

Have a Go News SENIORS WEEK 2021 EVENTS GUIDE

Join the fun for Seniors Week 2021

Art

Entertainment

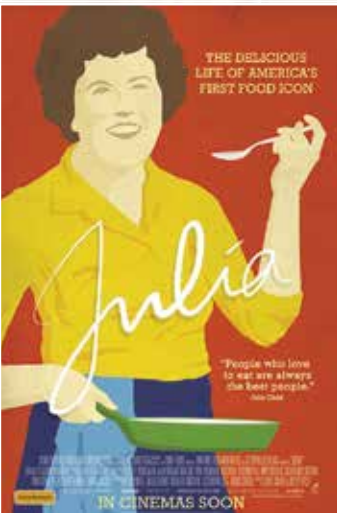
Activities



Evert Ploeg *Anne of a thousand earrings – a portrait of Anne Schofield AM 2021.*
Oil on linen, 112 x 168 cm



Sophia Alone *Aunty Lena Alone 2021.* Acrylic paint on linen, 31 x 31 cm



The WA Art Gallery features the Lester Prize for Portraiture; win a double pass to a special screening at Palace Cinemas Rain Square; see inside for your guide to Have a Go Day.

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Much to do and celebrate during this year's Seniors Week 2021



WA Police Pipe Band will play on the entertainment stage at Have a Go Day

HAVE a Go News is proud to be one of the major supporters of WA Seniors Week and every year in our 30-year history we have provided information and an events guide to

celebrate the week. This year again we have been very lucky that Covid has not entered the WA community, but there is not the same sort of event planning for Seniors

Week as pre-pandemic. This inspired *Have a Go News* to contact many businesses to encourage them to provide events or offers to celebrate the contributions of seniors

throughout the week. As always, our aim is to ensure that older Western Australians feel recognised and valued in the community and I thank the businesses which have provided offers for people. To kick off Seniors Week, *Have a Go News* is proud to present the annual Seniors Week Film Screening thanks to Palace Cinemas, Raine Square which will be held on Sunday 7 November at 9am. Sony Pictures have supplied the film and readers have the opportunity to win a double

pass to see *Julia*, a delicious docufilm based on the life of American cook and television star Julia Childs. See details on page 3. The major event for the week, *Have a Go Day*, will be held on Wednesday 10 November at Burswood Park from 9am to 3pm and is free for anyone to attend. Inside this lift-out you will find a double page spread in the centre pages. This includes a map of the grounds, stall holders' listings, how to get there, parking information and the coupon for the major

prize draw. *Have a Go Day* is located riverside in Burswood Park and the layout follows a similar format as last year. Come down and visit the team from *Have a Go News* at the hospitality tent where we will serve free tea, coffees and water and every hour spin our famous Chocolate Wheel. Channel Nine Perth are celebrating Seniors Week with a special opportunity for 20 people to enjoy morning tea with Monika Kos and tour the station to experience television

in the 21st century. See more details on this page. The very informative Parliament House tours return; the Public Trustee offers free information sessions and Luna Cinemas offer discounted tickets with a free cuppa and biscuits for seniors throughout the week. That's just a taste of what's on, for more details check out the listing of events inside and take time to celebrate being a senior Western Australian. You've earned it!

Jennifer Merigan
Editor

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Enjoy morning tea with Monika Kos at Channel Nine Studios



TO celebrate Seniors Week, Channel Nine Perth will be hosting an exclusive station tour and morning tea with Monika Kos at their city studio. The tour will include a visit to graphics, the makeup room, newsroom including editing

suites, master control, audio booth and Nine News Studio tour with Monika Kos. The station tour will provide an exclusive behind-the-scenes look at how television is made in the 21st Century. Afterwards participants will enjoy morning tea with Monika and ask questions and there will be a photo opportunity.

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Cake decorating classes

Christmas Cake Covering Class <p>20 November 12.30pm-3.30pm \$130pp</p>	Christmas Cookies Class <p>27 November 12.30pm-3.30pm \$100pp</p>	Fallen Reindeer Fondant Cake Class <p>4 December 12.30pm-3.30pm \$140pp</p>
Mrs Clause Cake Class <p>2 to 23 November 6pm-8pm \$295pp</p>	Christmas Joy Peace Hope Cake Class <p>3 November to 8 December 6pm-8pm \$310pp</p>	

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Volunteers wanted for Have a Go Day

Have a Go News is seeking volunteers to work out of our hospitality tent where we serve free teas and coffees to attendees. We have a lot of fun and shifts can be for one or two hours during the day. If you're interested in being a part of this unique day which is held at Burswood Park on Wednesday 10 November from 9am to 3pm please contact us on 9227 8283 or email info@haveagonews.com.au

Seniors Week kicks off with a special screening of *Julia* at Palace Raine Square Cinema



traces Julia Child's surprising path, from her struggles to create and publish the revolutionary *Mastering the Art of French Cooking* (1961) which has sold more than 2.5 million copies to date, to her empowering story of a woman who found fame in her 50s, and her calling as an unlikely television sensation.

It's a moving film which is a romance in many ways – both of her and her husband's relationship, and her love of food and cooking. Julia was a ground breaker for women in post war times in the early 1950s. As a documentary it is incredibly well done, emotive and thought provoking.

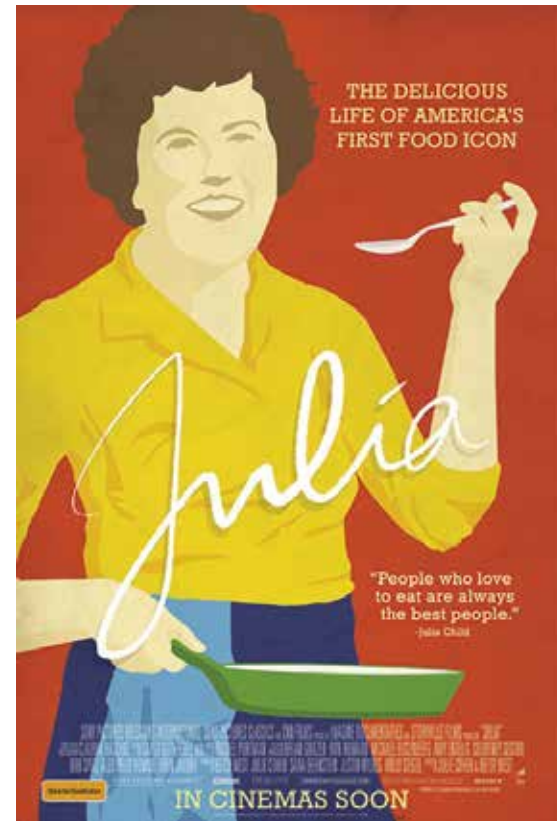
Prior to the film winners will enjoy a complimentary morning tea from 8.30am with self-serve tea or coffee along with some treats.

Each attendee will also go into the draw to win a lucky door prize thanks to *Have a Go News*.

Don't miss the opportunity to celebrate the start of Seniors Week 2021.

WIN WIN WIN

To be in the draw to win one of 62 double passes to the Seniors Week Special Screening at Palace Cinemas Raine Square on Sunday 7 November at 8.30am, (film screens at 9am) simply email win@haveagonews.com.au with *Julia* in the subject line or write to Seniors Week Special Screening C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number in your entry. Competition closes 25/10/21.



PALACE CINEMAS
RAINE SQUARE

EVERY November Palace Cinemas Raine Square partner with *Have a Go News* to present a

special film screening to celebrate Seniors Week.

We are pleased to be able to continue this tradition again this year with the event to be held on Sunday 7 November at 9am.

Thanks to Sony Pictures the feature will be the new docufilm *Julia* a delicious journey into the life of legendary cookbook author and television superstar Julia Child.

Ron Howard is the ex-

ecutive producer of the film which hits cinemas from 4 November.

Julia tells the story of the legendary cookbook author and television superstar who changed the way Americans think about food, television, and even about women.

Using never-before-seen archival footage, personal photos, first-person narratives, and cutting-edge, mouth-watering food cinematography, the film

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Retain this guide to help plan your Seniors Week 2021 Sunday 7 November to Sunday 14 November

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Welcome to Seniors Week - Message from the Minister for Seniors and Ageing

FROM a personal point of view, this will be my first Seniors Week as Minister for Seniors and Ageing.

I'm thoroughly enjoying the portfolio, and one of my priorities as Minister is to improve the visibility of the contributions made by seniors.

Many seniors have expressed to me that the older they get, the more they feel as though they are disappearing from view.

Seniors Week is a great opportunity to fix that, by putting older Western Australians and the contributions they make at front of mind.

The McGowan Government continues to work to ensure our seniors are not overlooked or undervalued.

I'm a big advocate for active ageing, which optimises opportunities for health and participation that enhance quality of life as people age.

Active ageing is more than being physically active or participating in the labour force. It also includes participation in social, economic, cultural, spiritual and civic affairs: in many ways, everything that Seniors Week gathers together.

If we as a community can support our seniors in maintaining choice and control over their lives, the ultimate outcome will be healthier communities to the benefit of everyone – regardless of age.

In the past few months, the McGowan Government has established Elder Rights WA, a State-wide elder abuse advocacy service, to comprehensively combat elder abuse in the community by helping people connect with information and legal advice.

The Safety and Security Rebate, which provides older Western Australians with a rebate of up to \$400 to improve their home security systems, has also been reinstated this year.

I would also like to take this opportunity to encourage anyone who has not already done so to 'Roll Up For WA'. Vaccination is the only way out of the pandemic – to get life back to what we know and love, and safeguard what we're so lucky to have.

Despite the unsettling nature of the Covid-19 pandemic, the resilience that our seniors have shown during these difficult times is, quite frankly, inspiring and I look forward to seeing this continue as seniors continue to roll up and get vaccinated.

There are a vast array of diverse Seniors Week events of offer.

I encourage all Western Australians to get involved in what is sure to be a fantastic 2021 Seniors Week!

Hon Don Punch MLA
Minister for Seniors and Ageing



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Keeping fit adds a new dimension to people's lives



Qi Gong and Kung Fu Performance Team

FOREVER Fitness is a community group dedicated to promote health and fitness to the senior community in Western Australia. The group has a Qi Gong and Kung Fu Performance Team which

comprises of senior volunteers only.

"Our mission is to bring joy and happiness to the senior community by encouraging everyone to stay active. That means doing gentle exercises

to improve their fitness, health and wellbeing", said team leader Michael Ho. "Our team regularly connects with the senior community by performing at nursing homes, retirement villages and social events organised by the local councils.

"Our performances are very vibrant and interactive. Each time we visit a nursing home, we can see the residents are really happy and they always want us to come back again. It is their smiles which motivate our team to continue because we believe what we are doing can at least bring a touch of warmth to the residents," he says.

Apart from performing at nursing homes, Forever Fitness also conducts

exercise programs for seniors.

"Our popular program, combining Eastern and Western fitness concepts, covers all the important aspects of fitness including stretching, balancing, muscle toning, cardiovascular and relaxation exercises during every session," said Michael.

The major relaxation exercise practised is fitness Qi Gong. Originated from China, Qi Gong is a set of exercise movements which involve deep breathing, meditation and martial arts. Qi means life energy and Gong means system. There are many Qi Gong forms in China. The most popular ones are Ba Duan Jin (Eight Sections of Silky Movement), Yi Jin Jing (Muscle and Tendon Change Classic) and Wu Qin Xi (Five Animal Play).

Forever Fitness conducts classes at Gosnells Bowling Club (Monday and Friday), Manning Eagles Bowling Club (Wednesday) and Wilson Community Hall (Thursday). All classes start at 10am for one hour.

If you are interested about the performances and/or fitness program, feel free to contact Michael Ho on 0435 046 217 or email foreverfitness888@gmail.com.

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SENIORS WEEK EVENTS Sunday 7 November PERTH METROPOLITAN AREA



SENIORS WEEK EVENTS Sunday 7 November PEEL



Makers Market
Mandurah
Seniors and Community Centre,
41 Ormsby Terrace, Mandurah
9am to 1pm

TO kick off Seniors week the Seniors and Community Centre, will be holding our own Makers Markets. This will feature over 20 stalls provided by talented creative members with special guest artists Tiny Shop on Wheels. You will be able to find beautiful handmade items for sale and enjoy being entertained by some of the musical members.

Free
City of Mandurah
9550 3799
Open to public

SENIORS WEEK EVENTS Monday 8 November PERTH METROPOLITAN AREA

Tai Chi
Queens Park Seniors Club,
5 Elshaw Street
Queens Park
9am to 10am

THE instructor is highly qualified in the 'Yang' form of Tai Chi, with over 30 years' experience and has been with the club for 25 years. The benefits are so rewarding. Members offer friendly support and encouragement.

