

Social and Support Community Groups

Group Name	Information
Alzheimer's WA Carers Support Group	Facilitated peer support groups. Second Wednesday of the month, 1pm-3pm at the Autumn Centre, McNicholl Street, Rockingham. Contact: 1300 66 77 88 support@alzheimerswa.org.au
Chat and Do and Coffee Too	Craft group creating take home and charity donation pieces. Wednesdays, 9am at the Warnbro Family and Community Centre, Moreton Crescent, Warnbro. Contact: Janet 0401 999 620 tparker@iinet.net.au
Drawn Together	Casual drawing group, BYO projects and supplies. Wednesdays, 1pm at the Rockingham Library, Dixon Road, Rockingham. Contact: Christine 0448 406 298 christinecullen@me.com
Fabulous Fuchsia Follies	A 'Red Hatters' social group for women over 50. First and third Mondays of the month. Please contact Helen for venue details. Contact: Helen 0417 960 989 smurfs47@bigpond.com
Happy Wanderers Social Club	A social club for seniors with a wide range of activities. Tuesdays, 9.30am at McLarty Hall, McLarty Road, Shoalwater. Contact: Jerry 0479 166 174 boyd6411@gmail.com
Laughs and Crafts	Learn to knit or crochet, or bring along any craft project. Fridays, 10am-12pm at the Safety Bay Library, Safety Bay Road, Safety Bay. Contact: Safety Bay Library 9528 8611 sbycontact@rockingham.wa.gov.au
Mandurah and Rockingham Prostate Cancer Support Group	Support group for men and their families. Second Monday of the month, 7pm in Mandurah (contact Peter for venue). Contact: Peter 0475 674 417 mandurah.pcsg@gmail.com
Men's Breakfast	A full English breakfast and friendship for men. First Saturday of the month, 7am at St Brendan's Church, Currie Street, Warnbro. Contact: Saint Brendan's 9593 1640 admin@stbrendans.com.au

Philatelic Society of Rockingham and Kwinana Districts	Social stamp collecting group. Third Tuesday of the month, 7pm at Church of Christ, Frederick Street, Shoalwater. Contact: Phil 0404 427 027 healsam@bigpond.com
Rockingham Bridge Club	All experience levels welcomed. Meetings five days a week at McLarty Hall, McLarty Road, Shoalwater. Contact: Di 0479 168 479 rockbrig@bigpond.com
Rockingham Classical Mahjongg Club	Playing classical Mahjongg following Millingtons Rules. Thursdays, 12pm at McLarty Hall, McLarty Road, Safety Bay. Contact: Lynn 0402 494 690 linnypolley@yahoo.com.au
Rockingham and Districts Friendship Club	Fun, friendship and lunches. Tuesdays 10am at Rockingham RSL, Memorial Drive, Rockingham. Contact: Merv 0416 814 748 kayjay003@bigpond.com
Rockingham and Districts Garden Club	Learn, garden and connect. Second Thursday of the month, 12.30pm at Hillman Hall, Unnarro Street, Hillman. Contact: Alice 0448 605 206 alice.socialite@icloud.com
Rockingham Carers Linking Together	For both registered and unregistered carers. Third Tuesday of the month, venue changes. Call Carers WA for free membership and details. Contact: CarersWA 1800 422 737 socialsupport@carerswa.asn.au
Rockingham City Chess Connection	All experience levels welcome, fun and friendly. Thursdays, 4pm at the Rockingham Library, Dixon Road, Rockingham. Contact: Peter 0492 851 761 peter.merrotsy@uwa.edu.au
Rockingham Community Shed for Men	Monday - Friday, 9am - 2pm, at 7 Hebron Street, Rockingham. Contact: Rob 9591 3803 rockingham.mens.shed@iiinet.net.au
Rockingham Forget-Me-Not Memory Café	Providing social inclusion for people living with dementia, their families and carers. Third Monday of the month, 10am at the Swinging Pig, Chalgrove Avenue, Rockingham. Contact: Angi 0468 549 143 fmncafe@outlook.com
Rockingham Legacy Laurel Club	Second and fourth Thursday of the month (subject to change), 10am at Port Kennedy RSL, Paxton Way, Port Kennedy. Contact: Jan 0447 774 547
Rockingham Visual Arts Society	Arts and craft group with regular workshops. Mondays, Tuesdays, Thursdays and Fridays, 9.30am at the Baldivis Hall, Baldivis Road, Baldivis. Contact: Sue 0431 216 334 john.wiseman01@bigpond.com

