

## Social and Support Community Groups

Group Name	Information
Alzheimer's WA Carers Support Group	Facilitated peer support groups. Second Wednesday of the month, 1pm at the Autumn Centre, McNicholl Street, Rockingham. <b>Contact:</b> 1300 66 77 88   <a href="mailto:support@alzheimerswa.org.au">support@alzheimerswa.org.au</a>
Chat and Do and Coffee Too	Crafting take home and charity donation pieces. Wednesdays, 9am at the Warnbro Family and Community Centre, Moreton Crescent, Warnbro. <b>Contact:</b> Janet   0401 999 620   <a href="mailto:tparker@iinet.net.au">tparker@iinet.net.au</a>
Drawn Together	Casual drawing group, BYO projects and supplies. Wednesdays, 1pm at the Rockingham Library, Dixon Road, Rockingham. <b>Contact:</b> Christine   0448 406 298   <a href="mailto:christinecullen@me.com">christinecullen@me.com</a>
Fabulous Fuchsia Follies	A 'Red Hatters' social group for women over 50. First and third Mondays of the month. Contact Linley for venue details. <b>Contact:</b> Linley   0418 912 725   <a href="mailto:linley52@icloud.com">linley52@icloud.com</a>
Forget-Me-Not Memory Cafés	Providing social inclusion for people living with dementia, their families and carers. Fourth Tuesday of the month, 2pm at Stockland Coffee Club, Settlers Avenue, Baldivis. Third Monday of the month, 10am at Café Clipper, Patterson Road, Rockingham. <b>Contact:</b> Angi   0468 549 143   <a href="mailto:fmncafe@outlook.com">fmncafe@outlook.com</a>
Happy Wanderers Social Club	A social club for seniors with a wide range of activities. Tuesdays, 9.30am at McLarty Hall, McLarty Road, Shoalwater. <b>Contact:</b> Jerry   0479 166 174   <a href="mailto:boyd6411@gmail.com">boyd6411@gmail.com</a>
Laughs and Crafts	Learn to knit or crochet or BYO any craft project. Fridays, 10am at Safety Bay Library, Safety Bay Road, Safety Bay. <b>Contact:</b> Safety Bay Library   9528 8611   <a href="mailto:rockinghamlibraries@rockingham.wa.gov.au">rockinghamlibraries@rockingham.wa.gov.au</a>
Men's Breakfast	A full English breakfast and friendship for men. First Saturday of the month, 7.30am at St Brendan's Church, Currie Street, Warnbro. <b>Contact:</b> Saint Brendan's   9593 1640   <a href="mailto:admin@stbrendans.com.au">admin@stbrendans.com.au</a>
Pelican Patchwork and Quilting	Patchwork, quilting and needle craft group. Tuesdays, 9am at Port Kennedy Community Centre, Clipper Drive, Port Kennedy. <b>Contact:</b> Anne   0448 481 880   <a href="mailto:aghowell55@gmail.com">aghowell55@gmail.com</a>

Philatelic Society of Rockingham and Kwinana Districts	Social stamp collecting group. Third Tuesday of the month, 7pm at Rockingham Church of Christ, Frederick Street, Shoalwater. <b>Contact:</b> Phil   0404 427 027   <a href="mailto:healsam@bigpond.com">healsam@bigpond.com</a>
Rockingham and Districts Friendship Club	Fun, friendship and lunches. Tuesdays, 10am at Rockingham RSL, Memorial Drive, Rockingham. <b>Contact:</b> Merv   0416 814 748   <a href="mailto:kayjay003@bigpond.com">kayjay003@bigpond.com</a>
Rockingham and Districts Garden Club	Learn, garden and connect. Second Thursday of the month, 12.30pm at Hillman Hall, Unnaro Street, Hillman. <b>Contact:</b> Alice   0448 605 206   <a href="mailto:alice.socialite@icloud.com">alice.socialite@icloud.com</a>
Rockingham Bridge Club	All experience levels welcomed. Meetings five days a week at McLarty Hall, McLarty Road, Shoalwater. <b>Contact:</b> Di   0479 168 479   <a href="mailto:rockbrig@bigpond.com">rockbrig@bigpond.com</a>
Rockingham Carers Linking Together	For carers registered with Carers WA. Third Tuesday of the month. Contact Carers WA to register and for venue information. <b>Contact:</b> Carers WA   1800 422 737   <a href="mailto:socialsupport@carerswa.asn.au">socialsupport@carerswa.asn.au</a>
Rockingham Church of Christ Craft Group	BYO project. Wednesdays, 9.15am during school terms at Rockingham Church of Christ, Fredrick Street, Shoalwater. <b>Contact:</b> Tricia   0422 511 621   <a href="mailto:pk_mason@outlook.com">pk_mason@outlook.com</a>
Rockingham City Chess Connection	All experience levels welcome, fun and friendly. Thursdays, 4pm at Rockingham Library, Dixon Road, Rockingham. <b>Contact:</b> Peter   0492 851 761   <a href="mailto:peter.merrotsy@uwa.edu.au">peter.merrotsy@uwa.edu.au</a>
Rockingham Classical Mahjongg Club	Playing classical Mahjongg following Millingtons Rules. Thursdays, 12pm at McLarty Hall, McLarty Road, Safety Bay. <b>Contact:</b> Lynn   0402 030 309   <a href="mailto:tshufflebotham@gmail.com">tshufflebotham@gmail.com</a>
Rockingham Community Shed for Men	Mondays, Tuesdays, Thursdays and Fridays, 9am-1.30pm at Anniversary Park, Hefron Street, Rockingham. <b>Contact:</b> Rob   9591 3803   <a href="mailto:rockingham.mens.shed@outlook.com">rockingham.mens.shed@outlook.com</a>
Rockingham Districts Gem and Rockhunting Club	A social lapidary group to learn and explore gems, rocks, minerals and silver-work. Mondays–Wednesdays, 9am-2pm and Saturdays, 9am-12pm at Bungaree Oval, Crater Place, Rockingham. <b>Contact:</b> Dawn   0438 962 536   <a href="mailto:rockingham.gem.club.wa@gmail.com">rockingham.gem.club.wa@gmail.com</a>
Rockingham Legacy Laurel Club	Second and fourth Thursday of the month (subject to change), 10am at Port Kennedy RSL, Paxton Way, Port Kennedy. <b>Contact:</b> Jan   0447 774 547

