CITY OF GOSNELLS

# What's on for Seniors 55+ July – September 2026

Shake off the winter chill and treat yourself to a season of fun, friendship, and discovery. Whether you are bargain hunting at op shops, getting creative with plants, enjoying an engaging talk or sharing musical memories, there's something in this activity lineup to brighten the season.

## 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+.

See registration and booking information on back page.

## Op Shop Hop

$9

**Tuesday 28 July**
**Thornlie Park Centre, 50 Thornlie Ave, Thornlie**
**Arrive at 8.45am for 9am departure**
**Return 3pm to Thornlie Park Centre**
**Bookings open from 8.30am on Monday 13 July**

Hop on board for a fun-filled day out and about. Travel with our group to some of the best op shopping hotspots, discovering hidden gems and unbeatable bargains along the way. Share stories, laughs and your best finds over a relaxed lunch (at own cost). Don't forget to bring a bag of donations to give back – because every adventure is even better when it makes a difference.

## TransWA & WA Seniors Card: Seniors Perks Session

FREE

**Friday 14 August**
**Addie Mills Centre**
**1pm – 2.30pm**
**Bookings open from 8.30am on Wednesday 29 July**

Staff from TransWA and Seniors Card will provide valuable information to enable you to maximise the benefits of both the TransWA network and the Seniors Card. Damaged or old Seniors Cards can be reissued on the day. Please indicate when booking if you are hoping to apply for a new card or replace your existing card.

## Growing Joy: Kokedama for Beginners Workshop

$2.30

**Wednesday 26 August**
**Addie Mills Centre**
**2pm – 4pm**
**Bookings open from 8.30am on Wednesday 12 August**

Ever wondered what those plants wrapped up in balls of twine are (pictured right)? They're 'kokedama balls', traditional Japanese way of growing plants in soil and moss, all held together with twine. They're a lovely, slightly quirky way to display plants indoors. In this relaxed workshop, you'll learn how to make your own and take home a unique piece to enjoy.

## PROGRAMS IN THE SPOTLIGHT – *Addie's Afternoon Delights*

If early starts aren't your thing, explore Addie Mills' afternoon activities to get out, stay active and make new friends, including Drums Alive, Exergaming, Singing for Fun, Rummy-O and Scrabble.

### Sleep Matters with Dr Ree

FREE

**Friday 11 September**
**10am – 11.30am**
**Addie Mills Centre**
**Bookings open from 8.30am on Monday 24 August**

We all do it, we all need it, yet sleep can still feel like a mystery. Why does it matter so much? Is eight hours really the rule? And what's normal as we get older? Whether you're sleeping like a log, counting sheep or somewhere in between, this session offers a clear, practical overview of what healthy sleep looks like in real life — and why it's worth paying attention to.

### Life Storytelling Workshop with Peter Salmon

FREE

**Tuesday 15 September**
**2pm – 4pm**
**Addie Mills Centre**
**Bookings now open. Please call the DRPAC Box Office (open weekdays from 10am – 2pm) on 9498 9414**

Ninety-two-year-old Peter Salmon is a lifelong stockman, songwriter and all-round larrikin. He is also a Thiinma Elder hailing from the Pilbara, and the last living speaker of the critically endangered Thiinma language. Join Peter and his longtime collaborator, musician and linguist Rosie Sitorus, in this casual workshop all about recollecting and recording your life stories, led by an extraordinary master of this craft. Cuppas provided, and great yarns guaranteed.

### Curtin FM Radio Tour & Exhibition

$9

**Thursday 17 September**
**Thornlie Park Centre, 50 Thornlie Ave, Thornlie**
**Arrive at 8.45am for 9am departure**
**Returning 12.30pm to Thornlie Park Centre**
**Bookings open from 8.30am on Wednesday 2 September**

Join us for a tour of Curtin Radio, a local favourite radio station celebrating its 50th year of radio transmission to the Perth community. We'll also have the opportunity to view a curated exhibition tracing the history of the radio station. Please note, those registering who attended the Op Shop Hop in July will go on the waitlist for this event.

