



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.



Did you know?

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

Historic Toodyay Trek

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

\$16.50

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

Tuesday 2 December

1.30pm – 2.30pm

Addie Mills Centre, Gosnells

Bookings open 8.30am, Wednesday 19 November

FREE

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

Christmas Wreath Making Workshop

\$8.50

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.





Program in the Spotlight

Drums Alive
Addie Mills Centre
Mondays from 1.30pm – 2.30pm

\$8.50

This program is the only one of its kind in Western Australia. Provided with an exercise ball, pair of drumsticks and a funky soundtrack, you'll be led by a trained instructor to groove, bop and forget you are even exercising.

Drums Alive® is the original and only evidence-based drumming fitness trend that combines drumming with music and cognitive movement while promoting physical health and wellness by giving a 'whole brain and whole body' workout. This flexible program allows participants to be seated or standing and includes a light afternoon tea.



Seniors Carols by Candlelight

FREE

Friday 12 December
Doors open 5.30pm; show runs 6.30pm – 8.30pm
Don Russell Performing Arts Centre, Thornlie
Bookings open 8.30am, Monday 24 November

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. Sing along and be entertained by a wide variety of local musical talent. Easy access and ample parking are 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.



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.

FREE



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.

FREE



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.

FREE



**VOLUNTEERS
NEEDED**

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.

Call 9391 6030 to express your interest in these or other activities. Please ask staff for more information.

SENIORS WEEK 2025

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.



SENIORS RECREATION COUNCIL HAVE A GO DAY

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



SENIORS 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.



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!



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.



WATERCOLOURS AT WILKINSON HOMESTEAD

Tuesday 11 November, 9.30am – 12pm
City of Gosnells Museum
at Wilkinson Homestead
To book call 9397 3144

FREE

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, THORNIE**

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.