\$5
Queens Park Seniors Club
Contact Steve, Club President:

0409 838 235
or queensparkseniors@outlook.com
Open to public



Get on Board with Transperth
Morley Community Centre,
6a Blades Close,
Morley
9.30am to 11am

THIS presentation will cover travelling by public transport, Seniors Card entitlements, SmartRider use, journey planning, safety and security. Registration essential

Free
City of Bayswater
9276 6108 or
<https://www.eventbrite.com.au/>
Open to public

GREAT FILM, CUPPA & BICKIES FOR \$10

Leederville, Fremantle, Nedlands

Luna Palace Cinema (Leederville, SX and Windsor)

\$10 seniors tickets for the first session of the day at all Luna Palace Cinema locations (Leederville, SX and the Windsor) including tea, coffee and bickies! Check website for respective film, time and location details

\$10
Luna Palace Cinemas
luna@lunapalace.com.au

Various - check website
Open to public



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Darlington Arts Festival

Darlington Pine Terrace, Darlington

10am to 10.30am

THE U3A Community Choir will sing this year at the Darlington Arts Festival. This is an annual event held in the Darlington Hall and on the charming Darlington Oval. This is a great opportunity to see U3A Perth in action through our choir.

Free
U3A Perth
Dinah on 0468 781 857 or u3auwa@outlook.com
Open to public

Ahoy! Fremantle Fremantle

'CRUISE' the beautiful Port City of Fremantle and enjoy an array of free and discounted 'Shore Activities' and 'Shore Excursions' during Seniors Week. Visit www.fremantle.wa.gov.au/positiveageing or the Fremantle Visitor Centre, located in the Town Hall to pick up your program and 'boarding pass'.

Free
City of Fremantle
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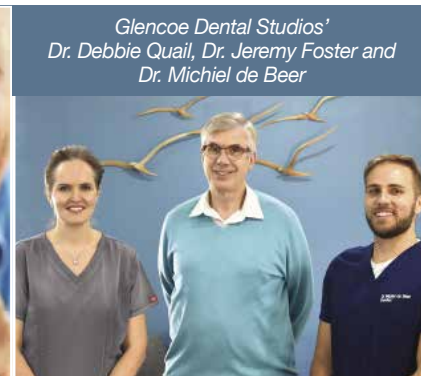
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Parliament House Talk & Tour

Celebrating the centenary of Edith Cowan's election, the first woman to be elected to any Australian Parliament

Monday 8 November: 9.00am and 1.00pm
Friday 12 November: 9.00am, 11.00am and 1.00pm

Each session runs for 90 minutes and includes an engaging talk on Edith Cowan followed by a tour of Parliament House.

Cost: \$5 per person to cover light refreshments

Bookings are essential:
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Numbers limited to 25 per session with places allocated on a first come basis only.



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SENIORS WEEK EVENTS
Monday 8 November
PERTH METROPOLITAN AREA

GREAT FILM, CUPPA & BICKIES FOR \$10
Leederville, Fremantle, Nedlands
Luna Palace Cinema
(Leederville, SX and Windsor)

\$10 seniors tickets for the first session of the day at all Luna Palace Cinema locations (Leederville, SX and the Windsor) including tea, coffee and bickies! Check website for respective film, time and location details

\$10
Luna Palace Cinemas
luna@lunapalace.com.au

Various - check website
Open to public

Chair Yoga

Warnbro Community Library
2 Swallowtail Parade, Warnbro

10am to 11am
LEARN basic chair yoga techniques that you can use at home every day. This fun session is informative, energising, and de-stressing. Bookings essential.

Free
City of Rockingham
9528 8577 or
wclcontact@rockingham.wa.gov.au
Open to public

Forever Fitness Exercise Program for Seniors 55+

Gosnells Bowling Club,
2271 Albany Highway, Gosnells

10am to 11am
EXERCISE program for seniors which includes flexibility, balance, muscle strength, cardiovascular and relaxation exercises.

First lesson free RSVP by 29/10/21
Forever Fitness
Michael Ho foreverfitness888@gmail.com or 0435 046 217
Open to public

Table Tennis

Queens Park Seniors Club,
5 Eishaw Street
Queens Park

10am to 12pm
TABLE tennis is the perfect activity to keep you

healthy. It keeps your body fit and also your brain. Hand-eye coordination works its magic with our brain cells and helps prevent dementia. Come along and have some fun with other members.

\$2
Queens Park Seniors Club
Contact Steve, Club President: 0409 838 235 or queensparkseniors@outlook.com
Open to public

Free Wills Information Session - Public Trustee

Public Trustee, Level 1,
553 Hay Street, Perth
10.15am to 11.45am

THINKING about updating or making a new Will or Power of Attorney? Seniors Week (7-13 November) is the perfect time to do it. Without a valid and up-to-date Will, loved ones can be left guessing your last wishes, and your estate may be distributed not according to your choice, but to a pre-determined government formula. Join the Public Trustee for this free community talk where you will learn more about Wills, the deceased estate administration process and safeguarding decision-making in later life. Whether you have an estate plan already in place, you work in the industry, you have children, or you'd like to assist an ageing family member - this seminar will be of benefit to all WA adults. Complimentary morning tea and information bags provided. Dates: Monday 8 Nov 10.15am - 11.45am, Tuesday 9 Nov 10.15am - 11.45am, Thursday 11 Nov 10.15am - 11.45am Location: Perth CBD - Public Trustee - Argyle Function Room, Level 1, 553 Hay Street, Perth. Bookings essential: www.trybooking.com/BSYIT or P: 1300 746 116

Free Public Trustee P: 1300 746 116 or on-line bookings at www.trybooking.com/BSYIT
Open to public
Bookings essential



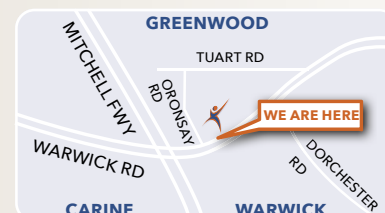
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SENIORS WEEK EVENTS
Monday 8 November
PERTH METROPOLITAN AREA

Ahoy! Fremantle

'CRUISE' the beautiful Port City of Fremantle and enjoy an array of free and discounted 'Shore Activities' and 'Shore Excursions' during Seniors Week. Visit www.fremantle.wa.gov.au/positiveageing or the Fremantle Visitor Centre, located in the Town Hall to pick up your program and 'boarding pass'.

Free
City of Fremantle
9432 9855
dees@fremantle.wa.gov.au
Open to public

Smart TVs and Streaming Services
Belmont Hub,
213 Wright Street,
Cloverdale 6105
1pm to 2.30pm

WATCHING TV has changed so much, so fast. Do you know how to make the most of it? Facilitated by an experienced IT professional this workshop demystifies the brave new world of smart TVs and

streaming services. Whether you are looking for free to air catch up TV, taking advantage of your library membership streaming documentaries on Kanopy or checking out Netflix or Disney this is the workshop for you.

Free
City of Belmont
Ruth Faulkner Library
Library and Museum
Hub Customer Experience Officer
9477 7150
libraryandmuseum@belmont.wa.gov.au

Free Introductory Bridge Lesson and Afternoon Tea
Bayswater Tennis Club
Corner Garratt Road
and Murray Street,
Bayswater
1pm to 3pm

THE friendly Bayswater Bridge Club welcomes you to come along to a friendly bridge lesson and join with members in a delicious afternoon tea at the lovely venue with easy parking, access and lift. A great way to start

your life-long journey playing this wonderful game full of fun, friendship and brain health.

Free
RSVP by 7 November.
Bayswater Bridge Club
Sandy Sutton-Mattocks
0448 005 967
sandy.7notrumps@gmail.com
Open to public



Cupcake Decorating
Safety Bay Library,
197 Safety Bay Road,
Safety Bay
1pm to 2.30pm

LEARN how to create beautiful cupcakes for special occasions. Jess will share her secret recipe and techniques to make these delightful treats. Bookings essential

Free
City of Rockingham
9528 8611
or sbycontact@rockingham.wa.gov.au
Open to public

Mahjong - Western
Queens Park Seniors Club
5 Elshaw Street
Queens Park
1pm to 4pm

MEMBERS are on hand Monday afternoons to teach the Western version of Mahjong. These classes offers an opportunity to socialise and try something new. New players are always welcome.

\$2
Queens Park Seniors Club
Contact Steve, Club President : 0409 838 235 or queensparkseniors@outlook.com
Open to public

Line Dancing - Beginners
Queens Park Seniors Club, 5 Elshaw Street
Queens Park
5.30pm to 7pm

COME along and let the line dance instructor teach you a fun new skill. Dancing is a low impact form of movement which will also help keep your mind sharp. They dance to a variety of music. Line dancing is an individual activity, no partners required but couples are welcome.

\$5
Queens Park Seniors Club
Contact Steve, Club President : 0409 838 235 or queensparkseniors@outlook.com
Open to public

Seniors Week celebrated at Parliament



South entrance gardens
© Parliament of Western Australia

IF a good old fashioned yarn, washed down with a nice hot cuppa appeals to you, then Seniors Week at the Parliament of Western Australia is the place to be.

In the centenary year of Edith Cowan being the first woman elected into an Australian Parliament, this catered presentation will provide a special focus on her powerful legacy.

Embedded in each 90-minute session, an engaging and often humorous look at the his-

tory of our State Parliament.

People will also tour Parliament House, focusing upon its architecture, history and art collection.

Tours run Monday, 8 November at 9am and

1pm and Friday, 12 November at 9am, 11am and 1pm.

Bookings are essential with 25 people per tour at \$5 per person. To secure your Seniors Week place give Cherie or Tina a ring on 9222 7259.

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SENIORS WEEK EVENTS
Monday 8 November
PEEL

Open Week at the Mandurah Seniors Centre

Seniors and Community Centre
41 Ormsby Terrace, Mandurah

THE over 55s can take advantage of member's prices at the Seniors Centre all week. The Centre's weekly timetable is packed with more than 40 activities, and more than half of those are free to attend. They will have Come and Try sessions available that include Yoga, Jazz Dancing, Chair Yoga, Line Dancing and Zumba Gold.

Free
City of Mandurah
9550 3799
Open to public

SENIORS WEEK EVENTS
Tuesday 9 November
PERTH METROPOLITAN AREA



GREAT FILM, CUPPA & BICKIES FOR \$10
Leederville, Fremantle, Nedlands

LUNA Palace Cinema (Leederville, SX and Windsor) \$10 seniors tickets for the first session of the day at all Luna Palace Cinema locations (Leederville, SX and the Windsor) including tea, coffee and bickies! Check website for respective film, time and location details

\$10
Luna Palace Cinemas
luna@lunapalace.com.au
Various - check website
Open to public



Join us if you are concerned about issues related to self-funded/partly self-funded retirees!

We need to speak with a strong united voice regarding:



- Financial future
- Health
- Aged Care
- Discounts & benefits for seniors

Association of Independent Retirees advocates for Australians in Retirement at Federal, State and Local levels.

Members receive newsletters and can attend meetings to hear guest speakers on subjects of interest to self-funded/partly self-funded retirees.

WA branches meet at Floreat, Victoria Park, Dianella, Greenwood, Mandurah, Bunbury, Busselton. There is also an ebranch.

More information: www.independentretirees.com
janice43kg@gmail.com or marghw@iinet.net.au or 0487 290 097

SENIORS WEEK EVENTS
Tuesday 9 November
SOUTH WEST

Busselton Senior Citizens Centre

Busselton Senior Citizens Centre,
22 Peel Terrace, Busselton

9am to 3pm

All activities on the November Activity Calendar will be free
Free
Busselton Senior Citizens Centre
9755 2232 or email manager@bscc.net.au
Open to public

NEW

Village home rental option for Pensioners-from \$200 weekly

Based on an upfront \$200,000 Refundable Contribution plus \$200 weekly rent.
Only a limited number of these new rental homes are available, each on it's own block and with everything included.

