

Join the fun of Seniors Week 2023

Channel 9 Station Tour

Have a Go Day

Tour Parliament House



WIN WIN WIN



Tour Art Gallery of WA



Join an exclusive station tour of Channel 9 Perth Studios; win passes to Luna Cinemas and the WA Museum; Tour Parliament House and the Art Gallery of Western Australia plus lots more inside.

KINGS **TOURS & TRAVEL**

Your locally owned and operated specialist in Escorted Holidays from Perth.

All tours include Home Pick-up & Return by Private Car & a Kings Tour Manager with you the whole way.

- 📞 9380 6656
- 🌐 www.kingstours.com.au
- ✉ office@kingstours.com.au
- 📍 110d Cambridge Street West Leederville WA 6007



NEW BROCHURE COMING OUT IN NOVEMBER
Call **9380 6656** to receive your **FREE** copy.

Be a part of the fun and enjoy the activities throughout Seniors Week 2023



Jen Merigan with Hon Kyle McGinn Parliamentary Secretary to the Office of Hon Don Punch MLA Minister for Seniors and Ageing

HAVE a Go News is proud to be one of the major supporters of WA Seniors Week. Throughout our 32-year history we have provided an information and 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. Inside this handy guide we present a plethora of activities to keep people active and engaged.

To kick off Seniors Week, we are thrilled to offer a special behind-the-scenes tour of Channel Nine studios offering a special opportunity for 20 people to enjoy morning tea and tour the station to experience television in the 21st century. See this page for more details.

The major event for the week, *Have a Go*

Day will be held on Wednesday November 15 at Burswood Park from 9am to 3pm and is free for anyone to attend.

Don't miss this long-running event in the grounds of beautiful Burswood Park. *Have a Go News* is 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 holders' 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; it is 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, coffees and water

and every hour spin our famous Chocolate Wheel.

The very informative Parliament House tours return, giving people the opportunity to tour Parliament House; the Art Galley of WA offer free daily tours and there's loads of events around Perth and Mandurah.

Inside is the opportunity to win tickets to the movies thanks to Luna Cinemas and two Friends of the Museum membership passes.

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

HILLVIEW PUBLIC GOLF COURSE

Seniors Offer for November

*Bring in this advert to receive the offer.

\$18	18 HOLES for the price of 9 HOLES*	\$10	DRIVING RANGE: 60 balls (medium) for the price of 40 balls (small)*
-------------	---	-------------	--

BOOKINGS ESSENTIAL 9454 5554
350 Kalamunda Road, Maida Vale

*Valid for the month of November 2023 up to 8 people per advert
www.hillviewgolfcourse.com.au

Go behind the scenes of Channel Nine Perth



Last year's group inside the newsroom

HAVE a Go News is pleased to offer readers the exclusive opportunity to go behind the scenes and see how television is made in the

21st Century.

To celebrate Seniors Week 2023, Channel Nine Perth is hosting an exclusive station tour and morning tea 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 and with a special guest appearance from Monika Kos.

Following the station tour participants will enjoy morning tea everyone is welcome to ask questions along with photo opportunities.

The exclusive tour kicks off Seniors Week and will be held from 11am to 12noon on Monday November 13 at the Channel Nine Perth studios, 253 St Georges Terrace, Perth.

This tour is limited to 20 people and due to the high 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 with Channel 9 in the subject line. Registration closes 31/10/23.



emprise MOBILITY

Mobility Solutions for all life's seasons

- **Stay Independent**
Open a jar, cook a meal, make a cup of tea or coffee, have a shower, sit comfortably and get up out of the chair, get a better night's rest, or be on the move (whether it be to get from one side of the room to the other, check the mailbox, go shopping, participate in a favourite hobby or keep in touch with friends and family over a cuppa).
- **What we do**
Mobility equipment and daily living aids to give you greater independence and freedom in everyday living: to assist you to carry out daily activities; to live with greater comfort, safety and security; to get up, out and about.
- **What makes us different**
We have over 1,200 products available and on display for you to try for function, size and comfort (and over 5,000 in our catalogue) in two of WA's largest mobility equipment showrooms. Sales Consultants and Occupational Therapists to help you choose the right solution.

Call us to book a showroom visit or in-home trial.

Perth (Bibra Lake): (08) 6555 4222
Mandurah: (08) 9535 1411

www.emprise.com.au

Seniors Week 2023

'Tall Stories and True'

The Parliament of Western Australia

Join us for an engaging and humorous 90-minute information session as we share quirky stories from our past.

Monday 13 November and Friday 17 November

Three sessions per day to choose from:

- 10.00 am
- 11.00 am
- 1.30 pm

\$10 per person
*including refreshments and commemorative pin

Bookings are essential: <https://seniorsweekatparliament.eventbrite.com.au>

Places are limited to 30 guests per session.

Message from the Minister for Seniors, Ageing and Volunteering



**by Hon. Don Punch MLA
– Minister for Disability
Services, Seniors and
Ageing; Volunteering**

SENIORS Week is always a highlight in the annual calendar for Western Australian seniors and, as Minister for Seniors and Ageing, I am very proud of the role the

Cook Government plays supporting our seniors to live happy and fulfilling lives.

This year WA Seniors Week runs from November 12–19, a week-long event that encourages people of all ages to acknowledge and celebrate the contributions of older people to our state.

During Seniors Week, the Department of Communities (DoC) encourages all Western Australians to get involved in celebrations, with several activities being held across the state.

This includes *Have a Go Day* on Wednesday November 15, which is aimed at creating awareness around the importance of seniors leading active lives.

I'm particularly looking forward to attending the WA Seniors Awards, delivered by DoC in partnership with the Council on the Ageing WA (COTA), which celebrate exceptional seniors and encourages participation in community life, particularly for isolated people.

Our work to enhance the lives of Seniors is ongoing and goes far beyond the celebrations held throughout Seniors Week.

The DoC plays a leading role in helping ensure that older Western Australians are safe, respected and valued in the community.

This includes the funding of support services, grants programs and initiatives across

the seniors and ageing portfolio. Most significantly, earlier this year we launched WA's first Seniors Strategy 2023–2033, a 10-year whole-of-government strategy which will support seniors to live their best lives.

Extensive consultations were undertaken to develop the strategy, with more than 2,600 people aged through to their 90s providing feedback.

The Strategy is accompanied by the first five-year Action Plan (2023–2027) that sets out a range of actions including a comprehensive campaign to tackle ageism in WA.

The Department is also working to reduce

elder abuse across the State, through the implementation of our elder abuse strategy and providing more support services and resources designed to support older Western Australians.

A state-wide service which provides legal support and advocates for the rights of older Western Australians experiencing abuse has recently marked one year of operation.

Elder Rights WA was established in 2022 by Legal Aid WA, in partnership with the Department of Communities, with \$4 million in funding over four years to respond to a greater awareness of elder abuse and an increased demand for services.

I am also exceptionally proud of the WA Seniors Card, with our members continuing to have access to some of the most generous range of State Government concessions and rebates.

This includes free off-peak public transport, and concessions on local government rates and water service charges.

The 2023–2024 Discount Directory for Western Australian Seniors Card members offers a wide range of discounts on goods and services from over 900 businesses to help older Western Australians with the cost of living.

Last month more than 310,000 Western Australian seniors shared

in over \$28 million in direct financial assistance, thanks to the Government's Cost of Living Rebate.

Our Government has also reinstated the Safety and Security Rebate, providing members a rebate of up to \$400 after the purchase of an eligible home security or safety item.

As Minister for Seniors and Ageing, I believe these initiatives will all be of tremendous benefit for seniors in our State, and I look forward to seeing the progress of the first Action Plan in the future.

To find out more about the WA Seniors Card discounts and concessions, visit the WA Seniors Card website or phone 1800 671 233.



'Tall Stories and True' at The Parliament of Western Australia

DID you know that when the late Queen Elizabeth II paid a visit to the Parliament of Western Australia in 1954, she was escorted into the building via the tradesman's entrance?

The welcome was hardly fit for a queen, but there's an interesting story behind it that would eventually lead to the building of

an impressive front entrance, albeit 10 years later.

To learn why and to hear more quirky stories from Parliament's past, join us for one of our special Seniors Week information sessions. The 90-minute session will also include a tour of our iconic heritage-listed building.

The engaging and humorous

reflection on our state parliament will be delivered by friendly parliamentary educators and you'll enjoy a morning tea or afternoon tea fit for a queen or king.

