



What's on for Seniors 55+ October – December 2024

Sunny days are here again! Time to dive into an array of programs and activities on offer this summer



Victoria Dam Bushwalk

Wednesday 23 October

\$10.50

Meet at Homestead Park Centre

14 Glenbrook Road, Thornlie

Arrive at 9.30am for a 9.45am departure

Returning 2pm to Homestead Park Centre

Bookings open 8.30am from Monday 7 October

Step into nature with our seniors bushwalk along the picturesque Victoria Reservoir trail, where every step is a journey through history. Explore the fascinating local landmarks and unwind with nature's springtime beauty. Afterward, enjoy a well deserved lunch at Kalamunda Hotel, at your own cost. The ability to navigate uneven terrain without the use of mobility aids is essential.

Did you know?

You can receive this brochure in an email. Ask the Seniors Team for more information about our seniors 55+ eNewsletter.

See registration and booking information on back page.



Music for the Ages with WASO

Wednesday 30 October

FREE

Addie Mills Centre, Gosnells

10am – 11am

Bookings open 8.30am from Wednesday 16 October

Enjoy a special visit from members of the Western Australian Symphony Orchestra. Throughout this engaging chamber ensemble performance, WASO musicians share stories about life working in an orchestra and what they like about the pieces of music featured. These concerts are much-loved by WASO musicians, who enjoy taking their audiences on a journey of music through the ages.

Afternoon Tea at Addies

Monday 2 December

FREE

Addie Mills Centre, Gosnells

1.30pm – 2.30pm

Bookings open 8.30am from Monday 18 November

Join us for a light buffet-style afternoon tea and catch up with old friends and new. Bookings essential for catering purposes.





Expressions of Interest Walking Netball

The City is seeking community interest for a new Seniors 55+ Walking Netball program. Whether you have played netball before or are new to the sport, all are welcome. We are also keen to hear from people with experience as umpires or those keen to learn to become program volunteers. This is a great opportunity to get involved with a program right from the get-go. Please contact the Addie Mills Centre to register your interest.

Program in the Spotlight Rummy-O

Wednesdays 1pm - 3pm
Addie Mills Centre

This social game started as a card game but has developed into one of the most popular board games around. In games for up to four players, Rummy-O will test your categorising, counting and strategic skills and ensure that there is never a dull moment.



Seniors Carols by Candlelight

Friday 6 December

Don Russell Performing Arts Centre, Thornlie
Doors open 5.30pm. Show runs 6.30pm – 8.30pm
Bookings open 8:30am Wednesday 20 November
To book, call the Addie Mills Centre on 9391 6030

FREE

Embrace the spirit of Christmas and be part of the festivities at the annual Seniors Carols by Candlelight, held at the City's premier theatre, Don Russell Performing Arts Centre. Sing along and be entertained by a wide variety of local musical talent. Easy access and ample parking is available. Please advise staff when booking if you require specific seating as the theatre is tiered. Light refreshments will be available prior to the show.



OWL seminars take place at the Addie Mills Centre, from 10am – 11.30am on the listed date.

This free series delivers a variety of relevant and engaging information in a welcome social setting. OWL seminars take place on the second and fourth Friday of the month and provide great opportunities to learn something new.

Bookings are now open. If you are unable to attend an event you have registered for, please call the Addie Mills Centre so your place may be offered to someone on the waitlist.

FREE

RAC – Beyond the Roads Friday 11 October

Approaching or enjoying retirement? Stay informed on how best to stay safe on WA roads. This RAC presentation will cover a wide range of topics on road safety for retirees including road safety, changing road conditions, safety standards for vehicles and road trip preparation. This is one not to be missed if you plan to make the most of travelling in WA and beyond.



Stroke Foundation Friday 25 October

FREE

In Australia, a stroke occurs every 19 minutes. In 2020, more than 27,000 Australians of all ages experienced stroke for the first time. The good news is that it doesn't need to be this way. Up to 80 per cent of strokes are preventable. Join this seminar to learn more about what stroke is, how to recognise the signs, and how to prevent a stroke impacting yourself and the people you love.

Astley Care – Demystifying Aged Care Friday 8 November

FREE

When you're used to getting by and managing every day, it can be tricky to recognise when help might be, well, helpful! Astley Care staff will discuss what signs to look for where help might be useful. This seminar will also explain what support can be accessed to assist with staying independent in your own home and what steps you can take to get that support.



David Thorne – The Dos and Don'ts of Prescribed Drugs Friday 22 November

FREE

Join Dr David Thorne for this introduction to pharmacology – the science that examines the interactions between drugs and humans – from how drugs work and why they sometimes don't to how they can seriously interact with each other, with our food and with us. Included will be some take-home messages to help you be more aware of the potential dangers lurking in those pill bottles and packets.

