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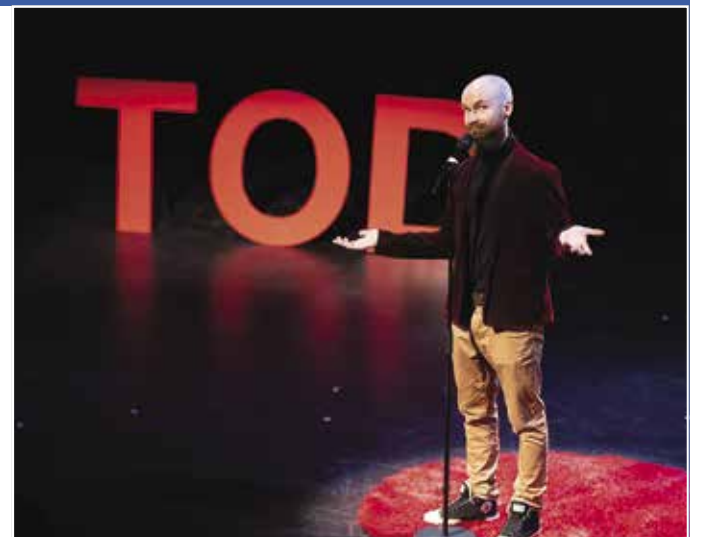
# Have a Go News SENIORS WEEK 2022 EVENTS GUIDE

# Loads to do for Seniors Week 2022

Channel 9 Station Tour

Enjoy a movie

WA Comedy Festival



SEE INSIDE FOR YOUR GUIDE TO HAVE A GO DAY 2022

Join an exclusive station tour of Channel 9 Perth Studios with Monika Kos; win a double pass to a special screening of The Woman King at Palace Cinemas Raines Square; WA Comedy Festival offers seniors discount tickets for some hilarious shows.



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# There's lots to do throughout Seniors Week 2022



HAVE a Go News is proud to be one of the major supporters of WA Seniors Week. Throughout our 31-year history

we have provided information and an events guide to celebrate the week year after year.

Our aim is to ensure that older Western Australians feel recognised and valued in the community with a plethora of activities to keep them active and engaged.

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 November 6 at 1pm. Sony Pictures have supplied the film and readers have the opportunity to win a double pass to see *The Woman King*, a remarkable story of the Agojie, the all-female unit of warriors who protected the African Kingdom of Dahomey in the 1800s. See details on page 3.

The major event for the

week *Have a Go Day* will be held on Wednesday November 9 at Burswood Park from 9am to 3pm and is free for people to attend.

This year celebrates the 30th anniversary of *Have a Go Day* at beautiful Burswood Park and we are proud to have been there since its inception.

Inside this lift-out in the centre pages you will find a double page spread which includes a map of

the grounds, stall holder's listings, how to get there, parking information and the coupon for the major prize draw.

The layout of *Have a Go Day* follows the same format as previous years and it is again located riverside in Burswood Park.

Come down and visit me and the *Have a Go News* team at the hospitality tent where we will serve free tea, coffee and water and ev-

ery hour spin our famous chocolate wheel.

Channel Nine Perth are celebrating Seniors Week with a special opportunity for 15 people to enjoy morning tea with Monika Kos and tour the station to experience television in the 21st century. See more details on page 5.

The very informative Parliament House tours are on with a quirky difference; the Public Trust-

ee offers free information sessions and there's loads of events around Perth and Mandurah from expos, high teas and afternoon dances.

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**  
Managing Editor

## Inaugural WA Comedy Festival seniors' special deals will have you in stitches



A BRAND new seven-night WA comedy festival with more than 25 hilarious shows across four iconic venues will

run from Monday, November 7 to Sunday, November 13 coinciding with WA Seniors Week.

See the funniest peo-

ple from the funniest state, in one giant showcase of WA Comedy!

The week-long festivities will offer a smorgasbord of Western Australian comedy talent across all its funny forms (stand-up, improv, variety, musical and more) with no two shows alike but guaranteed laughs throughout.

The festival includes: the WA Comedy Q&A featuring Rove McManus, WA Fresh Comedy Showcase hosted by Peter Rowsthorn, the

ABC Comedy Debate, WA Queens of Comedy hosted by Famous Sharon, Suns of Fred, The Motherhood, The Pride Comedy Gayla, TOD Talks, Janelle Koenig, WA Comedy Week All-stars, Flynn V's FREAK OUT! Sunday Roasts, Fabian Woods, Play that funny music! WA Comedy Imports, Simone Springer, Joe White and friends, Ebsworth Tonight, Improv DnD, Andrew Portelli, Bec Charlwood, Mike Goldstein, Anna Piper Scott, and Fremantle Comedy Factory Showcase.

Newly added shows

include: Hypnotist Matt Hale, Luke Bolland, Working Class Comedy and Whose Rhyme?

Participating venues include The Rechabite (Hall and Basement) in Northbridge along with renowned comedy venues such as Oasis Comedy Club (upstairs at the Brisbane Hotel) and Fremantle Comedy Factory (Federal Hotel).

To encourage seniors to go and see a show during WA Comedy Week which coincides with WA Senior's Week, all shows have a specially priced seniors ticket presented by *Have a Go*

*News* via [www.wacomedyweek.com](http://www.wacomedyweek.com)

"The best type of crowd is a mixed one with adults of all ages and backgrounds. We would really love to see seniors take up the opportunity to see some great Western Australian comedy. My personal recommendations for seniors include The WA Comedy Q&A featuring Rove and Peter Rowsthorn, comedy hypnotist Matt Hale, Suns of Fred, Janelle Koenig, and TOD Talks," says festival director Ronan Freeburn.

So be sure to support local, laugh local, and get behind the most hilarious

seven nights WA has to offer!

**Have a Go News Show Pick for Seniors**  
*Tod Talks*

Saturday 12 November 5.30pm-6.30pm

The Rechabite Hall – William Street Northbridge.

A parody of a TED talk where comedians are given a topic they know nothing about and they have to sell it to the crowd like they are experts!

Ticket price for seniors \$27.50 plus booking fee (\$2.90)

[www.wacomedyweek.com](http://www.wacomedyweek.com)

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**RAAFA Retirement Living**

## Ready to support you during Seniors Week, and every week



### We're here to listen.

Advocare empowers older people by giving them information and choice so they can make informed decisions to live the life they want on their terms. Our services are free, confidential and unbiased.

Our Advocates can provide support and advocacy for issues directly related to Commonwealth funded aged care services, or elder abuse.

**Our services are focused on:**

- accessing the aged care system
- protecting your rights as an older person
- addressing elder abuse
- reducing older people's social isolation.

Advocare is an independent, not-for-profit organisation that's been empowering older people in WA for more than 25 years.

**Advocare**  
Empowering older people in WA

1800 655 566 | [rights@advocare.org.au](mailto:rights@advocare.org.au)

## Find out more about WA Seniors Card at Have a Go Day



WA SENIORS Card Centre will have a marquee at *Have a Go Day 2022*.

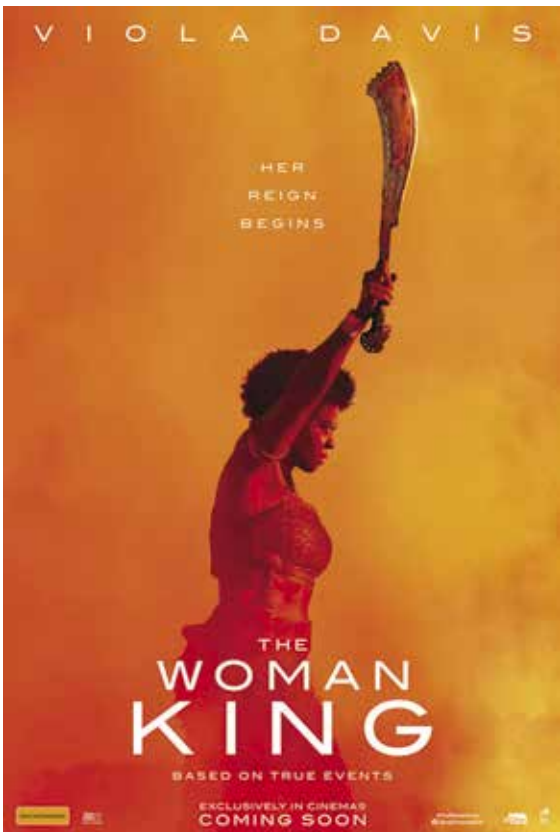
If you are not a WA Seniors Card member yet, visit them to pick up an application form and learn how to access a range of State Government concessions and exclusive business discounts.

Existing members will also be able to replace their WA Seniors Card.

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

They look forward to seeing you there. [www.seniorscard.wa.gov.au](http://www.seniorscard.wa.gov.au)

Enjoy a special screening of *The Woman King*



**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 with the event to be held on Sunday November 6 at 1pm. Thanks to Sony Pictures the feature will be

the new *The Woman King* the remarkable story of the Agojie, the all-female unit of warriors who protected the African Kingdom of Dahomey in the 1800s.

Inspired by true events, *The Woman King* follows the emotionally epic journey of General Nanisca (Oscar®-winner Viola Davis) as she trains the next generation of recruits and readies them for battle against an enemy determined to destroy their way of life. Some things are worth fighting for.

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 2022 with editor Jen Merigan.

Win a \$100 voucher at *Have a Go Day*



IT'S getting close and CPE Group are looking forward to meeting some of you at *Have a Go Day* at Burswood Park.

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 and information on our Home Care Services with some comfortable chairs if you prefer to sit and have a chat about it. This is your chance to ask all the questions without any commitment.

Come find CPE at Stand 2a, tucked away down at the end. So please come on by, say

hello and have a go at winning that voucher. CPE have chocolate for attendees too and just in case you haven't been able to find a poppy this year, they have them complimentary at the stand too.

CPE are looking forward to seeing people there but if you aren't

going to *Have a Go Day* and would like any of the brochures please call them on 1300 655 082 or email at [info@cpegroup.biz](mailto:info@cpegroup.biz) and they will send the brochures, or to find out more about CPE please check out the website at [www.cpegroup.biz](http://www.cpegroup.biz) and see the advertisement on this page.

**WIN WIN WIN**

To be in the draw to win one of 60 double passes to the Seniors Week special screening at Palace Cinemas Raine Square on Sunday November 6 at 12.30pm, (film screens at 1pm) simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with Seniors Film 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 25/10/22.

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Get quirky at Parliament House...



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.

Embedded in each 90-minute session is Quirky Tales, an engaging and often humorous reflection on our state parliament, with morning or afternoon tea included.

You will also tour Parliament House, focusing on its architecture, history and art collection.

Tours run Monday, November 7 to Friday, November 12 at 10am and 1pm. Bookings are essential at \$6 per person to be payable by card only.

To secure your Seniors Week place give Cherie or Tina a ring on 9222 7259.

City Of South Perth Historical Society Inc  
**ART MUSEUM AND LOCAL HISTORY**  
 May Gibbs  
 EXHIBITION  
 Call and About with May Gibbs  
 GALLERY & SHOP OPEN:  
 Friday 10am-4pm  
 Saturday & Sunday 1pm-4pm  
 Heritage House, 111 Mill Point Rd, South Perth  
 9367 9243 southperthhistoricalsociety.org

Welcome to Seniors Week 2022



has been made possible by the McGowan Government's Seniors Week 2022 Community Grants Program, coordinated by the Council on the Ageing WA with support from the Department of Communities.

I'm particularly excited for the WA Seniors Awards, delivered in partnership with the Department of Communities and Council on the Ageing WA.

These awards celebrate exceptional seniors and those working to improve the lives of older Western Australians.

Our work to enhance the lives of Seniors is ongoing.

Throughout the year, we've been developing the WA Seniors Strategy 2023-2033, which will support seniors to live their best lives.

To date, more than 2,000 people have made their voices heard through postcard surveys and consultation sessions, both over the phone and in person.

Their submissions will help shape the strategy, which is scheduled to be released in early 2023.

Earlier this year, more than 310,000 Western Australian seniors took advantage of the State Government's Cost of Living Rebate, with WA Seniors Card members

sharing in almost \$26 million in benefits.

These payments help to ease the financial strain of daily living expenses.

In response to community feedback, the WA Seniors Card Discount Directory is once again available in hard copy.

This program provides members with a fantastic array of discounts and specials all year round; It's even better value if combined with a Commonwealth Seniors Health Card or Pensioner Concession Card, with annual discounts worth up to \$650.

Since its re-launch in August 2021, payments made to seniors under the State Government's Safety and Security Rebate scheme have passed the \$5 million mark.

WA seniors make a rich and diverse contribution to our state. In supporting seniors together, we are all supporting healthier communities, which benefits us all.

Seniors Week 2022 is for all Western Australians, of all ages, so I encourage everyone get involved.

**Hon Don Punch MLA**  
 Minister for Seniors and Ageing

RUNNING from November 6 to 13, this annual celebration is a highlight of my calendar.

Seniors Week is a great opportunity to recognise the wide-ranging contributions of older Western Australians to our state.

As Minister for Seniors and Ageing, I've witnessed first-hand the benefits of these events – not only for organisers and those who take part, but also for the wider community.

Much of this year's program

Empowering older people in Western Australia

ADVOCARE is a not-for-profit organisation, completely independent from aged care providers. The support services are free,

confidential and unbiased.

For more than 25 years, Advocare have proudly helped older Western

Australians access the right supports, information and protections available to them.

Positive steps have taken place to recognise older people's rights with the 2018 Royal Commission into Aged Care Quality and Safety. There is an increasing awareness of elder abuse, particularly financial and psychological abuse; older people are now understanding they deserve to have their rights upheld

and respected.