You won't leave the 'people's house' empty-handed, but rather take away our popular Parliament pin as a memento.

The special Seniors Week

sessions will run on Monday, November 13 and Friday, November 17, with three sessions each day: 10am, 11am and 1.30pm.

Each session is limited to 30 guests.

For bookings visit: seniorweekatparliament.eventbrite.com.au



KompleteCare

Community and Home Care Services

Perth's leading Disability & Aged Care In-home and Community service provider for NDIS and Home Care packages. We are dedicated to providing quality care to you or your loved one.

- Meal Prep
- Home Modifications
- Home & Garden Care
- Medication Assistance
- Transport
- Shopping Assistance
- Domestic Services
- Social Support
- Personal Care
- In-Home Respite
- Overnight Care
- Nursing Services

For your FREE in-home consultation, call us today
(08) 9329 4955

Website www.kompletecare.com.au

Western Australian Museum celebrates seniors with special giveaway



Museum of the Goldfields, Museum of Geraldton and Gwoonwardu Mia Gascoyne Aboriginal Heritage and Cultural Centre (Carnarvon) and discounted Member pricing for specific tours, programs and events including 30 per cent discount on Special Exhibitions.

Museum cafés (Epoch at Boola Bardip and Caffissimo at Maritime) offer 10 per cent discount, some exclusions apply.

One guest pass per member to WA Maritime Museum and one guest pass per member to WA Museum Boola Bardip.

Member welcome pack including lapel pin and lanyard (to be collected from the Museum) and more.

To be in the draw simply email win@haveagonews.com.au with Museum in the subject line or write to WA Museum Seniors Week Offer c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/10/23.

THE WA Museum is offering people the opportunity to win two friend memberships to celebrate Seniors Week 2023.

Key friend member benefits include: unlimited general admission entry to WA Museum Boola Bardip, WA Maritime Museum, Museum of the Great Southern,

Win a double pass to the movies



THANKS to Luna Cinemas we are pleased to offer readers the opportunity to win a double pass to any movie screening at Luna Leederville, Luna on SX or Windsor Cinemas during Seniors Week.

The lucky winners will receive the double pass along with a medium popcorn to enjoy the movies. There's a great selection of movies between November 13 – 17. Tickets are subject to availability, not valid after 6pm on Saturday and Sunday.

To be in the draw simply email win@haveagonews.com.au with Luna in the subject line or write to Luna Cinemas c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/10/23.

New Catholic Homes aged care residence in Belmont officially opens



LEADING provider of aged care services in Western Australia, Catholic Homes, has announced the bless-

ing and official opening of its newest residence, Sister Mary Glowrey Residential Care, in Belmont.

Acting chief executive, Ben Foster, said the new residence was a testament to the organisation's commitment to providing modern aged care services that cater to the community's needs and preferences.

Mr Foster said the residence was named to honour the life of a pioneering Australian female doctor

who followed her vocation into religious life to care for the poor and marginalised.

"Sister Mary Glowrey Residential Care reflects our values of joy, love and hospitality, as well as our innovative 'Care with Purpose' approach that focuses on wellness, independence and choice," he said.

"We are proud to offer the full continuum of care at Sister Mary Glowrey, including ageing-in-place,

dementia care and palliative care, in a comfortable and home-like environment that makes the most of its location."

The 96-place residence, located near the Swan River just off Great Eastern Highway in Belmont, offers relaxed, riverside living for older people who need high-quality care and support.

It features open-air courtyards with covered balconies, a tree-lined sensory garden space, a

wellness centre, staff and meeting/training rooms, and a coffee bar.

In addition to a suite of new technology including smart televisions, climate control and energy efficiencies, the residence is fully self-contained with an onsite commercial kitchen and laundry.

"We are delighted to soon welcome our first residents to Sister Mary Glowrey," Mr Foster said.

Mr Foster also thanked the staff, contractors and

partners who worked hard to complete the project.

The Most Reverend Timothy Costelloe SDB, Archbishop of Perth, blessed and officially opened the residence with current and former Board members, staff, and friends of Catholic Homes that was held in September.

For information on Sr Mary Glowrey residential aged care visit catholichomes.com or 1300 244 000.

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 and screens, outdoor blinds and plantation shutters. Buy now and SAVE!



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

Our premium quality outdoor blinds can block heat and wind whilst providing ventilation to cool your space. Custom made to suit your home with professional installation. Save now during our **Spring Sale!**

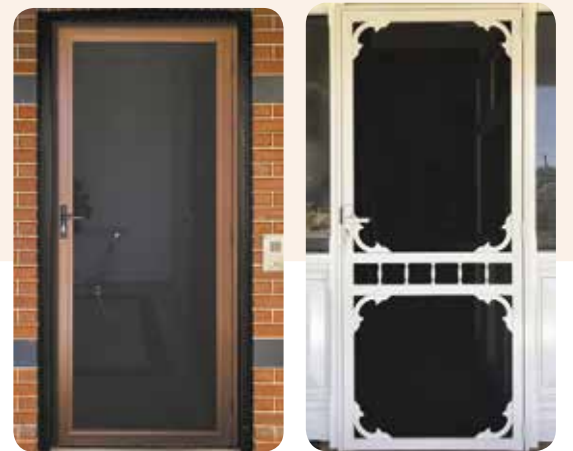


Increase your security & privacy by installing Nu-Style Roller Shutters, Security Screens & Doors. Custom made in WA. Professional installation.

Order **NOW** and beat the Summer rush!



Safety & Security \$400 Rebate*



FOR A FREE MEASURE AND QUOTE
CALL **1300 717 907**

NU-STYLE SHUTTERS
It's how we roll.

nustyleshutters.com.au 179 Beringarra Ave, Malaga Stand #89, Homebase Subiaco

*Visit www.seniorscard.wa.gov.au for more information. * Show your current RAC Member Card. T/C apply. Security Agents License no. 20818

PRE-SENIORS WEEK EVENTS PERTH METROPOLITAN AREA

AGWA GUIDED TOURS

Perth Cultural Centre

Every day except Tuesday

JOIN one of the knowledgeable Voluntary Gallery Guides for an introductory look at some of the Gallery highlights. There is nothing like a personal interaction to spark the imagination. Whether you're a seasoned artistic traveller or apprentice explorer, Voluntary Gallery Guides offer that extra insight and revealing glimpse into the artwork, the era and the artist.

With more than 18,000 works in the AGWA Collection, and special exhibitions on display, you can be sure of surprises, new discoveries and the chance to revisit treasured works, making it a different experience every time you visit.

For more information please visit: <https://artgallery.wa.gov.au/whats-on>

The Art Gallery of Western Australia

admin@artgallery.wa.gov.au

9492 6600

PO Box 8363, Perth Business Centre, Perth, WA 6849

Free

Open to public

PRE-SENIORS WEEK EVENTS Monday November 6 PERTH METROPOLITAN AREA

DEMENTIA WITHOUT LONELINESS WITH MICHAEL VERDE

114 Stoneham Street, Tuart Hill

Stirling Community Centre

2pm to 4pm

HEAR from Michael Verde, a globally recognised thought leader in the field of dementia care. The presentation: 1) identifies the common factors contributing to the emotional isolation of people with dementia-related cognitive impairments; 2) introduces person-centred communication that mitigates/ends

emotional isolation; and 3) illustrates person-centred communication with riveting video footage.

City of Stirling event (Supported by Department of Health)

9205 8579

community@stirling.wa.gov.au

Open to public

RSVP by November 3

ENHANCE YOUR GUT HEALTH

197 Safety Bay Road, Safety Bay

5pm to 6.30pm

JOIN Natalie Woodman, an internationally recognised nutrition and gut health expert, to learn how to look after your microbiome. This is a free event for ages 18+.

Bookings essential.

City of Rockingham

9528 8611

sbycontact@rockingham.wa.gov.au

Free

Open to public

PRE-SENIORS WEEK EVENTS Wednesday November 8 PERTH METROPOLITAN AREA



CELEBRATE DIWALI WITH SAND ART

197 Safety Bay Road, Safety Bay

10.30am to 12pm

DIWALI is the Hindu festival of lights, and is often marked with fireworks and the decoration of floors with rangoli designs. Join us in celebrating Diwali by making your own sand art rangoli to take home while bopping away to Bollywood tunes. There will also be Chai tea and Indian sweets to try. Bookings essential.