Rockingham Visual Arts Society	Arts and craft group with regular workshops. Mondays, Tuesdays and Fridays, at the Baldivis Reserve Hall, Fifty Road, Baldivis. (the Blue Hall) <b>Contact:</b> Sue   0431 216 334   <a href="mailto:john.wiseman01@bigpond.com">john.wiseman01@bigpond.com</a>
Rockingham Watercolour Society	Learn and create with watercolour. Fridays, 9am and 1pm. Regular beginners courses at the Gary Holland Community Centre, Kent Street, Rockingham. <b>Contact:</b> <a href="mailto:2015rws@gmail.com">2015rws@gmail.com</a>
Rockingham Woodworkers Club	Beginners to experts welcome. Mondays– Fridays, 9am-12pm at the club workshop, McNicholl Street, Rockingham (next to Autumn Centre). <b>Contact:</b> Wendy   0457 771 196   <a href="mailto:wendybaker1829@yahoo.com.au">wendybaker1829@yahoo.com.au</a>
Rocky Rubies - Red Hatters Rockingham	A ladies-only social group with activities and social outings., Thursdays, various locations (contact Ellie). <b>Contact:</b> Ellie   0412 404 674   <a href="mailto:elliejo@westnet.com.au">elliejo@westnet.com.au</a>
Scrabble Club	Fun and friendly games for wordsmiths of all levels. BYO board, if you have one and a plate to share. Fridays 1pm at Safety Bay Library, Safety Bay Road, Safety Bay. <b>Contact:</b> Safety Bay Library   9528 8611   <a href="mailto:rockinghamlibraries@rockingham.wa.gov.au">rockinghamlibraries@rockingham.wa.gov.au</a>
Sing Australia	Inclusive and friendly singing. Tuesdays 6.30pm at Rockingham Uniting Church, Erindoon Way, Waikiki. <b>Contact:</b> Tereza   0437 430 010   <a href="mailto:tereza43@live.com.au">tereza43@live.com.au</a>
The Cafe Knitters	Social group, knitting and crocheting items to donate, all experience levels welcome. Fridays, 10am at Dome, Gnangara Drive, Waikiki. <b>Contact:</b> Bill   0418 949 821   <a href="mailto:propertygurus23@gmail.com">propertygurus23@gmail.com</a>
Ulysses Motorcycle Club – Warnbro Sound Wanderers	Social club for motorcyclists over the age of 40 years. Regular group rides to different locations and weekly morning tea on Wednesdays, 9.15am at Pengos Café, Arcadia Drive, Shoalwater. <b>Contact:</b> Chris   0419 919 275   <a href="mailto:compland@dodo.com.au">compland@dodo.com.au</a>
Uplyft Grandparent Carer Support Groups	Monthly social support groups for eligible grand parent carers. Contact Uplyft for details and to register <a href="http://uplyft.org.au/programs/grandcare">uplyft.org.au/programs/grandcare</a> <b>Contact:</b> Uplyft   9245 2441   <a href="mailto:gss@uplyft.org.au">gss@uplyft.org.au</a>
Wasarians	Social and friendship group for women, activities, game days, and guest speakers. Wednesdays, 8.45am at McLarty Hall, McLarty Road, Shoalwater. <b>Contact:</b> Martina   0438 931 946   <a href="mailto:martinacprentice@gmail.com">martinacprentice@gmail.com</a>
Westerly Family Centre	A full program of social, support and learning groups includes: sewing, cross stitch, card making, Korowai making, mahjong, line dancing, yoga, tai chi and English conversation club. Centre located Westerly Way, Cooloongup. For program details contact the Centre or visit <a href="http://westerlyfamilycentre.com.au">westerlyfamilycentre.com.au</a> <b>Contact:</b> 9592 3650   <a href="mailto:info@westerlyfamilycentre.com.au">info@westerlyfamilycentre.com.au</a>