Advocare's aim is to empower older people by giving them information and choice so they can make informed decisions to live the life they want on their terms.

At Advocare, they believe rights don't diminish with age.

Call Advocare on 1800 655 566, email rights@advocare.org.au or visit the stall at the Burswood and Rockingham Have a Go Days.



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Email: info@pearlhomecare.com.au

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 www.thewondersheet.com.au  
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 www.step2it.net.au



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## PRE-SENIORS WEEK EVENTS Wednesday November 2 PERTH METROPOLITAN AREA

### DISCOVERY SESSIONS - ART SCANDALS

Joondalup Library  
102 Boas Avenue, Joondalup  
6pm to 7.30pm

WHAT scandals has the art world known? What enraged the public in the past and nowadays and why? In this presentation we will look at the most scandalous works of art and investigate the stories behind them. Book and pay online at <https://www.joondalup.wa.gov.au/event-listing>

\$5 per person  
City of Joondalup Libraries  
9400 4751  
Open to public

## PRE-SENIORS WEEK EVENTS Thursday November 3 PERTH METROPOLITAN AREA

### FIRST THURSDAY FILM

Safety Bay Library  
197 Safety Bay Road, Rockingham  
12pm to 2.30pm

JOIN us for a film and light lunch to celebrate our seniors.

Bookings essential.  
Free

Safety Bay Library  
Ph: 9528 8611  
E: [sbycontact@rockingham.wa.gov.au](mailto:sbycontact@rockingham.wa.gov.au)  
Open to public

## PRE-SENIORS WEEK EVENTS Friday November 4 AVON VALLEY



### TOODYAY BUSH POETRY FESTIVAL

Memorial Hall, Toodyay  
BUSH Poetry WA State Championships and workshop  
Free  
WA Bush Poets & Yarnspinners Assn. Inc.  
Bill Gordon  
Mo: 0428 651 098  
E: [wabushpoets@gmail.com](mailto:wabushpoets@gmail.com)  
Open to public

## PRE-SENIORS WEEK EVENTS Saturday November 5 AVON VALLEY

### TOODYAY BUSH POETRY FESTIVAL

Memorial Hall, Toodyay  
BUSH Poetry WA State Championships and workshop  
Free  
WA Bush Poets & Yarnspinners Assn. Inc.  
Bill Gordon  
Mo: 0428 651 098  
E: [wabushpoets@gmail.com](mailto:wabushpoets@gmail.com)  
Open to public

## Monika Kos hosts exclusive station tour



WOULD you like an exclusive opportunity to go behind the scenes and see how television is made in the 21st Century?

To celebrate Seniors Week, Channel Nine Perth is hosting an exclusive station tour and morning tea with Monika Kos at their city-located 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.

Following the station tour, participants will enjoy morning tea with Monika and ask questions along with a

photo opportunity.

The exclusive tour will be held at 10am on Thursday November 10 at the Channel Nine Perth studios, 253 St Georges Terrace, Perth.

This tour is limited to 15 people and due to the high volume of demand for these tours we will do a random draw for people to attend.

Registration is available through *Have a Go News*, email [info@haveagonews.com.au](mailto:info@haveagonews.com.au) with Channel 9 in the subject line. Proof of Covid vaccination required to enter Channel 9. Registration closes 25/10/22.

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## PRE-SENIORS WEEK EVENTS Friday November 4 PERTH METROPOLITAN AREA

### ACTIVAGE EXPO

Beckenham Mills Park  
9.30am to 12.30pm

ACTIVAGE Expo will give over 55s in the City of Gosnells access to a one-stop showcase of Seniors' programs and activities, and provide opportunities to have a go and discover local community services. Food truck vouchers for the first 150 attendees aged 55+ (must show proof of age or WA Seniors Card). Collect your ActivAGE Passport at the information stall and make the most of the demos and activities to enter the Expo raffle. The event will include information stalls from a wide variety of community groups and services specific to over 55s, stage entertainment and live demonstrations, interactive demonstrations for current Seniors programs and other community activities, City of Gosnells Pop Up Library, opportunities to complete the Seniors Community consultation survey, trishaw tours around Mills Park and a variety of food truck options.

Free  
City of Gosnells  
Ph: 9391 6030  
E: [amc@gosnells.com.gov.au](mailto:amc@gosnells.com.gov.au)  
Open to public

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## SENIORS WEEK EVENTS Sunday November 6 PERTH METROPOLITAN AREA



**HAVE A GO FUN DAY**  
**Como Bowling & Recreation Club,**  
 99 Hensman Street, South Perth  
 2pm to 7pm  
 THE club is holding an open day. The public is invited to participate in all the activities the club offers, including lawn bowls, line dancing, rummikub, astronomy, VMX bikes, and bagpipes. It is a family friendly day with sausage sizzle, devonshire teas, and guest speaker Andrew Embley (Eagle ALF).  
 \$10 per person  
**Como Bowling & Recreation Club**  
 Maree Lupica  
 Ph: 9367 3923  
 Mo: 0437 503 884  
 E: comobowlsclub@hotmail.com  
 Open to public

**HAVE A GO NEWS FILM SCREENING**  
**Palace Cinemas Raine Square, Perth**  
 12.30pm to 3pm  
 ENJOY a special screening of *The Woman King* - see page 3 for details how to enter.  
 Free  
 Have a Go News Competition entry

**CITY OF JOONDALUP LIBRARIES - ACTIVITIES AND GROUPS**  
**Joondalup, Whitford, Duncraig and Woodvale Libraries**  
 Joondalup Library  
 Whitford Library  
 Duncraig Library  
 Woodvale Library  
 THERE'S such a lot to do at the City of Joondalup Libraries - from Brain Games to exercise and stimulate the brain to Game On! where you can play a range of popular games, and dedicated Mahjong sessions. Then there's the knitting and crochet groups, plus chess and jigsaws. And if you need tech help, book in to a one on one Keystrokes session, or come along to a Ready, Tech, Go event. Events listed on [www.joondalup.wa.gov.au/event-listing](http://www.joondalup.wa.gov.au/event-listing)  
 Free  
 City of Joondalup  
 Ph: 9400 4751  
 Open to public

## SENIORS WEEK EVENTS Sunday November 6 AVON VALLEY

**TOODYAY BUSH POETRY FESTIVAL**  
**Memorial Hall, Toodyay**  
 BUSH Poetry WA State Championships and workshop  
 Free  
 WA Bush Poets & Yarnspinners Assn. Inc.  
 Bill Gordon Mo: 0428 651 098  
 E: wabushpoets@gmail.com  
 Open to public

**Toodyay 10am to 3pm**  
 THE Shire of Toodyay manages two museums - Connor's Mill and Newcastle Gaol. During Seniors Week, they will only be charging Senior visitors one entry fee to visit both museums. Call in to the Toodyay Visitors Centre or the Newcastle Gaol for your complimentary entry tickets.  
 See website  
 Shire of Toodyay  
 Margie Eberle  
 Ph: 9574 9393  
 E: toodyay.museums@toodyay.wa.gov.au  
 Open to public

**TWO FOR ONE OFFER AT OUR TOODYAY MUSEUMS**  
**Connor's Mill, 7 Piesse Street and Newcastle Gaol, 13 Clinton Street,**

## SENIORS WEEK EVENTS Monday November 7 PERTH METROPOLITAN AREA

**CRAFT GROUP - BASSENDEAN 55 PLUS**  
**Bassendean Seniors and Community Hall**  
 50 Old Perth Road, Bassendean  
 9am to 12pm  
 BRING along craft you enjoy or learn how to knit (knitting equipment provided).  
 Free  
 Bassendean 55 Plus  
 Elsie Bullock  
 Ph: 9279 1944  
 E: bassendeanplus@optusnet.com.au  
 Open to public

**CREATIVE POD - ART FOR ALL - BASSENDEAN 55 PLUS**  
**Bassendean Seniors and Community Hall**  
 50 Old Perth Road, Bassendean  
 11am to 1pm  
 DRAWING or acrylic art paper. You will have something to take home to pop in a frame and enjoy. Materials provided.  
 Free  
 Bassendean 55 Plus  
 Elsie Bullock  
 Ph: 9279 1944  
 E: bassendeanplus@optusnet.com.au  
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## SENIORS WEEK EVENTS Monday November 7 PERTH METROPOLITAN AREA

### PARLIAMENT THROUGH THE LOOKING GLASS Parliament House 4 Harvest Terrace, West Perth 10am to 11.30am

IF a good old fashioned yarn, accompanied by scones with jam and cream and washed down with a nice hot cuppa appeals to you, then Seniors Week at the Parliament of WA is the place to be. The 'Quirky Tales' presentation is an engaging and humorous look at the history of your Parliament. RSVP by 07/11/2022 \$6 per person Parliament of Western Australia Cherie / Tina Ph: 9222 7259 E: education@parliament.wa.gov.au Open to public

### PARLIAMENT THROUGH THE LOOKING GLASS Parliament House 4 Harvest Terrace, West Perth 1pm to 2.30pm

IF a good old fashioned yarn, accompanied by scones with jam and cream and washed down with a nice hot cuppa ap-

peals to you, then Seniors Week at the Parliament of WA is the place to be. The 'Quirky Tales' presentation is an engaging and humorous look at the history of your Parliament. RSVP by 07/11/2022 \$6 per person Parliament of Western Australia Cherie / Tina Ph: 9222 7259 E: education@parliament.wa.gov.au Open to public

### IMPROVING YOUR HEALTH

**Safety Bay Library**  
197 Safety Bay Road,  
Rockingham  
10.30am to 11.30am  
'Stay on your feet' come along to learn how to keep yourself fit and healthy. Bookings essential. Free  
**Safety Bay Library**  
Ph: 9528 8611  
E: sbycontact@rockingham.wa.gov.au  
Open to public

**COME AND TRY: GOLD DANCE CLASS**  
**Shenton Park Community Centre, 240 Onslow Road, Shenton Park**  
11.30am  
HAVE fun, keep active

and try something new! Easy-to-follow dance choreography that focuses on balance, range of motion and coordination. Enjoy a free morning tea after class, meet new people or socialise with friends. Visit [www.subiaco.gov.au/events](http://www.subiaco.gov.au/events)  
Free  
City of Subiaco  
Ph: 9327 9222  
E: culture@subiaco.wa.gov.au  
Open to public

### CITY OF JOONDALUP LIBRARIES - ACTIVITIES AND GROUPS

**Joondalup, Whitford, Duncraig and Woodvale Libraries**  
**Joondalup Library**  
**Whitford Library**  
**Duncraig Library**  
**Woodvale Library**  
THERE'S such a lot to do at the City of Joondalup Libraries - from Brain Games to exercise and stimulate the brain to Game On! where you can play a range of popular games, and dedicated Mahjong sessions. Then there's the knitting and crochet groups, plus chess and jigsaws. And if you need tech help, book

in to a one on one Key-strokes session, or come along to a Ready, Tech, Go event. Events listed on [www.joondalup.wa.gov.au/event-listing](http://www.joondalup.wa.gov.au/event-listing)  
Free  
City of Joondalup  
Ph: 9400 4751  
Open to public



### WILLS AND PLANNING AHEAD SEMINARS

**Public Trustee Argyle Room**  
Level 1 / 553 Hay Street, Perth  
10.15am to 11.45am  
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. Complimentary refreshments served and information packs provided. Bookings essential  
Free  
Public Trustee  
1300 746 116 or visit [www.trybooking.com/CCWAL](http://www.trybooking.com/CCWAL)  
Open to public

## SENIORS WEEK EVENTS Monday November 7 AVON VALLEY



### TWO FOR ONE OFFER AT OUR TOODYAY MUSEUMS

**Connor's Mill, Newcastle Gaol, 13 Clinton Street, Toodyay**  
10am to 3 pm  
THE Shire of Toodyay manages two museums - Connor's Mill and Newcastle Gaol. During Seniors Week, they will only be charging Senior visitors one entry fee to visit both museums. Call in to the Toodyay Visitors Centre or the Newcastle Gaol for your complimentary entry tickets. See website  
Shire of Toodyay  
Margie Eberle  
Ph: 9574 9393  
E: toodyay.museums@toodyay.wa.gov.au  
Open to public

### Star Hearing Consultants Hear Better To Live Better | INDEPENDENT AUDIOLOGISTS

You don't have to live with Hearing difficulty or Ringing in the ears (Tinnitus)

#### Are you a Pensioner/Veteran?

FREE Assessment and FREE Hearing aids Fully funded by Government-Hearing Service Program (HSP)

These days... Hearing loss is more visible than hearing aids

We are experts in discreet hearing solutions

### WE CAN HELP!

To book a Free Hearing Assessment  
Call: 1800 11 4327

[www.starhearing.com.au](http://www.starhearing.com.au)  
Clinic location: 265 Bannister Rd, Canning Vale 6155

Check our Google reviews to see what our patients say!