City of Rockingham

9528 8611

sbycontact@rockingham.wa.gov.au

Free

Open to public

PRE-SENIORS WEEK EVENTS Friday November 10 PERTH METROPOLITAN AREA

DISCOVERY SESSION - CARBOHYDRATES: THE BASICS

Whitford Library
Cnr Banks and Marmion
Avenues, Hillarys

2pm to 3.30pm

WANT to feel more confident when planning or making a healthy meal? Join a dietician from Diabetes WA who will help you make informed and healthy lifestyle choices for people living with Type 1 and Type 2 diabetes. Book online at joondalup.wa.gov.au/event-listing City of Joondalup Libraries 9400 4751 \$5 Open to public

PRE-SENIORS WEEK EVENTS Saturday November 11 PERTH METROPOLITAN AREA

BRAIN GAMES

Duncraig Library

Cnr Warwick Road and Marmion Avenue, Duncraig

10am to 11am

ENJOY an hour of challenging puzzles, quizzes and games designed to exercise and stimulate the brain. No cost. No bookings required.

City of Joondalup Libraries

9400 4790

Free

Open to public

**SUMMERLIN
AUDIOLOGY**

Hearing, tinnitus & balance clinic

- ✓ Affordable hearing aids from all leading manufacturers
- ✓ Independent audiologists
- ✓ Providers of fully subsidised hearing services under the Australian Government

Ph: 9481 0912

West Perth | Edgewater | Manjimup
www.isaudiologist.com.au

Staying At Home Comfortable, Safe and In Control

Sometimes all it takes is a little support
and we can help you with this.

Just some of the services we can offer you

- ❖ Housework & Gardening
- ❖ Home Maintenance
- ❖ Minor Home Modifications
- ❖ Transport
- ❖ Shopping
- ❖ Companionship & Outings
- ❖ Meal Preparation
- ❖ Dietary Supplements
- ❖ Medication Assistance
- ❖ Personal Care
- ❖ Allied Health Services
- ❖ Home Nursing



PLEASE COME AND SAY HELLO TO US

AT SITE 12 HAVE A GO DAY

TO FIND OUT MORE

AND

FOR A CHANCE TO WIN A SHOPPING VOUCHER

VALUED AT \$100.00

WE HAVE COMPLIMENTARY CHOCOLATE TOO



Or for more information please contact our friendly team at

info@cpegroup.biz

or call us on **1300 665 082**

www.cpegroup.biz



Caring for People Everyday

**CPE Group
Home Care**

SENIORS WEEK EVENTS Sunday November 12 PERTH METROPOLITAN AREA

AGWA GUIDED TOURS

Perth Cultural Centre

JOIN one of the knowledgeable Voluntary Gallery Guides for an introductory look at some of the Gallery highlights. There is nothing like a personal interaction to spark the imagination. Whether you're a seasoned artistic traveller or apprentice explorer, Voluntary Gallery Guides offer that extra insight and revealing glimpse into the artwork, the era and the artist.

With more than 18,000 works in the AGWA Collection, and special exhibitions on display, you can be sure of surprises, new discoveries and the chance to revisit treasured works, making it a different experience every time you visit.

For more information please visit: <https://artgallery.wa.gov.au/whats-on>

The Art Gallery of Western Australia

admin@artgallery.wa.gov.au

9492 6600

PO Box 8363, Perth Business Centre, Perth, WA 6849

Free

Open to public

WRITING YOUR LIFE STORY WORKSHOP

Railway Station Concourse

Citiplace Community Centre

1.30pm 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. She will outline a variety of ways you can set up your book and publish it economically.

The Society of Women Writers WA

0429 116 395

swwwabookingofficer@gmail.com

\$35

Open to public

RSVPs by 3/11/23

SENIORS WEEK EVENTS Monday November 13 PERTH METROPOLITAN AREA

'TALL STORIES AND TRUE'. THE PARLIAMENT OF WESTERN AUSTRALIA.

Parliament of Western Australia

4 Harvest Terrace, West Perth.

Three sessions; 10am, 11am and 1.30pm

AN engaging and humorous 90-minute information session with quirky stories from The Parliament of Western Australia's past shared. The session will include refreshments and a tour of the iconic heritage-listed building, focusing on its architecture, history and art collection.

Parliamentary Education Office

Cherie - 08 9222 7800

education@parliament.wa.gov.au

GPO Box A11, 6837

\$10

Open to public

Bookings are essential



SENIORS WEEK EVENTS Sunday November 12 SOUTH WEST AREA

HAVE A GO

1 Stirling Street, Bunbury

9am to 3pm

NON members are invited to attend any activity during the week of November 12 to November 17 for no cost. Example of activities: Singalong, bowls, fun dance and many more.

Bunbury Geographe Seniors and Community Centre Inc

manager@bgscc.org.au

Tel: 9721 2522

PO Box 241, 6230

Free

Open to public

BETTER LIFE CENTRE

SALES • HIRE • SERVICE • DVA & NDIS PROVIDER

TRAINED TECHNICIANS TO SERVICE YOUR MOBILITY SCOOTER AND OTHER EQUIPMENT



Shop 4/76 Spencer Street, Bunbury 9791 3353

sales@blcbunbury.com.au

50 Bussell Highway, Busselton 9754 7479

sales@blcbusselton.com.au

www.betterlifecentre.net.au

Imagine your new lifestyle with RAAFA

Offering caring, safe and connected communities

Retirement living homes from \$280,000!

Choose from a range of apartments or units in Mandurah, Bull Creek, Merriwa and Albany, with transparent lease for life contracts.

- Resort style facilities
- Recreational & social activities
- Beautiful gardens & surrounds
- Live the life you choose!

Contact us today to arrange your viewing.



Enquire now living@raafawa.org.au, call (08) 9288 8400
0482 180 316 or visit www.raafawa.org.au

RAAFA Retirement Living

You're invited to a free screening of the film

Tender

Director: Lynette Wallworth

Producer: Kath Shelper

The film screening kindly donated by the filmmakers

Tuesday November 14

2pm @ State Library Theatre

Francis Street, Northbridge

Cost: Free

RSVP: perth@tenderfunerals.com.au

A Hive Fund Film produced with the assistance of the Adelaide Film Festival, Australian Broadcasting Corporation, Australian Council for the Arts & Screen NSW. 73 minutes.
2013 Scarlett Pictures Pty Ltd, Lynette Wallworth and Adelaide Film Festival



Tender Funerals is a not-for-profit, community-led organisation with two operating sites in NSW. We are a group of passionate Perth volunteers seeking to replicate the service in WA.

Is turning over in bed difficult for you?

wondersheet⁺ PLUS NDIS, HCP & DVA approved



Try this unique style of fitted sheet that can make turning over in bed so much easier.

To find a stockist near you
www.thewondersheet.com.au

07 55 911 629



Having trouble transporting your pets around Perth and surrounding areas?



Safe, friendly, reliable, trustworthy, honest, punctual transport for transporting pets. Includes vets, groomers, cattery, boarding kennels, obedience training, new pets from animal shelters, specialist treatment and airport transfers.

Vehicles are air conditioned, spotlessly clean and super comfortable. Perth Pet Taxi have 30 years experience of pet handling skills, also have bred and showed Border Collies including dog obedience.

We also do weddings, and offer home pet feeding and care.

Book by phone, web, email or app
Pay via credit card, cash, eft.

Perth Pet Taxi 0498 358 676

SENIORS WEEK EVENTS Monday November 13 PERTH METROPOLITAN AREA

MAHJONG

Woodvale Library
5 Trappers Drive, Woodvale
1.30pm to 4.30pm

INTERESTED in playing Mahjong? Join other players in a friendly, social setting. Woodvale Library holds weekly Monday afternoon Mahjong sessions for players of all levels. No need to book, just come along and play!

City of Joondalup Libraries
9400 9180
Free
Open to public

AGWA GUIDED TOURS

Perth Cultural Centre

JOIN one of the knowledgeable Voluntary Gallery Guides for an introductory look at some of the Gallery highlights. There is nothing like a personal interaction to spark the imagination. Whether you're a seasoned artistic traveller or apprentice explorer, Voluntary Gallery Guides offer that extra insight and revealing glimpse into the artwork, the era and the artist.

With more than 18,000 works in the AGWA Collection, and special exhibitions on display, you can be sure of surprises, new discoveries and the chance to revisit treasured works, making it a different experience every time you visit.