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SENIORS WEEK EVENTS
Tuesday 9 November
PERTH METROPOLITAN AREA

Composting workshop

City of Bayswater Civic Centre, 61 Broun Avenue, Morley
10am to 12pm
REDUCE your kitchen waste and help the environment by learning how to compost with Enviro House. Registration essential
Free
City of Bayswater
9272 0648 or www.trybooking.com/BTYE
Open to public

Macrame Plant Hangers

City of Vincent Community Centre 99 Loftus Street, Leederville
10am to 11.30am
IN this workshop, you'll learn the beautiful, knotted art of Macrame from the talented Bree from Knots Just Cords. Free RSVP by 5/11/21.
City of Vincent
6112 5808 or communitycentre@vincent.wa.gov.au
Open to public

Free Wills Information Session - Public Trustee

Public Trustee, Level 1, 553 Hay Street, Perth
10.15am to 11.45am
THINKING about updating or making a new Will or Power of Attorney? Seniors Week (7-13 November) is the perfect time to do it. Without a valid and up-to-date Will, loved ones can be left guessing your last wishes, and your estate may be distributed not according to your choice, but to a pre-determined government formula. Join the Public Trustee for this free community talk where you will learn more about Wills, the deceased estate administration process and safeguarding decision-making in later life. Whether you have an estate plan already in place, you work in the industry, you have children, or you'd like to assist an ageing family member - this seminar will be of benefit to all WA adults. Complimentary morning tea and information bags provided.
Dates: Monday 8 Nov 10.15am - 11.45am, Tuesday 9 Nov 10.15am - 11.45am, Thursday 11 Nov 10.15am - 11.45am
Location: Perth CBD - Public Trustee - Argyle Function Room, Level 1, 553 Hay St Perth. Bookings essential: www.trybooking.com/BSYIT or P: 1300 746 116
Free
Public Trustee
P: 1300 746 116 or online bookings at www.trybooking.com/BSYIT

Open to public
Bookings essential

Perth Concert Hall

Perth Concert Hall 5 St Georges Terrace, Perth
10am and 11.15am
WE reveal the secrets of the Perth Concert Hall in this guided tour which takes you backstage, upstage, down narrow passageways, technical contraptions and into the workings of the organ! Follow in the footsteps of famous performers such as the London Symphony Orchestra and Ray Charles.
Gold coin donation
Perth Concert Hall
Bookings essential
email - info@perthconcerthall.com.au
Open to public



Ahoy! Fremantle
'CRUISE' the beautiful Port City of Fremantle and enjoy an array of free and discounted 'Shore Activities' and 'Shore Excursions' during Seniors Week. Visit www.fremantle.wa.gov.au/positiveageing or the Fremantle Visitor Centre, located in the Town Hall to pick up your program and 'boarding pass'.
Free
City of Fremantle
9432 9855
dees@fremantle.wa.gov.au
Open to public

Carpet Bowls

Queens Park Seniors Club
5 Elshaw Street Queens Park
12.30pm to 3pm

IF you have never tried indoor bowls or want to develop your bowling skills further, come along and join the friendly group. They play social roll up and inter-club competitions. New players are always welcome.
\$2
Queens Park Seniors Club
Contact Steve, Club President : 0409 838 235 or queensparkseniors@outlook.com
Open to public

SENIORS WEEK EVENTS
Tuesday 10 November
PEEL

Open Week at the Mandurah Seniors Centre Seniors and Community Centre

41 Ormsby Terrace, Mandurah
THE over 55s can take advantage of member's prices at the Seniors Centre all week. The Centre's weekly timetable is packed with more than 40 activities, and more than half of those are free to attend. They will have Come and Try sessions available that include Yoga, Jazz Dancing, Chair Yoga, Line Dancing and Zumba Gold.
Free
City of Mandurah
9550 3799
Open to public

SENIORS WEEK EVENTS
Tuesday 10 November
SOUTH WEST

Busselton Senior Citizens Centre

Busselton Senior Citizens Centre, 22 Peel Terrace, Busselton
9am to 3pm
All activities on the November Activity Calendar will be free
Free
Busselton Senior Citizens Centre
9755 2232 or email manager@bscc.net.au
Open to public

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SENIORS WEEK EVENTS Wednesday 10 November PERTH METROPOLITAN AREA

**Have a Go Day
Burswood Park
9am to 3pm**
THIS popular event is a free information and activities expo for the over 50s and is the peak event of Seniors Week. Come along to try a variety of activities including canoeing, dancing, and much more. Free tea, coffee provided.
**Free entry
Seniors Recreation Council
Dawn Yates 9492 9773
Open to public**

**Gold Paddling
Burswood Park
9am to 3pm**
GOLD Paddling offers Seniors the opportunity for complete beginners or more experienced paddlers to join the paddling group which meets at the University Boatshed in Crawley on Mondays between midday and 4pm. Gold Paddling will be at *Have a Go Day* where Seniors can try paddling under qualified instruction on the Swan River.

**Free
Gold Paddling
Don Mullaley
0412 471 814
Open to public**

**U3A Stall at
Have a Go Day
Burswood Park
9am to 3pm**
VISIT the marquee for the opportunity to talk with the friendly informative U3A Perth Members about the opportunities offered by U3A. Join in some U3A activities, take home a shopping bag and printed information about U3A, watch the video and join in the fun at *Have a Go Day*.
**Free
U3A
Catherine 0400 952 585
or u3auwa@outlook.com
Open to public**

**Move Your Body
Warnbro Community Library,
2 Swallowtail Parade,
Warnbro
10am to 10.45am**
STAY On Your Feet will teach you how to move

your body with this fun and interactive presentation. Bookings essential.
**Free
City of Fremantle
9528 8577 or
wclcontact@rockingham.wa.gov.au
Open to public**



**Table Tennis
Queens Park Seniors Club
5 Elshaw Street
Queens Park
10am to 12pm**
TABLE tennis is the perfect activity to keep you healthy. It keeps your body fit and also your brain. Hand-eye coordination works its magic with our brain cells and helps prevent dementia. Come along and have some fun with other members.
**\$2
Queens Park Seniors Club
Contact Steve, Club President: 0409 838 235
or queensparkseniors@outlook.com
Open to public**

**Seniors Week
Citiplace Community Centre
Citiplace Community Centre
Shop 2,
Upper Concourse
Perth train Station
10am to 11am**
CONCERT by Kindy Children at City of Perth Child-care to be held Wednesday 10 November at 10am in the Community Centre Dining Room.
**Free
Citiplace Community Centre
9461 3550 or email for a newsletter
Community.Centre@cityofperth.wa.gov.au
Open to public**

**GREAT FILM, CUPPA & BICKIES FOR \$10
Leederville, Fremantle, Nedlands
Luna Palace Cinema (Leederville, SX and Windsor)**
\$10 seniors tickets for the first session of the day at all Luna Palace Cinema locations (Leederville, SX and the Windsor) including tea, coffee and bickies! Check website for respective film, time and location details
**\$10
Luna Palace Cinemas
luna@lunapalace.com.au
Various - check website
Open to public**



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RAAFA Retirement Living



Government of Western Australia
Department of Justice



Free Seniors Week Events

Wills & Planning Ahead Talks

Join the Public Trustee for one of our free talks during Seniors Week to help you make informed choices about making & storing your Will and planning the future administration of your financial affairs & estate.

- What *really* happens if you die without a valid Will?
- Who can challenge your Will?
- What do executors & administrators do?
- Benefits & risks of Enduring Powers of Attorney & Guardianship

Monday 8 November 10.15am – 11.45am

Tuesday 9 November 10.15am – 11.45am

Thursday 11 November 10.15am – 11.45am

Public Trustee Seminar Room - Level 1 / 553 Hay Street Perth

Doors open at 10am for complimentary refreshments.

BOOKINGS ESSENTIAL

Phone: 1300 746 116 or visit www.trybooking.com/BSYIT

COVID-19 update: Events will be organised in accordance with Government health guidelines and are subject to change.

www.publictrustee.wa.gov.au

- Wills ■ Deceased Estate Administration
- Enduring Power of Attorney
- Trust Management ■ Elder Abuse Prevention
- Private Administrator Support



Public Trustee

**City of Vincent
Seniors Week
Seniors Morning Tea
City of Vincent
Community Centre
99 Loftus Street,
Leederville
10am to 11am**
SENIORS Morning Tea - Come along and meet new people in a friendly relaxed environment. Morning tea provided
**Free RSVP by 2/11/21.
City of Vincent
6112 5808 or communitycentre@vincent.wa.gov.au
Open to public**

Cards and Board Games

**Queens Park Seniors Club
5 Elshaw Street
Queens Park
10am to 12pm**
DO you have a favourite board game? Or a game you haven't played in ages? Come and join them on Wednesday mornings for a few hours of games and gossip. Please feel free to bring your own board game if there is one you really like.
**\$2
Queens Park Seniors Club
Contact Steve, Club President: 0409 838 235
or queensparkseniors@outlook.com
Open to public**



SENIORS WEEK EVENTS
Wednesday 10 November
PERTH METROPOLITAN AREA

On the Move Fitness Session

City of Vincent Community Centre
99 Loftus Street, Leederville
11am to 12pm
COME and try this exercise class for seniors. It is designed to help you improve your physical health and give you the opportunity to socialise with likeminded people at the same time.
Free RSVP by 8/11/21.
City of Vincent
6112 5808 or communitycentre@vincent.wa.gov.au
Open to public

The Lester Prize 2021 Guided Tours

Art Gallery of WA, Perth Cultural Centre
12pm to 1pm
JOIN AGWA's Voluntary Gallery Guides on a guided tour of portraiture works in The Lester Prize 2021.

The Lester Prize is one of the country's most recognised and prestigious

fine art prizes – an award that places artists and community proudly front-and-centre.

This year's forty finalists were chosen from more than 750 entries received from artists across Australia.

Amongst the finalists works are 15 self-portraits, with the common theme of self-reflection and isolation as a result of the Covid-19 pandemic. Famous sitters include twin sisters from pop duo *The Veronicas*, popular WA premier Mark McGowan, and Dr Helen Haines MP. Other works portray family members, inspirational men and women, past sporting greats and Indigenous elders.

This year's portrait selection is convincingly human, personal, emotional and reveals a part of the life and story of each individual.

Free
AGWA
<https://artgallery.wa.gov.au/whats-on/events/les>

ter-prize-2021-guided-tours
Open to public

Make a Kokedama

Bayswater Community Centre
27 King William Street, Bayswater
12.30pm to 2pm
LEARN how to make a beautiful Japanese Moss planting with Kathy Flood and Kate Green. Registrations essential
Free
City of Bayswater
9271 5198
Open to public



Strength and Tone

Aqua Jetty
87 Warnbro Sound Ave, Warnbro
2pm to 2.45pm
A WEIGHT training class to music specifically for the over 50s using adjustable bars. This is a group class where you will use the adjustable bars, allowing you to alter the weight to your own capacity. Suitable for all fitness and ability levels. Bookings essential
Free

City of Rockingham
9591 0888
or aquajetty.agent@rockingham.wa.gov.au
Open to public

Ahoy! Fremantle

'CRUISE' the beautiful Port City of Fremantle and enjoy an array of free and discounted 'Shore Activities' and 'Shore Excursions' during Seniors Week. Visit www.fremantle.wa.gov.au/positiveageing or the Fremantle Visitor Centre, located in the Town Hall to pick up your program and 'boarding pass'.
Free
City of Fremantle
9432 9855
dees@fremantle.wa.gov.au
Open to public

Jungle Body - Get Low

Queens Park Seniors Club
5 Elshaw Street
Queens Park
6.15pm to 7.15pm
A PROGRAM from Jungle Body, the brand of global exercise and movement-to-music fitness to empower all body shapes, ages, sizes and fitness levels. This is a beat driven low impact workout designed

to ignite your mind, move your body & improve your well being. Come along and have a great evening workout with others.
\$5
Queens Park Seniors Club
Contact Steve, Club President : 0409 838 235 or queensparkseniors@outlook.com
Open to public

SENIORS WEEK EVENTS
Wednesday 10 November
PEEL

Open Week at the Mandurah Seniors Centre

Seniors and Community Centre, 41 Ormsby Terrace, Mandurah
THE over 55s can take advantage of member's prices at the Seniors Centre all week. The Centre's weekly timetable is packed with more than 40 activities, and more than half of those are free

to attend. They will have Come and Try sessions available that include Yoga, Jazz Dancing, Chair Yoga, Line Dancing and Zumba Gold.
Free
City of Mandurah
9550 3799
Open to public

The Three Sixties Legends Concert

Seniors and Community Centre
41 Ormsby Terrace, Mandurah

1.15pm to 3pm
THE Three sixties Legends Seniors Week Concert will showcase Eddie Storm, Kelly Green and George Boyer help us celebrate Seniors Week with a bang. Enjoy their spectacular music, performing all of your favourites and a light afternoon tea served at intermission.
Free
City of Mandurah
9550 3799
Open to public



COMMUNITY PHONE NUMBERS

Police: 131 444	ATO: 13 28 61
Crime Stoppers: 1800 333 000	WA Senior Card: 6551 8800
Emergency: 000	Seniors Recreation Council: 9492 9773
Poisons Information Line: 13 11 26	Western Power: 13 13 51
Lifeline WA: 13 11 14	Water Corporation: 13 13 75
Centrelink: 13 24 68	MyGov: 13 23 07
Medicare: 132 011	
My Aged Care: 1800 200 422	



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Welcome to your guide to Have a Go Day - a LiveLighter Event Burswood Park Wednesday 10 November



Burswood Park celebrates Have a Go Day



boomerang throwing? Or perhaps qi gong or petanque are more your speed?

If you've been thinking about getting more active on a regular basis, there are representatives from many of Perth's clubs for you to chat to: walking, cycling, and pole walking to name a few. Or if you're looking for a more relaxing hobby, you can find out more about stamp collecting, playing the ukulele, or spinning a yarn.

There are also some great health and wellness screenings available. Whether it's your hearing or blood pressure that has got you worried, put your mind at ease and get it checked out.

These are just a few of the 200 plus exhibitors that will be on site. Don't forget to keep your strength up to explore them all. Grab a snack, a meal or something sweet to keep you going - there are plenty of options for all

tastebuds, along with free water all around the site to keep you hydrated. Sit back and enjoy the ten-piece band, *Music Mayhem and FBI*, and tap your feet along to *Klassworks Music* as you savour your bite to eat.

Look out for the Burswood Park tent and come and meet the team that keep the park in magnificent condition. We'd love to hear your thoughts on what keeps you coming back to the Park again and again, and what would encourage you to visit more frequently.