**Air Liquide**  
HEALTHCARE



Air Liquide Healthcare has over 25 years of proven experience in providing medical products and services for oxygen therapy and innovative respiratory devices to the elderly community throughout Australia

1300 36 02 02



## SENIORS WEEK EVENTS Monday November 7 PEEL

# LET'S RIDE

Sunday,  
20 November 2022

### LIFESPAN DANCE SEATED DANCE CLASSES

**Mandurah Performing Arts Centre**  
10 am to 11 am  
MOVE to music in a safe supported space - in your own chair. These creative, joyful dance classes will give you a sense of freedom and fun! Stay for a cuppa/biccy chat afterwards (supplied).  
\$15 per person  
Lifespan Dance  
Lifespan Dance  
Mo: 0411 243 317  
E: lifespan.dance@gmail.com  
Open to public

**OPEN WEEK AT THE MANDURAH SENIORS CENTRE**  
Seniors and Community Centre/Dandjoo  
Kaadadjan Mia  
41 Ormsby Terrace, Mandurah  
9am to 4pm  
LOCAL residents over 55 can take advantage of members prices at the Centre all week, and get a taste of what the 2500 members enjoy. Meet

the friendly Seniors Week ambassadors and take a tour to learn more about what we have to offer.  
Free  
City of Mandurah  
Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: delys.griffin@mandurah.wa.gov.au  
Open to public

**SENIORS WEEK MENU AT THE MANDURAH SENIORS CENTRE**  
Seniors and Community Centre/Dandjoo  
Kaadadjan Mia  
41 Ormsby Terrace, Mandurah  
9am to 4pm  
VISIT the Dining Room for a daily 2 course meal for \$12. A special Seniors Week Menu will be available along with daily café specials including Devonshire tea and cuppa and cake specials from \$5. Orders in person or by phone.  
\$12 per person  
City of Mandurah  
Seniors Centre  
Delys Griffin

Ph: 9550 3799  
E: delys.griffin@mandurah.wa.gov.au  
Open to public

**GARDEN DISPLAY AT THE MANDURAH SENIORS CENTRE**  
Seniors and Community Centre/Dandjoo  
Kaadadjan Mia  
41 Ormsby Terrace, Mandurah  
11.30am to 1pm  
COME and see the display information on ways to connect with your community and connect with other gardening buffs.  
Free  
City of Mandurah  
Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: delys.griffin@mandurah.wa.gov.au  
Open to public

**CONNECT WITH YOUR GARDEN, CONNECT WITH LIFE AT THE MANDURAH SENIORS CENTRE**  
Seniors and Community Centre/Dandjoo

**Kaadadjan Mia**  
41 Ormsby Terrace, Mandurah  
1.30pm to 3pm  
JOIN special guest and gardening expert, Sabrina Hahn, who will share her extensive knowledge and passion. Be inspired and learn practical tips on how connecting with your garden can help you connect with life.  
Free  
City of Mandurah  
Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: delys.griffin@mandurah.wa.gov.au  
Open to public

**TECH AND TEA**  
Shire of Serpentine Jarrahdale  
Byford Library  
858 South Western Highway  
10am to 12noon  
Free  
Shire of Serpentine Jarrahdale  
Julie Sansom  
Ph: 9526 1111  
E: info@sjsire.wa.gov.au  
Open to public

## SENIORS WEEK EVENTS Tuesday November 8 PERTH METROPOLITAN AREA

**AFTERNOON TEA DANCE ~ CELEBRATING SENIORS' WEEK IN FREO**  
8 William Street, Fremantle  
1pm to 3.30pm  
DANCE the afternoon away and enjoy the live music. It will be enjoyable, fun and a chance to dance and meet new

people. Light refreshments available. An accessible venue. Bookings essential via Eventbrite or call the City of Fremantle to purchase tickets.  
\$10 per person  
City of Fremantle  
Kay Raymond  
Ph: 9432 9999  
E: info@fremantle.wa.gov.au  
Open to public

**CHAIR YOGA - BASSENDEAN 55 PLUS**  
Bassendean Seniors and Community Hall  
50 Old Perth Road, Bassendean  
8.45 am to 9.45am  
With Vai Yoga  
Free  
Bassendean 55 Plus  
Elsie Bullock  
Ph: 9279 1944  
E: bassendeanplus@

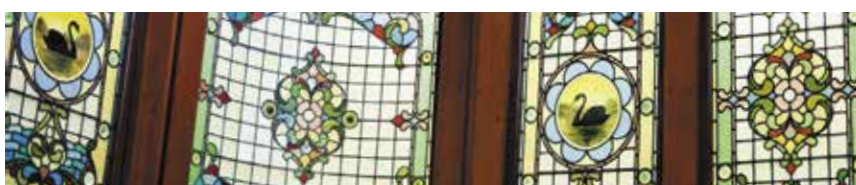
optusnet.com.au  
Open to public

**CELEBRATING SENIORS' WEEK MORNING TEA - BASSENDEAN 55 PLUS**  
Bassendean Seniors and Community Hall  
50 Old Perth Road, Bassendean  
10am to 11am  
Free  
Bassendean 55 Plus  
Elsie Bullock  
Ph: 9279 1944  
E: bassendeanplus@optusnet.com.au  
Open to public

**DROP IN GAMES DAY - BASSENDEAN 55 PLUS**  
Bassendean Seniors and Community Hall  
50 Old Perth Road, Bassendean  
11am to 3pm  
Board games & cards  
Free  
Bassendean 55 Plus  
Elsie Bullock  
Ph: 9279 1944  
E: bassendeanplus@optusnet.com.au  
Open to public

**SENIORS' WEEK HIGH TEA**  
19 Pether Road, Manning  
10am to 12pm  
EXCLUSIVE event for Southcare customers to socialise, reminisce and indulge in a special high tea event during Southcare's 40th anniversary year. RSVP by 31/10/2022  
Free  
Southcare  
Ph: 9450 6233  
E: marketing@southcare.org.au  
Not open to public

**MSWA OceanRide.org.au**



## Parliament Through The Looking Glass

for Seniors Week 2022

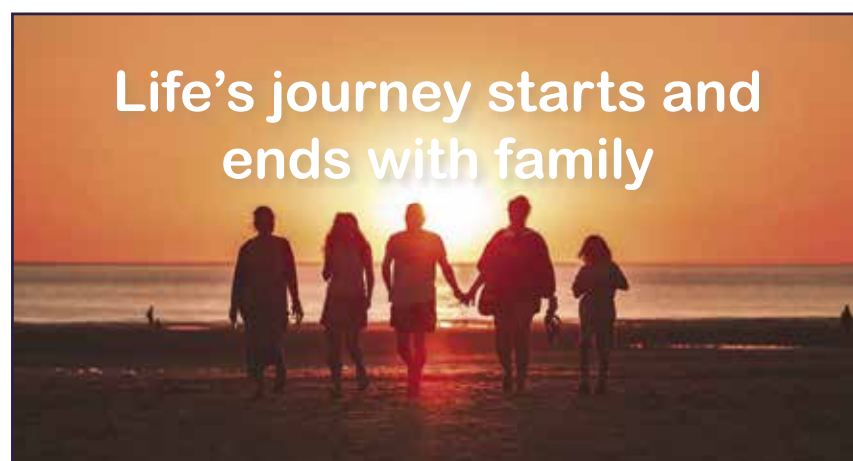
Explore Parliament through a different lens as we celebrate the International Year of Glass

**Monday 7 November - Friday 11 November**  
**10.00am and 1.00pm**

- Embedded in each 90-minute session is 'Quirky Tales', an engaging and often humorous reflection on our State Parliament, with morning or afternoon tea included.
- Cost is \$6 per person to cover light refreshments payable by EFT on arrival.

**Bookings are essential 9222 7259**

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



Life's journey starts and ends with family

### Prepare your Will & safeguard your family

HOMEVISITWILLS helps you to organise:

- Wills - simple and complex
- Enduring Powers of Attorney
- Enduring Powers of Guardianship
- Advance Health Directives
- Probate
- Letters of Administration

Legal documents & advice by MP Commercial Lawyers

**FIXED FEE SERVICES. HOME VISITS Mon-Fri 8am-8pm**



Call now **1300 870 900**

Information at [www.Homevisitwills.com.au](http://www.Homevisitwills.com.au)



# Long Live Us.



Come and discover the retirement you deserve with a Long Live Me experience this October. Join any of our 10 Lendlease retirement villages in WA for a free event including happy hour with live music, BBQ & bowls, garden club, movie matinee, and so much more!

**To secure your spot call 1800 550 550.**

## North



### Harbourside Village

7 Honiara Way, Mindarie

2 bedroom apartments from \$449,000\*  
Join our waitlist



### Timberside Villas

10 Timbercrest Rise, Woodvale

Join our waitlist



### Parkland Villas Woodlands

52 Liege Street, Woodlands

1 bedroom apartments from \$199,000\*  
2 bedroom apartments from \$210,000\*  
2 bedroom villas from \$249,000\*  
3 bedroom villas from \$375,000\*

## East



### Homestay Village

267 Wharf Street, Queens Park

2 bedroom villas from \$255,000\*  
3 bedroom villas from \$269,000\*



### Parkland Villas Ellenbrook

25 The Parkway, Ellenbrook

2 bedroom villas from \$325,000\*  
Join our waitlist



### The Pines

21 Ponte Vecchio Boulevard, Ellenbrook

3 Bedroom villas from \$345,000\*

## South



### Parkland Villas Booragoon

510 Marmion Street, Booragoon

2 bedroom villas from \$399,000\*  
3 bedroom villas from \$570,000\*  
1 bedroom apartments from \$199,000\*  
2 bedroom apartments from \$285,000\*



### Lakeside Village

14 Lewington Gardens, Bibra Lake

1 bedroom units from \$150,000\*  
3 bedroom villas from \$450,000\*  
Join our waitlist



### Parkland Villas Mandurah

2 Hungerford Avenue, Halls Head

2 bedroom villas from \$205,000\*  
3 bedroom villas from \$265,000\*



### Woodstock West

146 Strickland Street, Bunbury

2 bedroom villas from \$280,000\*  
3 bedroom villas from \$320,000\*

Visit [retireinwa.com.au](http://retireinwa.com.au) to view all properties for sale  
or call **1800 550 550** to book your personalised tour 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 2022.

 **lendlease living**



Potato Gratin

**Use discount code WELCOME to receive 10% OFF your first order in store at our shop in Cottesloe or online...**



Beouf Bourguignon

**C Si Bon gourmet meal delivery now available!**

Pick up in store from Shop 8, 7 Station Street, Cottesloe  
or order online at [www.csibon.com.au](http://www.csibon.com.au)



0487 87 11 55 - Home Care Package clients welcome!



## SENIORS WEEK EVENTS Tuesday November 8 PERTH METROPOLITAN AREA

### COMMUNITY ACTIVITIES

#### @ PERRON PLACE

61 Kitchener Avenue,  
Victoria Park

9.30am to 11.30am

A VARIETY of activities including Mahjong, Chess and table tennis. Come and be a part of a come and try day at Perron Place. Morning tea provided with a tour of the facilities.

Free  
Perron Place  
Jodi Lendrum or Jenny Rusean

Ph: 9311 8276

E: bookings@

perronplace.org.au

Open to public

### PARLIAMENT THROUGH THE LOOKING GLASS

Parliament House

4 Harvest Terrace,  
West Perth

10am to 11.30am

IF a good old fashioned yarn, accompanied by scones with jam and cream and washed down with a nice hot cuppa appeals to you, then Seniors Week at the Parliament of WA is the place to be. The 'Quirky Tales' presentation is an engaging

and humorous look at the history of your Parliament.

RSVP by 07/11/2022

\$6 per person

Parliament of Western Australia

Cherie / Tina

Ph: 9222 7259

E: education@

parliament.wa.gov.au

Open to public

### PARLIAMENT THROUGH THE LOOKING GLASS

Parliament House

4 Harvest Terrace,  
West Perth

1pm to 2.30pm

IF a good old fashioned yarn, accompanied by scones with jam and cream and washed down with a nice hot cuppa appeals to you, then Seniors Week at the Parliament of WA is the place to be. Our 'Quirky Tales' presentation is an engaging and humorous look at the history of your Parliament.

RSVP by 07/11/2022

\$6 per person

Parliament of Western Australia

Cherie / Tina

Ph: 9222 7259

E: education@

parliament.wa.gov.au

Open to public

### MANY MASKS OF LIFE

Rockingham Library,  
Rockingham

2pm to 4pm

THROUGHOUT life we take on different roles. Use craft materials to create a mask that expresses who you are or who you want to be.

Bookings essential.

Free

Rockingham Library

Ph: 9528 8683

E: rlcontact@

rockingham.wa.gov.au

Open to public



### SENIORS WEEK COFFEE CLUB

Subiaco Museum,  
241 Rokeby Road,  
Subiaco

10am

JOIN this special Coffee Club celebrating older adults in the community! Enjoy delicious cakes and a cuppa under the trees. Chat over a free morning tea, meet new people or socialise. For catering purposes, booking is essential. Book at [www.subiaco.wa.gov.au/events](http://www.subiaco.wa.gov.au/events). RSVPs by 03/11/22

Free

City of Subiaco

Ph: 9237 9222

E: culture@subiaco.

wa.gov.au

Open to public

### FIRST AID TRAINING

Mary Davies Library  
and Community Centre,  
Rockingham

10am to 12pm

ST JOHN Ambulance will provide a First Aid Demonstration. Course content will include CPR and DRSABCD action plan.

Bookings essential.

Free

Mary Davies Library and Community Centre

Ph: 9591 0800

E: mdlcccontact@

rockingham.wa.gov.au

Open to public

Retain this guide to help plan your 2022 Seniors Week  
Join us online [www.haveagonews.com.au](http://www.haveagonews.com.au)

## Walridge COUNTRY ESTATE



Walridge Country Estate is situated in the foothills of Forrestfield offering a variety of independent living units designed for over 55s set in unique picturesque grounds surrounded by established trees, gardens and lawns. A country lifestyle with city convenience.

A RANGE OF UNIT LAYOUTS AVAILABLE



45 BERKSHIRE ROAD, FORRESTFIELD  
[www.walridge.org.au](http://www.walridge.org.au) 9359 3777

## Feel safe, secure & comfortable in your home

Nu-Style Shutters **Spring SALE** is now on, with prices reduced on Nu-Style electric roller shutters, security doors & screens, outdoor blinds and plantation shutters



Increase your security & privacy by installing Nu-Style Roller Shutters, Security Screens & Doors. Custom made in WA. Professional installation.