Elton Brown – Why Don't West Aussies Speak French? Friday 13 December

FREE

Historian Elton Brown explores French expeditions to Western Australia in the 18th and 19th Centuries, their influence on place names, flora and fauna, and their ultimate failure in establishing WA as part of the French Empire. Join this light-hearted, informative talk to uncover the history and the quirky final twist in this story.

SENIORS WEEK

ADDIE MILLS CENTRE

GARDEN PARTY AND LAWN GAMES

Monday 11 November, 10am – 12pm

Addie Mills Centre, Gosnells

To book call 9391 6030 from Wednesday 30 October

Bookings open from 8:30am

Open to City of Gosnells residents aged 55+

FREE

Don your finest attire and join us for a charming high tea and garden party, complete with classic lawn games. Enjoy delectable treats, refreshing teas, live harp music, and a relaxing escape in the beautiful Addie Mills Centre gardens.



FREE

WATERCOLOURS

AT WILKINSON HOMESTEAD

Tuesday 12 November, 9.30am – 12pm

City of Gosnells Museum

at Wilkinson Homestead

To book call 9397 3144

Join us at City of Gosnells Museum for a fun workshop using watercolour pencils and brushes to transform pictures of rarely seen museum treasures into paintings. All skill levels welcome. Morning tea and materials provided.

SENIORS

RECREATION COUNCIL

HAVE A GO DAY

Wednesday 13 November

Wednesday 13 November, 8.45am– 3pm

Departing from Homestead Park Centre, Thornlie

To book call 9391 6030 from Monday 28 October

Bookings open from 8.30am

Open to City of Gosnells residents aged 55+

FREE

Join us for an unforgettable coach trip to the Seniors Recreation Council Have a Go Day! Discover new activities, make new friends and enjoy a day filled with fun and adventure. Don't miss out on this fantastic opportunity to explore and embrace the joys of active aging. Variety of lunch options available at own cost.

GRANDPARENTS

PARK PLAY

Friday 15 November, 9am – 11am

Mills Park Playspace, Beckenham

Grandparents! Join us for a day of laughter and fun at Park Play! This exciting event is the perfect chance for grandparents and their grandkids to bond while enjoying the great outdoors, playing games and activities. Bring along a picnic.

FREE



FREE



SENIORS

COMMUNITY DINNER

Friday 15 November, 6pm – 8.30pm

(doors open from 5.30pm)

City of Gosnells Civic Centre, Gosnells

To book call 9391 6030 from Monday 4 November

Bookings open from 8.30am

Open to City of Gosnells residents aged 55+

Join us for the City's main event for Seniors Week, held at the City of Gosnells Civic Centre. Come along, meet new people or mingle with old friends while enjoying delicious food, magical entertainment and toe-tappingly great music.

More Seniors Week events in the City of Gosnells

9 TO 5 THE MUSICAL

Sunday 10 November, 2pm
Don Russell Performing Arts Centre, Thornlie

Tickets from \$34

Presented by Art in Motion Theatre Company, this musical adapts the 1980 film where three female coworkers plot revenge on their sexist boss, transforming their workplace in a hilarious twist. Tickets on sale now via the City's website. Enquiries to DRPAC on 9498 9414.



RLSSWA AQUA SKILLS

55+ (4 WEEK SERIES)

Wednesdays 13 November –
Wednesday 4 December

10am – 11.30am

Leisure World, Thornlie

FREE

Run by Royal Life Saving Society of Western Australia, the Aqua Skills 55+ program helps older adults develop essential water safety, swimming and lifesaving skills. To book your place or for more information call Royal Life Saving Society WA on 9383 8200.

To book your spot for one of the following events at a city library, visit the city's website or call library services on 9391 6006.

INTERGENERATIONAL KNITTING BEE

Sunday 10 November,
1.30pm – 3.30pm
Gosnells Library

FREE

Join us at the library to teach your grandchild knitting or crochet, socialise with other grandparents, and pass on your skills. Some materials provided, however participants are encouraged to bring their own. For children 7 years and over and grandparents.

GRAND SCIENCE WITH DR RINA FU

Monday 11 November
10am – 11.30am

Mills Park Library, Beckenham

FREE

Join Dr Rina Fu with your grandchild to explore hands-on science experiments and the microscopic world that lives inside and on us. For children aged 3 to 5 years and their grandparents.