Enjoy the festivities and don't forget to have fun!

Linda Kut
General Manager
Burswood Park Board



BURSWOOD Park Board is proud to be hosting the *Have a Go Day - A LiveLighter Event* for the 29th time, and we invite you and your family to once again join in the fun and free adventures amongst the trees and against the backdrop of the beautiful Swan River and the Matagarup Bridge. Age is no limit!

Why not get your heart pumping with a spot of line dancing or Hot Hula? Perhaps you've always wanted to try your hand at bokart, rock climbing or

PERSONALITIES

WA Police Pipe Band, Channel 7,
6PR Personalities

OFFICIAL WELCOME

10.30am-10.50am

Official welcome: Hon Don Punch MLA, Minister for Disability Services; Fisheries; Innovation and ICT; Seniors and Ageing
WA Police Pipe Band will be performing the national anthem

Have a Go Day a LiveLighter Event Wednesday 10 November 2021 ENTERTAINMENT STAGE

TIME	NAME OF ENTERTAINMENT
9-9.50	Music
10-10.25	WA Bush Poets & Yarnspinners Assn
10.30-10.50	Official Welcome
10.55	Have a Go Day Official Walk
10.55-11.25	Musical Mayhem & F.B.I. Bands
11.30-12noon	WA Police Pipe Band
12.05-12.35	Jim Sings Country
1.10-1.35	Ukulele - Uke Society
1.40-2.05	Terry Bennetts
2.05-2.45	Musical Mayhem & F.B.I. Bands
2.50	Major Prize Draw

Have a Go Day a LiveLighter Event Wednesday 10 November 2021 FOOD VENDORS

FOOD	Site No.
Bethanie (Sausage Sizzle Stall)	56
Casablanca Real Moroccan Cuisine	77
Coffee	144
Fob Delicious	47
Gordon's Food Van	6
Hospitality Tent <i>Have a Go News</i>	95
Hospitality Tent <i>Have a Go News</i>	107
Hospitality Tent <i>Have a Go News/ Phoenix Insurance</i>	114
Ice Box - Ice Cream	26
Mary's Spud Wagon	104
Perth Coffee Express	24
Piadina Bar - Italian Street Kitchen	103
Satay Satay	34
Tims Ice Cream	126
WA Spit Roast Catering	125

Have a Go Day a LiveLighter Event Wednesday 10 November 2021 HEALTH CHECKS

ORGANISATION	Site No.
Black Swan Health	65
Bloom Hearing Specialists	63
Curtin University - Healthy Living Clinic	79
Hearing Australia	116
Lions Hearing Clinic	71
MercyCare	127
Regis Aged Care	78
Silver Chain	84
Specsavers Audiology	138
Stroke Foundation	121

Have a Go Day a LiveLighter Event Wednesday 10 November 2021 TIMED ACTIVITIES

Site No.	ACTIVITY
17	Crown Perth See site for details
98	Entertainment Stage See site for details
132	Esperanto League of WA 10am, 11am, 12noon, 1pm, 2pm
111	Free Spirit Dance and Wellness 9am - 9.20am, 11am - 11.20am, 12.10pm - 12.30pm, 1.30pm - 1.50pm
98	Have a Go Day Official Walk 10.50am
33	Hora Shalom 9.20am - 9.40am, 11.30am-11.50am
107	Hospitality Tent - <i>Have a Go News</i> See site for details
46	Hot Hula Fitness 9.50am - 10.10am, 11am - 11.20am, 12pm - 12.20pm, 1.10pm - 1.30pm, 2pm - 2.20pm
6a	Ian Fletcher entertainer See site for details
19	Ingenia Gardens 9.30am - 9.50am, 11.10am - 11.30am, 12.10pm - 12.30pm, 1.10pm - 1.30pm, 2.10pm - 2.30pm
98	Jim Sings Country 12.05pm - 12.35pm
98	Klassworks Music 12.40pm - 1.10pm
110	Linedance Legends 9.55am - 10.20, 11.50am - 12.10pm, 1pm - 1.20pm, 2.30pm - 2.50pm
51	LiveLighter Healthway Activities 10am - 10.20am, 11am - 11.20am, 12pm - 12.20pm, 1pm - 1.20pm
32	Mad Tatters Morris 10.50am - 11.10am; 12.40pm - 1pm
98	Musical Mayhem & F.B.I. Band 10.55am - 11.25am; 2.05pm - 2.45pm
98	Official Welcome 10.30am
90	Over 55 Walking Association 10.50am
52	Pole Walking - SRCWA 10am, 11am, 12noon, 1pm
87	Qi Gong - Forever Fitness 10am - 10.20am; 11.40am - 12noon, 1.40pm - 2pm
33	Retstappers 10.05am - 10.25am, 12.15pm - 12.35pm, 1.35pm - 1.55pm, 2.25pm - 2.45pm
54	Silver Star Wanda'ers Line Dance 9.20am - 9.40am, 11.35am - 11.55am, 12.30pm - 12.50pm, 1.30pm - 1.50pm, 2.30pm - 2.50pm
111	Square Dance Society 9.30am - 9.50am, 11.25am - 11.45am, 12.35pm - 12.55pm, 2pm - 2.25pm
6	Terry Bennetts Music See site for details
32	Ukulele - Uke Society 9.40am-10am; 11.50am-12.10pm; 2pm-2.20pm Main stage 1.10pm-1.35pm
38	WA Boomerang Association Inc 9am, 10am, 11am, 12noon, 1pm, 1.50pm, 2.30pm
98	WA Bush Poets & Yarnspinners Assn 10am - 10.25am
98	WA Police Pipe Band 11.30am - 12noon
6a	Wayne Pride Entertainer See site for details
32	Zumba Gold Main Stage 1.40pm - 2pm

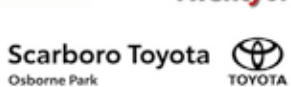


Welcome to Have a Go Day from Crown Perth



CROWN Perth is delighted to welcome West Australians to *Have a Go Day*, and to celebrate this fantastic event's 29th year located here on the doorstep at Burswood Park. We are delighted to be a long-term partner of *Have a Go Day*, so please do visit the Crown Perth marquee to hear and see what we have on offer in 2021.

Crown Perth has shuttle buses running every 20 minutes from the Burswood train station to Crown Perth, and onto Burswood Park. There is also free parking provided for the day onsite in Crown's open air and multi-level carpark for *Have a Go Day* attendees.



WIN WIN WIN: To be in the draw, to win one of these great prizes, simply fill in this form and place in the entry barrels at the information booths at site 22 and 55 between 9am to 2.30pm at *Have a Go Day*, a LiveLighter Event. *One prize per family

First Prize - Donated by Crown Perth

- Two nights' accommodation for two people at Crown Towers Perth in a Deluxe King Room
- Breakfast for two at Epicurean per night
- Valet parking for one vehicle per night
- French champagne delivered to room upon arrival

Second Prize - Donated by Have a Go News and Kings Tours and Travel

A \$500 Coles/Myer voucher

Third Prize - Donated by Telstra

Oppo Reno Smart Phone

*One prize per family

NAME:

CONTACT NUMBER:

EMAIL:

ADDRESS:

.....

.....

**Have a Go Day - a LiveLighter Event
MAJOR RAFFLE ENTRY FORM***



The chocolate wheel will be spinning on the hour from 10am at *Have a Go Day* 2021





Have a Go Day 2021 a LiveLighter Event Wednesday 10 November EVENT PARTICIPANTS with SITE NUMBERS

15	a	Act Belong Commit
91		Advocare
28		Anglicare WA No Interest Loans
108		ANZ Digital
50		APIA / AAI Ltd
134		Arcadia Group
76		Association of Caravan Clubs WA
15	c	Association of Independent Retirees
64		Aussie Redback Tours
106		Australian Facetors Guild (Perth Group)
20		Australian Model Ships Society
21		Baptistcare
108		Be Connected
57		Bethanie
62		Bicycles for Humanity Western Australia
65		Black Swan Health
63		Bloom Hearing Specialists
39	b	British Pensions in Australia Inc
92		Burswood Park Board
14		Cancer Council of WA/Sunsmart Van
140		Cancer Council WA
140		Cancer Council WA-Bowel Screening & Planned Giving Team
117		Canoeing DLGSC Camps
142		Carers WA
1		Casey Australia Tours
83		Catholic Homes
136		Channel 7 - Seven West Media
41		Climbing Wall - Manjedal Activity Centre
122		COCOA (Come Out Camping Older Adults)
74		Comfort Keepers
146		Compatible Care
49	a	Consumer Protection
145		Council on the Ageing WA Inc.
135		CPE Group
17		Crown Perth
72		Cura In Home Care
150		Curtin FM 100.1
79		Curtin University - CCRE
102		Cycling Without Age Australia
13		Dept of Communities
73		Diabetes WA
39	a	Dialysis and Renal Transplant
86	d	DrillDance WA (Inc)
98		Entertainment Stage
132		Esperanto League of Western Australia
97		F.B.I. Band
30		Family History WA
2		First Aid-St John Ambulance
94		First Aid-St John Ambulance
99		First Aid-St John Ambulance - Mobile
56		FOOD Bethanie (Sausage Sizzle)
77		FOOD: Casablanca Real Moroccan Cuisine
144		FOOD: COFFEE

47		FOOD: Fob Delicious
6		FOOD: Gordons Food Van
26		Food: Ice Box
104		Food: Mary's Spud Wagon
24		FOOD: Perth Coffee Express
103		Food: Piadina Bar - Italian Street Kitchen
34		FOOD: Satay Satay
126		Food: Tims Ice Cream
125		Food: WA Spit Roast Catering
86	b	Forget-Me-Not Dementia Support
111		Free Spirit Dance and Wellness
133		Friendship Force of Perth
16		Go Go Active Tours
117	a	GOLD Paddling - Paddling WA
42		Gosnells Woodturning Group
112		Guide Dogs WA
98		Have a Go Day Official Walk
107		Have a Go News
49	b	Health & Disability Services
116		Hearing Australia
52	b	Heart Foundation
29		Hendercare
139		Home Chef
107		Home in WA
33	a	Hora Shalom
107		Hospitality Tent - Have a Go News
95		Hospitality Tent - Have a Go News - Phoenix Insurance
114		Hospitality Tent - Have a Go News
46		Hot Hula Fitness
6	a	Ian Fletcher Entertainer
22		Information Booth
55		Information Booth
19		Ingénia Gardens
68	a	Injury Matters
69		Inner Wheel District A40
98		Jim Sings Country
88		Juniper
123		Just Better Care
85		Kelmscott Pinjarra 10th Light Horse Memorial Troop Inc.
98		Klassworks Music
128		Legal Aid WA, Seniors Rights & Advocacy Service
86	c	Liddlelow Homestead Arts & Crafts Club
110		Linedance Legends
45	a	Lions Dryandra Woodland Village
71	a	Lions Hearing Clinic
71	b	Lions Hearing Foundation
45	b	Lions Noranda
120		Lisle Villages Inc
51	a	LiveLighter Healthway
51	b	LiveLighter Healthway Activities
32	a	Mad Tatters Morris
82		Masonic Care WA
48		Medic Technology International Pty Ltd

15	d	Men's Sheds of WA
15	a	Mentally Healthy WA
127		Mercycare
61		MG Car Club of WA
97		Musical Mayhem (Band)
129		National Archives of Australia
108		NBNCO
20		North Coast Marine Modellers
131		Northern Suburbs Community Legal Centre - Older People's Rights Service
35	a	Office of the Public Advocate
98		Official Welcome
90		Over 55 Walking Association
99		PA Van
118		Paper Craft Assn. of WA
44		People Who Care
59		Perth Blokart Club
5		Perth Family Relationship Centre
10		Perth Mobility Scooters
39	d	Perth Seniors Social Meet Up
70		Perth Seniors Social Meet Up
118	a	Pickleball Perth
78		Philatelic Society of Western Australia
141		Playgroup WA
52	c	Pole Walking - SRCWA
3		Prostate Cancer HELP Assn - PCa HELP
35	b	Public Trustee
87		Qi Gong - Forever Fitness
25		Radio 6PR
75		Regis Aged Care
4		Relationships Australia WA
9		Retirees WA Inc
33	b	Retstappers
86	a	Rose Society of Western Australia Inc
149		Royal Life Saving Society WA
62	a	Scarboro Toyota
40		Scout Heritage Centre of WA
49	c	Seniors Housing Advisory Centre
93		ShelterBox Australia
18		Shuttle Bus-Pick up/Drop off
84		Silver Chain
54		Silver Star Wanda'ers Line Dance
7		Smart Product Solutions
15	b	Solace Grief Support Group
138		Specsavers Audiology
111		Square Dance Society
52	a	SRCWA
52	d	SRCWA Branches
89		St John Giving
68	b	Stay on your Feet
115		Step Forward Orthotics
121		Stroke Foundation
66		Swan Volunteer Resource Centre
8		SwanCare