### Maximise your outdoor living by installing premium quality Nu-Style Outdoor Blinds



They not only look stylish but will blockout the heat and strong winds. With our Spring Sale now on, there has never been a better time to save! Custom made to suit your home with professional installation.



10% off^



Safety & Security  
\$400 Rebate^



FOR A FREE MEASURE AND QUOTE

CALL **1300 798 776**

**NU-STYLE SHUTTERS**  
It's how we roll.

[nustyleshutters.com.au](http://nustyleshutters.com.au) 179 Beringarra Ave, Malaga Stand #89, Homebase Subiaco

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

# Welcome to your guide to Have a Go Day - a LiveLighter Event Burswood Park Wednesday November 9



Plant your own tree to celebrate Burswood Park hosting 30 years of *Have a Go Day*



BURSWOOD Park Board is proud to be hosting the *Have a Go Day* - A LiveLighter Event for the 30th year. The Park definitely looks different from the first year on site, way back in 1993, when around 500 people attended the event. Now, we annually host 15,000 seniors just like you who are willing to get out there and 'have a go'.

This year, you will be able to plant your very own tree in Burswood Park to assist with the rehabilitation of our

foreshore. We'll supply the plants, gloves and shovels, you just supply the muscle. Meet at site number 126 (beach area) at 9.30am and 11am for your opportunity to plant a piece of Burswood Park flora and pick the brains of the team that keeps the park in magnificent condition year round.

Make sure you also come and say hello to the rest of our team at site number 125 throughout the day. We'll have information for you on upcoming events and our plans for the Park, along with ways you can encourage birds and bees to your garden.

WA Seabird Rescue, a fabulous organisation that does great work all over the Perth and Peel regions to rescue, rehabilitate and release birds back into the wild, will also be on hand to promote their volunteer programs, and provide advice on how to keep our birdlife safe.

In celebration of 30 years on the Park, we've got gifts for you. Simply complete a short survey to go into the draw to win double passes

to either, Telethon Community Cinema (*La Grasiere*), an Express Zip at Matagarup Zip+Climb, the Riders Lounge at Equestrian in the Park, *Moulin Rouge* at Crown, or Day 1 & 2 of the Test Match at Optus Stadium.

We also have general admission tickets to *Equestrian in the Park*, *Santa's Symphony in the Park* and Telethon Community Cinema, plus vouchers redeemable at our park vendors, Happy Chappy Ice Cream and Danny Boys Decker Diner, along with 1,000 native tube stock plants to win. All funds raised will go directly to support the WA Seabird Rescue (cash or card accepted).

As always, we invite you and your family to once again join in all 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.

**Claire Wright,**  
Chief Executive,  
Burswood Park Board



## Have a Go Day a LiveLighter Event Wednesday November 9, 2022 ENTERTAINMENT STAGE - SITE 105

9am - 9.50am	Music
10am-10.25am	Prime Movers
10.30-11am	Official Welcome
11am	Have a Go Day Official Walk
11am-11.25am	WA Bush Poets & Yarnspinnners Assn
11.30am-12pm	WA Police Pipe Band
12.10pm-12.50pm	Klassworks Entertainment
1pm-1.25pm	Prime Movers
1.30pm-2.05pm	Moirra J Scott - Entertainer
2.10pm-2.45pm	Klassworks Entertainment
2.50pm	Major Prize Draw

## Have a Go Day a LiveLighter Event Wednesday November 9, 2022 FOOD VENDORS

FOOD	SITE No.
MD Stacey - Gordon's Food Van	8
Bethanie Sausage Sizzle	60
Boost Mobeel	110
Casablanca Real Moroccan Cuisine	83
East African Coffee	89
Fob Delicious	51
Hospitality - Have a Go News - Channel 7	115
Hospitality - Have a Go News - Phoenix Ins	102
Hospitality - Have a Go News	122
Mary's Spud Wagon	112
Perk Up With Me Mobile Coffee	161
Perth Coffee Express	25
Piadina Bar - Italian Street Kitchen	111
Spit Roast Catering	142
Tim's Ice Creams	143

## Have a Go Day a LiveLighter Event Wednesday November 9, 2022 HEALTH CHECKS

FOOD	SITE No.
Stroke Foundation	7
Lions Hearing Clinic	27
Audika	54
Bloom Hearing Specialists	67
Black Swan Health	70
Silverchain	91
Step Flex Orthotics	123
Hearing Australia	124
Fremantle Womens Health Centre	132
MercyCare	144
Specsavers Audiology	151

## Have a Go Day a LiveLighter Event Wednesday November 9, 2022 TIMED ACTIVITIES

SITE No.	ACTIVITY
171	Avivo 10am-12noon Virtual Reality
125	Burswood Park Board 9.30am & 11am tree planting
18	Crown Perth See site for details
34	DrillDance WA 9.45am-10.05am; 11am-11.20am; 12.45pm-1.05pm; 2-2.20pm
94	Enchanted Bells 10am-10.20am; 11.40am-12pm; 1pm-1.20pm; 2pm-2.20pm
105	Entertainment Stage See site for details
149	Esperanto League of WA 10am, 11am, 12noon, 1pm, 2pm
74	Football West - Walking Football 9.45am-10am; 11am-11.30am; 12.10pm- 12.40pm; 1.20pm-1.50pm; 2.30pm-3pm
17	Guide Dogs WA 9.30am-9.50am; 11am-11.20am; 12pm-12.20pm; 1pm-1.20pm; 2pm-2.20pm
105	Have a Go Day Official Walk 11am
36	Hora Shalom 9.25am-9.45am, 11.30am - 11.50pm
107	Hospitality Tent - HAGN - Channel 7 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
164	iLA (LiveUp) 10am-10.20am; 11am-12pm; 1pm-1.20pm; 2pm-2.20pm
20	Ingenia Gardens 9.30am-9.50am, 11.10am - 11.30am, 12.10pm- 12.30pm, 1.10pm-1.30pm, 2.10pm-2.30pm
105	Klassworks Music 12.10pm-12.50pm; 2.10pm-2.45pm
118	Legends Linedance/Seniors Linedance 9.55am-10.20am, 11.50am-12.10pm, 1pm-1.20pm, 2.30pm-2.50pm
55	LiveLighter Healthway Activities 10am-10.20am, 11am-11.20am, 12pm-12.20pm, 1pm-1.20pm
105	Moirra J Scott 1.30pm-2.05pm
105	Official Welcome 10.30am
118	Over 50's Ballroom Dancing Club 9am-9.20am; 11am-11.20am; 12.10pm-12.30pm, 1.30pm-1.50pm
105	Over 55 Walking Association 11am
52	Pole Walking - SRCWA 10am, 11am, 12noon, 1pm
36	Retstappers 10.05am-10.25am, 11.55am- 12.15pm, 1.10pm-1.30pm, 2.25pm-2.45pm
58	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
119	Square Dance Society 9.30am-9.50am, 11.25am- 11.45am, 12.35pm-12.55pm, 2pm-2.25pm
140	U3A PERTH - Ukulele Group 9.40am-10am; 11am-11.20am; 12pm-12.20pm; 1pm-1.20pm; 2pm-2.20pm
73	Volleyball WA - Seated Volleyball 9am-9.30am; 10am-10.30am; 11.35am- 12.05pm; 12.45pm-1.15pm; 1.55pm-2.25pm;
35	WA Bush Poets & Yarnspinnners Assn - main stage site 105 11am-11.25am; 9am-9.20am; 12.20pm-12.40pm; 1.35pm-1.55pm
105	WA Police Pipe Band 11.30am - 12noon

## 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 30th anniversary located here on our doorstep at Burswood Park. We are thrilled to be a long term partner of *Have a Go Day*, so please do visit the Crown Perth marquee at site 18 to hear and see what we have on offer.

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.



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



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 24 and 59 between 9am to 2.30pm at *Have a Go Day*, a LiveLighter Event. \*One prize per family

### First Prize - Donated by Crown Perth

- One night's accommodation for two people at Crown Towers Perth in a Premier Club Suite Room
- Crystal Club access for two people
- Valet parking for one vehicle
- \$1000 Crown Gifts Card

This will be in the form of a \$1000 Crown Gifts Card and a Premier Club Suite Package Gift Card.

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

A \$500 Coles/Myer voucher

### Third Prize - Donated by SOS Alert

1 x 4g Personal Alarm with GPS tracking including 12 months monitoring

### Fouth Prize - Telstra

Telstra Technology Package \*One prize per family

NAME: .....

CONTACT NUMBER: .....

EMAIL: .....

ADDRESS: .....

.....

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The chocolate wheel will be spinning on the hour from 10am at *Have a Go Day* 2022





# Have a Go Day 2022

A 'LiveLighter' Event

Wednesday 9th November

Burswood Park, Great Eastern Hwy



**DRESS TO PARTICIPATE**

**Ingenia Gardens**  
Main Stage  
Entertainment  
and Major  
Prize Draw



## Have a Go Day 2022 a LiveLighter Event Wednesday November 9 EVENT PARTICIPANTS with SITE NUMBERS

43	d	Action Outdoors Association	31		Family History WA	55		LiveLighter Healthway activities	169		Southern Cross Care
98		Advocare	5		Family Relationship Centre - Perth	129		Machinery Preservation Club of WA	151		Specsavers Audiology
23		AIM Over 50 Archery Group	2		First Aid - St John Ambulance	86		Masonic Care WA	119		Square Dance Society
170		Alibabe's Scrappin Hearts	101		First Aid - St John Ambulance	69		Medic Technology International P/L	56		SRCWA
29		AnglicareWA - WA No Interest Loans Scheme	8		FOOD: MD Stacey - Gordon's Food Van	43	c	Melville Cares	96		St John WA
116	b	ANZ Banking Group Limited	60		FOOD: Bethanie Sausage Sizzle	16	b	Men's Shed of WA	120		St Vincent de Paul Society
47		APIA / AAI LTD	110		FOOD: Boost Mobeel	16	c	Mentally Healthy WA - Act Belong Commit	63	b	Stay on your Feet Program
82		Assn of Caravan Clubs WA Inc.	83		FOOD: Casablanca Real Moroccan Cuisine	144		MercyCare - Community and Residential Care	123		Step Flex Orthotics
16	a	Assn of Independent Retirees	89		FOOD: East African Coffee	65		MG Car Club MG Car Club	7	b	Stroke Foundation
54		Audika	51		FOOD: Fob Delicious	131		MindSpot GP Mental Health Service	87		Surgical House
52		Aussie Redback Tours	112		FOOD: Mary's Spud Wagon	105		Moira J Scott - Entertainer	9		SwanCare
114	a	Australian Facetors Guild-Perth	161		FOOD: Perk Up With Me Mobile Coffee	168		My Flex Health	6		Synapse - Brain Injury Org. of Aust.
141		Australian Post-tel Inst. WA - APIWA	25		FOOD: Perth Coffee Express	146		National Archives of Australia	116	a	Tech Savvy Seniors-SRCWA
171		Avivo	111		FOOD: Piadina Bar - Italian Street Kitchen	162		National Lifestyle Villages	117		Telstra Corporation
138		Bankwest	142		FOOD: Spit Roast Catering	62		NBN	93	b	The British Ex-Services Assn
154		Baptistcare	143		FOOD: Tim's Ice Creams	148		Northern Suburbs Community Legal Centre	40		The Handtool Preservation Soc of WA
61		Bethanie	74		Football West/Walking Football	38		Office of the Public Advocate	7	a	The Neurological Council of WA
23	a	Bicycles for Humanity	147		Forget-Me-Not Dementia Support	105		Official Welcome	93	c	Theatre Organ Society
70		Black Swan Health	132		Fremantle Womens Health Centre	118		Over 50s Ballroom Dancing Club	26		Toilets
67		Bloom Hearing Specialists	42		G&P Medical	97		Over 55 Walking Association	12		Toilets - portable
77		Bowls Australia	37		Genuinely Southern Forests	106		PA Van	33		Toilets - portable
137		Breast Cancer Research Centre WA	103		Gilbert & Sullivan Society of WA	128		Paddle Western Australia	116		Trails WA
43	a	British Pensions in Australia	128		GOLD Paddling	99		Paper Craft Assn of WA	160	a	Transperth
125		Burswood Park Board	66		Guardian Safety Pendants	48		People Who Care	160	b	TransWA
126		Burswood Park Board	17		Guide Dogs WA	136		Peripheral Neuropathy Support Group	166		Trinity School for Seniors
157		Cancer Council WA - Bowel Screening	105		Have a Go Day Official Walk	11		Perth Mobility	140		U3A PERTH
157		Cancer Council WA - Planned Giving Team	115		Have a Go News	43	b	Perth Zoo Docent Assn	135		Umbrella Community Care
15		Cancer Council WA - SunSmart Van	13		HBF Health	84		Philatelic Society of WA	28		Unicare Health
127		Canoeing DLGSC Camps	78		Health and Disability Services Complaints Office (HaDSCO)	32		Pickleball Perth	165		United in Diversity
159		Carers WA	124		Hearing Australia	68		PlanCare	167		Uthando Project
1		Casey Australia Tours	30		HenderCare	22		Playgroup WA	21		Victoria Park-South Perth RSL
90		Catholic Homes	156		Home Chef	56		Pole Walking - SRCWA	39		Villa Carlotta Travel
153		Channel 7	115		Home in WA	104		Prime Movers	93	d	Vintage Wireless and Gramophone Club
41		Chung Wah Community Care	36	b	Hora Shalom	134		Probus Association of WA	155		VisAbility
44		Climbing Wall	115		Hospitality - Have a Go News	75	a	Petanque WA	73		Volleyball WA
139		COCOA (Come Out Camping Older Adults)	102		Hospitality - Have a Go News	3		PROST! Exercise 4 Prostate Cancer	35		WA Bush Poets & Yarnspinners Assn
80		Comfort Keepers	122		Hospitality - Have a Go News	75		Prostate Cancer Help Assn-PCaHELP	152		WA Card Collectors Society
53	a	Consumer Protection	50		Hot Hula Fitness WA	38		Public Trustee	85		WA Cervical Cancer Prev. Program
163		Council on the Ageing	164		iLA (LiveUp)	81		Regis Aged Care	108		WA Classic Speedway Assn
2	a	CPE Group	24		Information Booth	4		Royal Lifesaving WA	16	e	WA Floral Art Society
57		Crime Stoppers WA	59		Information Booth	75		Restorative Sexual Health Clinic	64		WA Historical Cycle Club
18		Crown Perth	20		Ingenia Gardens	10		Retirees WA	114	b	WA Lapidary and Rockhunting Club
172		Curtin FM 100.1	63	a	Injury Matters	36	a	Retstappers	57		WA Police Force - Community Engagement
109		Cycling Without Age Australia	116	e	Innogreen Technologies P/L	93	a	Rose Society of WA	105		WA Police Pipe Band
14		Department of Communities	95		Juniper	76		Salvation Army Emergency Services	14		WA Seniors Card
158		Department of Health and Aged Care	45		Kalamunda Community Radio	66		Scarboro Toyota	72		Water Tank-Free drinking water
79		Diabetes WA	92		Kelmscott Pinjarra 10th Light Horse	88		Scout Heritage Centre of WA	113		Water Tank-Free drinking water
34		DrillDance WA Inc	105		Klassworks	53	b	Seniors Housing Advisory Centre	121		Water Tank-Free drinking water
130		Eastern Suburbs 4 Wheel Drive & Touring Club	145	b	Legal Aid WA	100		ShelterBox Australia	71		Weight Watchers Federation
145	a	Elder Rights WA (Legal Aid WA)	118		Legends Linedance/Seniors Linedance	19		Shuttle Bus-Pick up/Drop off	107		West Australian Pistol Assn
94		Enchanted Bells	49	a	Lions Dryandra Woodland Village	58		Silver Star Wanda'rers Line Dancing	46		West Coast Metal Detector Club
105		Entertainment Stage	27	a	Lions Hearing Clinic	91		Silverchain	43	e	Western Social Club
149		Esperanto League of Western Australia	27	b	Lions Hearing Foundation	16	d	Solace Grief Support Group WA	150		Western Union
133		Fall Safe Pty Ltd	49	b	Lions Noranda Club	116	d	SOS Alert			

