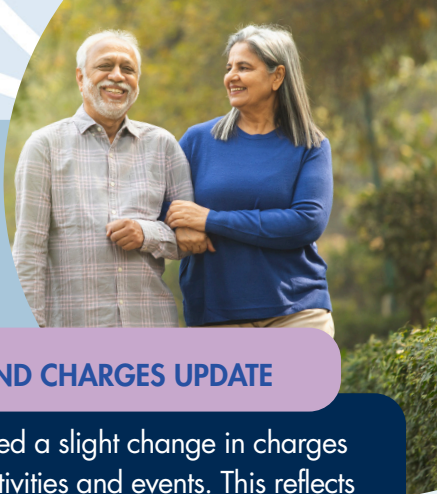




What's on for Seniors 55+ July – September 2025



Stay warm, connected and engaged through the cooler months with our exciting new programs and activities – perfect for staying active and inspired all season long.

FEES AND CHARGES UPDATE

You may have noticed a slight change in charges for all programs, activities and events. This reflects general increases in the cost of delivering these activities for local Seniors 55+.

Criminal Women of the Colony
Wednesday 6 August
Addie Mills Centre
2pm – 3pm
Bookings open from 8.30am on Monday 21 July

FREE

The upper courts of the colony of Western Australia tried 129 women during the colony's first 60 years. They were charged with crimes such as larceny, arson, assault and homicide. Join historian and City of Gosnells Heritage Collections Officer Caroline Ingram to discover who these women were and learn about their experiences in the colony's criminal justice system.

The Hills Escape
Wednesday 3 September
Depart from Homestead Park Centre,
14 Glenbrook Road, Thornlie
Arrive at 8.30am for 8.45am departure
Return approximately 3pm
Bookings open from 8.30am on Monday 18 August

\$11

Escape to the Perth Hills and discover charming Mundaring, where creativity, culture and comfort meet. Enjoy fresh treats from a local bakery, browse quirky shops and local art, explore regional history and relax with lunch at the iconic Mundaring Hotel (at your own cost). This excursion is perfect for all mobility levels.



Energy Ahead: Community Workshop
Wednesday 27 August
Addie Mills Centre
1pm – 3pm
Bookings open from 8.30am on Monday 11 August

FREE

Join the team from Energy Ahead for this hands-on and interactive workshop designed to help you save energy, lower your bills and embrace a more sustainable future. Through personal stories, expert coaching and engaging demonstrations, you will discover practical tips and strategies to reduce your energy use. Enjoy personalised advice tailored to your needs, connect with like-minded individuals and relax over complimentary afternoon tea. This friendly and informative workshop is your chance to take control of your energy costs while making a positive impact on the planet.

Expressions of Interest: Carrom

Are you enthusiastic about the game Carrom? We are seeking expressions of interest from individuals who want to come together to build a fun, supportive group.

If you are interested in joining or helping create a fresh, engaging group where everyone can bond over the enjoyment of playing Carrom, we would love to hear from you. Please call the Seniors Services Team on 9391 6030 to express your interest.



See registration and booking information on back page.

Did you know?
You can receive this brochure in an email. Ask the Seniors Services Team for more information about our Seniors 55+ eNewsletter.



Music for the Ages, with WASO

Friday 19 September

Addie Mills Centre

1.30pm – 2.30pm

Bookings open from 8.30am on Monday 1 September

Enjoy a special visit from members of the Western Australian Symphony Orchestra (WASO). In this engaging chamber ensemble performance, WASO musicians will play a mix of classical and contemporary favourites, while sharing some unique insights into the pieces. These concerts are a favourite for the musicians, who love taking their audiences on a musical journey through the ages. Following the concert enjoy a light afternoon tea.

FREE

Afternoon Tea at Addies

Monday 28 July

1.30pm – 2.30pm

Addie Mills Centre

Bookings open from 8.30am Wednesday 16 July

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

FREE

VOLUNTEER WITH US

Do you have a couple of hours to spare, a generous heart for helping others, and enjoy being part of a team?

Volunteers are needed for the Addie Mills Centre to assist community members to attend Seniors Services programs. We currently have vacancies for bus drivers and bus assistants. If you would like more information and/or would like to express your interest in these or any other volunteering roles, please contact 9391 6030 or email amc@gosnells.wa.gov.au. We look forward to hearing from you.



VOLUNTEERS NEEDED



Free Oral Health Assessment Session

Thursdays: 31 July, 14 and 28 August, 18 September, 2 and 16 October

Appointments available between 9.15am and 11.45am

Addie Mills Centre

Bookings now open

FREE

Curtin University Oral Health Therapy students will be visiting Addie Mills Centre to offer free oral health screenings as part of their dental training. This is a great opportunity to have your mouth, teeth, or dentures checked in a gentle, friendly, and relaxed setting.