108		Tech Savvy Seniors
109		Telstra Corporation
6	a	Terry Bennetts Music
37		The Handtool Preservation Society of WA Inc.
58	b	Theatre Organ Society of Australia (WA Division)
80		Therapy Focus - Bladder and Bowel Health Program
58	a	Tin and Collectables Club
23		Toilets
11		Toilets - portable
31		Toilets - portable
143	b	Transperth
143	b	TransWA
147		Trinity School for Seniors
12		U3A University of the Third Age
32	b	Ukulele - Uke Society
119		Umbrella Community Care Inc
27		Unicare Health
148		Uthando Project
81		Victoria Park - South Perth RSL
36		Villa Carlotta Travel
58	c	Vintage Wireless and Gramophones Club of WA
124		VisAbility
38		WA Boomerang Association Inc
96		WA Bush Poets & Yarnspinners Assn
39	c	WA Butterflies - Dog Free Camping Club
137		WA Card Collectors Society Inc.
101		WA Classic Speedway Assn
106		WA Lapidary and Rockhunting Club
53		WA Police Force
98		WA Police Pipe Band
13	a	WA Seniors Card - Dept of Communities
67		Water Tank-Free drinking water
105		Water Tank-Free drinking water
113		Water Tank-Free drinking water
6	a	Wayne Pride Entertainer
60		West Australian Historical Cycle Club
100		West Australian Pistol Assn.
43		West Coast Metal Detector Club
39	d	Western Social Club
130		Westfarmers trading as Kleenheat Gas
98		Zumba Gold

Your guide to
Have a Go Day
- a LiveLighter Event
Burswood Park
Wednesday 10 November



SENIORS WEEK EVENTS Wednesday 10 November SOUTH WEST

Busselton Senior Citizens Centre
Busselton Senior Citizens Centre,
22 Peel Terrace, Busselton
9am to 3pm
ALL activities on the November Activity Calendar will be free
Free
Busselton Senior Citizens Centre
9755 2232 or email manager@bscc.net.au
Open to Public

Visit Summer Creek Restaurant Brewery



Wood fire pizza oven, home made bread
We do all our own cooking using as much as possible of our own produce
eg honey from our hives
We make honey ice cream plus sell our honey
We are only 40 minutes from Midland

OPEN Friday, Saturday & Sunday 11am-8pm Bookings required
Group bookings of 10 or more people welcome Wednesday to Sunday
Great for small weddings and anniversaries
Ph 9574 1387 Email antpoulton666@gmail.com
9 Yates Street, Bakers Hill (Parking on site)



Do you need help with knowledge, tools and more confidence to participate in your daily activities?

Speak with Indigo to book an appointment with our friendly and experienced health professionals about how they can help you to live more independently for longer.

Indigo has more than 40 years of experience in helping West Australians with:

- Assistive technology and equipment options
- Home modifications
- Allied health services in the home (occupational therapy and physiotherapy).
- Driving refresher lessons and OT Driving Assessments.



Contact us to find out how we can help you including what funding options may be available.
Phone us: 08 9381 0600 or
Visit: indigosolutions.org.au



SENIORS WEEK EVENTS Thursday 11 November PERTH METROPOLITAN AREA

Line Dancing - Improvers
Queens Park Seniors Club,
5 Elshaw Street,
Queens Park
9.30am to 11am
COME along and let the line dance instructor teach you a fun new skill. Dancing is a low impact form of movement which will also help keep your mind sharp. They dance to a variety of music. Line dancing is an individual activity, no partners required but couples are welcome.
\$5
Queens Park Seniors Club
Contact Steve, Club President : 0409 838 235 or queensparkseniors@outlook.com
Open to Public

Chair Yoga
Safety Bay Library,
197 Safety Bay Road,
Safety Bay
10.30am to 11.30am
LEARN basic chair yoga techniques that you can use at home every day. This fun session is informative, energising, and de-stressing. Bookings essential.
Free
City of Rockingham
9528 8611
or sbycontact@rockingham.wa.gov.au
Open to Public

GREAT FILM, CUPPA & BICKIES FOR \$10
Leederville, Fremantle, Nedlands
Luna Palace Cinema (Leederville, SX and Windsor)
\$10 seniors tickets for the first session of the day at all Luna Palace Cinema locations (Leederville, SX and the Windsor) includ-

ing tea, coffee and bickies! Check website for respective film, time and location details
\$10
Luna Palace Cinemas
luna@lunapalace.com.au
Various - check website
Open to public

Forever Fitness Exercise Program for Seniors 55+
Wilson Community Hall, corner of Braibrise Road & Armstrong Road, Wilson
10am to 11am
EXERCISE program for seniors which includes flexibility, balance, muscle strength, cardiovascular and relaxation exercises.
First lesson free RSVP by 29/10/21
Forever Fitness
Michael Ho foreverfitness888@gmail.com or 0435 046 217
Open to public

Free Wills Information Session - Public Trustee
Public Trustee, Level 1, 553 Hay Street, Perth
10.15am to 11.45am
THINKING about updating or making a new Will or Power of Attorney? Seniors Week (7-14 November) is the perfect time to do it. Without a valid and up-to-date Will, loved ones can be left guessing your last wishes, and your estate may be distributed not according to your choice, but to a pre-determined government formula. Join the Public Trustee for this free community talk where you will learn more about Wills, the deceased estate administration process and safeguard-

ing decision-making in later life. Whether you have an estate plan already in place, you work in the industry, you have children, or you'd like to assist an ageing family member - this seminar will be of benefit to all WA adults. Complimentary morning tea and information bags provided.
Dates: Monday 8 Nov 10.15am - 11.45am, Tuesday 9 Nov 10.15am - 11.45am, Thursday 11 Nov 10.15am - 11.45am
Location: Perth CBD - Public Trustee - Argyle Function Room, Level 1, 553 Hay St Perth. Bookings essential: www.trybooking.com/BSYIT or P: 1300 746 116
Free
Public Trustee
P: 1300 746 116 or on-line bookings at www.trybooking.com/BSYIT
Open to public
Bookings essential

The Lester Prize 2021 Guided Tours
Art Gallery of WA, Perth Cultural Centre
11am to 12pm
JOIN AGWA's Voluntary Gallery Guides on a guided tour of portraiture works in The Lester Prize 2021.

The Lester Prize is one of the country's most recognised and prestigious fine art prizes - an award that places artists and community proudly front-and-centre.
This year's forty finalists were chosen from more than 750 entries received from artists across Australia.
Amongst the finalists works are 15 self-portraits, with the common theme of self-reflection and isolation as a result of the Covid-19 pandemic. Famous sitters include twin sisters from pop duo *The Veronicas*, popular WA premier Mark McGowan, and Dr Helen Haines MP. Other works portray family members,

inspirational men and women, past sporting greats and Indigenous elders.

This years' portrait selection is convincingly human, personal, emotional and reveals a part of the life and story of each individual.
Free
AGWA
<https://artgallery.wa.gov.au/whats-on/events/lester-prize-2021-guided-tours>
Open to public

Chair Yoga
City of Vincent Community Centre,
99 Loftus Street,
Leederville
12.30pm to 1.30pm
CHAIR Yoga is a specific form of yoga therapy which is practiced sitting on a chair or standing using a chair for support. Please wear loose, comfortable clothes for these classes.
Free
RSVP by 8/11/21.
City of Vincent
6112 5808 or communitycentre@vincent.wa.gov.au
Open to public



Swinging Sixties
Mary Davies Library and Community Centre,
17 Settlers Avenue,
Baldviss
1pm to 2pm
THE Jukebox Lady will sing some of the iconic music from the 60s and speak about some of the events that affected lives at home and abroad. Bookings essential.
Free
City of Rockingham
9591 0800 or mdlcccontact@rockingham.wa.gov.au
Open to public

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25% DISCOUNT* PROMO CODE Haveago25
*Offer valid until 30/11/21

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It's easy because it self balances and loads of fun for everyone. Suitable for all ages so long as you are over 12yo and about 45kg.
Take some friends or family and enjoy it together. After all its holiday time!
We operate at 2 locations, Perth and Rottnest Island offering 60 or 90 minute guided tours.
Training and skills practice to ride the Segway safely is all included.
Learn more about your city and the changes that it is going through by listening to our professional guides as you glide around at ease.
Right through the holidays we are operating seven days per week. Please check our website for tour times/dates of operation and location of our tour bases.
Come and have fun at Segway Tours WA
www.segwaytours.wa.com.au or call 1300 808 180

Join us online:
www.haveagonews.com.au
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87.6 FM

East Perth, Bunbury, Busselton, Dunsborough, Cowaramup, Augusta and online.

To find out more on anything you hear or to help you plan your WA holiday visit www.touristradio.com.au

SENIORS WEEK EVENTS
Thursday 11 November
PERTH METROPOLITAN AREA

E-Learning Workshop - Understanding and searching the internet

Bayswater Library,
25 King William Street, Bayswater
1pm to 3pm
FIND out how to use the internet to connect with friends, shop, and access services. Feel free to bring along your own device. Registrations essential
Free
City of Bayswater
9271 2340 or www.eventbrite.com.au/o/city-of-bayswater-18379755944
Open to public

Gosnells Seniors Week Community Barbecue

City of Gosnells Civic Centre
2120 Albany Highway, Gosnells
5.30pm to 8.30pm
THE City of Gosnells main event for Seniors Week for residents will be held at the City of Gosnells Civic Centre, overlooking the beautiful gardens. Come along and meet new people or mingle with old friends while enjoying delicious food and toe-tapping live music. Bookings essential.
Free
City of Gosnells
Bookings are required and open 27/10/21.
9391 6038
Email: amc@gosnells.wa.gov.au

This event is open to City of Gosnells residents aged 55+

Ahoy! Fremantle

'CRUISE' the beautiful Port City of Fremantle and enjoy an array of free and discounted 'Shore Activities' and 'Shore Excursions' during Seniors Week. Visit www.fremantle.wa.gov.au/positiveageing or the Fremantle Visitor Centre, located in the Town Hall to pick up your program and 'boarding pass'.
Free
City of Fremantle
9432 9855
dees@fremantle.wa.gov.au
Open to public

Info session for a clinical drug trial for people living with Alzheimer's

Crawley Mounts Bay Sailing Club, Australia II Drive, Crawley
9.30am to 12pm
GROUND-BREAKING new Curtin University-led research has discovered a likely cause of Alzheimer's.
This session will provide information to the public on a potential new prevention and treatment opportunity.
This event will be open to the public to assist in recruiting participants for the study.
Free
Curtin University
Virginie Lam on 9266 3893 or virginie.lam@curtin.edu.au

SENIORS WEEK EVENTS
Thursday 11 November
PEEL

Open Week at the Mandurah Seniors Centre

Seniors and Community Centre, 41 Ormsby Terrace, Mandurah
THE over 55s can take advantage of member's prices at the Seniors Centre all week. The Centre's weekly timetable is packed with more than 40 activities, and more than half of those are free to attend. They will have Come and Try sessions available that include Yoga, Jazz Dancing, Chair Yoga, Line Dancing and Zumba Gold.
Free
City of Mandurah
9550 3799
Open to public

SENIORS WEEK EVENTS
Thursday 11 November
SOUTH WEST



Seniors Activity Information Day
Stirling Street Arts Centre, Bunbury
10am to 2pm

FREE activities and information day for over 45s. Take part in fun competitions, a wide range of activities, dance, song, entertainment, and information stalls providing a

great opportunity to discuss services available for seniors and carers.
Free
SRC Bunbury Branch
9721 1019
Open to public

Busselton Senior Citizens Centre
Busselton Senior Citizens Centre,

22 Peel Terrace, Busselton
9am to 3pm
ALL activities on the November Activity Calendar will be free
Free
Busselton Senior Citizens Centre
9755 2232 or email manager@bscc.net.au
Open to public



Affordable Funerals

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- Pre Paid Funeral Plans • Cremations • Burials
- Choice of coffins and caskets • Obligation free quotes
- Includes services for South West areas

PHONE 9524 5899 - All areas 24 hrs/day

EMAIL support@greenfieldsfunerals.com.au www.greenfieldsfunerals.com.au

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LIVE WELL

YOUR HEARING IS IMPORTANT,
LISTEN FOR THE SIGNS TODAY

Book your hearing check **1800 054 667**
18 clinics across Perth and the South West,
now open in Woodvale.

lionshearing.org.au



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struggling to hear
& anxiety
frustration, embarrassment
:- (alone ?
muffled sound
avoiding conversation

SENIORS WEEK EVENTS Friday 12 November PERTH METROPOLITAN AREA

Ahoy! Fremantle

'CRUISE' the beautiful Port City of Fremantle and enjoy an array of free and discounted 'Shore Activities' and 'Shore Excursions' during Seniors Week. Visit www.fremantle.wa.gov.au/positiveageing or the Fremantle Visitor Centre, located in the Town Hall to pick up your program and 'boarding pass'.
Free
City of Fremantle
9432 9855

dees@fremantle.wa.gov.au
Open to public



Tai Chi
Queens Park Seniors Club
5 Eishaw Street
Queens Park
9am to 10am
THE instructor is highly qualified in the 'Yang'

form of Tai Chi, with over 30 years' experience and has been with the club for 25 years. The benefits are so rewarding. Members offer friendly support and encouragement.
\$5
Queens Park Seniors Club
Contact Steve, Club President: 0409 838 235 or queensparkseniors@outlook.com
Open to public