## SENIORS WEEK EVENTS Tuesday November 8 PERTH METROPOLITAN AREA



### CITY OF JOONDALUP LIBRARIES - ACTIVITIES AND GROUPS

Joondalup, Whitford, Duncraig and Woodvale Libraries

Joondalup Library  
Whitford Library  
Duncraig Library  
Woodvale Library

THERE'S such a lot to do at the City of Joondalup Libraries - from Brain Games to exercise and stimulate the brain to Game On! where you can play a range of popular games, and dedicated Mahjong sessions. Then there's the knitting and crochet groups, plus chess and jigsaws. And if you need tech help, book in to a one on one Keystrokes session, or come along to a Ready, Tech, Go event. Events listed on [www.joondalup.wa.gov.au/event-listing](http://www.joondalup.wa.gov.au/event-listing)

Free  
City of Joondalup  
Ph: 9400 4751  
Open to public

## SENIORS WEEK EVENTS Tuesday November 8 AVON VALLEY

### TWO FOR ONE OFFER AT OUR TOODYAY MUSEUMS

Connor's Mill, 7 Piesse Street and Newcastle Gaol, 13 Clinton Street, Toodyay 10am to 3pm

THE Shire of Toodyay manages two museums - Connor's Mill and Newcastle Gaol. During Seniors Week, they will only be charging Senior visitors one entry fee to visit both museums. Call in to the Toodyay Visitors Centre or the Newcastle Gaol for your complimentary entry tickets.

See website  
Shire of Toodyay  
Margie Eberle  
Ph: 9574 9393  
E: [toodyay.museums@toodyay.wa.gov.au](mailto:toodyay.museums@toodyay.wa.gov.au)  
Open to public

### SENIORS WEEK MENU AT THE MANDURAH SENIORS CENTRE

Seniors and Community Centre/Dandjoo Kaadadjan Mia, 41 Ormsby Terrace, Mandurah 9am to 4pm

VISIT the Dining Room for a daily 2 course meal for \$12. A special Seniors Week Menu will be available along with daily café specials including Devonshire tea and cuppa and cake specials from \$5. Orders in person or by phone.

\$12 per person  
City of Mandurah Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: [delys.griffin@mandurah.wa.gov.au](mailto:delys.griffin@mandurah.wa.gov.au)  
Open to public

E: [delys.griffin@mandurah.wa.gov.au](mailto:delys.griffin@mandurah.wa.gov.au)  
Open to public

### INTRODUCTION TO ADVANCE CARE PLANNING WORKSHOPS AT THE MANDURAH SENIORS CENTRE

Seniors and Community Centre/Dandjoo Kaadadjan Mia, 41 Ormsby Terrace, Mandurah 12.30pm to 2pm

THIS free workshop, by Palliative Care WA, will cover information to assist you with establishing an Advance Care Plan. Have a say in what happens in your lives by making plans that cover your future care, lifestyle, health and finances. Bookings essential. Free

City of Mandurah Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: [delys.griffin@mandurah.wa.gov.au](mailto:delys.griffin@mandurah.wa.gov.au)  
Open to public

## SENIORS WEEK EVENTS Tuesday November 8 PEEL

### OPEN WEEK AT THE MANDURAH SENIORS CENTRE

Seniors and Community Centre/Dandjoo Kaadadjan Mia, 41 Ormsby Terrace, Mandurah 9am to 4pm

LOCAL residents over 55 can take advantage of members prices at the Centre all week, and get a taste of what the 2500 members enjoy. Meet the friendly Seniors Week ambassadors and take a

tour to learn more about what they have to offer.

Free  
City of Mandurah Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: [delys.griffin@mandurah.wa.gov.au](mailto:delys.griffin@mandurah.wa.gov.au)  
Open to public



### LET'S SING AT THE MANDURAH SENIORS CENTRE

Seniors and Community Centre/Dandjoo Kaadadjan Mia, 41 Ormsby Terrace, Mandurah 10.30am to 11.30am

MEET in the dining room for a good old fashioned 'singalong' to the favourites with the Centre's music lovers. Singalong books will be provided.

Free  
City of Mandurah Seniors Centre  
Delys Griffin  
Ph: 9550 3799

### INTRODUCTION TO ADVANCE CARE PLANNING WORKSHOPS AT THE MANDURAH SENIORS CENTRE

Seniors and Community Centre/Dandjoo Kaadadjan Mia, 41 Ormsby Terrace, Mandurah 2.30pm to 4pm

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Delys Griffin  
Ph: 9550 3799  
E: [delys.griffin@mandurah.wa.gov.au](mailto:delys.griffin@mandurah.wa.gov.au)  
Open to public

## WHEN WAS YOUR LAST SKIN CANCER CHECK?

See Perth's experts in skin cancer care.

Mole or melanoma? Don't take the risk!

No referral required • Specially qualified doctors

**The Skin Clinic Fremantle** 6 Short St, Fremantle Call 9336 3066

**Al Nour Skin Centre** 6/10 McCourt St, West Leederville Call 9481 3366

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 7 November** 10.15am – 11.45am

**Thursday 10 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/CCWAL](http://www.trybooking.com/CCWAL)

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

[www.publictrustee.wa.gov.au](http://www.publictrustee.wa.gov.au)

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



Public Trustee



BOOK IN FOR A TOUR TODAY

## Looking for the right level of care?

Whether you want support to remain in your home, are looking for the community that a retirement village offers or need the security of round the clock care that a residential aged care facility provides — Southern Cross Care WA has been providing excellent health, wellness and accommodation services to WA's seniors for over 50 years.

To learn more: visit [www.scrosswa.org.au](http://www.scrosswa.org.au) or call our team on 1300 669 189

Southern Cross Care<sup>+</sup>(WA) Inc.

Southern Plus<sup>+</sup>



## SENIORS WEEK EVENTS Wednesday November 9 PERTH METROPOLITAN AREA

### HAVE A GO DAY

Burswood Park,  
Burswood  
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

### MOVE TO MOTOWN

Have a Go Day  
Burswood Park,  
Burswood

KEEP Fit Exercise Class - Low Impact - To some of our favourite Motown classics. You are never too old or too late to enjoy this class.

Free  
Stretch and Restore / Move to Motown  
Ruth Forbes  
Mo: 0407 940 506  
E: ruthforbes15@gmail.com  
Open to public

### GOLD PADDLING

Burswood Park,  
Burswood  
9am to 3pm

GOLD Paddling will be at Have a Go Day and will be providing the opportunity to have a go at kayaking on the river for those who would like to try.

Free  
Gold Paddling  
Don Mullaley  
Mo: 0412 471 814  
E: donbarbm@bigpond.net.au  
Open to public

### PARLIAMENT THROUGH THE LOOKING GLASS

Parliament House  
4 Harvest Terrace,  
West Perth  
10am to 11.30am

IF a good old fashioned yarn, accompanied by scones with jam and cream and washed down with a nice hot cuppa appeals to you, then Seniors Week at the Parliament of WA is the place to be. The 'Quirky Tales' presentation is an engaging and humorous look at the history of your Parliament. RSVP by 07/11/2022 \$6 per person Parliament of Western

Australia  
Cherie / Tina  
Ph: 9222 7259  
E: education@parliament.wa.gov.au  
Open to public

### PARLIAMENT THROUGH THE LOOKING GLASS

Parliament House  
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West Perth  
1pm to 2.30pm

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Parliament of Western Australia  
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Ph: 9222 7259  
E: education@parliament.wa.gov.au  
Open to public

### TENDER FREE FILM SCREENING

Perth Auditorium  
573 Hay Street, Perth  
2pm to 4pm

THIS is an opportunity to discuss having a not-for-profit Tender Funerals servicing the LGBTI community in the Perth region. A new and compassion-

ate community-led way to care for our loved ones. Free  
GLBTI Rights in Ageing, GRAI  
Kedy Kristal  
E: eo@grai.org.au  
Open to public

### FIRST AID TRAINING

Warnbro Community Library, Rockingham  
9.30am to 11.30am

ST JOHN Ambulance will provide a First Aid Demonstration. Course content will include CPR and DRSABCD action plan. Bookings essential. Free  
Warnbro Community Library  
Ph: 9528 8577  
E: wclcontact@rockingham.wa.gov.au  
Open to public

### CITY OF JOONDALUP LIBRARIES - ACTIVITIES AND GROUPS

Joondalup, Whitford, Duncraig and Woodvale Libraries  
Joondalup Library  
Whitford Library  
Duncraig Library  
Woodvale Library

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Free  
City of Joondalup  
Ph: 9400 4751  
Open to public



### Services for short or permanent care

GIVING you a helping hand when you need it, Auscare Group provides temporary and permanent care solutions.

As a WA-owned and operated company, Auscare take a holistic approach to healthcare, tailoring services precisely to people's needs.

The services are available throughout WA and you'll find the same

caring, professional approach wherever you are.

The team works to state, national, and ISO9001 standards, providing aged care, community, veterans, and disability support, to assist people when they need it.

Details on all Auscare's services are available at auscaregroup.com.au.

**SMALL GROUP 5 DAY/4 NIGHT  
GREAT SOUTHERN ADVENTURE**

JUST **\$1660** PER PERSON  
TWIN SHARE

Departs 06 December 2022  
includes visit to the Manjimup Cherry Harmony Festival  
9490 2455 TO FIND OUT MORE  
**GREAT WESTERN COACH TOURS**  
www.greatwesterncoachtours.com.au  
Creating memorable touring experiences since 1994



# LIFE WITHOUT LIMITATIONS

SENIOR'S WEEK SPECIAL

FREE

With every Scooter Purchased

SCOOTER ACCESSORY PACK

Valued up to \$250!

QUOTE CODE: PM250

Or Bring this Voucher!

10 Sundercombe St, Osborne Park, WA 6017  
Ph: (08) 9244 1005  
sales@perthmobility.com.au  
WWW.PERTHMOBILITYSCOOTERS.COM.AU

PERTH MOBILITY

\*Terms & Conditions: One Free Gift Pack with every Scooter purchased. Offer available for a limited time, while stocks last. See website for details.

## SENIORS WEEK EVENTS Wednesday November 9 AVON VALLEY

### TWO FOR ONE OFFER AT OUR TOODYAY MUSEUMS

Connor's Mill, 7 Piesse Street and Newcastle Gaol, 13 Clinton Street, Toodyay 10am to 3pm

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See website  
Shire of Toodyay  
Margie Eberle  
Ph: 9574 9393  
E: toodyay.museums@toodyay.wa.gov.au  
Open to public

## SENIORS WEEK EVENTS Wednesday November 9 PEEL

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Seniors and Community Centre/Dandjoo Kaadadjan Mia, 41 Ormsby Terrace, Mandurah 9am to 4pm

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Free  
City of Mandurah  
Seniors Centre  
Delys Griffin

Ph: 9550 3799  
Email: delys.griffin@mandurah.wa.gov.au  
Open to public

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\$12 per person  
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Delys Griffin  
Ph: 9550 3799  
E: delys.griffin@mandurah.wa.gov.au  
Open to public



### JAY WESTON IN CONCERT AT THE MANDURAH SENIORS CENTRE

Seniors and Community Centre/Dandjoo Kaadadjan Mia, 41 Ormsby Terrace, Mandurah 1.15pm to 3pm

COME and be mesmerised with an afternoon of magical musical memories with the wonderful Jay Weston.

