



### Program location key

- AMC** Addie Mills Centre,  
2 Astley Street, Gosnells
- HPC** Homestead Park Centre  
14 Glenbrook Road, Thornlie
- LRH** Lyl Richardson Hall, The Agonis  
2232 Albany Highway, Gosnells
- MCC** Maddington Community Centre  
19 Alcock Street, Maddington
- MPC** Upstairs Function Hall, Mills Park  
Centre, Brixton Street, Beckenham

### Addie Mills Centre

2 Astley Street, Gosnells

Monday – Friday  
8am – 4pm  
Closed public holidays

9391 6030  
amc@gosnells.wa.gov.au

The Addie Mills Centre is the City of Gosnells dedicated over 55s community centre.

Call into the centre, visit the City’s website at [www.gosnells.wa.gov.au](http://www.gosnells.wa.gov.au) or call our friendly team to learn more.

A free bus service can pick you up from home and bring you to the Addie Mills Centre if you need help with transport.

With puzzles, book swap, free wi-fi, a public computer hub, ample space to chat, and beautiful walk trails, the Addie Mills Centre is a great spot to meet with friends or make new ones.



# What’s on for Seniors 55+

## Programs and activities



The City of Gosnells has a wide range of programs and activities for over 55s. Whether its staying active, making friends or learning something new, there is something to suit everyone.

Programs and activities open to City of Gosnells residents aged 55+



### Looking for more?

Sign up to receive a brochure full of new activities for over 55s in the mail every three months. The Seniors’ activities brochure can also be picked up from the Addie Mills Centre and other City facilities.

### Online?

Visit [www.gosnells.wa.gov.au](http://www.gosnells.wa.gov.au)/enewsletters to subscribe to the Seniors eNewsletter.

# Seniors Program Schedule

Call 9391 6030  
for more information  
or to book a place

# 2026

## MONDAY

### TAI CHI – \$8.50

9am – 10am - school terms  
Improve balance and strength  
MPC

### BRAIN TRAINING – \$2.20

9.30am – 12pm  
Puzzles, games and bingo  
AMC

### CHAIR YOGA – \$8.50

11am – 12pm  
Relaxed seated yoga class  
AMC

### TABLE TENNIS – FREE

1pm – 3pm  
Social games for all levels  
MPC

### DRUMS ALIVE – \$8.50

1:30pm - 2:30pm  
Funky aerobics group for all  
levels (can be seated)  
AMC

### EXERGAMING - \$2.20

1.30pm – 3pm  
Social and fun video games  
using movement capture  
technology  
AMC

## TUESDAY

### POLE WALKING – FREE

8:30am - 9:45am (Oct-Mar)  
9am - 10:15am (Apr-Sept)  
Explore the City with friends.  
Training and poles provided.  
Call 9391 6030 for departure  
locations

### PICKLEBALL – FREE

9:30am – 11.30am  
Social indoor game similar to  
indoor tennis  
HPC

### MAHJONG - \$2.20

9.30am – 12pm  
Singapore style social game  
AMC

### SINGING FOR FUN – \$2.20

1:30 – 3.30pm – school terms  
Social group singing popular  
music from all genres.  
AMC

## WEDNESDAY

### BRAIN TRAINING – \$2.20

9.30am – 12pm  
Puzzles, games and bingo  
AMC

### CHAIR YOGA – \$8.50

10:45am – 11:45am  
Relaxed seated yoga class  
AMC

### RUMMY-O – \$2.20

12:30pm – 3pm  
Popular tile board game played  
for fun - beginners welcome  
AMC

### GosSamba - FREE

2pm - 3:30pm  
Social group playing high  
energy samba music  
HPC

## THURSDAY

### TAI CHI – \$8.50

9am – 10am – school terms  
Improve balance and strength  
MPC

### LIFEBALL – FREE

9am – 11am  
Social team game similar to netball  
HPC

### PONY CANASTA – \$2.20

9:30am – 12pm  
Played for fun with lots of laughs  
AMC

### CHAIR YOGA – \$8.50

10am – 11am  
Relaxed seated yoga class  
AMC

### UKULELE GROUP – FREE

11:30am – 1.30pm  
Play music in a friendly setting  
MCC

### PICKLEBALL – FREE

11:30am – 1:30pm  
Social indoor game similar to tennis  
HPC

### TABLE TENNIS – FREE

1pm – 3pm  
Social games for all levels  
MPC

### SCRABBLE GROUP - \$2.20

12:30pm – 2:30pm  
Classic word building game  
AMC

## FRIDAY

### BRAIN TRAINING –\$2.20

9.30am - 12pm  
Puzzles, games and bingo  
AMC

### OWL: OLDER WISER LIVELIER SERIES – FREE

10am – 11.30am  
4th Friday of the month. Free  
information sessions on a wide  
variety of topics.  
Call 9391 6030 for more  
information  
AMC

### IN THE LOOP - FREE

10am - 12pm  
1st and 3rd Friday of the month.  
Friendly knitting and crocheting  
group turning donated material  
into charity items  
AMC



Beginners  
welcome!