You'll receive:

- A quick, visual oral health check (no dental procedures involved)
- Personalised advice on caring for your mouth, teeth or dentures
- Help with brushing techniques and cleaning between teeth
- A free toothbrush and toothpaste gift pack
- Referral recommendations if needed – at no cost to you

These visits give students valuable experience while providing you with useful, personalised care – at no cost to you.



In the Loop

The Addie Mills 'In the Loop' group received a letter from the Perth Children's Hospital, thanking them for the hand-made knit and crochet items they had recently donated, which will directly benefit the children and families at the hospital.



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 welcoming 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 9391 6030 so your place may be offered to someone on the waitlist.

Local Guardians: Home Care and Support Friday 25 July

Join us for a free information session on accessing aged care support to help you live independently at home for longer. Learn how to activate your Home Care Package, get more care hours at cheaper rates, and lock in your preferred carer—without the rigid rosters shared with hundreds of others. We'll also explain how the government's Support at Home program works and how self-managing your funding gives you greater choice and control.

FREE



Fish of the Canning, Southern and Wungong Rivers Friday 22 August

Perth's freshwater fish are small, elusive and often unnoticed, yet they play a vital role in the region's delicate aquatic ecosystem. Species such as the Western Minnow and Western Pygmy Perch highlight the rich biodiversity found in our rivers and wetlands. This presentation explores their habitats, ecological importance and the conservation efforts aimed at protecting the fish and the health of Perth's waterways.

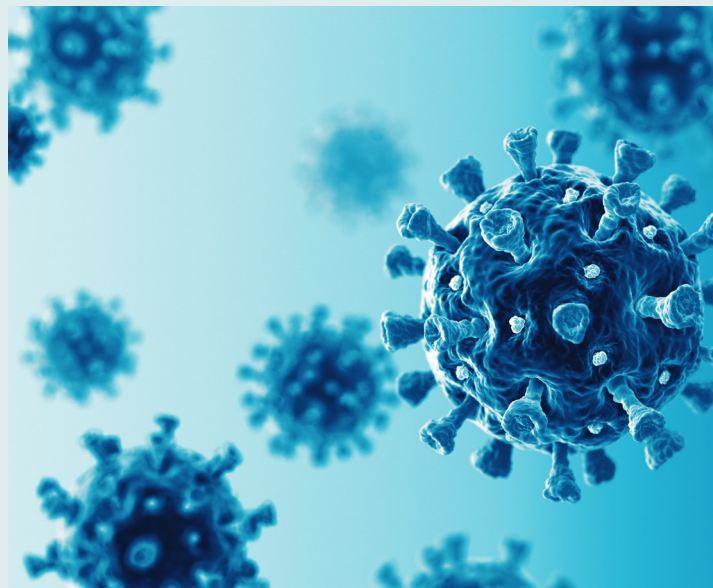
FREE



Dr Martyn French: The Longest Battle of All – Viruses Versus Our Immune System Friday 26 September

FREE

Martyn French is a retired physician/scientist who specialised in clinical immunology, with a particular interest in infection and immunity, and worked at Royal Perth Hospital and the University of Western Australia for over 30 years. His talk will cover what viruses are, and how they are a common cause of disease in humans, because of their requirement for human cells to replicate and their ability to evade the immune responses that are mounted against them. He will illustrate these issues with reference to influenza, COVID, HIV/AIDS and Epstein-Barr virus (the cause of glandular fever).



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 – \$2.20
Monday, Wednesday and Friday
9.30am – 12pm

CHAIR YOGA – \$8.50
Monday 11am – 12pm
Wednesday 10.45am – 11.45am
Thursday 10am – 11am

DRUMS ALIVE – \$8.50
Monday 1.30pm – 2.30pm

EXERGAMING – \$2.20
Monday 1.30pm – 3pm

POLE WALKING – FREE
Tuesday (until September)
9am – 10.15am (Apr - Sep)

MAHJONG – \$2.20
Tuesday 9.30am – 12pm

SINGING FOR FUN – \$2.20
Tuesday 2pm – 3.30pm
(school terms)

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

RUMMY-O – \$2.20
Wednesday 12.30pm – 3pm

SOCIAL PONY CANASTA – \$2.20
Thursday 9.30am – 12pm

SCRABBLE CLUB – \$2.20
Thursday 12.30pm – 2.30pm

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

HOMESTEAD PARK CENTRE **14 GLENBROOK ROAD, THORNIE**

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 – \$8.50
Monday and Thursday 9am – 10am
(school terms)

MADDINGTON COMMUNITY **CENTRE 19 ALCOCK STREET** **MADDINGTON**

UKULELE GROUP – FREE
Thursday 11.30am – 1.30pm

**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.**

**Seniors 55+ 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 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.