Free  
City of Mandurah Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: delys.griffin@mandurah.wa.gov.au  
Open to public

## Public Trustee encourages you to plan ahead...



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.

The seminars 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.

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 plan-

ning 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 November 7 and Thursday November 10 from 10.15am – 11.45am. They will be held at the Public Trustee Argyle Room – Level 1 / 553 Hay Street, Perth.

Bookings essential for these free events, call 1300 746 116 or visit [www.trybooking.com/CCWAL](http://www.trybooking.com/CCWAL)

Complimentary refreshments served and information packs provided.

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

# AGED CARE GUIDE

A DPS PUBLICATION

## Empowering you to make informed choices

Find information on:

- ✓ Types of care available
- ✓ Ins and outs of home care and short term care
- ✓ Applying for funding and My Aged Care
- ✓ Aged care homes
- ✓ Home care providers
- ✓ Placement consultants
- ✓ Financial advisors
- ✓ And more

Includes comprehensive lists of providers of aged care related services

Call 1300 186 688 to order your FREE copy

[WWW.AGEDCAREGUIDE.COM.AU](http://WWW.AGEDCAREGUIDE.COM.AU)





## SENIORS WEEK EVENTS Wednesday November 9 SOUTH WEST

### A TASTE OF BRIDGE

Uniting Church, 47 Kent Street, Busselton  
10am to 12pm  
AN interactive, hands on, taste of the card game Bridge  
Free  
Busselton Bridge Club  
Linda Clayton  
Mo: 0411 457 465  
E: linda.clayton1@bigpond.com  
Open to public

## SENIORS WEEK EVENTS Thursday November 10 PERTH METROPOLITAN AREA

### CHAIR YOGA - BASSENDEAN 55 PLUS

Bassendean Seniors  
and Community Hall  
50 Old Perth Road,  
Bassendean  
9am to 10am  
Free  
Bassendean 55 Plus  
Elsie Bullock  
Ph: 9279 1944  
E: bassendeanplus@  
optusnet.com.au  
Open to public

**PARLIAMENT  
THROUGH THE  
LOOKING GLASS**  
Parliament House  
4 Harvest Terrace,  
West Perth

10am to 11.30am  
IF a good old fashioned  
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scones with jam and  
cream and washed down  
with a nice hot cuppa  
appeals to you, then  
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Parliament of WA is  
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E: education@  
parliament.wa.gov.au  
Open to public

### TIM GRANT PHOTOGRAPHY EXHIBITION

Centre for Stories  
(pop up) Hay Street  
Mall, Perth  
4pm to 7pm  
PHOTOGRAPHY from  
the Perth LGBTI commu-  
nity events in the 1980s  
and 90s  
Free  
GLBTI Rights in Ageing,  
GRAI  
Kedy Kristal  
E: eo@grai.org.au  
Open to public

**INTRODUCTION TO  
SOUND HEALING**  
Rockingham Library,  
Rockingham  
2pm to 3pm

JOIN Shanthy from Zen  
Yoga Wellness to learn  
how sounds from music  
and nature can improve  
our physical and emotion-  
al wellbeing.  
Bookings essential.  
Free  
Rockingham Library  
Ph: 9528 8683  
E: rcontact@  
rockingham.wa.gov.au  
Open to public

### CITY OF JOONDALUP LIBRARIES - ACTIVITIES AND GROUPS

Joondalup, Whitford,  
Duncraig and Woodvale  
Libraries  
Joondalup Library  
Whitford Library  
Duncraig Library  
Woodvale Library  
THERE'S such a lot to do  
at the City of Joondalup  
Libraries - from Brain  
Games to exercise and  
stimulate the brain to  
Game On! where you can  
play a range of popular  
games, and dedicated  
Mahjong sessions. Then  
there's the knitting and  
crochet groups, plus chess  
and jigsaws. And if you  
need tech help, book in  
to a one on one Key-  
strokes session, or come  
along to a Ready, Tech,  
Go event. Events listed  
on www.joondalup.wa.gov.au/event-listing

Free  
City of Joondalup  
Ph: 9400 4751  
Open to public

### SENIORS SELF-DEFENCE AND AWARENESS

Safety Bay Library,  
197 Safety Bay Road,  
Rockingham  
10.30am to 12pm  
STRIKE Training will  
teach you how to keep  
yourself safe including  
some simple personal  
safety techniques.  
Bookings essential.  
Free  
Safety Bay Library  
Ph: 9528 8611  
E: sbycontact@rocking-  
ham.wa.gov.au  
Open to public

### WILLS AND PLANNING AHEAD SEMINARS

Public Trustee Argyle  
Room  
Level 1 / 553 Hay Street,  
Perth.  
10.15am to 11.45am  
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. Complimentary re-  
freshments served and in-  
formation packs provided.  
Bookings essential.  
Free  
Public Trustee  
1300 746 116 or visit  
www.trybooking.com/  
CCWAL  
Open to public

## SENIORS WEEK EVENTS Thursday November 10 AVON VALLEY

### TWO FOR ONE OFFER AT OUR TOODYAY MUSEUMS

Connor's Mill, 7 Piesse Street and  
Newcastle Gaol, 13 Clinton Street, Toodyay  
10am to 3pm  
THE Shire of Toodyay manages two museums - Connor's Mill and Newcastle Gaol. During Seniors Week, they will only be charging Senior visitors one entry fee to visit both museums. Call in to the Toodyay Visitors Centre or the Newcastle Gaol for your complimentary entry tickets.  
See website  
Shire of Toodyay  
Margie Eberle  
Ph: 9574 9393  
E: toodyay.museums@toodyay.wa.gov.au  
Open to public

## SENIORS WEEK EVENTS Thursday November 10 PEEL

### OPEN WEEK AT THE MANDURAH SENIORS CENTRE

Seniors and Community Centre/Dandjoo  
Kaadadjan Mia, 41 Ormsby Terrace, Mandurah  
9am to 4pm  
LOCAL residents over 55 can take advantage of members prices at the Centre all week, and get a taste of what the 2500 members enjoy. Meet the friendly Seniors Week ambassadors and take a tour to learn more about what they have to offer.  
Free  
City of Mandurah Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: delys.griffin@mandurah.wa.gov.au  
Open to public



# 40 years of celebrating you!

Our *caring hands* first helped seniors in 1982 and 40 years on are still helping. Whether it is in your home or community, today and every day, we celebrate you.

### Need a helping hand too?

Reach out, we are always happy to help.



9450 6233 | southcare.org.au

Celebrating 40 Years of being a proactive *carer, connector* and *contributor* in our community.

**SENIORS WEEK  
EVENTS  
Thursday  
November 10  
PEEL**

**SENIORS WEEK MENU AT THE  
MANDURAH SENIORS CENTRE  
Seniors and Community Centre/Dandjoo  
Kaadadjan Mia**

**41 Ormsby Terrace, Mandurah  
9am to 4pm**  
VISIT the Dining Room for a daily 2 course meal for \$12. A special Seniors Week Menu will be available along with daily café specials including Devonshire tea and cuppa and cake specials from \$5. Orders in person or by phone.  
**\$12 per person**  
City of Mandurah Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: delys.griffin@mandurah.wa.gov.au  
Open to public

**MEGA BINGO AT THE  
MANDURAH SENIORS  
CENTRE**

**Seniors and Community  
Centre/Dandjoo  
Kaadadjan Mia, 41  
Ormsby Terrace, Man-  
durah  
12pm to 3pm**  
PLAY 20 games from \$3, with lunch and refreshments available for purchase. Enjoy a fun filled afternoon with lots of door prizes on offer!  
**Eyes down at 12.45pm.**  
**\$3 per person**  
City of Mandurah Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: delys.griffin@mandurah.wa.gov.au  
Open to public

ment organisations. Each organisation will present a short presentation covering topics such as scams awareness, banking safety, personal welfare and more.

**Book essential, contact  
9550 3799**  
Free  
City of Mandurah  
Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: delys.griffin@mandurah.wa.gov.au  
Open to public

**BUS OUTING FOR  
HIGH TEA AT THE  
PEEL MANOR HOUSE**

**Shire of Serpentine  
Jarrahdale  
Bus 9.45am - 3.30pm  
High Tea  
12noon - 1.30pm  
Peel Manor House,  
164 Fletcher Road  
\$20 per person  
Shire of Serpentine  
Jarrahdale  
Julie Sansom  
Ph: 9526 1111  
E: info@sjshire.wa.gov.au  
Bookings essential  
Open to public**



**SAFETY AND SCAMS  
AWARENESS  
INFORMATION  
SESSION AT THE  
MANDURAH  
SENIORS CENTRE**

**Seniors and Community  
Centre/Dandjoo  
Kaadadjan Mia,  
41 Ormsby Terrace,  
Mandurah  
1pm to 3.30pm**  
JOIN a free safety and security information forum to learn more about resources and assistance available from locally based community and govern-

**SENIORS WEEK EVENTS  
Friday November 11  
PERTH METROPOLITAN AREA**

**LIFESPAN DANCE  
SEATED DANCE  
CLASSES**

**Wembley Community  
Centre, Wembley  
11.30am to 12.30pm**  
MOVE to music in a safe supported space - in your own chair. These creative, joyful dance classes will give you a sense of freedom and fun! Stay for a cuppa/biccy chat afterwards (supplied). RSVP date: November 6  
**\$15 per person**  
Lifespan Dance  
Mo: 0411 243 317  
E: lifespan.dance@gmail.com  
Open to public

**CARPET BOWLS -  
BASSENDEAN 55 PLUS**

**Bassendean Seniors  
and Community Hall  
50 Old Perth Road,  
Bassendean  
10am to 12pm**  
IMPROVE your hand eye coordination while making new friends.  
Free  
Bassendean 55 Plus  
Elsie Bullock

Ph: 9279 1944  
E: bassendeanplus@optusnet.com.au  
Open to public

**LINE DANCING  
- BASSENDEAN 55  
PLUS**

**Bassendean Seniors  
and Community Hall  
50 Old Perth Road,  
Bassendean  
1.15pm to 2.15pm**  
RUN by one of our seniors. A lot of fun, sit down and rest if you need to.  
Free  
Bassendean 55 Plus  
Elsie Bullock  
Ph: 9279 1944  
E: bassendeanplus@optusnet.com.au  
Open to public

**PARLIAMENT  
THROUGH THE  
LOOKING GLASS**

**Parliament House  
4 Harvest Terrace,  
West Perth  
10am to 11.30am**  
IF a good old fashioned yarn, accompanied by scones with jam and cream and washed down with a nice hot cuppa appeals to you, then Seniors Week at the Parliament of WA is the place to be. The 'Quirky Tales' presentation is an engaging and humorous look at the history of your Parliament.  
RSVP by 07/11/2022  
**\$6 per person**  
Parliament of Western Australia  
Cherie / Tina  
Ph: 9222 7259  
E: education@parliament.wa.gov.au  
Open to public



**Afternoon Tea Dance  
Celebrating Seniors Week 2022**

Tuesday 8 November | 1-3pm | Fremantle Town Hall | \$10

**Dance the afternoon away.** Enjoy a variety of dances, meet new people and listen to talented musicians. A delicious afternoon tea will also be served.

Tickets are available in person from the Customer Service counter, Walyalup Civic Centre or online at [afternoonteadance.eventbrite.com.au](https://afternoonteadance.eventbrite.com.au)

For more information, call 1300 MY FREO (1300 693 736) or visit [fremantle.wa.gov.au/positiveageing](https://fremantle.wa.gov.au/positiveageing)

Supported by



Government of Western Australia  
Department of Communities



This is a wheelchair friendly event.

[fremantle.wa.gov.au/positiveageing](https://fremantle.wa.gov.au/positiveageing)

**Make your wishes known to the people  
who matter the most to you!**



- Preparation of simple and complex Wills
- Enduring Powers of Attorney
- Enduring Powers of Guardianship
- Advanced Health Directives
- Succession and Estate Planning
- Estate Administration

Contact us  
(08) 9322 1966  
[www.hhg.com.au](https://www.hhg.com.au)



PERTH | JOONDALUP | MANDURAH | BUNBURY | ALBANY



**WA FIRST 5.00**

**SEE THE FULL STORY 6.00**



# Welcome to the upside of ageing

Funded by the Department of Health and Aged Care, LiveUp is a free online healthy ageing guide that can be accessed from the comfort of your own home.

LiveUp provides you with the impartial expert advice, personalised support, and community connections you need to age your way.



SCAN ME TO  
LEARN MORE

Discover more at [liveup.org.au](https://liveup.org.au)  
or call 1800 951 971



## SENIORS WEEK EVENTS Friday November 11 PERTH METROPOLITAN AREA

### PARLIAMENT THROUGH THE LOOKING GLASS

Parliament House  
4 Harvest Terrace,  
West Perth

1pm to 2.30pm

IF a good old fashioned yarn, accompanied by scones with jam and cream and washed down with a nice hot cuppa appeals to you, then Seniors Week at the Parliament of WA is the place to be. The 'Quirky Tales' presentation is an engaging and humorous look at the history of your Parliament.

RSVP by 07/11/2022

\$6 per person  
Parliament of Western Australia  
Cherie / Tina

Ph: 9222 7259  
E: education@parliament.wa.gov.au  
Open to public

### MORNING MELODIES PEGGY LEE TRIBUTE

Koorliny Arts Centre,  
10 Hutchins Way,  
Kwinana

10am to 12pm

ENJOY a morning cuppa with a dash of jazz, with this tribute to the popular Peggy Lee - her life, her story, her song. Includes morning tea.