Forever Fitness Exercise Program for Seniors 55+

Gosnells Bowling Club, 2271 Albany Highway, Gosnells
10am to 11am
EXERCISE program for seniors which includes flexibility, balance, muscle strength, cardiovascular and relaxation exercises.
First lesson free RSVP by 29/10/21
Forever Fitness
Michael Ho foreverfitness888@gmail.com or 0435 046 217
Open to public

Morning Melodies: Liza Minnelli tribute

Koorliny Arts Centre
10 Hutchins Way, Kwinana Town Centre
10am to 12pm
EXPERIENCE some of the greatest songs in history performed by Narelle Belle as Liza Minnelli, including *Cabaret*, *For Once in My Life*, *Over the Rainbow* and *New York, New York*. Includes show plus morning tea.
\$15
Koorliny Arts Centre
9467 7118 or admin@koorliny.com.au
Open to public

Simple Eats for Seniors - Seniors Cooking Workshop

Mary Davies Library and Community Centre
17 Settlers Avenue, Baldivis
10am to 12pm
IN this workshop, facilitated by Charlotte Rowley from Habits For Health Nutrition, you will learn about healthy eating, simple changes to make your meals healthier, and how to prepare some healthy, simple, low-cost meals. Bookings essential
Free
City of Rockingham
9528 0333 or customer@rockingham.wa.gov.au
Open to public

GREAT FILM, CUPPA & BICKIES FOR \$10

Leederville, Fremantle, Nedlands
Luna Palace Cinema (Leederville, SX and Windsor)
\$10 seniors tickets for the first session of the day at all Luna Palace Cinema locations (Leederville, SX and the Windsor) includ-

ing tea, coffee and bickies! Check website for respective film, time and location details
\$10
Luna Palace Cinemas
luna@lunapalace.com.au
Various - check website
Open to public

Age Friendly stall @ Hawaiian Noranda

Banara Road, Noranda
10am to 2pm
MEET the City's Age Friendly Ambassadors and find out what's happening in your community. No registration necessary.
Free
City of Bayswater
9270 4107
Open to public



Cards Craft Workshop

Queens Park Seniors Club
5 Eishaw Street
Queens Park
10am to 2pm
COME along and have a great morning designing and making your very own personal greeting cards with other members who enjoy all forms of papercraft. Each month we have a specialized crafter demonstrate and provide tuition for new and exciting projects.
\$2
Queens Park Seniors Club
Contact Steve, Club President : 0409 838 235 or queensparkseniors@outlook.com
Open to public

Keep Fit Queens Park Seniors Club

5 Eishaw Street
Queens Park
10.30am to 11.30am
THIS is a class for mature seniors at all levels of fitness. No need for fancy gym outfits. Comfortable clothing and walking shoes is all that is needed. The fitness trainer combines low impact, strength, stretching, cardio, balance, coordination together with fun and laughter. We do a combination of standing and sitting exercises.
\$2
Queens Park Seniors Club
Contact Steve, Club President : 0409 838 235 or queensparkseniors@outlook.com
Open to public

Mahjong - Eastern Queens Park Seniors Club

5 Eishaw Street
Queens Park
12pm to 4pm
MEMBERS are on hand Monday afternoons to teach the Eastern version of Mahjong. These classes offers an opportunity to socialise and try something new. New players are always welcome.
\$2
Queens Park Seniors Club
Contact Steve, Club President : 0409 838 235 or queensparkseniors@outlook.com
Open to public



Sound Bath Meditation Session

City of Vincent
Community Centre
99 Loftus Street
Leederville
1pm to 2pm
IMMERSE yourself in a guided meditation featuring frequency minded music. This session is perfect for people who find it challenging to focus their thoughts and calm a busy mind.
Free RSVP by 8/11/21.
City of Vincent
6112 5808 or communitycentre@vincent.wa.gov.au
Open to public

Seniors Body Balance

Mary Davies Library and Community Centre
17 Settlers Avenue, Baldivis
2pm to 3pm
AN instructor from Aqua Jetty will visit the library to help you improve your balance in this interactive session. Bookings essential.
Free
City of Rockingham
9591 0800 or mdlcccontact@rockingham.wa.gov.au
Open to public



Last Night of the Proms: A Classical Spectacular

Perth Concert Hall
5 St Georges Terrace
Perth
7.30pm to 9.30pm
BRING your best voice and party spirit as we raise the roof at Perth Concert Hall with WASO's annual barnstorm of flag-waving favourites. Join conductor Guy Noble, the WASO Chorus and special guests as we whip up a spectacular musical feast, complete with a cavalcade of classical hits and patriotic anthems.
\$55 -105
West Australian Symphony Orchestra
9326 0000 or waso.com.au
www.waso.com.au/concerts-tickets/whats-on/concert/proms-2021
Open to public



HAVE YOU SURVIVED A HEART EVENT?

For example, a heart attack, stent insertion, triple by-pass, angina, myocardial infarction, atrial fibrillation, ventricular tachycardia, heart echo, or one of the many other conditions?

Heart Support Australia provides support, information, encouragement and friendship

Join our PERTH Peer Support Group and share your story, concerns and questions with people who have walked in your shoes.
Monthly meetings.



Contact: David McAndrew on (08) 9343 2947 or davmca@bigpond.net.au

Have you taken care of your Will?

For \$70, we can help.

The Salvos offer a community service in which generous and independent local solicitors prepare simple Wills in exchange for a \$70 contribution (or \$120 per couple) to our work.

Community Wills Days -

Tuesday 19 October

The Salvation Army - Floreat
Corner Salvado Road
and Brookdale Street
Floreat WA 6014

Thursday 28 October

The Salvation Army - Mandurah
45 Lakes Road
Greenfields WA 6210

Bookings essential Call 1800 337 082
or book online at salvationarmy.org.au/willsdays

There is no obligation to leave a gift in your Will to The Salvation Army. If, after taking care of your loved ones, you would like to support our work, please advise the solicitor at your appointment.



Government of Western Australia
North Metropolitan Health Service



When did you last have a FREE screening mammogram?

- BreastScreen WA is encouraging all eligible women 50 to 74* years, without breast symptoms to book for a FREE screening mammogram.
- The recommendation for having a screening mammogram is every 2 years.



Remember -
once is not enough
Early detection is your best protection

Book online
www.breastscreen.health.wa.gov.au
or Call 13 20 50

*Women over 40 are also eligible for a screening mammogram

Come and see our place



We love it here and so will you!

Lendlease is one of Australia's leading retirement living providers, and with 10 villages across Western Australia, we have an affordable home to suit everyone, in the area you already know and love.

Come and explore our gardens, community spaces and beautiful homes for sale with a personalised tour, or join a range of free events at some of our villages during Seniors Week. Gain an insight into this rewarding lifestyle and meet the people who could one day be your neighbours.

North



Harbourside Village

7 Honiara Way, Mindarie

3 bedroom apartments from \$529,000*
Join our wait list



Timberside Villas

10 Timbercrest Rise, Woodvale

2 bedroom villas from \$299,000*
3 bedroom villas from \$485,000*



Parkland Villas Woodlands

52 Liege Street, Woodlands

1 bedroom apartments from \$220,000*
2 bedroom apartments from \$365,000*
2 bedroom villas from \$240,000*
3 bedroom villas from \$375,000*

East



Homestay Village

267 Wharf Street, Queens Park

2 bedroom villas from \$250,000*
3 bedroom villas from \$264,000*



Parkland Villas Ellenbrook

25 The Parkway, Ellenbrook

2 bedroom villas from \$320,000*
Join our wait list



The Pines

21 Ponte Vecchio Boulevard, Ellenbrook

2 bedroom villas from \$230,000*
3 Bedroom villas from \$315,000*

South



Parkland Villas Booragoon

510 Marmion Street, Booragoon

2 bedroom villas from \$399,000*
3 bedroom villas from \$499,000*
1 bedroom apartments from \$199,000*
2 bedroom apartments from \$270,000*



Lakeside Village

14 Lewington Gardens, Bibra Lake

1 bedroom villas from \$180,000*
2 bedroom villas from \$220,000*
1 bedroom unit from \$125,000*
2 bedroom unit from \$175,000*



Parkland Villas Mandurah

2 Hungerford Avenue, Halls Head

2 bedroom villas from \$180,000*
3 bedroom villas from \$235,000*



Woodstock West

146 Strickland Street, Bunbury

2 bedroom villas from \$280,000*
3 bedroom villas from \$330,000*

Visit retireinwa.com.au to view all properties for sale and events
or call **1800 550 550** to book your private appointment today.

Photographs are for illustrative purposes only. Information about the services and facilities provided in the village is correct at the time of printing but may change as the needs of residents change. Lendlease proudly operates under the Retirement Villages Act. *Pricing correct at time of printing and subject to availability. Published by Lendlease RL Realty (WA) Pty Ltd ABN 24 102 637 829. Printed in September 2021.

 **lendlease living**

SENIORS WEEK EVENTS
Friday
12 November
PEEL

Open Week at the Mandurah Seniors Centre
Seniors and Community Centre
41 Ormsby Terrace, Mandurah

THE over 55s can take advantage of member's prices at the Seniors Centre all week. The Centre's weekly timetable is packed with more than 40 activities, and more than half of those are free to attend. They will have Come and Try sessions available that include Yoga, Jazz Dancing, Chair Yoga, Line Dancing and Zumba Gold.
Free
City of Mandurah
9550 3799
Open to public

Celebrate Seniors Expo
Seniors and Community Centre
41 Ormsby Terrace,

Mandurah
10am to 2pm
TO round off the week come and join the Celebrate Seniors Expo. Find out what is on in the area for seniors, including activities to keep you active and connected to the community.

With 30 local community groups attending, you are sure to find something to take your fancy!
Free
City of Mandurah
9550 3799
Open to public

SENIORS WEEK EVENTS
Friday
12 November
SOUTH WEST

Busselton Senior Citizens Centre
Busselton Senior Citizens Centre,
22 Peel Terrace, Busselton
9am to 3pm
ALL activities on the November Activity Calendar will be free
Free

Busselton Senior Citizens Centre
9755 2232 or email
manager@bscc.net.au
Open to public

GREAT FILM, CUPPA & BICKIES FOR \$10
Leederville, Fremantle, Nedlands
Luna Palace Cinema (Leederville, SX and Windsor)

\$10 seniors tickets for the first session of the day at all Luna Palace Cinema locations (Leederville, SX and the Windsor) including tea, coffee and bickies! Check website for respective film, time and location details
\$10
Luna Palace Cinemas
luna@lunapalace.com.au
Various - check website
Open to public

A Grand Morning Tea
Rockingham Central Library, Dixon Road, Rockingham 6168
9.30am to 11am

GRANDCARERS and their grandchildren are invited to morning tea to celebrate the special role of grandcarers. Enjoy story-time and art activity together before sharing morning tea. A smoking ceremony will be per-

formed to welcome all. Everyone is welcome, everyone belongs.
Free
City of Rockingham
9528 0333
or customer@rockingham.wa.gov.au
Open to public



Writing Your Life Story
Citiplace Community Centre,
Upper Concourse Perth Train Station
12.30pm to 5pm

CAPTURE the poignant, the memorable, the historic and truly unique aspects of your life story or memoir. Helen Iles will demonstrate how to structure and focus your writing to engage and interest the reader and she will show you a variety of ways you can set up your book and publish it economically.
\$30 RSVP by 5/11/21
The Society of Women

Writers WA
swwwabookingofficer@gmail.com or
0429 116 395
Open to public

Ahoy! Fremantle
'CRUISE' the beautiful Port City of Fremantle and enjoy an array of free and discounted 'Shore Activities' and 'Shore Excursions' during Seniors Week. Visit <https://www.fremantle.wa.gov.au/positiveageing> or the Fremantle Visitor Centre, located in the Town Hall to pick up your program and 'boarding pass'.
Free
City of Fremantle
9432 9855
dees@fremantle.wa.gov.au
Open to public

The Lester Prize 2021 Guided Tours
Art Gallery of WA, Perth Cultural Centre
1pm to 2pm
JOIN AGWA's Voluntary Gallery Guides on a guided tour of portraiture works in The Lester Prize 2021.

The Lester Prize is one of the country's most recognised and prestigious fine art prizes – an award that places artists and community proudly front-and-centre.

This year's forty finalists were chosen from more than 750 entries received from artists across Australia. Amongst the finalists works are 15 self-portraits, with the common theme of self-reflection and isolation as a result of the Covid-19 pandemic. Famous sitters include twin sisters from pop duo *The Veronicas*, popular WA premier Mark McGowan, and Dr Helen Haines MP. Other works portray family members, inspirational men and women, past sporting greats and Indigenous elders.