## Health and Physical Activity

Group Name	Information
BISC Pickleball	Pickleball is a racket/paddle sport for two or four players. Tuesdays, Wednesdays and Fridays, 8.30am and Sundays, 4.30pm at the Baldvis Indoor Sports Complex (BISC), Eighty Road, Baldvis. <b>Contact:</b> BISC   9591 0840   <a href="mailto:baldvisindoorsc@rockingham.wa.gov.au">baldvisindoorsc@rockingham.wa.gov.au</a>
Baldvis Senior Citizens Pilates	Pilates for people aged 55+, beginners welcome, BYO mat. Tuesdays, 10am at the Baldvis Indoor Sports Complex (BISC), Eighty Road, Baldvis. <b>Contact:</b> Chantele   0416 184 861   <a href="mailto:chantelepilates@gmail.com">chantelepilates@gmail.com</a>
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. <b>Contact:</b> Deb   0433 401 470   <a href="mailto:deb.wall@cyclingwithoutage.org.au">deb.wall@cyclingwithoutage.org.au</a>
Friends of Point Peron	Help care for Point Peron, visitors welcome. Sundays, 8am at Point Peron. <b>Contact:</b> James   0427 449 166   <a href="mailto:fptperon@gmail.com">fptperon@gmail.com</a>
Prime Movers	Movement to music. Thursdays, 9.30am at the Mike Barnett Sports Complex, Dixon Road, Rockingham. <b>Contact:</b> 0444 560 037   <a href="mailto:secretary@primemovers-exercise.com.au">secretary@primemovers-exercise.com.au</a>
Rockingham Social Cycling Group	Suitable for all cyclists and experience levels. Twice weekly and monthly rides, contact organiser for dates and locations. <b>Contact:</b> Stephen   0412 810 175   <a href="mailto:thscareers@hotmail.com">thscareers@hotmail.com</a>
Safety Bay Circle Dance	Gentle and meditative dance to world music. Mondays 10.30am and Wednesdays, 7pm during school terms at Guide Hall, Watts Road, Safety Bay. <b>Contact:</b> Christine   0408 934 420   <a href="mailto:bandicoots@iinet.net.au">bandicoots@iinet.net.au</a>
Safety Bay Petanque Club	A game like bocce, accessible and suitable for all ages. Wednesdays and Saturdays, 1.45pm at Safety Bay Bowling Club, Gloucester Crescent and Penguin Road, Shoalwater. <b>Contact:</b> Peter   0472 998 186   <a href="mailto:safetybaypetanque@gmail.com">safetybaypetanque@gmail.com</a>
Sandgroppers Land Yacht Club	Recreational land sailing. Sundays during summer, 12pm at Lake Walyungup, Safety Bay Road, Warnbro. <b>Contact:</b> Barry   0423 506 283   <a href="mailto:landsail@iprimus.com.au">landsail@iprimus.com.au</a>
Seniors Social and Wellbeing Classes	Free weekly social and fitness classes run by Aqua Jetty instructors. Locations in Secret Harbour, Golden Bay and Baldvis. <b>Contact:</b> Aqua Jetty   9591 0888   <a href="mailto:aquajetty@rockingham.wa.gov.au">aquajetty@rockingham.wa.gov.au</a>
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 Baldvis provide equipment and tutorials. Visit the website to find your local walking and/or pole walking group. <a href="http://rockingham.wa.gov.au/walking">rockingham.wa.gov.au/walking</a>