For more information please visit: <https://artgallery.wa.gov.au/whats-on>

The Art Gallery of Western Australia
admin@artgallery.wa.gov.au
9492 6600

PO Box 8363, Perth Business Centre, Perth, WA 6849
Free
Open to public

STAY ON YOUR FEET: MOVE, IMPROVE, REMOVE

Morley Library
240 Walter Road West, Morley
10am to 11am

INJURY Matters WA will share tips to help you reduce the risk of falls.

City of Bayswater
<https://bayswater.wa.gov.au/seniors>
9270 4107
libraryevents@bayswater.wa.gov.au
Free
Open to public, RSVPs by November 13

DEMENTIA WITHOUT LONELINESS, PRESENTED BY MICHAEL VERDE

City of Bayswater Civic Centre
5.30pm to 7pm

MICHAEL Verde, an internationally recognised thought leader in dementia care, will discuss the emotional isolation of people with dementia-related cognitive impairments and introduce communication methods to mitigate emotional isolation.

City of Bayswater
<https://bayswater.wa.gov.au/seniors>
9270 4107
community.centres@bayswater.gov.au
Free
Open to public, RSVPs by November 13

CYCLING WITHOUT AGE PERTH

South Beach, Fremantle
9.30am to 11.30am

FREE community trishaw rides for those unable to pedal themselves at many scenic locations around Perth. Feel the wind in your hair from the comfort of the conversational couch on wheels. Let the volunteers pedal for you!

Cycling Without Age Perth
bookings@cyclingswithoutage-perth.org.au
0448 447 223
admin@cyclingswithoutage-perth.org.au
Free
Open to public





Perth's ADJUSTABLE BED EXPERTS
We can come to you with our *mobile showroom* or
Come see us at our *new Showroom* in Jandakot!



- ▶ Accessible mobile service
- ▶ Adjustable & Hi-Lo beds
- ▶ NDIS & Homecare Provider
- ▶ Electric Lift & Recliner Chairs



Call Debbie on 9410 0895 to book your obligation FREE demonstration!
www.sleepelectric.com.au






9

NEWS

PERTH

WA FIRST 5.00

NIGHTLY 6.00

Enjoy an escorted tour of the Art Gallery



JOIN one of the knowledgeable Voluntary Gallery Guides for an introductory look at some of the Art Gallery of WA highlights every day for free.

There is nothing like personal interaction to spark the imagination. Whether you're a seasoned artistic traveller or apprentice explorer, the Voluntary Gallery Guides offer that extra insight and revealing glimpse into the artwork, the era and the artist.

With more than 18,000 works in the Art Gallery of WA collection and special exhibitions on display, you can be sure of surprises, new discoveries and the chance to revisit treasured works, making it a different experience every time you visit.

For more information please visit: artgallery.wa.gov.au/whats-on.

SENIORS WEEK EVENTS

Monday November 13
PERTH METROPOLITAN AREA



SENIORS WEEK DEVONSHIRE TEA

Citiplace Community Centre
Shop 2 Upper Station Concourse
1.30pm to 3pm

SCONE with jam and cream and hot drink for only \$2.50 - between 1.30pm and 3pm.

Citiplace Community Centre

9461 3500

\$2.50

Open to public

SENIORS WEEK EVENTS

Monday November 13
SOUTH WEST AREA

HAVE A GO

1 Stirling Street, Bunbury
9am to 3pm

NON members are invited to attend any activity during the week of November 12- November 17 for no cost. Example of activities: Singalong, Bowls, Fun dance and many more.

Bunbury Geographe Seniors and Community Centre Inc

Bev

manager@bgsc.org.au

9721 2522

PO Box 241, Bunbury 6230

Free

Open to public

SENIORS WEEK EVENTS

Monday November 13
PEEL AREA

SEATED DANCE CLASS - MANDURAH PERFORMING ARTS CENTRE

Mandurah Performing Arts Centre
10am to 11am

SEATED Dance Classes are a great way to enjoy dance in a safe and supported space - your chair. These classes are suitable for people with limited mobility and the dance classes encourage joy, freedom and creative expression. Join in the class and stay for afternoon tea with your fellow dancers.

Lifespan Dance

0411 243 317

lifespan.dance@gmail.com

\$15

Open to public
RSVPs by November 8.

OPEN WEEK AT MANDURAH SENIORS AND COMMUNITY CENTRE

Mandurah Seniors and Community Centre,
Dandjoo Kaadadjan Mia
9am to 4pm

OPEN Week, where over 55s can enjoy members' prices at the centre all week. No visitors fee, come and see what all the members love about the centre and all on offer. Tours available all week with Centre Ambassadors.

City of Mandurah

9550 3799

delys.griffin@mandurah.wa.gov.au

Free
Open to public



FRIENDSHIP GROUP MORNING TEA

Mandurah Seniors and Community Centre,
Dandjoo Kaadadjan Mia
10am to 11am

CALLING all newcomers and old friends of the centre! Join in on a warm and welcoming Friendship Group morning tea filled with laughter and delicious treats. This is a wonderful way to make

new connections and cherish old ones together. Bookings essential contact 9550 3799.

City of Mandurah

9550 3799

delys.griffin@mandurah.wa.gov.au

Free

Open to public



GLENN MITCHELL - THE BEST SEAT IN THE HOUSE

Mandurah Seniors and Community Centre,
Dandjoo Kaadadjan Mia
1.30pm to 3pm

DON'T miss the chance to join special guest, Curtin Radio presenter, and esteemed sports broadcaster, Glenn Mitchell, as he shares captivating behind-the-scenes anecdotes from the Olympic Games, Commonwealth Games, and cricket tours he has covered.

City of Mandurah

9550 3799

delys.griffin@mandurah.wa.gov.au

Free

Open to public

ST BASIL'S AGED CARE SERVICES WA

For over 25 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 offers all levels of **Home Care Packages** and gives you choice and flexibility in how we help you with your everyday lives, including cleaning, gardening, cooking, showering and more.

St Basil's WA also offers support to Commonwealth Home Support Program recipients, caring for you or your loved one in your home, providing respite, and supporting you to get out and about.

Our **Community Centre** in Dianella offers wonderful opportunity for our clients to get out and about, spend a day with friends, share a meal, participate in a range of activities and attend many social events.

St Basil's WA promote **You, living your life, your way!** Your care and support services are tailored to meet your personal preferences and needs, and are delivered by qualified support workers with Respect, Integrity and Empathy. If you are from a non-English speaking background, St Basil's WA will always try to provide you with a support worker who understands you and your culture, and speaks your language.



HAGN1879-00087

22 Dianella Dr, Dianella WA 6059 Ph: 08 6146 2585

www.stbasilswa.com.au E: stbasils@stbasilswa.org.au

INNOVATION AT ITS BEST!

2in1 Electric Walker/ Wheelchair



ZUBU BRAND® ELECTRIC ROLLATOR WALKER

- ✓ Falls prevention sensor
- ✓ Power Assist Rear sensor downhill or up hill
- ✓ Foldable for boot
- ✓ Airplane compliant
- ✓ (Take a look at the 10kg so you can lift the ZUBU effortlessly!)



VULCAN® PORTABLE LIFTER FOR CAR

A fantastic aid that is designed for assisting a person to put their lightweight wheelchair into the boot of an SUV or hatchback.



"We'll help change your world!"