This years' portrait selection is convincingly human, personal, emotional and reveals a part of the life and story of each individual.
Free
AGWA

<https://artgallery.wa.gov.au/whats-on/events/lester-prize-2021-guided-tours>
Open to public

Last Night of the Proms:
A Classical Spectacular

Perth Concert Hall
5 St Georges Terrace
7.30pm to 9.30pm
BRING your best voice and party spirit as we raise the roof at Perth Concert Hall with WASO's annual barnstorm of flag-waving favourites. Join conductor Guy Noble, the WASO Chorus and special guests as we whip up a spectacular musical feast, complete with a cavalcade of classical hits and patriotic anthems.
\$55 -105

West Australian Symphony Orchestra
9326 0000 or waso@waso.com.au
www.waso.com.au/concerts-tickets/whats-on/concert/proms-2021
Open to public

PERTH MOBILITY SCOOTERS

Say Hi to our team at this year's Have A Go Day
Great Raffle Prizes to be Won!

- ✓ Perth's Largest Range of Mobility Scooters and Power Wheelchairs
- ✓ Highly Personalised Service
- ✓ Needs-Based Solutions
- ✓ West Australian Owned and Operated
- ✓ Catering for all people including Home Care Packages and NDIS participants
- ✓ Showroom Trials and Home-Based Trials available



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SENIORS WEEK EVENTS
Sunday 14 November
PERTH METROPOLITAN AREA

Dance Classes for Over 55's with Lynne Williams
Midland Junction Arts Centre

276 Great Eastern Highway, Midland
10am to 11am
EXERCISE your mind and body, improve ease of movement, build strength and balance, and develop your creative movement style. These classes are for people who love to dance, are over 55, and enjoy working as a group. Fun is mandatory, no experience needed. \$140 for a 10 class pass OR \$20 on the door
Midland Junction Arts Centre
9250 8062 or email info@midlandjunctionartscene.com.au
Open to public

Champion Lakes Lifestyle Village Open Day
Champion Lakes Lifestyle Villages
Corner Lake Road and Bay Court, Champion Lakes

10am to 3pm
OPEN DAY 14 November with New Display Homes, New Indoor Heated Pool - all open to the public 10am - 3pm.
Free
Champion Lakes Lifestyle Villages
9390 3909 or info@championlifestyle.com.au
Open to public

Ahoy! Fremantle
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Free

City of Fremantle
9432 9855
dees@fremantle.wa.gov.au
Open to public

GREAT FILM, CUPPA & BICKIES FOR \$10
Leederville, Fremantle, Nedlands
Luna Palace Cinema (Leederville, SX and Windsor)

\$10 seniors tickets for the first session of the day at all Luna Palace Cinema locations (Leederville, SX and the Windsor) including tea, coffee and bickies! Check website for respective film, time and location details
\$10
Luna Palace Cinemas
luna@lunapalace.com.au
Various - check website
Open to public

Seated Dance with Lynne Williams and Liz Cornish
Midland Junction Arts Centre

276 Great Eastern Highway, Midland
11.30am to 12.30pm
EXPERIENCE the benefits of dance in this weekly class. Seated Dance is for people of all ages and capabilities, particularly those who enjoy dance but are physically limited. Families, support workers, and friends are welcome to join in. Tea and coffee are included after the class.
\$40 for a 5 class pass or \$10 on the door
Midland Junction Arts Centre
9250 8062 or email info@midlandjunctionartscene.com.au
Open to public

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This year's portrait selection is convincingly human, personal, emotional and reveals a part of the life and story of each individual.

AGWA
https://artgallery.wa.gov.au/whats-on/events/lester-prize-2021-guided-

tours
Open to public

On Shore and Sea Nollamara
The Gilbert & Sullivan WA Hall

21 Lemana Road, Nollamara
3pm to 5pm
SAVOY Opera Chorale presents sea faring songs from the Gilbert & Sullivan collection plus Arthur Sullivan's dramatic musical cantata, *On Shore and Sea*. The concert will featuring upbeat pieces from *HMS Pinafore* and *Ruddigore*, and the rarely performed one act, *On Shore and Sea*. This cantata tells of war and reunion and the theme of sorrows and separations that are always incidental to war. The central characters are a sailor and his love, who are separated when he goes to battle, and later reunited. "In it Sullivan is caught at his most fluently mellifluous." MusicWeb International
Adult: \$15 / Concession: \$10 / Member: \$5 / Child & Student: Free
https://www.trybooking.com/BTYKF
Savoy Opera Chorale
Open to public



Could this be you?

The Oska Pulse may be your answer



For more information call Shirley on (08) 9306 1200

www.oskapulse.com.au

SPECIAL OFFERS FOR SENIORS WEEK

Fremantle Markets

Corner South Terrace & Henderson Street Fremantle The Yard
Friday, Saturday, Sunday and Monday Public Holidays 8am till 6pm.
The Hall
Friday, Saturday, Sunday and Monday Public Holidays 9am till 6pm.
Fremantle Candy Store - Store Number: 87

20% off per purchase over \$10.
• **Gfree Donuts Freo** - Store Number: Y125a
• **Fresh cinnamon donuts** (no extra charge for vegan) Buy 2 get 1 free - \$5, Buy 5 get 1 free - \$10
• **Inertia Life** - Store Number: Y103
10% discount for all seniors during seniors week.



Healthy, Wealthy & Wise Seminar

27 October, 11am-1pm

Katanning Town Hall, 52 Austral Terrace, Katanning

Please join us at the seminar to hear guest speakers;
'How to exercise with pain/arthritis'

- Ms Helen Weaver, Physiotherapist and

'Estate Planning and Why it is essential to have a Will'

- Paul Trainor, Solicitor

A light lunch will be served. Numbers are strictly limited, please RSVP by Friday 22 October.



For more info or to register, phone 9388 2199 or register online www.arthritiswa.org.au/events



Individual results may vary and not all patients are suitable for radiation therapy. Any surgical or invasive procedure carries risks. Before proceeding, you should seek a second opinion from an appropriately qualified health practitioner.

To assess your suitability, ask your doctor for a referral to a specialist GenesisCare radiation oncologist.

For more information visit: newface.genescare.com
Enquiries: 1300 977 062 or skin@genescare.com

- Bunbury
- Fiona Stanley Hospital
- Hollywood
- Joondalup
- Mandurah
- Wembley

genescare.com



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You don't have to adopt to rescue, help give the cats of WA a second chance.

As a charity, Cat Haven relies heavily on the kind donations and bequests from West Australians. We are WA's premier cat welfare organisation, rehoming 8,000+ cats per year. Please donate, bequeath, foster or volunteer today.



For more information contact us or visit our website

(08) 9442 3600, admin@cathaven.com.au
www.cathaven.com.au, 23 Lemnos St, Shenton Park



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Boogie Beats
Tap Beats
Ballet Beats

LOW IMPACT
AGE 50+

For class information, visit:
www.wastageschool.com.au/beats-program
or call us on 9249 8558

SPECIAL OFFERS FOR SENIORS WEEK

West Australian Ballet - *The Sleeping Beauty*



Chihiro Nomura for *The Sleeping Beauty*. Photo by Frances Andrijich and WundermanThompson

A FAIRY tale ballet for princes and princesses of all ages, *The Sleeping Beauty* is one of the most beloved classi-

cal ballets of all time. Perfect for the whole family, see Princess Aurora, the evil Carabosse and the fight between powerful fairies with an adventurous Prince. Complete with a live orchestra, see West Australian Ballet's 20% discount for Seniors with Concession pricing.

20% off on A and B Reserve tickets for Seniors to *The Sleeping Beauty* included in Concession prices
18 November - 12 December 2021
His Majesty's Theatre, Perth (825 Hay Street, Perth)
Tickets via waballet.com.au or 9214 0707.

Public Trustee encourages you to plan ahead



Public Trustee's Wills and Planning Ahead information seminars are free during WA Seniors Week

THE Public Trustee will host free Wills and Planning Ahead Seminars as part of WA Seniors Week.

The events will offer seniors, their families, carers and loved ones the chance to learn more about the importance of planning for the future and getting their affairs in order.

Are you good to go? This is the question the Public Trustee will ask at free Wills and Planning Ahead information seminars, to be held during WA Seniors Week.

WA Public Trustee, Brian Roche said the talks will focus on the importance of planning for the future, providing information around making and updating your will, the

deceased estate administrative process, enduring powers of attorney and guardianship, financial elder abuse prevention and more.

"We're looking forward to being part of WA Seniors Week again this year and we encourage everyone to come along and learn more about planning for the later stages of life and the services and support available to seniors and the wider public," he said.

Mr Roche acknowledges that while many know they need to write a will or appoint an enduring power of attorney, it is something that people often put off or are reluctant to talk about.

"No one likes to think

about losing capacity or their own death, but our experience shows it is better to be prepared. We should all make time to talk with family about what plans are in place should life take an unexpected turn for the worst, including losing legal testamentary capacity to make a will.

"A little planning can go a long way in saving your family from added stress, inconvenience and expense at a time when they are most vulnerable," he said.

"A will and enduring power of attorney are some of the most important documents that you will make, providing much needed security for yourself and

loved ones.

"Writing a will and being prepared for the future can be easy and cost-effective compared to dying intestate, and we want to ensure that all Western Australians have access to information and services to help them through the process," said Mr Roche.

If you have been thinking about updating or making a new will or power of attorney, WA Seniors Week is the best time to get informed and tick it off your to-do-list.

Sessions will run on Monday 8, Tuesday 9 and Thursday 11 November from 10.15am - 11.45am. They will be held at the Public Trustee Argyle Room - Level 1 / 553 Hay Street, Perth.

Bookings are essential for these free events, call 1300 746 116 or visit www.trybooking.com/BSYIT

Complimentary refreshments are served and information packs provided.

Covid-19 update: Public Trustee events are hosted in accordance with Government health guidelines and are subject to change.

ST BASIL'S AGED CARE SERVICES



For over 20 years, St Basil's WA has provided Western Australians with safe and affordable quality Care at Home, Community Support and Health & Re-ablement Services.

St Basil's offers all levels of Home Care Packages and gives you choice and flexibility in how we help you with your everyday lives, including cleaning, gardening, cooking, showering and more.

St Basil's also offers services to Commonwealth Home Support Program recipients, providing respite and caring for you or your loved one at home, as well as supporting you or your loved one to get out and about with friends, spend a day at our Community Centre in Dianella, or participate in a range of social outings and activities that we conduct.

St Basil's approach is always about You, living your life. We ensure your care and support services meet your personal preferences and needs, and are delivered with respect, integrity and empathy.

If you are from a non-English speaking background, wherever possible St Basil's will provide you with a support worker who understands you and your culture, shares your interests, and speaks your language.

22 Dianella Dr, Dianella WA 6059
Ph: 6146 2585
www.stbasilswa.com.au
E: stbasils@stbasilswa.org.au

Need a lift to *Have a Go Day* and live in Mandurah, Rockingham or Kwinana?



City of Bayswater

SENIORS WEEK EVENTS 7-14 NOVEMBER

Seniors week is a chance to celebrate the valuable contributions of older people in our community. Enjoy a range of free activities across the City of Bayswater during this special week. Registrations essential!

Get on Board with Transperth

Monday 8 November, 9.30 to 11am
Morley Community Centre

Composting workshop

Tuesday 9 November, 10am to 12pm
City of Bayswater Civic Centre

Make a Kokedama

Wednesday 10 November, 12.30pm to 2pm
Bayswater Community Centre

E-Learning - Understanding and searching the internet

Thursday 11 November, 1pm to 3pm
Bayswater Library

Age Friendly stall @ Hawaiian Noranda

Friday 12 November, 10am to 2pm
Hawaiian Noranda, Benara Road, Noranda

For venues and registration, visit www.bayswater.wa.gov.au or call 9272 0622

REGULAR advertiser Wannadoo Tours is offering a service for people in the Mandurah, Rockingham and Kwinana areas who would like to visit *Have a Go Day*.

The service is for pick up, drop off at Burswood Park and return in their coach.

Pickup at Mandurah is 9am, Rockingham at 9.35am and Kwinana at 9.55am.

The cost is \$45 per person and is a great way to support local business and be able to get direct to the park on the day.

Call 1300 146 757 or email wannadoo@westnet.com.au.



STATION TOURS HOSTED BY MONIKA KOS

No need to be alone, get out and enjoy some fun at a senior centre



Mandurah seniors enjoying the September edition of Have a Go News at the Leslie Street Centre

by Josephine Allison

IT'S the time of year when it's good for the heart and soul to be out and about enjoying life after a long, cold winter. Perth's seniors and autumn clubs north and south of the river have a wide range of outings and activities available.

It's a great way to meet people, make lasting friendships and even learn new skills from table tennis to tai chi and carpet bowls.

People need not feel alone when there is a wealth of activities they can do, depending on personal preference and lifestyle. Research shows that social interaction and achievement is important, improving health and wellbeing, especially as we grow older.

Manning Senior Citizens' Centre has a packed program Monday to Sunday, starting with yoga on Monday, an Indian vegetarian lunch and stretch band fit class. Tuesday has a free life coaching session, boot scooting and scrabble, Wednesday table tennis and accordion group and men's shed.

