Visit: dementia.org.au/podcast.

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 is located at Rockingham Library, Dixon Road and is open Monday and Tuesday 9.30am – 2.30pm, and Wednesday and Thursday 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.

Rockingham Sound Day VIEW Club

Date: Thursday 10 September
Time: 11am – 2.30pm
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

An information session featuring lunch and fellowship, followed by a presentation on *Switched-On Seniors* by a library representative. Learn about VIEW and how its members support disadvantaged Australian children through The Smith Family's Learning for Life program.

R U OK Day: Coffee and Company

Date: Thursday 10 September
Time: 10am – 11am
Location: Rockingham Library, Dixon Road, Rockingham
Contact: Bookings, 9528 8683
rockinghamlibraries@rockingham.wa.gov.au

Enjoy a morning of conversation, colouring, puzzles and board games in a friendly and supportive environment. The session provides an opportunity to connect with others and meet new people.

How to Build an Effective LinkedIn Profile

Date: Saturday 12 September
Time: 10am – 11.30am
Location: Rockingham Library, Dixon Road, Rockingham
Contact: Bookings, 9528 8683
rockinghamlibraries@rockingham.wa.gov.au

A free workshop with career coach Alison Bannister, providing practical guidance on building a professional profile, developing networks and using LinkedIn effectively in a job search.

Growing Veggies on a Budget

Date: Sunday 13 September
Time: 1.30pm – 3.30pm
Location: Warnbro Community Library, Swallowtail Parade, Warnbro
Contact: Bookings, 9528 8577
rockinghamlibraries@rockingham.wa.gov.au

Learn about sustainable gardening with John Draper from Harvest ME. Discover how to use recycled materials, regrow from cuttings and food scraps, grow perennial edibles, and create DIY organic fertilisers, compost and pest control solutions.

Understanding Dementia

Date: Monday 21 September
Time: 10am – 12.30pm
Location: Rockingham Library, Dixon Road, Rockingham
Contact: Bookings, 9528 8683
rockinghamlibraries@rockingham.wa.gov.au

Presented by Dementia Australia, this session provides an introduction to dementia, including different types, diagnosis, planning ahead, supporting people living with dementia and available support services.

Dementia Action Week: Introduction to the Tovertafel

Date: Wednesday 23 September
Time: 11am – 12pm
Location: Rockingham Library, Dixon Road, Rockingham
Contact: Bookings, 9528 8683
rockinghamlibraries@rockingham.wa.gov.au

Learn about the Tovertafel ("Magic Table"), an award-winning interactive gaming system designed to support people with cognitive challenges through play. This free session introduces the system and its props for people living with dementia and their carers.



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/seniorsgroups

or call 9528 0333 to have a copy posted.

The list is updated with new groups annually. Some of the groups included are:

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

Walking and Pole Walking Groups

Walking groups meet on different days and in different locations all over Rockingham.

Pole walking is a fun, accessible option and groups in Rockingham and Baldivis provide equipment and tutorials. Visit the website to find your local walking and/or pole walking group rockingham.wa.gov.au/walking.

Rockingham Watercolour Society

Learn and create with watercolour. Fridays, 9am and 1pm. Regular beginner's courses at the Gary Holland Community Centre, Kent Street, Rockingham.

Contact: 2015rws@gmail.com

Upcoming Events

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

Westerly Women's Health Day 2026

Date: Tuesday 8 September

Time: 10am – 12pm

Location: Westerly Family Centre,
27 Westerly Way, Cooloongup

Contact: Tanya, 9592 3650

info@westerlyfamilycentre.com.au

A free community event celebrating Women's Health Week 2026. The day includes health and wellbeing stalls, a free coffee van, morning tea, entertainment, door prizes and a guest speaker. This is the eighth annual event, proudly supported by Magenta Marshall MLA, Soroptimists Rockingham and BreastScreen WA.

Catalpa, the World's First 'Crowd Funded' Prison Escape with Joy and Mike Lefroy

Date: Wednesday 9 September

Time: 11am – 12pm

Location: Rockingham Library,
Dixon Road, Rockingham

Contact: Bookings, 9528 8683

rockinghamlibraries@rockingham.wa.gov.au

Discover the local story behind the 1876 escape of Irish political prisoners from Fremantle Prison to Rockingham Beach. Authors Joy and Mike Lefroy will share insights from their book *Catalpa – Escape to Freedom* and the history of the Fenians statue at Palm Beach.

Dementia Action Week: Activities at Home

Date: Friday 25 September
Time: 10am – 12.30pm
Location: Mary Davies Library and Community Centre, 17 Settlers Avenue, Baldivis

Contact: Bookings, 9591 0800
rockinghamlibraries@rockingham.wa.gov.au

This practical session supports carers in planning meaningful and engaging activities for people living with dementia. The focus is on building confidence, promoting independence and wellbeing at home.

Dementia Action Week: Curiosity and Conversation

Date: Tuesday 29 September
Time: 10am – 12pm
Location: Safety Bay Library, 197 Safety Bay Road, Safety Bay

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

Inspired by object-based storytelling, this session encourages participants to share memories sparked by familiar items from the past. Open to adults, including people living with dementia and their carers.

Private Lives

Date: Various dates
Time: Various performance times
Location: The Castle, Rockingham Theatre, 8 Attwood Way, Rockingham

Cost: \$25 concession
\$27 standard

Contact: RTC, 0455 507 330
rtcinfoteam@gmail.com

When divorced couple Amanda and Elyot unexpectedly reunite while honeymooning with their new spouses, old feelings soon resurface. Bar and canteen available. For tickets, dates and performance times, visit rtcrockingham.com

Seniors and Carers Expo 2026: Save the Date

Date: Friday 9 October
Time: 10am – 2pm
Location: Mike Barnett Sports Complex, Dixon Road, Rockingham

Contact: Enquiries, 9528 0333
customer@rockingham.wa.gov.au

Join us for a fun and engaging day with information stalls, health checks, activities, giveaways, and opportunities to connect with community groups and services tailored for seniors.

City of Rockingham services

Services in your Street

We want you to love where you live, just as much as we do. To find out about the services available in your neighbourhood and what to do when there is a problem such as noise disturbances, pest control, graffiti and more, contact the City on 9528 0333, email customer@rockingham.wa.gov.au or visit rockingham.wa.gov.au/servicesinyourstreet

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