## Learn, Volunteer, Advocate

Group Name	Information
National Seniors Rockingham Branch	First Wednesday of the month, alternate meetings and outings, 10am at the Port Kennedy RSL, Paxton Way, Port Kennedy. <b>Contact:</b> Nanette   0417 099 505   <a href="mailto:nansenior@bigpond.com">nansenior@bigpond.com</a>
Rockingham Sound Day VIEW Club	Vocational-Interests-Education-Women (VIEW). Friendship, learning and fundraising. First Thursday of the month, 11am at PK Tavern, Warnbro Sound Avenue, Port Kennedy. <b>Contact:</b> Valerie   0438 272 911   <a href="mailto:rockinghamsounddayview@gmail.com">rockinghamsounddayview@gmail.com</a>
Rockingham Volunteer Centre	Current volunteer opportunities, referrals and support. Mondays and Tuesdays, 9.30am-2.30pm. Wednesdays and Thursdays, 1pm-5pm at Rockingham Library, Dixon Road, Rockingham. <b>Contact:</b> RVC   9528 8670   <a href="mailto:volunteering@rockingham.wa.gov.au">volunteering@rockingham.wa.gov.au</a>
Soroptimist Club of Rockingham	International women's service group. Third Wednesday of the month, 6.30pm, at Westerly Family Centre, Westerly Way, Cooloongup. <b>Contact:</b> Anne   0417 905 029   <a href="mailto:sirockingham@siseap.org">sirockingham@siseap.org</a>
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. <b>Contact:</b> Valerie   0438 272 911   <a href="mailto:valeriebuckley@westnet.com.au">valeriebuckley@westnet.com.au</a>

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

Baldivis Belles	Three meetings each month on Fridays and Saturdays, Baldivis Reserve Hall, Fifty Road, Baldivis (the Blue Hall). <b>Contact:</b> Karen   0417 160 916   <a href="mailto:cwabaldivisbelles@gmail.com">cwabaldivisbelles@gmail.com</a>
Rockingham	Monthly and weekly meetings, craft breakfasts and bi-monthly craft retreats. Various locations. <b>Contact:</b> Janine   0488 140 440   <a href="mailto:cwarockingham@gmail.com">cwarockingham@gmail.com</a>

### Lions Clubs (Australia's largest community service organisation)

Baldivis	First Wednesday of the month, 6.30pm at the Baldivis Reserve Hall, Fifty Road, Baldivis (the Blue Hall). <b>Contact:</b> <a href="mailto:baldivislions@gmail.com">baldivislions@gmail.com</a>
Rockingham	Second and fourth Tuesdays of the month, 6.30pm at the Rockingham Bowling Club, Kent Street, Rockingham. <b>Contact:</b> Sylvana   0417 950 967   <a href="mailto:seclionsrockingham@gmail.com">seclionsrockingham@gmail.com</a>
Port Kennedy	Second and Fourth Mondays every month, 6.30pm at PK Tavern, Warnbro Sound Avenue, Port Kennedy. <b>Contact:</b> David   0497 868 435   <a href="mailto:sec.pklions@gmail.com">sec.pklions@gmail.com</a>

## 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. <b>Contact:</b> Phil   0427 545 566   <a href="mailto:philiplwfoster@gmail.com">philiplwfoster@gmail.com</a>
Rockingham Combined	Fourth Monday of the month, 2pm at the Marine Rescue Centre, Point Peron Road, Peron. <b>Contact:</b> Edna   0439 259 967   <a href="mailto:edna.jones201@gmail.com">edna.jones201@gmail.com</a>
Shoalwater Ladies	Second Monday of the month, 9.30am at the Rockingham RSL Club, Memorial Drive, Point Peron. <b>Contact:</b> Judy   0455 334 910   <a href="mailto:shoalwaterladiesprobusclub@outlook.com">shoalwaterladiesprobusclub@outlook.com</a>

## Rotary Clubs (providing service, promoting integrity and fellowship)

Baldivis	Alternate Mondays, 6.30pm. For meeting locations, contact Tim or visit: <a href="http://baldivisrotary.org/">baldivisrotary.org/</a> <b>Contact:</b> Tim   0438 953 738   <a href="mailto:baldivisrotaryclub@gmail.com">baldivisrotaryclub@gmail.com</a>
Palm Beach	Wednesdays, 6.30pm at Hotel Clipper, Patterson Road, Rockingham. <b>Contact:</b> Secretary   0417 900 486   <a href="mailto:darine4@bigpond.com">darine4@bigpond.com</a>
Rockingham	Mondays, 6pm at the Rockingham RSL Club, Memorial Drive, Rockingham. <b>Contact:</b> Wayne   0400 210 700   <a href="mailto:secretaryrotaryrockingham@gmail.com">secretaryrotaryrockingham@gmail.com</a>

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

Contact for all groups: Sheena | 0458 163 422 | [switchedonseniors@gmail.com](mailto:switchedonseniors@gmail.com)

Autumn Centre	Tuesdays, 10am at the Autumn Centre, McNicholl Street, Rockingham. Autumn Centre membership required for this group, for membership information visit <a href="http://rockingham.wa.gov.au/autumncentre">rockingham.wa.gov.au/autumncentre</a>
Waikiki	Thursdays, 10am at the Rockingham Baptist Church, Gnangara Drive, Waikiki.
Shoalwater	Fridays, 10am at the Church of Christ, Frederick Street, Shoalwater.