



What's on for Seniors 55+ April – June 2026

Autumn leaves are falling - embrace the season by staying active, social, and open to new experiences. Discover a range of programs, activities, and events designed especially for over 55s to make the most of the cooler days and changing colours.



Bee Curious: A Hands-On Honey & Hive Experience

Tuesday 28 April

Addie Mills Centre

10am – 11.30am

Bookings open from 8.30am on Wednesday 15 April

During this presentation you will learn about types of bees, their history, the bee life cycle, the role of bees and how to behave around bees. The group will also be able to sample different types of honey, smell/touch beeswax, observe a live hive and watch demonstrations of a beekeeping suit, equipment and a hive.

FREE



Creery Wetlands Wonder Walk

Thursday 7 May

Homestead Park Centre

Arrive at 8.45am for 9am departure

Return 3pm to Homestead Park Centre

Bookings open from 8.30am on Wednesday 22 April

Enjoy a scenic 6km walk through vibrant wetlands teeming with birdlife, native animals, and unique plant species. Along the way, discover one of the Giants of Mandurah, a remarkable outdoor sculpture. Afterwards, visit Dolphin Quay to browse boutique shops and enjoy a variety of dining options (at own expense), including a charming Christmas-themed store open all year round.

\$11

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.

Carrom Demo Day

Monday 11 May

Addie Mills Centre

1pm – 3pm

Bookings open from 8.30am on Wednesday 29 April

If you are interested in joining or helping to create a fresh, welcoming group where everyone can bond over the enjoyment of playing Carrom, we invite you to come along to this demo day, to get to know the rules.

FREE



PROGRAM IN THE SPOTLIGHT – *Singing for Fun*

Tuesdays

1.30pm – 3.30pm

Addie Mills Centre

\$2.20

If you have a song in your heart and music lifts your spirits, come along and join this friendly group each week during school terms. The group also performs at City of Gosnells events and other Seniors centres.

Samba Drumming for Beginners (5-week series)

Wednesdays 20 May – 17 June

12.30pm – 1.30pm

Homestead Park Centre

Bookings open on Monday 4 May

FREE

GosSamba is a social band of players creating vibrant Brazilian rhythms using a wide range of drums and percussive instruments. This beginners' series will give you the basic musical knowledge to get started and is essential if you are thinking of joining the core group.

Afternoon Tea at Addies

Thursday 11 June

1.30pm – 2.30pm

Addie Mills Centre

Bookings open from 8.30am on Wednesday 27 May

FREE

Join us for a light, buffet-style afternoon tea and the opportunity to reconnect with familiar faces and new acquaintances. Bookings are essential for catering purposes.

Love is in the Air Songfest

Tuesday 23 June

1.30pm – 3.30pm

Addie Mills Centre

Bookings open from 8.30am on Monday 8 June

FREE

This cheerful musical event will be filled with love songs everyone knows and loves. Sing along, tap your toes and enjoy the feel-good favourites that never go out of style. With plenty of laughs, warm company and a tasty afternoon tea, it's the perfect way to enjoy a relaxed and light-hearted afternoon together.

Timeless Trails Coach Tour

FREE

Tuesday 30 June

City of Gosnells Museum at Wilkinson Homestead
34 Homestead Road Gosnells

Arrive at 8.45am for a 9am departure

Returning 12pm to Wilkinson Homestead

Bookings open from 8.30am on Monday 15 June

Step back in time on a guided tour of historic buildings and sites across the City of Gosnells. Hear the stories of the people who shaped the area, uncover hidden local treasures and deepen your connection to the past. The experience concludes with brunch at the City of Gosnells Museum at Wilkinson Homestead.





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.

Gregory Mafagas – Do you have the guts to change?
Friday 24 April

FREE

Today's session explores gut health and why it matters for overall wellbeing. Your gut influences digestion, immunity, mood and energy levels. By choosing the right foods, you can support beneficial bacteria, reduce inflammation and improve how your body functions. We'll discuss simple, practical dietary choices that nourish the gut, promote balance and help you feel healthier, stronger and more resilient every day.



Queens of Clutter – Decluttering Workshop
Friday 22 May

FREE

Decluttering can be cleansing and uplifting, but it can also be overwhelming, emotional, frustrating and exhausting. Join us for this Queens of Clutter presentation to learn how to reduce your clutter while minimising stress and overcoming obstacles that hold you back.

Dementia with Dignity
Friday 26 June

FREE

In this presentation, how we view and speak about dementia will be reframed. Instead of defining the experience by the disease itself, we can focus on the person – who they are, what matters to them and how we can maintain their dignity at every stage. The language we choose has strong influence on our perceptions: it can either restrict us to a view of doom and decline or uplift, honour your strengths and foster compassion, connection and hope. This session will promote a more humane narrative that sees the person before the condition and reminds us that dignity is preserved and enhanced through the way we speak, act and care.



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

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

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

PICKLEBALL – FREE (Currently full – please add your name to waitlist)
Tuesday 9.30am – 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

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.