

What's on for Seniors 55+ October – December 2025

Join us this summer to explore an exciting line-up of programs and activities on offer.



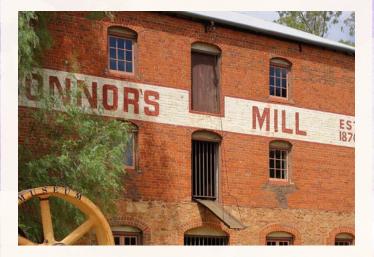
You can receive this brochure in an email. Ask the Seniors Team for more information about our Seniors 55+ eNewsletter.

Historic Toodyay Trek

\$16.50 **Tuesday 21 October** Arrive at 8.15am for 8.30am departure Returning 3.30pm to Homestead Park Centre Meet at Homestead Park Centre, 14 Glenbrook Road, Thornlie

Bookings open 8.30am, Wednesday 8 October

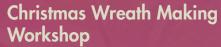
Join us for a memorable coach outing to the charming town of Toodyay. Step back in time on a guided Living History Toodyay trail walk, exploring heritage sites and stories of the past, including a fascinating tour of the historic Newcastle Gaol. After the tour, enjoy lunch at your own cost, then take time to browse Toodyay's delightful local shops and attractions at your own pace.



Afternoon Tea at Addies

FREF Tuesday 2 December 1.30pm - 2.30pmAddie Mills Centre, Gosnells Bookings open 8.30am, Wednesday 19 November

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



Wednesday 3 December 2pm - 4pm Addie Mills Centre, Gosnells Bookings open 8.30am, Monday 17 November

Join artist Miriam Atkinson for an enjoyable workshop weaving wreaths from natural and introduced plant material and repurposed hangers. Miriam sources a huge range of plant material for you to create beautiful, lasting wreaths. This workshop is always a popular one, so be sure to secure your spot.









The Seniors Team wishes to thank our amazing volunteers for a fabulous 2025. Your time, care, and support bring connection, joy and comfort to our community. We are truly grateful for everything you do and the positive impact you make every day. Merry Christmas and we look forward to seeing everyone in the New Year.



OLDER, WISER, LIVELIER (OWL) SERIES



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.

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.

Cura In-Home Care Friday 10 October

Andrea from Cura In-home Care will provide an informative overview of how to get started with Support at Home, including practical steps for accessing services. She will also share important updates and insights into upcoming changes to the aged care system and what they could mean for older Australians.



Act Now, Stay Secure Friday 24 October

Do you keep seeing reminders to 'update your phone' or prompts to use multi-factor authentication? Join the City's Cyber Security Analyst for an engaging workshop packed with simple, smart tips to take control of your digital safety. As well as free expert advice, attendees will receive a \$150 voucher for a device health check. Proudly supported by the Department of Home Affairs.



LiveUp Friday 28 November

There are many myths and stereotypes when it comes to getting older, but it's proven that how we age is mostly determined by the lifestyle choices we make each day. LiveUp is a free healthy ageing guide funded by the Australian Department of Health and Aged Care, designed to help you stay independent and socially connected as you get older. Come along to hear from LiveUp's Community Engagement Officer Sally, about how LiveUp can help you to discover your upside of ageing.





VOLUNTEERS NEEDED: BACKUP BUS DRIVER

Do you have an LR driver's licence or higher? Are you wanting to volunteer but not able to commit to regular shifts?

Seniors Services needs back-up bus drivers to help when our regular drivers are not available. Please contact the Addie Mills Centre on 9391 6030 for more information or if you would like to express your interest. We look forward to hearing from you.



FREE

BOOTS OFF AND BOOGIE:

A SENIORS WEEK LINE DANCING SOCIAL

Monday 10 November, 5pm – 7pm City of Gosnells Museum at Wilkinson Homestead Gosnells

To book call 9391 6030 from Monday 27 October
Bookings open from 8.30am
Open to City of Gosnells residents aged 55+

Enjoy a lively line dancing workshop led by local legends Step2it, then put your new moves to the test. Set in the beautiful, historic grounds of Wilkinson Homestead, this fun evening includes music, dancing, light supper and great company.



Wednesday 12 November, 8.45am – 3pm
Departing from Homestead Park Centre, Thornlie
To book call 9391 6030 from Wednesday 29 October
Bookings open from 8.30am
Open to City of Gosnells residents aged 55+

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.

FREE



COMMUNITY DINNER

Friday 14 November, 6pm – 8.30pm (doors open from 5.30pm) City of Gosnells Civic Centre, Gosnells To book call 9391 6030 from Monday 3 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, Come along, meet new people or mingle with old friends while enjoying delicious food, magical entertainment and toe-tappingly great music.

FREE







More Seniors Week events in the City of Gosnells



ROMAN RUDNYTSKY PIANISTIC KALEIDOSCOPE

Sunday 9 November, 2pm – 4pm Don Russell Performing Arts Centre, Thornlie Tickets on sale now from \$29 Enquiries to DRPAC 9498 9414

Roman Rudnytsky is an American pianist of Ukranian origin. A graduate of the famous Julliard School in New York, he has played concerts in 100 countries. This will be a piano recital featuring a number of works by well known composers, including by Beethoven, Ravel, Rachmaninoff, Australian composer Neil Goodchild and others.



Scan the QR code to buy your tickets.



JOHN WOOD AND DAVE ALLEN: FABULOUS 50s TO THE ELECTRIFYING 80s

Saturday 15 November, 7pm Don Russell Performing Arts Centre, Thornlie Tickets on sale now from \$34 Enquiries to DRPAC 9498 9414

Gold Logie winner John Wood –
actor and performer in multiple television
series and movie roles, including many theatre
productions – has teamed up with vocalist,
musician and front man from Rock Around
the World, Dave Allen, to form 'John Wood
and Dave Allen' in our rock and
roll journey.



INTERGENERATIONAL PARK PLAY

Friday 14 November, 9am – 11am Mills Park Playspace, Brixton Street, Beckenham

FREE

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. Bring a picnic and enjoy games and activities provided by the Park

Play team.Don't miss out on this wonderful opportunity to create lasting memories together. We can't wait to see you there!



Tuesday 11 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.



Weekly Programs for Seniors

In celebration
of Seniors Week
all patrons aged 55+ are
invited to participate in any
of our seniors (55+) programs
absolutely FREE during
MON 10 NOV FRI 14 NOV

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 8.30am – 9.45am (Oct – Mar), 9am – 10.15am (Apr – Sep)

MAHJONG - \$2.20 Tuesday 9.30am - 12pm

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

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

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

HOMESTEAD PARK CENTRE 14 GLENBROOK ROAD, THORNLIE

PICKLEBALL – FREE (Currently full – please add your name to waitlist) 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

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

City of Gosnells PO Box 662 Gosnells WA 6990

9397 3000

info@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.