### Dementia Action Week: Melodies and Memories

FREE

**Thursday 24 September**
**10.30am – 11.30am**
**Addie Mills Centre**
**Bookings open from 8.30am on Wednesday 9 September**

This welcoming event celebrates the power of music to connect people. Through beloved melodies, group singing and shared stories, participants are invited to relive memories and share why certain songs hold a special place in their lives. We invite you to come along, join the singing and be part of a positive, uplifting experience celebrating connection, identity and joy. Light refreshments provided. When registering, please nominate a special song you would love to hear or sing.

### Afternoon Tea at Addies

FREE

**Wednesday 9 September**
**1.30pm – 2.30pm**
**Addie Mills Centre**
**Bookings open from 8.30am on Wednesday 26 August**

Join us for a light, buffet-style afternoon tea and the opportunity to reconnect with familiar faces and make new acquaintances. Bookings are essential for catering purposes.
To give new people a chance to attend, anyone who joined the previous Afternoon Tea will be placed on the wait list if they register.

## OLDER, WISER, LIVELIER (OWL) SERIES

**OWL seminars take place at the Addie Mills Centre, from 10am – 11.30am on the listed dates.**

**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.**

### Helping Minds – Boost your Wellbeing

**Friday 24 July**

FREE

It can be difficult to navigate mental health challenges through our day-to-day lives. This workshop is designed to help you gain a deeper understanding of mental health and wellbeing and explore protective factors and positive behaviours that can strengthen mental resilience.

### Switch Your Thinking – Energy Saving in Your Home

**Friday 28 August**

FREE

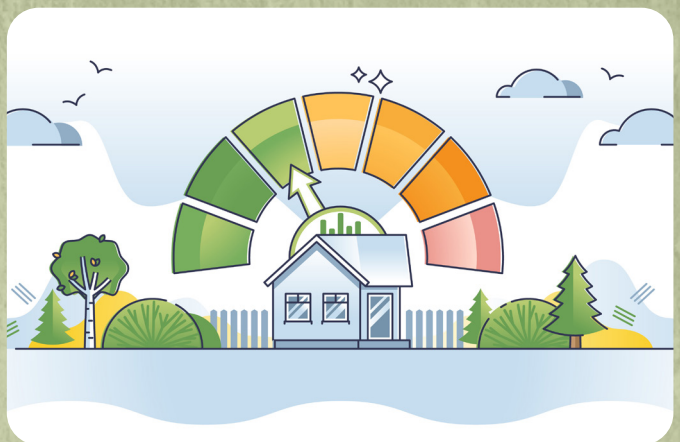
Are you interested in reducing your energy bills while staying comfortable at home? Join the City of Gosnells for a practical and engaging session with Switch Your Thinking and expert Sarah McCabe, who will share simple, effective tips to help you cut electricity costs, make the most of your solar and stay comfortable throughout the year.

### Planning for the Future and Protecting Your Rights

**Friday 25 September**

FREE

As you get older, you may need to make important decisions about your health care, finances and lifestyle. Planning ahead helps ensure your wishes are respected if you're unable to decide for yourself. This presentation from Elder Rights WA explains key legal documents such as an Enduring Power of Attorney (EPA) and Enduring Power of Guardianship (EPG), along with what to consider before putting them in place and how to protect your rights.



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

# 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 – $2.30 (currently full, please add your name to waitlist)**
Monday, Wednesday and Friday
9.30am – 12pm

**CHAIR YOGA – $9 (currently full, please add your name to waitlist)**
Monday 11am – 12pm
Wednesday 10.45am – 11.45am
Thursday 10am – 11am

**DRUMS ALIVE – $9**
Monday 1.30pm – 2.30pm

**EXERGAMING – $2.30**
Monday 1.30pm – 3pm

**POLE WALKING – FREE**
Tuesday
(Apr – Sep) 9am –10.15am
(Oct – Mar) 8.30am – 9.45am

**MAHJONG – $2.30**
Tuesday 9.30am – 12pm

**SINGING FOR FUN – $2.30**
Tuesday 1.30pm – 3.30pm
(school terms)

**RUMMY-O – $2.30**
Wednesday 12.30pm – 3pm

**SOCIAL PONY CANASTA – $2.30**
Thursday 9.30am – 12pm

**SCRABBLE CLUB – $2.30**
Thursday 12.30pm – 2.30pm

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

### HOMESTEAD PARK CENTRE 14 GLENBROOK ROAD, THORNLIE

**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 – $9**
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



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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 or Afternoon Tea @ Addies 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.