\$15 per person  
Koorliny Arts Centre  
Ph: 9467 7118  
E: admin1@koorliny.com.au  
Open to public

### ZUMBA GOLD

Safety Bay Library,  
197 Safety Bay Road,  
Rockingham  
11am to 12pm

JOIN in on a morning of Zumba Gold to help you get moving.

Bookings essential.

Free  
Safety Bay Library  
Ph: 9528 8611

E: sbycontact@rockingham.wa.gov.au  
Open to public

### MOVE, IMPROVE, REMOVE

Warnbro Community Library, Rockingham  
9.30am to 10.15am

WE welcome Stay on Your Feet to teach you how to move your body, improve your health and remove hazards in and around your home.

Bookings essential.  
Free  
Warnbro Community Library  
Ph: 9528 8577

E: wclcontact@rockingham.wa.gov.au  
Open to public

### COME AND TRY: LINE DANCE LEGENDS CLASS

Shenton Park Community Centre,  
240 Onslow Road,  
Shenton Park  
10am to 11am

KEEP active, have fun and meet new people line dancing. Dance along to all styles of music including country, pop, Latin, and rock and roll! No experience necessary, no partner required, beginners welcomed and encouraged.

Free  
City of Subiaco  
Ph: 9237 9222  
Open to public

### CITY OF JOONDALUP LIBRARIES - ACTIVITIES AND GROUPS

Joondalup, Whitford, Duncraig and Woodvale Libraries  
Joondalup Library  
Whitford Library  
Duncraig Library  
Woodvale Library

THERE'S such a lot to do at the City of Joondalup Libraries - from Brain Games to exercise and stimulate the brain to Game On! where you can play a range of popular games, and dedicated Mahjong sessions. Then there's the knitting and crochet groups, plus chess and jigsaws. And if you need tech help, book in to a one on one Keystrokes session, or come along to a Ready, Tech, Go event. Events listed on [www.joondalup.wa.gov.au/event-listing](http://www.joondalup.wa.gov.au/event-listing)

Free  
City of Joondalup  
Ph: 9400 4751  
Open to public

### SENIORS WEEK EVENTS

Friday November 11  
AVON VALLEY

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Connor's Mill,  
7 Piessie Street and  
Newcastle Gaol,  
13 Clinton Street,  
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10am to 3pm

THE Shire of Toodyay manages two museums - Connor's Mill and Newcastle Gaol. During Seniors Week, they will only be charging Senior visitors one entry fee to visit both museums. Call in to the Toodyay Visitors Centre or the Newcastle Gaol for your complimentary entry tickets. See website [www.shireoftoodyay.wa.gov.au](http://www.shireoftoodyay.wa.gov.au)  
Margie Eberle  
Ph: 9574 9393  
E: toodyay.museums@toodyay.wa.gov.au  
Open to public

### SENIORS WEEK EVENTS

Friday November 11  
PEEL

### OPEN WEEK AT THE MANDURAH SENIORS CENTRE

Seniors and Community Centre/Dandjoo Kaadadjan Mia,  
41 Ormsby Terrace,  
Mandurah  
9am to 4pm  
LOCAL residents over 55 can take advantage of members prices at the Centre all week, and get a taste of what the 2500

members enjoy. Meet the friendly Seniors Week ambassadors and take a tour to learn more about what we have to offer.

Free  
City of Mandurah Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: delys.griffin@mandurah.wa.gov.au  
Open to public

### SENIORS WEEK MENU AT THE MANDURAH SENIORS CENTRE

Seniors and Community Centre/Dandjoo Kaadadjan Mia,  
41 Ormsby Terrace,  
Mandurah  
9am to 4pm

VISIT the Dining Room for a daily 2 course meal for \$12. A special Seniors Week Menu will be available along with daily café specials including Devonshire tea and cuppa and cake specials from \$5. Orders in person or by phone.

\$12 per person  
City of Mandurah Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: delys.griffin@mandurah.wa.gov.au  
Open to public

### CELEBRATE SENIORS EXPO AT THE MANDURAH SENIORS CENTRE

Seniors and Community Centre/Dandjoo Kaadadjan Mia,  
41 Ormsby Terrace,  
Mandurah  
10am to 2pm  
FIND out what is happening in and around the area for seniors, including activities to keep you active and connected to the community.

Free  
City of Mandurah Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: delys.griffin@mandurah.wa.gov.au  
Open to public

### ART WITH SUE EDGE AT THE MANDURAH SENIORS CENTRE

Seniors and Community Centre/Dandjoo Kaadadjan Mia,  
41 Ormsby Terrace,  
Mandurah  
1pm to 2.30pm

LOCAL artist Sue Edge will guide you to use watercolour pencils to create whimsical birds and quirky foxes. No art experience needed to enjoy this fun, free session.

Bookings essential.  
Free  
City of Mandurah Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: delys.griffin@mandurah.wa.gov.au  
Open to public



### SUPER SENIORS SUNDOWNER WITH KARAOKE AT THE MANDURAH SENIORS CENTRE

Seniors and Community Centre/Dandjoo Kaadadjan Mia,  
41 Ormsby Terrace,  
Mandurah  
5pm to 7.30pm

IT'S Friday! Let's belt out some tunes with Karaoke night, beer, wine, and soft drink available to purchase and try one of Chef Ben's world-famous pizzas. No BYO.

Bookings essential, contact 9550 3779  
Free  
City of Mandurah Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: delys.griffin@mandurah.wa.gov.au  
Open to public

### CONCERT AND LUNCH

Shire of Serpentine Jarrahdale  
Free  
SJCRC, Mead Street, Byford  
Shire of Serpentine Jarrahdale  
Julie Sansom  
Ph: 9526 1111  
E: info@sjsire.wa.gov.au  
Open to public

## 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 WA are an approved Home Care Package and Commonwealth Home Support Program Provider who offer a number of Care and Support Services in the comfort of your own home to assist you, and includes;

- **Personal Care in your home** - to assist with personal grooming, showering, dressing, and medication support,
- **Clinical Services (Nursing, Physiotherapists, Podiatrists, Occ Therapists)** - to help with your health care needs, wound care, diabetes management, continence support, cognition and dementia support, strength and mobility, exercise programs,
- **Domestic Assistance** - to assist with cleaning, washing, making beds, folding clothes and meal preparation,
- **Care and Respite in your home** - to support you and your family to have peace of mind that you are safe in your home during the day or overnight,
- **Equipment and Aids** - to help you move around and keep active and safe, such as ramps, handrails, walkers/frames, wheelchairs, bed rails, personal alarms,
- **Home Safety Assessments** - to remove any hazards, and support you with ensuring your home has the relevant environment to keep you safe,
- **Gardening Services** - to help you maintain and enjoy your garden all year round.
- **Getting out and about** - to help you attend GP appointments, come to our Community Day Centre, get your shopping done, visit a friend, go to a café or place of your choice, as well as,
- **Days spent with friends at the St Basil's WA Community Day Centre** - filled with a variety of fun activities with meals included, and outings with a group to wonderful places of your choice around Perth.

Care and support services can extend beyond the above list, so please call us today to find out more!

22 Dianella Dr, Dianella WA 6059 Ph: 6146 2585

[www.stbasilswa.com.au](http://www.stbasilswa.com.au)

E: [stbasils@stbasilswa.org.au](mailto:stbasils@stbasilswa.org.au)

## Cake decorating classes

Christmas Cookies	Basic Cake & Decorating Class
 <p>22 October 12.30pm-3.30pm \$120pp</p>	 <p>24 October - 5 December Six-week course One Monday night per week 6pm-8pm \$290pp</p>
Gingy Christmas Cake	Fallen Reindeer Christmas Cake
 <p>25 October - 15 November Four-week course 1 Tuesday night per week 6pm-8pm \$360pp</p>	 <p>26 October - 23 November Five-week course 1 Wednesday night per week 6pm-8pm \$350pp</p>

Purchase instore, online or phone 9418 5929

MY DELICIOUS CAKES & DECORATING

4/3 La Fayette Boulevard, Bibra Lake

[www.mydeliciouscakes.com.au](http://www.mydeliciouscakes.com.au) info@mydeliciouscakes.com.au

BE PREPARED FOR THE UNEXPECTED. MAKE THE RIGHT CALL AROUND WATER.

KNOW THE CONDITIONS - KNOW YOUR LIMITS  
KNOW THE GEAR - KNOW WHAT TO DO

FOR MORE INFO



[ROYALLIFESAVINGWA.COM.AU/PROGRAMS/MAKE-THE-RIGHT-CALL](http://ROYALLIFESAVINGWA.COM.AU/PROGRAMS/MAKE-THE-RIGHT-CALL)



ROYAL LIFE SAVING  
WESTERN AUSTRALIA

MAKE THE  
RIGHT CALL



## SENIORS WEEK EVENTS Saturday November 12 PERTH METROPOLITAN AREA

### SAHARA EXPO

Indian Community Centre  
12 Whyalla Street, Willetton  
10am to 2pm

JOIN Indian origin seniors, people with disability and their carers at the wonderful Indian Community Centre to get information from CaLD service providers and government agencies. Also enjoy a delicious lunch.

Free  
Indian Society of WA  
Dr. Divya Sharma  
Mo: 0401 670 707  
E: divya.sharma@iswa-perth.org  
Open to public

### AGEISM IN THE LGBTQIA+ COMMUNITIES

Centre for Stories (pop up),  
Hay St Mall, Perth  
4pm to 7pm

AN intergenerational panel discussion on ageism. Does it exist? Is it an issue? <https://bit.ly/LGBTIAgeism>

Free  
GLBTI Rights in Ageing, GRAI  
Kedy Kristal  
E: eo@grai.org.au  
Open to public

### TRACING YOUR ENGLISH, SCOTTISH AND WELSH ANCESTORS

Joondalup Library,  
102 Boas Ave, Joondalup  
10am to 11.30pm

EXPERIENCED genealogists show

you the best approach to tracing your ancestors and assist in overcoming barriers in your research. Book and pay online at <https://www.joondalup.wa.gov.au/event-listing>  
**\$5 per person**  
City of Joondalup Libraries  
Ph: 9400 4751  
Open to public



### WRITING YOUR LIFE STORY

Citiplace Community Centre,  
Northbridge  
12.30pm to 5pm  
CAPTURE the poignant, 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 per person  
The Society of Women Writers WA  
Helen Iles  
Mo: 0429 116 395  
E: swwwabookingofficer@gmail.com  
Open to public

### POSITIVE AGEING STALL AT SUBIACO FARMERS MARKET

271 Bagot Road, Subiaco  
8am to 12pm  
COME along and visit the City of Subiaco Positive Ageing stall to learn about age friendly activities and support services  
Free  
City of Subiaco  
Ph: 9237 9222  
Open to public

### CITY OF JOONDALUP LIBRARIES - ACTIVITIES AND GROUPS

Joondalup, Whitford, Duncraig and Woodvale Libraries  
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Whitford Library  
Duncraig Library  
Woodvale Library

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City of Joondalup  
Ph: 9400 4751  
Open to public

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See website  
Shire of Toodyay  
Margie Eberle  
Ph: 9574 9393  
E: [toodyay.museums@toodyay.wa.gov.au](mailto:toodyay.museums@toodyay.wa.gov.au)  
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

Join the **Association of Independent Retirees** who advocate 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.

Annual membership to 30 June 2023 - \$32 single / \$48 couple  
For more information on AIR contact: [www.independentretirees.com](http://www.independentretirees.com)  
President - Janice Ricks - 0408 959 990 - [janice43kg@gmail.com](mailto:janice43kg@gmail.com)  
Secretary - Margaret Walsh - 0487 290 097 - [marghw@iinet.net.au](mailto:marghw@iinet.net.au)

# TopLine Clothes Lines

"Hi it's Mik & Moya Hughes here..."

We pride ourselves on using our vast experience in business, customer service, and innovation when it comes to indoor intelligent clothes lines for private, retail and commercial uses.

**TopLine Clothes Lines is an old-fashioned business with old-fashioned values.**



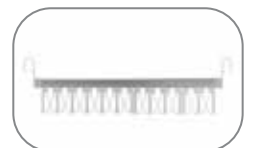
We embrace innovation and technology, but it's each and every customer we serve that's really important.

We're here to serve our private, retail, construction and commercial customers with quality, state-of-the-art cost effective intelligent clothes lines at the best prices."



### TopLine Clothes Line features;

- Exclusive indoor electric clothes lines
- Wifi compatible all android and iOS devices
- Ceiling mounted with a simple push of a remote control button
- UV light for sanitising laundry
- Wall mounted
- Heaters for warm air drying
- Fan for cool air drying



### Range of accessories;

- Pegless clips
- Hangers
- Umbrella hangers
- Stainless steel hooked pegs



Website [www.toplineclotheslines.com.au](http://www.toplineclotheslines.com.au) Phone 1300 991 266

## SENIORS WEEK EVENTS Saturday November 12 PEEL

### GLEE CLUB IN CONCERT AT THE MANDURAH SENIORS CENTRE

Seniors and Community Centre/Dandjoo  
Kaadadjan Mia,  
41 Ormsby Terrace, Mandurah  
1pm to 2pm

THE Seniors Centre Glee Club presents an afternoon of fun, music, laughter and hilarious antics. Join in this free event.

