



# What's on for Seniors 55+ January – March 2026



Summer is here – the perfect time to get active, stay social and try something new. Explore an exciting variety of programs, activities and events designed especially for over 55s to make the most of every sunny day.

## Royal Life Saving WA – Heart Beat 45 Club

FREE

Tuesday 10 February

Thornlie Park Centre, 50 Thornlie Avenue

12.30pm – 3.30pm

Bookings open from 8.30am on Wednesday 28 January

Half of all drowning deaths recorded in WA are people aged over 45. In the event of someone having difficulties in the water, CPR performed at the scene could be the difference between life and death. The Heart Beat 45+ course is specifically designed for adults who would like to learn more about how to respond in an emergency.

This training session covers first aid and CPR including cardiac arrest, sunstroke, choking, hypothermia, shock and bleeding, and bites and stings.

\*Please note that this is a community education initiative only, not a qualification course.

## Remade By You: A Creative Bag Making Workshop

\$5.50

Wednesday 4 March

Addie Mills Centre

1pm – 3pm

Bookings open from 8.30am on Monday 16 February

Using sustainable materials and creative reuse, you will design something totally unique. It's not just fabrics we'll be working with, but lots of other treasures too. The only limit is your imagination! Artist Sacha Barker will be working with ReMida materials, helping people at all stages of their sewing journey to explore creativity and make something truly special. All materials provided.

## Echoes of Freo

\$11

Wednesday 18 February

Departing from Homestead Park Centre

14 Glenbrook Road, Thornlie

Arrive at 7.45am for 8am departure

Returning 1.30pm to Homestead Park

Bookings open from 8.30am on

Monday 2 February

Step back in time on the Fremantle Cemetery Heritage Walk Trail, where headstones reveal the stories of pioneers, politicians, outlaws and icons who shaped Fremantle's rich past. This 1.5-hour guided walk uncovers the lives of the famous and forgotten. Afterwards, unwind at Fremantle's lively café strip and enjoy a delicious brunch (at own expense). Participants must be comfortable walking for approximately 1.5 hours on this fascinating historical journey.



### 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.



### Afternoon Tea at Addies

Thursday 5 February

1.30pm – 2.30pm

Addie Mills Centre

Bookings open from 8.30am on Monday 19 January

FREE

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

### Big Day Out – Royal Perth Hospital Museum

Thursday 12 March

8.45am – 2pm

Departing from Gosnells Station

Bookings open from 8.30am on

Wednesday 25 February

FREE

Enjoy a day out in Perth with your WA Seniors Card. Explore the Royal Perth Hospital Museum with a guided tour where you will uncover stories of medical milestones and the people behind WA's oldest hospital, then take a short walk to the beautiful St Mary's Cathedral. Afterwards explore the city at your own pace and purchase lunch from a variety of vendors before meeting for the return journey to Gosnells. Participants will need to safely manage train travel and walking a distance of approximately 1.5km to and from tour venues and food vendors.

### From Rags to Rugs: Weaving Traditions and Textiles Together

Wednesday 25 March

1pm – 3.30pm

Addie Mills Centre

Bookings open from 8.30am on Monday 9 March

FREE

This workshop is a wonderful opportunity to come together and create a community art piece that will be showcased at the Addie Mills Centre when completed. Come along and enjoy engaging in the hands-on creation of a rag rug, using a range of textiles and exploring contemporary and traditional weaving. Leave with newfound skills in rag-rugging, weaving and textile upcycling and repurposing, as well as 'chindi' influences and Indian-inspired fabric upcycling. No experience necessary to participate and all materials are provided.



### Quiz Night: Full of Quizdom

Thursday 19 March

6pm – 8pm (doors open at 5.30pm)

Addie Mills Centre

Bookings open from 8.30am on Wednesday 4 March

\$5.50

Embrace your quizdom and join us for a fun-filled evening of brain-teasing trivia with the Bamboozled Quiz Masters! Book a table for six or invite a friend and we'll team you up. Test your general knowledge, enjoy some laughs and share a bite — light refreshments provided, but feel free to bring a plate for your table. It's the perfect mix of fun, facts and friendly competition!

### PROGRAM IN THE SPOTLIGHT – Pole Walking

Tuesdays

8.30am – 9.45am (Oct – Mar)

9am – 10.15am (Apr – Sep)

Addie Mills Centre

FREE

Come along and join in a fun social walking group led by experienced City staff, using poles to provide a low-impact cardio exercise, while enjoying the company of like-minded people. Pole walking uses specially designed poles to support balance, posture and whole-body movement. Poles are available for loan or you're welcome to use your own, with training provided for newcomers.



**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 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.



**Clarity West Inc – Future Planning**  
**Friday 23 January**

FREE

Clarity West is a nonprofit organisation dedicated to raising awareness of future planning documents. Discover more about future planning – the ‘what’, ‘why’ and ‘how’ to be prepared in advance if you become unable to make your own decisions. Learn more about the documents you’ll need, specifically the Enduring Power of Attorney, Enduring Power of Guardianship and Health Directives information.

**Red Cross**  
**Friday 27 February**

FREE

Australian Red Cross acts locally and connects globally to deliver what’s needed when it’s needed most. Join us for an informative session where you’ll learn about the Red Cross Emergency Services provided in the community and being prepared for emergencies and natural disasters when they occur. Also hear about aged care and community services available, as well as volunteer opportunities to help make a difference. Discover free services, including the Aged Care Volunteer Visitors Scheme, which connects volunteers with seniors for regular companionship and support.

**Living Well with Arthritis**  
**Friday 27 March**

FREE

This session provides an engaging overview of the main types of arthritis, along with practical self-management techniques and supportive therapies that can make a real difference. You’ll also discover the wide range of services offered by Arthritis & Osteoporosis WA, including their popular hydrotherapy pool and in-depth education programs designed to help you move, manage and live well.



***In the Loop: Community callout for knitting and crocheting materials and welcoming new members***

If you like to natter while you knit, we have the group for you! For a wholesome Friday, come and join us at In the Loop on the first and third Friday of the month from 10am – 12pm.

In the Loop is also accepting donations of wools and suitable materials for knitted donations. Please call the Addie Mills Centre for more information or come along to our next session.



# 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](http://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 8.30am – 9.45am  
(Oct – Mar), 9am – 10.15am  
(Apr – Sep)

**MAHJONG – \$2.20**  
Tuesday 9.30am – 12pm

**SINGING FOR FUN – \$2.20**  
Tuesday 1.30pm – 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

City of Gosnells  
PO Box 662  
Gosnells WA 6990  
9397 3000

[info@gosnells.wa.gov.au](mailto:info@gosnells.wa.gov.au)  
[gosnells.wa.gov.au](http://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](mailto:amc@gosnells.wa.gov.au)

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**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.