Rockingham Watercolour Society	Learn and create with watercolour. Two sessions on Fridays, 9am and 1pm. Regular beginners courses at the Gary Holland Community Centre, Kent Street, Rockingham. Contact: John 0477 123 786 2015rws@gmail.com
Rockingham Woodworkers Club	Beginners to experts welcome. Mondays - Fridays, 9am-12pm and 1pm-4pm. McNicholl Street, Rockingham (next to Autumn Centre). Contact: Wendy 0457 771 196 wendybaker1829@yahoo.com.au
Scrabble Girls	Play for fun, and new friendships. Fridays, 1pm-4.30pm at the Safety Bay Library, Safety Bay Road, Safety Bay. Contact: Carol 0410 300 733 tomcat5au@yahoo.com.au
Sing Australia	Inclusive and friendly singing. Tuesdays 6.30pm at Kalino Academy of Music, 7A McAmev Road, Rockingham. Contact: Tereza 0437 430 010 tereza43@live.com.au
Take a Break Craft Group	BYO project. Wednesdays, 9am-12pm during school terms at the Church of Christ, Frederick Street, Shoalwater. Contact: Karin 0423 812 207 mandfredkarin@gmx.net
Wasarians	Social and friendship group for women, activities, game days, and guest speakers. Wednesdays, 8.45am at McLarty Hall, McLarty Road, Shoalwater. Contact: Doreen 9527 6891 thegreenways@westnet.com.au

Health and Physical Activity

Group Name	Information
BISC Pickleball	Pickleball is a racket/paddle sport for two or four players. Wednesdays, 8.30am, Fridays, 9.30am and Sundays, 4.30pm at the Baldivis Indoor Sports Complex, 531 Eighty Road, Baldivis Contact: Baldivis Indoor Sports Complex 9591 0840 baldivisindoorsc@rockingham.wa.gov.au
Cycling Without Age Rockingham	Free rides on piloted trishaw ebikes, Mondays, Wednesdays, and Fridays, 9.30am-11.30am at Churchill Park, Rockingham Beach Road, Rockingham. Contact: Deb 0433 401 470 deb.wall@cyclingwithoutage.org.au
Friends of Point Peron	Help care for Point Peron, visitors welcome. Sundays, 8am at Point Peron. Contact: James 0427 449 166 jgmumme@live.com.au
Prime Movers	Movement to music. Tuesdays and Thursdays, 9.30am at the Mike Barnett Sports Complex, Dixon Road, Rockingham. Contact: Rhonda 0444 560 037 secretary@primemovers-exercise.com.au
Rockingham Social Cycling Group	Suitable for all cyclists and experience levels. Twice weekly and monthly rides, contact organiser for dates and locations. Contact: Hope 0419 049 308
Safety Bay Petanque Club	A game like bocce, accessible and suitable for all ages. Wednesdays and Saturdays, 1.45pm at the Safety Bay Bowling Club, Gloucester Crescent, Shoalwater. Contact: Pat 0409 527 441 safetybaypetanque@gmail.com
Safety Bay Circle Dance	Gentle and meditative dance to world music. Thursdays during school terms, 6.30pm at the Safety Bay Yacht Club, Safety Bay Road, Safety Bay. Contact: Christine 0408 934 420 bandicoots@inet.net.au
Sandgropers Land Yacht Club	Recreational land sailing. Sundays during summer, 12pm at Lake Walyungup, Safety Bay Road, Warnbro. Contact: Barry 0423 506 283 landsail@iprimus.com.au
Seniors Social and Wellbeing Classes	Free weekly social and fitness classes run by Aqua Jetty instructors. Locations in Secret Harbour, Golden Bay and Baldivis. Contact: Aqua Jetty 9591 0888 aquajetty@rockingham.wa.gov.au
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