SENIOR ART WORKSHOP – INK AND WASH WATERCOLOURS

Monday 11 November
11.15am – 1.45pm
Amherst Village Library

FREE

Celebrate WA Seniors Week at Gosnells Library with local artist Miriam Atkinson. Learn the art of ink and wash watercolours to create your own masterpiece. 2.5-hour workshop includes light refreshments.

AUTHOR TALK: REMEMBRANCE OF LOVE AND WAR

FREE

Monday 11 November
5pm – 6.30pm
Gosnells Library

Commemorate Remembrance Day and the sacrifice of the Anzacs at this author talk with Perth novelist Carol Astbury.

GRANDPARENTS STORYTIME WITH JEN SHERRINGTON

FREE

Tuesday 12 November
10.30 – 11.30am
Thornlie Library

Celebrate WA Seniors Week with a special Storytime by author Jen Sherrington. Join us for book-themed fun, singing, dancing and to make treasure-forever memories. For children aged 3 to 5 years and their grandparents.

PLAY IN THE PAST

Saturday 16 November
10.30am – 12pm

Amherst Village Library

FREE

Join us at Amherst Village Library for 'Play in the Past'. Explore vintage toys and homewares with your grandchild to spark and create memories. For children 3 years and over and grandparents.

For more information on any of the City's Senior Week events please call 9397 3000.



Weekly Programs for Seniors

Open to residents 55 years and over. To book your spot or for more information, please call 9391 6030 or visit gosnells.wa.gov.au.

ADDIE MILLS CENTRE 2 ASTLEY STREET, GOSNELLS

BRAIN TRAINING – \$2.10
Monday, Wednesday and Friday
10am – 12pm

CHAIR YOGA – \$7.90
Monday and Wednesday
11am – 12pm
Thursday 10am – 11am

DRUMS ALIVE – \$7.90
Monday 1.30pm – 2.30pm

EXERGAMING – \$2.10
Monday 1.30pm – 3pm

MAHJONG – \$2.10
Tuesday 10am – 11.30am

RELAX AND MEDITATE – \$2.10
Tuesday 10am – 11am

SINGING FOR FUN – \$2.10
Tuesday 2pm – 3.30pm
(school terms)

SENIORS READY TECH GO – FREE
First and third Wednesdays of
the month
10am – 11am
Bookings essential

RUMMY-0 – \$2.10
Wednesday 1pm – 3pm

SOCIAL PONY CANASTA – \$2.10
Thursday 9.30am – 12pm

SCRABBLE CLUB – \$2.10
Thursday 12.30pm – 2.30pm

IN THE LOOP – FREE
First and third Friday of the month
10am – 12pm

HOMESTEAD PARK CENTRE 14 GLENBROOK ROAD, THORNLIE

ULTIMATE FRISBEE – FREE
Tuesday 9am – 10am

PICKLEBALL – FREE
Tuesday 10am – 11.30am
Thursday 11.30am – 1.30pm

GOSSAMBA – FREE
Wednesday 2pm – 3.30pm

LIFEBALL – FREE
Thursday 9am – 11am

MILLS PARK CENTRE BRIXTON STREET BECKENHAM

TABLE TENNIS – FREE
Monday and Thursday
1pm – 3pm

TAI CHI – \$7.90
Monday and Thursday 9am – 10am
(school terms)

MADDINGTON COMMUNITY CENTRE 19 ALCOCK STREET MADDINGTON

UKULELE GROUP – FREE
Thursday 11am – 1.30pm

VARIOUS STARTING LOCATIONS

POLE WALKING – FREE
Tuesday 8.30am – 9.45am

If transport is an issue, please ask about our free Addie Mills Centre bus service

City of Gosnells
PO Box 662
Gosnells WA 6990
9397 3000

council@gosnells.wa.gov.au
gosnells.wa.gov.au

Addie Mills Centre
2 Astley Street
Gosnells WA 6110

Opening hours:

Monday – Friday
8am – 4pm

Closed Public Holidays

9391 6030

amc@gosnells.wa.gov.au

Printed on unbleached 100% recycled
and recyclable paper.

This document is available
in alternative formats.

Activities are open to people aged 55 and over who live in the City of Gosnells.

Please note the following when registering for Seniors activities:

- Unless otherwise stated, you may book for yourself and one other person.
- Attendees of the previous Walk or Big Day Out will go on the waitlist.
- Bookings are taken from 8.30am on the day of registration by calling 9391 6030. Please check dates carefully.
- If you have registered for an event and are unable to attend, please call the Seniors 55+ team at Addie Mills Centre so your place may be offered to someone on the waitlist.
- Payments are due one week before the event date.