Thursday includes remedial massage, zumba gold and mah-jong while the many Friday activities include table tennis, painting for pleasure, whist and pony canasta, Orchid Society of WA and men's shed engine room.

On Saturday there is a shopping bus, African Violet Society and quilting group while Sunday is devoted to Indian social group, WA Fern Society and afternoon tea dance.

The calendar of events (subject to change) includes a talk by Allan Naber on 13 October (Wednesday) on walking the Camino to Santiago de Compostela while 2 November sees a Melbourne Cup sweep with a bus trip on 25 November.

Contact the centre on 9450 6273 or email: manning seniors@bigpond.com

Herald Avenue Senior Citizens Club in Willetton has a packed calendar year round with new vogue dancing on

Monday, beading and art. Tuesday has yoga, keep fit, men's table tennis and embroidery.

Tai chi lovers can practise their skill on Wednesday with beginners and advanced activity, indoor bowls and women's table tennis with bridge in the afternoon and skiffle group. Thursday sees card-making, knitting, crochet and boot scooting as well as Chinese mah-jong and new vogue dancing.

Tai chi for beginners and advanced is held again on Friday with indoor bowls, zumba, bridge and yoga. Saturday afternoon has table tennis with dancing in the evening while Sunday is devoted to new vogue sequence and bowls.

Call the club on 6260 7658 or email: secretaryherald@iinet.net.au

Balga Autumn Club secretary Barbara Price, who has worked at the club for 27 years, says there are many activities that its 140-odd members can enjoy.

"The club started around 1979 and members can take part in many activities including craft, knitting, crochet and cards," she said. "Members make items for Perth Children's Hospital and King Edward Memorial Hospital as well as blankets and beanies for Ronald McDonald House.

"There is carpet bowls, chair yoga, bingo, line dancing and zumba and art classes on Friday morning. We also have various outings and functions, all made possible through our excellent working committee."

Call the club on 9344 3215 or email: barbara.price7@bigpond.com

South Perth Senior Citizens Club, which has been running for around 60 years, hosts a weekly lunch for seniors every Tuesday. Members can take part in zumba, tai chi, pilates, yoga and dancing. Personal care from top to toe includes hairdressing and podiatry.

The 280-strong membership can also attend chess, mah-jong and scrabble games.

Contact the club on

9367 9880 or email: spsc@bigpond.com

The Harold Hawthorne Community Centre in Carlisle has a packed, year-long calendar, according to community activities officer Leanne Hampson.

"We have everything from arts and crafts to walking groups and teaching digital technology," she said. "We are open to everybody and work to keep costs conservative.

"There is a monthly luncheon and show which involves a three-course meal and live entertainment. From Monday to Friday there is also a three-course meal. There is also takeaway or Meals on Wheels for those confined to home.

"We also have a social activity centre for people who need respite from acting as carer. A recent outing was to the Military Museum and the

Albion Hotel with a drive along the coast.

"We have lots of workshops and various activities throughout the year. Just go to our website and take a look. We are conveniently located opposite the Carlisle train station".

Call 9470 1155 or email: community@hhcentre.org

The Roleystone-Karagullen Seniors Club located in the old kindergarten building next

to the fire station has an active membership including bowls games three days a week (Monday, Wednesday and Friday) and events including a recent *Breakfast at Tiffany's* event where ladies dressed up Audrey Hepburn-style and enjoyed a glass of champagne.

Call 9397 5203 or email: rksc@iinet.net.au

Belmont Senior Citizens Centre has a busy around of activities in-

cluding boot scooting, step line, tai chi, carpet bowls, card games including canasta and hoy cards as well as bingo.

Within the 260-strong club there is an Italian club for members who enjoy conversing in their own language. Amenities include a hairdresser with members enjoying bus trips to Araluen and other popular spots.

Call 9478 1808 or email: belmsenmer@gmail.com

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Nu-Style Shutters Spring Sale is now on, with prices reduced on

Nu-Style electric roller shutters, security doors and grilles plus with the

recent State Government Safety and Security Rebate[^] for WA Seniors

Card members, there has never been a better time to buy and save!



Save 10% for valid WA Seniors Card members with any purchase from Nu-Style Shutters



Get a \$400 safety and security rebate[^] for WA Seniors Card Members from the WA Government when you purchase any security door screens, security window screen or window shutters



RAC Members Save a further 10% Off for any purchase from Nu-Style Shutters

FOR A FREE MEASURE AND QUOTE CALL **1300 798 776**

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[^]Visit www.seniorscard.wa.gov.au for more information. * Show your current RAC Member's Card. T/C apply. Security Agents License no. 20818



CPE Group look forward to meeting readers at Have a Go Day

Win a \$100 voucher at the CPE Group stand at Have a Go Day

HAVE a Go Day is getting close and CPE Group are looking forward to meeting people at Burswood.

They have a \$100 Gift Voucher for Westfield Shopping Centres to give away and brochures for people to take away including a step-by-step Guide Through My Aged Care to Home Care Funding, information on home care provider

pricing and on home care services.

At their stand they will have some comfortable chairs for those who prefer to sit and have a chat. This is a great opportunity to ask all the questions.

CPE will be at Stand 135 – not far from the shuttle bus stop, right beside the music-based activities, close to

the toilets and just across from the free tea, coffee and water – compliments of Have a Go News, so a pretty good spot.

Come on by and say hello to them and have a go at winning that voucher. They have chocolate for people too and just in case people haven't been able to find a poppy this year, they will offer a complimentary one.

Annie, Jackie, Karin and the

team from CPE Home Care Providers are looking forward to seeing people there. Those who are not be going to Have a Go Day and would like any of the brochures or to know more about us, please check out the advertisement on page seven of the Seniors Week Events Guide Liftout. Call or email CPE and they will send out brochures.

Find out more about WA Seniors Card



WA Seniors Card Centre will have a marquee at Have a Go Day 2021!



IF you are not a WA Seniors Card member yet, visit them at Have a Go Day to pick up an ap-

plication form and learn how to access a range of State Government concessions and exclusive business discounts.

For existing members, they will also be able to replace your WA Seniors Card.

With the holiday season approaching, they will be available to discuss the Safety and Security Rebate, to keep you safe at home.

They look forward to seeing you there.

www.seniorcard.wa.gov.au

Is pain spoiling your enjoyment of life?



DESIGNED with people in pain, Oska Pulse is a portable, non-invasive, drug-free alternative to long-term use of pain-killer medication.

Oska is uniquely programmed to mimic the

body's natural electro-chemical activity. It reduces inflammation and pain caused by degenerative conditions such as arthritis, accelerates recovery after surgery or injury, stimulates bone

repair in non-union and acute fractures and promotes bone density.

Being an ARTG listed Class 2a Medical Device, the whole family can confidently use Oska Pulse every day without side effects.

Jim says: How was I going to undertake a return trip from Coogee to Cooktown, driving 25,000 kms in ten weeks? Only one answer – Oska Pulse strapped to my side every day.

Denise says: The only answer to my back pain started out as a cocktail of medications. Then I discovered Oska Pulse

which eliminated my pain and I threw out a drawer-full of expired medicines. (Greenwood WA.)

Christine: I've only used Oska for two days and already feel 10 years younger. (Alexander Heights WA)

Debra: Mum is very happy with her Oska. A lot less pain, sometimes none. (Alice Springs NT)

Developed in WA by Medic Technology founder, Michael Hawker. Chat with him at the Oska Pulse gazebo at Have a Go Day. Or visit www.oskapulse.com.au or phone Shirley 9306 1200.

Feel the warmth of friendship



Enjoy the comfort of living in your own home within our welcoming independent seniors rental community.

Take a virtual tour today or call one of our friendly Community Managers and discover why our residents feel so secure and connected.

TAKE A VIRTUAL TOUR NOW



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SWAN VIEW 301 Morrison Rd, Swan View 9255 3288 YAKAMIA 10 Barnesby Dr, Albany 9842 8433

Ingenia Gardens

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Comfort Keepers®

In-Home Aged Care Specialists

See you at
Have A Go Day
10th November

Staying at home is easy with WA's most trusted partner in Home Care.

Comfort Keepers specialise in in-home care for seniors providing a range of support services that are designed to help you live the life you want to live in the comfort of your own home.

We take care of you in every way. Personal care, meal prep, laundry, light housekeeping, grocery shopping, transportation. The list is endless. And to make things even easier we have

a range of Government funded packages that make in-home care and support affordable for everybody.

If you want to stay at home and need a little help to do the things you want to do **call us today.**

One of our Comfort Keepers team members will give you all the help and advice you and your family need to ensure you stay safe and comfortable at home.

North of the River

Phone : (08) 9492 8920

Email : info@comfortkeepers.com.au

Web : www.comfortkeepers.com.au

South of the River

Phone : (08) 9315 2200

Email : adminsouth@comfortkeepers.com.au

Web : www.comfortkeepers.com.au



Comfort Keepers®

In-Home Aged Care Specialists





You'll be treated like royalty with home pick-up & return by Hughes



Feel supported on your tour with our experienced **Tour Managers**



Benefit from **premium inclusions** on every tour



Rest easy knowing that you can **safely travel with Kings**



Connect with a community of like-minded travellers

TOURS FOR YOU IN 2022

Kings Escorted Holidays is for those who wish to relax and enjoy their holiday while we take care of every detail. We care about the small things and that makes a big difference.

We understand our clients and in order for us to deliver a rewarding holiday to you, we ensure that we have caring and organised staff, products that suit you, suppliers that understand our business and efficient systems in place.

Our goal is to provide you with a fun and pleasurable experience where you have peace of mind knowing that you are cared about. We also want you to experience a sense of achievement and leave you feeling confident to come back and book your next adventure.

TRAVEL WA

ESPERANCE Ocean vistas, rugged archipelago, unique flora & fauna	6 DAYS 20 to 25 February 2022	\$2390* Single \$2850*
ROTTNEST DISCOVERY WA's Emerald Isle in a Sea of Sapphire	3 DAYS 15 to 17 March 2022	\$1150* Single \$1485*
SOUTH WEST FOOD & WINE TOUR Staying at the Pullman Bunker Bay Resort	5 DAYS 14 to 18 March 2022	\$2650* Single \$3345*
COCOS & CHRISTMAS ISLAND WA's Indian Ocean Natural Wonders	8 DAYS 22 to 29 March 2022	\$5350* Single \$5990*
KALBARRI BREAKAWAY Staying at the Kalbarri Edge in Spa Suites	5 DAYS 4 to 8 April 2022	\$2290* Single \$2740*
ALBANY ANZAC DAY Staying at the NEW Hilton Garden Inn	6 DAYS 23 to 28 April 2022	\$2790* Single \$3450*
EXMOUTH GETAWAY WA's most popular town in 2021!	5 DAYS 24 to 28 May 2022	\$3150* Single \$3650*
KIMBERLEY SPIRIT Kununurra to Broome	10 DAYS 10 to 19 June 2022	\$6790* Single \$8390*
KIMBERLEY COUNTRY Kununurra, El Questro & Lake Argyle	5 DAYS 20 to 24 June 2022	\$3490* Single \$4050*

TRAVEL INTERSTATE

TASMANIA IN DEPTH Natural Beauty, Fascinating History & Food Experiences	12 DAYS 25 February to 8 March 2022	\$6590* Single \$7750*
NORFOLK ISLAND Australia's Pacific Island Paradise	10 DAYS 16 to 25 March 2022	\$4450* Single \$5290*
EASTER ON BOARD THE MURRAY PRINCESS Cruise the Majestic Murray River in Style	9 DAYS 14 to 22 April 2022	\$4750* Single \$5990*
SOUTH AUSTRALIAN FOOD & WINE Adelaide, Barossa Valley & Kangaroo Island	7 DAYS 20 to 26 April 2022	\$TBA* Single \$TBA*
GOLD COAST Sunshine & Mountains	7 DAYS 26 April to 2 May 2022	\$3450* Single \$3990*
AUTUMN LEAVES OF VICTORIA Including the Bright Autumn Leaves Festival	8 DAYS 26 April to 3 May 2022	\$3990* Single \$4690*
QUEENSLAND Delights of the Capricorn Coast	10 DAYS 10 to 19 May 2022	\$5690* Single \$6750*
GHAN EXPEDITION Darwin Katherine Alice Springs Coober Pedy Adelaide	7 DAYS 16 to 22 May 2022	\$5790* Single \$5850*
SYDNEY Including the Vivid Lights Festival	5 DAYS 13 to 17 June 2022	\$2990* Single \$3400*
GHAN EXPEDITION Darwin Katherine Alice Springs Coober Pedy Adelaide	7 DAYS 11 to 17 July 2022	\$5790* Single \$5790*

TRAVEL NEW ZEALAND

NEW ZEALAND Rail, Cruise & Coach Tour	20 DAYS 8 to 28 March 2022	\$7590* Single \$9990*
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TO SECURE YOUR SPOT

CALL US ON 9380 6656 // BOOK ONLINE AT WWW.KINGSTOURS.COM.AU
MORE NEW TOURS TO COME SIGN UP TO TOUR UPDATES ON OUR WEBSITE



We care about the little things. That's our difference.