Registered NDIS Provider

We ndis

ndis

myagedcare

PHONE 1300 884 975 www.abbicare.com.au

TOURING WA AND PLANNING A DIP? CONSIDER THE FOLLOWING MIGHTY GOOD TIPS:
KNOW THE CONDITIONS - KNOW YOUR LIMITS
KNOW THE GEAR - KNOW WHAT TO DO



For more information scan the QR code or visit:
royallifesavingwa.com.au



MAKE THE RIGHT CALL

ROYAL LIFE SAVING WESTERN AUSTRALIA

Department of Health

SENIORS WEEK EVENTS Tuesday November 14 PERTH METROPOLITAN AREA

PRIME MOVERS INC
Perth Metro Area
THE program is structured to suit both male and female including warm up, stretching and muscle work.
Prime Movers Inc
www.primemovers-exercise.com.au
PO Box 7308, Karawara
secretary@primemovers-exercise.com.au
0444 560 037
Open to public

GENIE EXCHANGE
Woodvale Library
5 Trappers Drive,
Woodvale
9.30am to 12.30pm
COME along to research your family history with help from skilled and knowledgeable volunteers. Free access is available to online research tools such as Ancestry.com and Find-MyPast including the 1921 England and Wales census. The Genealogy collection is available to be borrowed.
City of Joondalup Libraries
9400 4746
Free

Open to public
STIRLING WOMEN'S SHED SENIORS WEEK OPEN DAY
Building 2/173 Gildercliffe Street, Scarborough
9am to 3pm
WOMEN are invited to come along to an open day at the Stirling Women's Shed facilitated by the Joy of Wood. Come and enjoy some delicious morning tea and find out what's on offer at the Stirling Women's Shed.
City of Stirling
9205 8579
community@stirling.wa.gov.au
Free
Open to public, RSVP by November 12

STORIES AND SCONES
Civic Square Library
10 Almondbury Road,
Booragoon
10.30am to 12pm
REDISCOVER the joy of being read aloud to at our storytime session for grown-ups to celebrate Seniors Week 2023.
Storytime doesn't just benefit children. Being

read aloud to is a deeply human exchange that brings pleasure and enjoyment to people of all ages. Sometimes this takes us back to our childhood and is a reminder of the richness of stories and language.

Morning tea of scones, jam and cream will be served and there will be an opportunity to chat. This session is intended for adults 18+ and this may be reflected in the readings content.
City of Melville Libraries
9364 0138
https://www.melvillecity.com.au/things-to-do/events/whats-on/stories-and-scones
Free
Open to public

LAUGHTER YOGA - FACILITATED BY LAUGH WA INC
Bayswater Community Centre
27 King William Street,
Bayswater
12.30pm to 1.30pm
TURN your fake laughter into real laughter through hand-clapping rhythms, breathing exercises and laughter exercises. Laughter is effective at reducing stress and boosting the immune system.
City of Bayswater
https://bayswater.wa.gov.au/seniors
9270 4107

community.centres@bayswater.gov.au
Free
Open to public, RSVPs by November 13


CARD MAKING
Morley Community Centre
6A Blades Close, Morley
1pm to 2.30pm
CREATE unique and personalised cards and Christmas decorations. All craft materials and afternoon tea will be supplied.
City of Bayswater
https://bayswater.wa.gov.au/seniors
9270 4107
community.centres@bayswater.gov.au
Free
Open to public, RSVPs by November 13

culture@subiaco.wa.gov.au
Free
Open to public, RSVPs by November 5




MICHAEL VERDE: DEMENTIA WITHOUT LONELINESS
Joondalup Library
102 Boas Avenue,
Joondalup
6pm to 7.30pm
JOIN us for a special presentation from award-winning writer, speaker, documentary producer and globally recognised thought leader in the field of dementia, Michael Verde. Michael will explore the importance of real emotional connection for people living with dementia and their loved ones. Bookings essential.
City of Joondalup
https://events.ticketbooth.com.au/event/communities-in-focus-dementia-without-loneliness
9400 4000
community.develop@joondalup.wa.gov.au
Open to public






Home Call Podiatry
Friendly Home Care Services



Professional, reliable & friendly podiatry service
Home Call Podiatry come to YOU...
We provide care for you; nails and skin, corns, callous, and ingrown toenails.
We can also assess and help diabetics manage their podiatry needs.
Footwear advice and more...



Phone Stefan 0423 347 775 or email
homecallpodiatry@gmail.com



Care when you need it most. Because you should live your best life.

We all need a helping hand as we age.

It might be a hand with domestic assistance, cooking, medication, driving or more specialised health or respite care to help you stay independent. Whatever it is you need, our caring hands can support you to have the confidence to stay in your own home and live your best life in your community.

What in-home care or support do you need most?

Reach out to our friendly team for a free consultation today.

6117 3029 | southcare.org.au



Making a difference in the community, *everyday!*

Welcome to your guide to Have a Go Day - a LiveLighter Event Burswood Park Wednesday November 15



Burswood Park is proud to host *Have a Go Day*



vite you and your family to once again join in the fun and free adventures amongst the trees and against the backdrop of the beautiful Swan River and the Matagarup Bridge. Age is no limit.

Why not get your heart pumping with a spot of tap dancing or pickleball? Perhaps you've always wanted to try your hand at ballroom dancing and or canoeing? Or perhaps trishaws or seated volleyball are more your speed?

If you've been thinking about getting out and about on a more regular basis, there are representatives from many of Perth's clubs for you to chat to, from more active pursuits such as cycling and pole walking, to more relaxing hobbies such

as floral art and bell ringing.

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

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

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

Linda Kut
Chief Executive
Burswood Park Board



BURSWOOD Park Board is proud to be hosting *Have A Go Day* - A LiveLighter Event for the 31st time, and we in-

Crown Perth welcomes people to *Have a Go Day 2023*



CROWN Perth is delighted to welcome West Australians to *Have a Go Day* - a LiveLighter Event. Take part in the fantastic event located here on our doorstep at Burswood Park.

We are delighted to be proud partners of *Have a Go Day* for the past 31 years.

We would like to encourage you to head over to visit the Crown Perth marquee at site 18 to check out what fun and interesting things are on offer this year.

Crown Perth has shuttle buses running every 20 minutes from the Burswood train station to Crown Perth, and onto Burswood Park, to make sure you safely get from one spot to another.



Have a Go Day a LiveLighter Event Wednesday November 15, 2023 JUNIPER ENTERTAINMENT STAGE Site No. 101

9am - 9.50am	Music
10am - 10.25am	WA Classical Music Connect
10.30am - 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	Kevin Bennett
1.30pm - 2.05pm	Moira J Scott - Entertainer
2.10pm - 2.45pm	Klassworks Entertainment
2.50pm	Major Prize Draw

Have a Go Day a LiveLighter Event Wednesday November 15, 2023 FOOD VENDORS

FOOD VENDOR	Site No.
Bethanie Sausage Sizzle	53
Casablanca Real Moroccan Cuisine	78
Bilya Café	83
East African Coffee	37
Fob Delicious	46
Gordon's Food Van	9
Hospitality - <i>Have a Go News</i>	111
Hospitality - <i>Have a Go News</i> - Phoenix Ins	97
Hospitality - <i>Have a Go News</i>	118
Juniper - Food Sampling	90
Mary's Spud Wagon	108
Murphy's Spuds	154
Perk Up With Me Mobile Coffee	155
Perth Coffee Express	25
Piadina Bar - Italian Street Kitchen	107
Spit Roast Catering	137
Tim's Ice Creams	138
Unicone	106

Have a Go Day a LiveLighter Event Wednesday November 15, 2023 HEALTH CHECKS

HEALTH CHECK	Site No.
Audika	21
Black Swan Health	63
Bloom Hearing Specialists	61
Curtin Uni - Healthy Living Clinic	163
Hearing Australia	120
Lions Hearing Clinic	28
Meningitis Centre WA	8
Rediscover Hearing	43
Neurological Council	8
Silverchain	85
Specsavers Audiology	142
Step Flex Orthotics	119
Stroke Foundation	8