Learn, Volunteer, Advocate

Group Name	Information
Rockingham Volunteer Centre	Current volunteer opportunities, referrals and support. Monday and Tuesday, 9.30am-2.30pm. Wednesday and Thursday, 1pm-5pm at Rockingham Library, Dixon Road, Rockingham. Contact: RVC 9528 8670 volunteering@rockingham.wa.gov.au
National Seniors Rockingham Branch	First Wednesday of the month, alternate meetings and outings, 10am at the Port Kennedy RSL, Paxton Way, Port Kennedy. Contact: Nanette 0417 099 505 nansenior@bigpond.com
Rockingham District Silver Chain Fundraising Group	Friendships, occasional outings and fundraising. Second Friday of the month, 1.30pm at Challenger Court Hall, Anderson Way, Rockingham. Contact: Veda 9592 9934 motherbear51@yahoo.com.au
Rockingham Sound Day VIEW Club	Vocational-Interests-Education-Women (VIEW). First Thursday of the month, 11am at PK Tavern, Warnbro Sound Avenue, Port Kennedy. Contact: Sandy 0404 295 352 rockinghamsounddayview@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
University of the Third Age	Active, healthy and positive ageing with learning. First and third Fridays of the month, 1pm at the Masonic Hall, Wanliss Street, Rockingham. Contact: Valerie 0438 272 911 valeriebuckley@westnet.com.au

Country Women's Associations (intergenerational group for women. All are welcome.)

Baldivis Belles	Three meetings each month on Fridays and Saturdays, in the 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. Various locations. Contact: Elaine 0420 540 495 cwarockingham@gmail.com
Safety Bay	First Thursday of the month, 12pm at the Guides Hall, Watts Road, Shoalwater. Contact: Joyce 9527 7742 joywayne@iprimus.com.au

Lions Clubs (Australia's largest community service organisation)

Baldivis	First Wednesday of the month, 6.30pm at the Mary Davies Library and Community Centre, Settlers Avenue, Baldivis. Contact: baldivis.wa@lions.org.au
Rockingham	Second and fourth Mondays of the month, 6.30pm at the Rockingham Bowling Club, Kent Street, Rockingham. Contact: Sylvana 0417 950 967 seclionsrockingham@gmail.com
Port Kennedy	Second and Fourth Mondays every month, 6.30pm at PK Tavern, Warnbro Sound Avenue, Port Kennedy. Contact: Bernie 0439 259 658 sec.pklions@gmail.com

Probus Clubs (retired and semi-retired people enjoying fun and friendship)

Baldivis	Second Wednesday of the month, 1.15pm at the Mary Davies Library and Community Centre, Settlers Avenue, Baldivis. Contact: Helen 0419 251 489 helenhardy@westnet.com.au
Rockingham Combined	Fourth Monday of the month, 2pm at the Marine Rescue Centre, Point Peron Road, Peron. Contact: Edna 0439 259 967 ednajones201@gmail.com
Shoalwater Ladies	Third Monday of the month, 9.30am at the Rockingham Navy Club, Point Peron Road, Peron. Contact: Sue 0424 723 923 healsam@bigpond.com

Rotary Clubs (providing service, promoting integrity and fellowship)

Baldivis	Alternate Mondays, 7pm at Peel Manor House, Fletcher Road, Karnup. Contact: Tim 0438 953 738 baldivisrotaryclub@gmail.com
Palm Beach	Wednesdays, 6.30pm at Hotel Clipper, Patterson Road, Rockingham. Contact: Dee 0483 161 823 darine4@bigpond.com
Rockingham	Mondays, 6pm at the Rockingham RSL Club, Memorial Drive, Rockingham. Contact: Wayne 0400 210 700 secretaryrotaryrockingham@gmail.com

Switched On Seniors (peer support tech help for phones and tablets)

Contact for all groups: Sheena | 0458 163 422 | sheenae@inet.net.au

Autumn Centre	Tuesdays, 10am-12pm at the Autumn Centre, McNicholl Street, Rockingham. Autumn Centre membership required for this group. Visit rockingham.wa.gov.au/autumncentre for more information about Autumn Centre membership.
Waikiki	Thursdays, 10am-12pm at the Rockingham Baptist Church, Gnangara Drive, Waikiki.
Shoalwater	Fridays, 10am-12pm at the Church of Christ, Frederick Street, Shoalwater.