Free  
City of Mandurah Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: delys.griffin@mandurah.wa.gov.au  
Open to public

## SENIORS WEEK EVENTS Sunday November 13 PERTH METROPOLITAN AREA

### SUNDAY SERENADES: MARK TURNER AND STRINGS

Prendiville Performing Arts Centre,  
11 Prendiville Ave,  
Ocean Reef  
2pm to 3pm

THE City of Joondalup is proud to host the delightful Mark Turner with his world class string quartet for an afternoon of dreamy love songs and romantic ballads. With the set list ranging from classic Disney love songs to Nat

King Cole, Elvis Presley to Johannes Brahms, don't miss this special event.  
\$17.50 for adults  
\$14 for pensioners  
City of Joondalup  
Ph: 9400 9400  
Open to public

### SING-ALONG WITH G&S WA

Gilbert and Sullivan WA  
Hall - Corner Lemana Road & Ravenswood Court, Nollamara  
2.30pm to 4.30pm

THE G&S Society of WA are hosting an af-

ternoon sing-along of some of the favourite songs from the enduring repertoire of Gilbert & Sullivan. The celebrated maestro, Michael Brett, will lead the chorus at the piano as they return to a carefree life on the high seas; revere at the majesty of high-ranking nobility and celebrate the reunion of long lost love! Family friendly fun for all ages, the afternoon will feature classic choruses and timeless arias from well-known comic operas such as *The Pirates of Penzance*, *HMS Pinafore*, *The Mikado* and many more! A rich array of memorable costumes worn on stage for the magnificent performances, will also be

on display. Admission for seniors is free and the musical merriment will be followed by afternoon tea and refreshments.  
\$5 per person  
Seniors free  
The Gilbert & Sullivan Society of Western Australia  
Max Page  
Ph: 6260 1457  
E: admin@gilbertandsullivanwa.org.au  
Open to public

### CITY OF JOONDALUP LIBRARIES - ACTIVITIES AND GROUPS

Joondalup, Whitford, Duncraig and Woodvale Libraries  
Joondalup Library  
Whitford Library

**Duncraig Library**  
**Woodvale Library**  
THERE'S such a lot to do at the City of Joondalup Libraries - from Brain Games to exercise and stimulate the brain to Game On! where you can play a range of popular games, and dedicated Mahjong sessions. Then there's the knitting and crochet groups, plus chess and jigsaws. And if you need tech help, book in to a one on one Keystrokes session, or come along to a Ready, Tech, Go event. Events listed on [www.joondalup.wa.gov.au/event-listing](http://www.joondalup.wa.gov.au/event-listing)  
Free  
City of Joondalup  
Ph: 9400 4751  
Open to public

## 7 NIGHTS, 4 VENUES, 25+ HILARIOUS SHOWS!



# WACOMEDY WEEK

## 7 - 13 NOVEMBER

TICKETS ON SALE NOW!

[wacomedyweek.com](http://wacomedyweek.com)



@wacomedyweek

## SENIORS WEEK EVENTS Sunday November 13 AVON VALLEY

### TWO FOR ONE OFFER AT OUR TOODYAY MUSEUMS

Connor's Mill, 7 Piesse Street and Newcastle Gaol, 13 Clinton Street, Toodyay  
10am to 3pm

THE Shire of Toodyay manages two museums - Connor's Mill and Newcastle Gaol. During Seniors Week, they will only be charging Senior visitors one entry fee to visit both museums. Call in to the Toodyay Visitors Centre or the Newcastle Gaol for your complimentary entry tickets.

See website  
Shire of Toodyay  
Margie Eberle  
Ph: 9574 9393  
E: [toodyay.museums@toodyay.wa.gov.au](mailto:toodyay.museums@toodyay.wa.gov.au)  
Open to public

## SENIORS WEEK EVENTS Sunday November 13 PEEL

### MAKERS MARKET AT THE MANDURAH SENIORS CENTRE

Seniors and Community Centre/Dandjoo  
Kaadadjan Mia, 41 Ormsby Terrace, Mandurah  
9am to 1pm

WANDER through more than 20 market stalls and discover handcrafted items, homewares, clothing, treats and more. Enjoy live music, delicious café treats and coffees and so much more.

Free  
City of Mandurah Seniors Centre  
Delys Griffin  
Ph: 9550 3799  
E: [delys.griffin@mandurah.wa.gov.au](mailto:delys.griffin@mandurah.wa.gov.au)  
Open to public

## POST-SENIORS WEEK EVENTS PERTH METROPOLITAN AREA

### Tuesday November 15 DISCOVERY SESSION - EXPERIENCES OF A FEMALE FIGHTER PILOT

Woodvale Library,  
5 Trappers Drive,  
Woodvale  
6pm to 7.30pm

JOIN Flight Lieutenant Sue Freeman as she candidly talks about being a female fighter pilot in the RAF for 25 years on the front line. Then follow her transition to an instructor to young military pilots flying fast jets at the RAAF Base in Pearce. Book and pay online at <https://www.joondalup.wa.gov.au/event-listing>  
\$5 per person

City of Joondalup Libraries  
Ph: 9400 4751  
Open to public

### Sunday November 20 THE MSWA OCEAN RIDE

- Powered by Re-traVision - is a unique cycling event that takes riders along WA's beautiful coastline from Fremantle to Hillarys. With seven ride distances to choose from, there is something to suit all ages, abilities and fitness levels. More details at <https://mswa.oceanride.org.au/>  
MSWA Events Team  
Ph: 6454 3131  
E: [events@mswa.org.au](mailto:events@mswa.org.au)  
Open to public

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See you at  
Have A Go Day  
9th November

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

Comfort Keepers specialise in in-homecare 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](mailto:info@comfortkeepers.com.au)

Web : [www.comfortkeepers.com.au](http://www.comfortkeepers.com.au)

### South of the River

Phone : (08) 9315 2200

Email : [adminsouth@comfortkeepers.com.au](mailto:adminsouth@comfortkeepers.com.au)

Web : [www.comfortkeepers.com.au](http://www.comfortkeepers.com.au)



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Connect with a community of like-minded travellers



6 DAYS

## BREMER BAY & ESPERANCE

INCLUDING HYDEN AND WAVE ROCK

### TOUR HIGHLIGHTS

- ★ Visit Williams Woolshed
- ★ Wander the town of Katanning
- ★ Take in the spectacular views around Bremer Bay
- ★ Visit the Wellstead Museum and enjoy lunch
- ★ Visit Cape Le Grande National Park
- ★ Enjoy Lunch at Yirri Grove Olive Farm
- ★ Scenic Wildlife Cruise with morning tea
- ★ View the Silo Art in Ravenshorpe
- ★ Guided Tour of Wave Rock and surrounds

### TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ 1-night in Bremer Bay
- ✓ 3-nights in Esperance
- ✓ 1-night in Hyden
- ✓ Breakfast daily, 4 Lunches & 5 Dinners
- ✓ Luxury coach with professional driver
- ✓ Sightseeing and entry fees as per itinerary

19 to 24  
FEBRUARY 2023

**\$2390\***

Per Person Twin Share  
Single Price **\$2790\***

## MELBOURNE FLOWER SHOW & THE GREAT OCEAN ROAD



7 DAYS

### TOUR HIGHLIGHTS

- ★ Melbourne International Flower Show
- ★ House Tour at Labassa Manor, Melbourne
- ★ High Tea in the Restaurant at The Hotel Windsor, Melbourne
- ★ Entry to Skydeck 88, Melbourne Skydeck
- ★ Visit to the Tower Hill Wildlife Reserve
- ★ Locally guided tour of Port Fairy
- ★ Dinner and the Shipwreck Show at Flagstaff Hill Maritime Museum and Pippies Restaurant
- ★ Visit, tastings and lunch at the Great Ocean Road Chocolatier
- ★ Visit Queen Victoria Markets, Melbourne

### TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Full Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares & Taxes
- ✓ Luxury Coach with Professional Driver throughout
- ✓ 4 night's at the Pan Pacific in Melbourne
- ✓ 2 nights at the Mid-City Motel, Warrnambool
- ✓ 6 Breakfasts, 4 Lunches & 4 Dinners
- ✓ Sightseeing & Entry Fees as per the itinerary

29 MARCH TO 4 APRIL 2023

**\$3450\*** Per Person Twin Share  
Single Price **\$4090\***

## AUTUMN LEAVES OF VICTORIA

INCLUDING THE AUTUMN LEAVES FESTIVAL IN BRIGHT

### TOUR HIGHLIGHTS

- ★ Morning Cruise with Melbourne Tramboat Cruises
- ★ Lunch in Conservatory Restaurant in the Crown Casino
- ★ Entry to Melbourne Skydeck
- ★ Visit Dandenong Ranges Botanic Garden & enjoy lunch at Fortnum's Restaurant
- ★ Ride on the Puffing Billy Railway
- ★ Locally guided tour of Benalla street art tour
- ★ Ned Kelly's Last Stand Show, Glenrowan
- ★ Morning tea and talk at Red Stag Deer Farm, Eurobin
- ★ Locally guided tour of Bright & Beechworth
- ★ Guided tour of the courthouse, including a re-enactment of Ned Kelly's Trial at Beechworth Historic Courthouse
- ★ Lunch at Glenbosch Wine Estate
- ★ Visit and Tastings at The Olive Shop & Milawa Mustards

- ★ Self-guided cheese tasting with tasting notes at Milawa Cheese Co Pty Ltd
- ★ Visit Wangaratta Woodworkers & the Wangaratta Art Gallery
- ★ Lunch at Hanging Rock Cafe

### TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ Deluxe Coach Travel with professional Driver
- ✓ 3-nights at the The Savoy Hotel on Little Collins, Melbourne
- ✓ 4-nights at the Quality Hotel, Wangaratta
- ✓ Breakfast daily, 6 Lunches & 5 Dinners
- ✓ Sightseeing and Entry Fees as per the itinerary



8 DAYS

25 APRIL TO 2 MAY 2023

**\$3990\*** Per Person Twin Share  
Single Price **\$4750\***



8 DAYS

## COCOS AND CHRISTMAS ISLAND

### TOUR HIGHLIGHTS

- ★ Enjoy a visit to Direction Island
- ★ Embark on a motorised canoe tour to Southern Islands
- ★ Enjoy a tour of Home Island including a visit to the historic Oceania House
- ★ Orientation tour of Christmas Island
- ★ Take a tour to The Dales – pristine springs with a waterfall
- ★ Visit the Blowholes
- ★ Enjoy Lily and Ethel Beaches
- ★ Bird Feeding at Seabird Rehabilitation Centre
- ★ Visit to Historical Museum at Tai Jin House

### TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ 3 nights' accommodation at the Cocos Beach Resort
- ✓ 4 nights' accommodation at Sunset Lodge on Christmas Island
- ✓ Breakfast daily, 6 lunches and 7 dinners
- ✓ All sightseeing and entry fees as per the itinerary

14 to 21  
MARCH 2023

**\$5590\***

Per Person Twin Share  
Single Price **\$6250\***



16 DAYS

## SPAIN & PORTUGAL CRUISE

*New Tour!*

### LISBON TO BARCELONA

### TOUR HIGHLIGHTS

- ★ Welcome and Farewell Dinners including wine
- ★ Guided sightseeing tours of Lisbon and Barcelona
- ★ Visit the Belém Quarter and enjoy the famous Portuguese tart
- ★ Visit the UNESCO World Heritage town of Sintra
- ★ Cruise from Lisbon to Barcelona on ms Oosterdam, a Vista Class cruise ship
- ★ Visit inside Gaudi's extraordinary masterpiece, the Sagrada Familia
- ★ Spend the day in Casablanca, Morocco
- ★ Stroll down the promenade in Malaga with its many shops and restaurants
- ★ Visit one of Spain's most delightful towns, Palma De Mallorca
- ★ See the gorgeous buildings in Valencia
- ★ Walking tour in Barcelona with a local guide including Plaça de Catalunya, Palau de la Musica Catalana and Barria Gothica area

### TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ Transfers throughout
- ✓ 3-nights pre-cruise accommodation in Lisbon at the Atlas Grand Hotel
- ✓ Welcome Dinner including wine
- ✓ Guided tour of Lisbon with a local expert
- ✓ Dinner at a local restaurant in Lisbon including wine
- ✓ 8-night Holland America Cruise including meals, entertainment, port charges & taxes
- ✓ 2-nights post-cruise accommodation in Barcelona at the Hilton
- ✓ Guided tour of Barcelona with a local expert
- ✓ Farewell Dinner at a local restaurant including wine

18 MAY TO 2 JUNE 2023

**\$8795\*** Per Person Twin Share  
Single Price **\$11290\***

## CALL & TALK TO CRUISE EXPERT WENDY



## THE GHAN EXPEDITION

DARWIN - KATHERINE - ALICE SPRINGS - COOBER PEDY - ADELAIDE

### TOUR HIGHLIGHTS

- ★ Off train experiences in Katherine, Alice Springs, and Coober Pedy
- ★ Evening off train experience in Manguri
- ★ A spectacular dinner under the stars at the historic Telegraph Station, Alice Springs
- ★ Experience Nitmiluk Gorge's powerful natural wonders and rich Indigenous culture
- ★ Venture into the underground opal mining town of Coober Pedy
- ★ Enjoy a gourmet lunch in the most unique of locations

### TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ 2 nights' accommodation at the Adina Waterfront Hotel, Darwin
- ✓ 3 nights' on board the legendary Ghan in Gold Service
  - All-inclusive dining in the Queen Adelaide Restaurant
  - Off Train Excursions and Outback Experiences
  - Access to the Outback Explorer Lounge for beverages and socialising
  - All-inclusive Australian wines, beers, spirits and non-alcoholic beverages
  - In-cabin music channels and journey audio commentary
  - Complimentary Australian bathroom amenities
- ✓ 1 nights' accommodation at the Stamford Grand Glenelg, Adelaide
- ✓ Transfers throughout
- ✓ Breakfast daily, 3 lunches and 5 dinners



7 DAYS

5 TO 11 JUNE 2023

**\$5990\*** Per Person Twin Share  
or Single



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