Have a Go Day a LiveLighter Event Wednesday November 15, 2023 TIMED ACTIVITIES

Site No.	ACTIVITY
114	Av'n Fun Dance Club 9.55am-10.20am, 11.50am-12.10pm, 1pm-1.20pm, 2.30pm-2.50pm
52	Biosymm 9am-9.20am; 10am-10.20am; 11.40am-12pm; 1pm-1.20pm; 2pm-2.20pm
18	Crown Perth See site for details
39	Enchanted Bells/Northern Lights Community Orchestra 10am-10.20am; 11.40am-12pm; 1pm-1.20pm; 2pm-2.20pm
101	Entertainment Stage See site for details
34	Happy Tappers - Trinity School 9.45am-10.05am; 11am-11.20am; 12.45pm-1.05pm; 2pm-2.20pm;
101	Have a Go Day Official Walk 11am
35	Hora Shalom 9.25am - 9.45am, 11.30am - 11.50pm
111	Hospitality Tent - <i>Have a Go News</i> See site for details
45	Hot Hula Fitness 9.50am-10.10am, 11am-11.20am, 12pm-12.20pm, 1.10pm-1.30pm, 2pm-2.20pm
159	iLA (LiveUp) 10am-10.20am; 11am-12pm; 1pm-1.20pm; 2pm-2.20pm
101	Kevin Bennett 1pm-1.25pm
101	Klassworks Music 12.10pm-12.50pm; 2.10pm-2.45pm
101	Moira J Scott 1.30pm - 2.05pm
101	Official Welcome 10.30am
114	Over 50s Ballroom Dancing Club 9am-9.20am; 11am-11.20am; 12.10pm-12.30pm, 1.30pm-1.50pm
101	Over 55 Walking Association 11am
51	Pole Walking - SRCWA 10am, 11am, 12noon, 1pm
35a	Retstappers 10.05am - 10.25am, 11.55am - 12.15pm, 1.10pm - 1.30pm, 2.25pm - 2.45pm
88	Silver Star Wanda'rers Line Dance 9.20am-9.40am, 11.35am-11.55am, 12.30pm-12.50pm, 1.30pm-1.50pm, 2.30pm-2.50pm
115	Square Dance Society 9.30am-9.50am, 11.25am-11.45am, 12.35pm-12.55pm, 2pm-2.25pm
135	U3A PERTH - Ukulele Group 9.40am-10am; 11am-11.20am; 12pm-12.20pm; 1pm-1.20pm; 2pm-2.20pm
66	Volleyball WA - Seated Volleyball 9am-9.30pm; 10am-10.30am; 11.35am-12.05pm; 12.45pm-1.15pm; 1.55pm-2.25pm;
34a / 105	WA Bush Poets & Yarnspinnners Assn main stage (site 105) 11am-11.25am; 9am-9.20am; 12.20pm-12.40pm; 1.35pm-1.55pm;
101	WA Classical Music Connect 10am-10.25am
101	WA Police Pipe Band 11.30am - 12noon



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 71 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
- \$500 Crown Gifts Card

This will be in the form of a \$500 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 SRCWA

1 pair of Pole Walking Poles

NAME:

CONTACT NUMBER:

EMAIL:

ADDRESS:

.....



*One prize per family

The chocolate wheel will be spinning on the hour from 10am at *Have a Go Day 2023* Site No. 111





Have a Go Day 2023

A 'LiveLighter' Event

Wednesday 15th November
Burswood Park, Great Eastern Hwy



LEGEND

- Information & entry barrel
- Official opening
- Refreshments Free Tea, Coffee and Water, compliments of Have a Go News
- Refreshments
- Food
- Toilets
- First Aid
- Sites
- Music Based Activity
- Free Fresh Water

Have a Go Day 2023 a LiveLighter Event Wednesday November 15 EVENT PARTICIPANTS with SITE NUMBERS

164	ADH Mobility	101	Entertainment Stage	50	LiveLighter Healthway	146	Sleep Electric WA
92	Advocare	149	EverAbility Group	124	Machinery Preservation Club of WA	95	Southern Cross Care (WA)
38	Affinity Tours	31	Family History	42	Masonic Care WA	142	Specsavers Audiology
22	AIM Over 50 Archery Group Inc	2	First Aid - St John Ambulance	47	Medic Technology International	115	Square Dance Society of WA
112	b ANZ Bank	96	First Aid - St John Ambulance	11	Medical Edge Australia	51	SRCWA
64	APIA/AAI Ltd	53	Food: Bethanie Food	8 c	Meningitis Centre WA	73	St John WA - Giving
129	Arthritis & Osteoporosis WA	3	Food: C Si Bon	16 b	Men's Sheds of WA	72	St John WA Volunteer Recruitment
77	Assn of Caravan Clubs WA	78	Food: Casablanca Real Moroccan	7	Mercy Care	116	St Vincent de Paul Society
16	a Assn of Independent Retirees	37	Food: East African Coffee	58	MG Car Club	56	Stay On Your Feet program
21	Audika Hearing Clinic	46	Food: Fob Delicious	126	Mindspot GP	119	Step Flex Orthotics
70	Aussie Redback Tours	9	Food: Gordon's Food Van	101	Moiria J Scott Entertainer	8 b	Stroke Australia
110	Australian Facetors Guild (WA Branch)	108	Food: Mary's Spud Wagon	162	My Flex Home Care	81	Surgical House
121	Australian Model Ship Society	154	Food: Murphys Spuds	160	National Archives of Australia	157	SwanCare
165	Avivo	155	Food: Perk Up With Me Mobile Coffee	156	National Lifestyle Villages	112 a	Tech Savvy Seniors-SRCWA
114	Av'n Fun Dance Club	25	Food: Perth Coffee Express	8 a	Neurological Council of WA	87 c	Theatre Organ Society
148	Baptistcare	107	Food: Piadina Bar - Italian Street Kitchen	121	North Coast Marine Modellers	93	Therapy Focus
112	c Be Connected	137	Food: Spit Roast Catering	29	North of the River Shoebox Group	55 a	Tin and Collectables Club
87	d Bennett Brook Railway	138	Food: Tims Ice Creams / Happy Chappy Ice Cream	39	Northern Lights Community Orchestra	27	Toilets
54	Bethanie static	106	Food: Unicorn	145	Northern Suburbs Com. Legal Centre	10	Toilets - portable
23	Bicycles for Humanity	141	Forget-Me-Not Dementia Support Inc	36	Office of the Public Advocate	33	Toilets - portable
83	Bilya Café	127	Friends of the Academy	101	Official Welcome	112 e	Trails WA Inc
52	Biosymm	133	Friendship Force of Perth (Inc)	145	Older People Rights Service	153	Transperth / Public Transport Authority
63	Black Swan Health	99	Gilbert & Sullivan Society of WA	5	Ombudsman WA	153	TRANSWA
61	Bloom Hearing Specialists	44	Girl Guides WA - Trefoil Guild	114	Over 50s Ballroom Dancing Club	161	Trinity School for Seniors
87	b British Ex-Services Assn	123	GOLD Paddling	89	Over 55 Walking Assn	135	U3A PERTH
131	British Pensions in Australia Inc	17	Guide Dogs WA	102	PA Van	130	Umbrella Multicultural Community Care
98	Burswood Park Board	113	Handtool Preservation Society	123	Paddle Western Australia	28	Unicare Health
3	C Si Bon	34	Happy Tappers - Trinity School for Seniors	49	People Who Care	20	Villa Carlotta Travel
15	Cancer Council of WA - Sunsmart Van	101	Have a Go Day Official Walk	149	Perron Place	55 b	Vintage Wireless and Gramophone Club
151	Cancer Council WA - Bowel Screening	111	Have a Go News	16 e	Perth Zoo Docent Association Inc	149	VisAbility
151	Cancer Council WA - Planned Giving	13	HBF Health Ltd	69	Petantque Western Australia	66	Volleyball WA
122	Canoeing DLGSC Camps	76	Health & Disability Services Complaints Office	41	Philatelic Society of WA	86	WA 10th Light Horse
143	Carers WA	120	Hearing Australia	16 d	Phoenix Friendship Club	34 a	WA Bushpoets & Yarnspillers
1	Casey Australia Tours	63	HHG Legal Group	125	Pickleball Perth	100	WA Card Collectors Society
84	Catholic Homes Inc	150	Home Chef	60	Playgroup WA	16 c	WA Carpet Bowls Assn
6	Centrelink (Services Australia)	35 b	Hora Shalom	51	Pole Walking - SRCWA	79	WA Cervical Cancer Prev. Prog.
147	Channel 7	111	Hospitality - Have a Go News	139	PROST! Exercise 4 Prostate Cancer Inc.	104	WA Classic Speedway Assn
68	Chung Wah Community Care	97	Hospitality - Have a Go News - Phoenix Ins VIP	139	Prostate Cancer Help Association Inc. trading as PCaHELP	158	WA Classical Music Connect
134	COCOA (Come Out Camping Older Adults)	118	Hospitality - Have a Go News	36	Public Trustee	67	WA Floral Art Society
80	Comfort Keepers	45	Hot Hula Fitness WA	26	Radio 6PR	57	WA Historical Cycle Club
75	Consumer Protection - DMIRS	159	iLA (LiveUp)	43	Rediscover Hearing	110	WA Lapidary and Rockhunting Club
30	Country Women's Assn of WA	24	Information Booth	91	Regis Aged Care	103	WA Pistol Assn
12	CPE Group Home Care	71	Information Booth	35 a	Retstappers	101	WA Police Pipe Band
18	Crown Perth	56	Injury Matters	87 a	Rose Society of WA	14 b	WA Seniors Card
166	Curtin FM 100.1	112 d	Innogreen	4	Royal Life Saving WA	65	Water Tank-Free drinking water
163	Curtin University - Healthy Living Clinic	90	Juniper	59	Scarboro Toyota	109	Water Tank-Free drinking water
105	Cycling Without Age Perth	101	Kevin Bennett	82	Scout Heritage Centre of WA	117	Water Tank-Free drinking water
14	a Department of Communities	101	Klassworks Entertainment	6	Services Australia - Centrelink	40	West Coast Metal Detector Club
152	Department of Health and Aged Care	140	Legal Aid WA	94	ShelterBox Australia	55 c	Western Social Club
74	Diabetes WA	48 a	Lions Dryandra Woodland Village	29	Shoebox House	144	Western Union
128	DPS Publishing	32 a	Lions Hearing Clinic	19	Shuttle Bus-Pick up/Drop off	132	X-Factor Tour Club
140	Elder Rights WA	32 b	Lions Hearing Foundation	88	Silver Star Wanda'rers		
39	Enchanted Bells	48 b	Lions Noranda Club	85	Silver Chain		

SENIORS WEEK EVENTS Tuesday November 14 PERTH METROPOLITAN AREA



CYCLING WITHOUT AGE

Point Walter, Bicton
9.30am to 11.30am

FREE community trishaw rides for those unable to pedal themselves at many scenic locations around Perth. Feel the wind in your hair from the comfort of the conversational couch on wheels. Let the volunteers pedal for you!

Cycling Without Age Perth
bookings@cyclingswithoutage-perth.org.au
0448 447 223
admin@cyclingswithoutage-perth.org.au
Free
Open to public

SENIORS WEEK DEVONSHIRE TEA

Citiplace Community Centre
Shop 2 Upper Station Concourse
1.30pm to 3pm

SCONE with jam and cream and hot drink for only \$2.50 - between 1.30pm and 3pm.
Citiplace Community Centre
9461 3500
\$2.50
Open to public

SENIORS WEEK EVENTS Tuesday November 14 PEEL



SAFETY MATTERS FOR YOUR HEALTH AND WELLBEING

Mandurah Seniors and Community Centre, Dandjoo
Kaadadjan Mia
1pm to 3.30pm

EXPERT presenters from Injury Matters, PBF Australia and Prof. Anne Marie Hill will explore vital topics focusing on your safety, well-being and health. Don't pass up this opportunity to acquire invaluable insights for a healthier, more secure life! Bookings essential contact 9550 3799.

City of Mandurah
9550 3799
delys.griffin@mandurah.wa.gov.au
Free
Open to public

OPEN WEEK AT MANDURAH SENIORS AND COMMUNITY CENTRE

Mandurah Seniors and Community Centre, Dandjoo
Kaadadjan Mia
9am to 4pm

OPEN Week, where over 55s can enjoy members' prices at the Centre all week. No visitors fee, come and see what all the members love about the centre and all on offer. Tours available all week with Centre Ambassadors.

City of Mandurah
9550 3799
delys.griffin@mandurah.wa.gov.au
Free
Open to public

SENIORS WEEK EVENTS Tuesday November 14 SOUTH WEST

HAVE A GO

1 Stirling Street, Bunbury
9am to 3pm

NON members are invited to attend any activity during the week of November 12 - November 17 for no cost. Example of activities: Singalong, Bowls, Fun dance and many more.

Bunbury Geographe Seniors and Community Centre Inc
Bev
manager@bgsc.org.au
9721 2522
PO Box 241, 6230
Free
Open to public



SENIORS WEEK EVENTS Wednesday November 15 PERTH METROPOLITAN AREA

HAVE A GO DAY

Burswood Park
9am to 3pm

THIS popular event is a free information and activities expo for the over 50s and is the peak event of Seniors Week. Come along to try a variety of activities including canoeing, dancing, and much more. Free tea, coffee provided.

Free entry
Seniors Recreation Council
Dawn Yates 6118 2716
Open to public

LIFESPAN SEATED DANCE OPEN DAY

Koorliny Arts Centre
10 Hutchins Way,
Kwinana
10am to 11am

JOIN in on a free trial

Lifespan Seated Dance Class. This joyful and creative movement class gives participants a sense of freedom and fun in a safe and supported space. Taught by qualified dance professionals, it's a way to get moving and make new friends. Bookings essential. Max. 30 people.
Koorliny Arts Centre
9467 7118
Free
Open to public
RSVP by November 8.

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

SHOPRIDER
mobility

INTRODUCING THE REFRESHED 2023 MODEL ALLROUNDER MOBILITY SCOOTER

BRAND NEW FEATURES:

- NEW TILLER
- LED indicators
- Interactive dash
- USB port
- LED light
- Double nudge bar
- Fluted rims

METALLIC RED
9LSP

METALLIC GREY
9LSPG

METALLIC BLUE
9LSPB



SCAN FOR MORE INFORMATION



IKON

PRESTO
MOBILITY SCOOTER

- Large premium scooter
- Full adjustable suspension
- Comfortable high back contoured rotating seat
- LCD display

METALLIC SILVER
IK8PRSK

AUSTRALIAN OWNED OPERATED



SCAN FOR MORE INFORMATION

ASK FOR THE BRAND

Call **08 9248 4180**
for your nearest "Authorised Dealer"

PRIME MOVERS INC Perth Metro Area

The program is structured to suit both male and female including warm up, stretching and muscle work.

Prime Movers Inc
www.primemovers-exercise.com.au
PO Box 7308, Karawara
secretary@primemovers-exercise.com.au
0444 560 037
Open to public



TRINITY SCHOOL FOR SENIORS OPEN DAY

97 William Street, Perth
10.30am to 2pm

COME and have a look around Trinity School for Seniors! Chat with tutors and current students and see classes in action. Tours will run at 10.30am and 1pm and light refreshments will be provided at the end of the tour. Trinity School for Seniors
Caroline
9483 1333
reception@tsfs.org.au
Open to public
No RSVP required

SENIORS WEEK EVENTS Wednesday November 15 PERTH METROPOLITAN AREA

CROCHET GROUP

Woodvale Library
5 Trappers Drive,
Woodvale
Whitford Library
Cnr Banks and Marmion
Avenues, Hillarys
10am
DO you crochet? Would you like to crochet with others in a friendly social group? Bring a project or start something new. No cost. No bookings required.
City of Joondalup Libraries
9400 4751
Free
Open to public

JIGSAW GROUP

Duncraig Library
Cnr Warwick Road and Marmion Avenue,
Duncraig
2pm to 3.30pm
JIGSAWS are a fabulous way to improve memory and spatial reasoning. Enjoy the opportunity to tackle jigsaw puzzles of different sizes, whilst interacting with other jigsaw enthusiasts. No cost. No bookings required.
City of Joondalup Libraries

9400 4790
Free
Open to public

AGWA GUIDED TOURS Perth Cultural Centre

JOIN one of the knowledgeable Voluntary Gallery Guides for an introductory look at some of the Gallery highlights. There is nothing like a personal interaction to spark the imagination. Whether you're a seasoned artistic traveller or apprentice explorer, the Voluntary Gallery Guides offer that extra insight and revealing glimpse into the artwork, the era and the artist.
With more than 18,000 works in the AGWA Collection, and special exhibitions on display, you can be sure of surprises, new discoveries and the chance to revisit treasured works, making it a different experience every time you visit.
For more information please visit: <https://artgallery.wa.gov.au/whats-on>
The Art Gallery of Western Australia
admin@artgallery.wa.gov.au
9492 6600

PO Box 8363, Perth
Business Centre, Perth,
WA 6849
Free
Open to public

PRESENTATION BY GRAI

Bayswater Library
25 King William Street,
Bayswater
6pm to 7pm
GRAI- Gay, Lesbian, Bisexual, Trans and Intersex Rights in Ageing Inc is a community controlled, culturally safe not-for-profit organisation, working to ensure older LGBTI people are safe and welcomed wherever they are.
City of Bayswater
<https://bayswater.wa.gov.au/seniors>
9270 4107
libraryevents@bayswater.wa.gov.au
Free
Open to public, RSVPs by November 13

FREE BUS TO HAVE A GO DAY

Bayswater Community Centre
27 King William Street
Morley Community Centre
6A Blades Close, Morley
9.15am to 3pm
RETURN trip from Bayswater and Morley Community Centres to Burswood Park
Bus departs Morley Community Centre
9.15am, Bus departs

Bayswater Community Centre 9.30am
Bus will return passengers to the Morley and Bayswater Community Centres at 3pm
City of Bayswater
<https://bayswater.wa.gov.au/seniors>
9270 4107
community.centres@bayswater.wa.gov.au
Free
Open to public
RSVP by 13/11/23

CYCLING WITHOUT AGE PERTH

Quinns Beach, Mindarie
9.30am to 11.30am
FREE community trishaw rides for those unable to pedal themselves at many scenic locations around Perth. Feel the wind in your hair from the comfort of the conversational couch on wheels. Let the volunteers pedal for you!
Cycling Without Age Perth
bookings@cyclingswithoutage-perth.org.au
0448 447 223
admin@cyclingswithoutage-perth.org.au
Free
Open to public

CYCLING WITHOUT AGE PERTH

Yokine Reserve
9.30am to 11.30am
Free community trishaw rides for those unable to pedal themselves at

many scenic locations around Perth. Feel the wind in your hair from the comfort of their conversational couch on wheels. Let the volunteers pedal for you!
Cycling Without Age Perth
bookings@cyclingswithoutage-perth.org.au
0448 447 223
admin@cyclingswithoutage-perth.org.au
Free
Open to public

GOLD PADDLING

Burswood Park
9am to 3pm
GOLD Paddling will be at *Have a Go Day* and will be providing the opportunity to have a kayaking on the river for those who would like to try paddling.
GOLD Paddling
Free
Open to public

SENIORS WEEK DEVONSHIRE TEA

Citiplace Community Centre
Shop 2 Upper Station
Concourse
1.30pm to 3pm
SCONE with jam and cream and hot drink for only \$2.50 - between 1.30pm and 3pm.
Citiplace Community Centre
9461 3500
\$2.50
Open to public

SENIORS WEEK EVENTS Wednesday November 15 SOUTH WEST

HAVE A GO

1 Stirling Street, Bunbury
9am to 3pm
NON members are invited to attend any activity during the week of November 12 - November 17 for no cost. Example of activities: Singalong, bowls, fun dance and many more.
Bunbury Geographe Seniors and Community Centre Inc
Bev
manager@bgsc.org.au
9721 2522
PO Box 241, 6230
Free
Open to public

SENIORS WEEK EVENTS Wednesday November 15 PEEL

OPEN WEEK AT MANDURAH SENIORS AND COMMUNITY CENTRE

Mandurah Seniors and Community Centre, Dandjoo Kaadadjan Mia
9am to 4pm
OPEN Week, where over 55s can enjoy members' prices at the Centre all week. No visitors fee, come and see what all the members love about the centre and all we have on offer. Tours available all week with Centre Ambassadors.
City of Mandurah
9550 3799
delys.griffin@mandurah.wa.gov.au
Free
Open to public



swancare.com.au

Enriching your Retirement journey

SwanCare Bentley Park's fully integrated campus provides a safe and vibrant community for the modern retiree, located just 15 minutes from Perth CBD.

Our award-winning facilities and myriad of onsite services ensures independence is maintained while assisting our residents as needs change. With 24/7 security, resident support and more than 40 clubs and groups making the transition to retirement an enriching experience. Our residents have the freedom and choice to live the life they desire, so come and enjoy the SwanCare difference for yourself.

To arrange an obligation free tour, contact Matt Southgate on 08 6250 0016 or email retire@swancare.com.au.

SENIORS WEEK EVENTS Wednesday November 15 PEEL



BERNARD CARNEY'S 'THE BEATLES SINGALONG CONCERT'

Mandurah Seniors and Community Centre, Dandjoo Kaadadjan Mia
1.15pm to 3pm

GET ready for a delightful afternoon of music and nostalgia with Bernard Carney's 'The Beatles Singalong Concert'. Join us as we gather to sing along to the timeless Fab Four classics.

City of Mandurah
9550 3799
delys.griffin@mandurah.wa.gov.au
Free
Open to public

HAPPY SENIORS WALKING GROUP

Mandurah Seniors and Community Centre, Dandjoo Kaadadjan Mia
10am to 11am

STEP out with the 'Happy Walking Seniors Group' and enjoy a refreshing stroll along Mandurah's beautiful foreshore. Embrace the joy of walking together, celebrating health, friendship and the vibrant spirit of the senior community. Bookings essential contact 9550 3799.

City of Mandurah
9550 3799
delys.griffin@mandurah.wa.gov.au
Free
Open to public

SENIORS WEEK EVENTS Thursday November 16 PERTH METROPOLITAN AREA

DISCOVERING LAPIDARY

31 Gladstone Road, Rivervale
10am to 12.30pm

COME along and learn all about the history, facilities and activities available at the WA Lapidary & Rock Hunting Club. Celebrating 50 Years in the City of Belmont and offer so much to enjoy, as the largest Lapidary Club in Western Australia. Morning tea on offer, free of charge.

WA Lapidary & Rock Hunting Club
Donna Di Bartolomeo
publicity@walapidary-club.org.au
Post: 31 Gladstone Road, Rivervale WA 6103

Free
Open to public
No RSVP required

PRIME MOVERS INC

Perth Metro Area

THE program is structured to suit both male and female including warm up, stretching and muscle work.
Prime Movers Inc
www.primemovers-exer-

cise.com.au
PO Box 7308, Karawara
secretary@primemovers-exercise.com.au
0444 560 037
Open to public

OLDER PERSON MENTAL HEALTH FIRST AID COURSE

Cambridge Bowling Club
9am to 4.30pm

ASSIST a person aged 65+ who may be experiencing a mental health problem or a mental health crisis. The workshop covers, depression and anxiety, confusion and delirium, psychosis, suicidal thoughts, panic attacks, delirium & unsafe & challenging behaviours due to confusion.

Holistic First Aid
https://www.trybooking.com/CKFCB
jackie@holisticfirstaid.com.au
PO Box 2218 Churchlands 6018
Early bird: \$220
2 for \$300
Full fee \$280
Open to public, RSVP required

CHESS AFTERNOON - INTERGENERATIONAL!

Woodvale Library
5 Trappers Drive, Woodvale
4pm to 5pm

A WEEKLY session for anyone who wants to learn how to play Chess or have a friendly game. Chess sets provided. No cost. No bookings required.

City of Joondalup Libraries
9400 4751
Free
Open to public



DISCOVERY SESSION - MENINGITIS AWARENESS

Joondalup Library
102 Boas Avenue, Joondalup
10am to 11.30am

MENINGITIS remains one of the most dangerous childhood infections, and is still claiming and disabling the lives of many people across Australia, including the over 65s. Learn how to recognise the early signs that may help save a life. Book online at joondalup.wa.gov.au/event-listing
City of Joondalup Libraries
9400 4751
Free
Open to public



FRENCH CONVERSATION GROUP

Joondalup Library
102 Boas Avenue, Joondalup
5pm to 6.30pm

A WEEKLY session for adults who know some French and would like to improve their skills. The session is run by a volunteer and is informal with no written work, just conversation.
City of Joondalup Libraries
9400 4712
Free
Open to public

GAME ON!

Joondalup Library
102 Boas Avenue, Joondalup
10am to 12pm

MEET new people and stimulate the mind. Come along for a session of fun and games in a friendly atmosphere. Choose to play Scrabble, Upwords, Backgammon, Yahtzee, Rummikub, Boggle, card games and more. No cost. No bookings required.
City of Joondalup Libraries
9400 4751
Free
Open to public

KNITTING GROUP

Whitford Library
Cnr Banks and Marmion Avenues, Hillarys
1pm to 2.30pm

JOIN fellow knitters to work on your own creations, knit something for charity or participate in a community project. No cost. No bookings required.

City of Joondalup Libraries
9400 4870
Free
Open to public



Caring for people for more than 50 years



Our care model "Care with Purpose" puts you first. It aims to encourage you to remain active and engaged to continue to do the things you love that bring you joy.

Home Care

Our dedicated and professional team will help you navigate your home care options. How you want to live at home is our priority.

To find out more about our Home Care services, call our team on 1300 244 000

Residential Care

Our residences focus on everyone leading a rich and full life with purpose. Our care teams foster strong communities that encourage independence, happiness and joy.

Independent Living

Our villages support keeping you active and healthy in your own home within a community. Located alongside our care residences, with access to a wide range of additional services and support.

To find out more about Residential Care or Independent Living, call our team on 1300 244 111



Catholic Homes

care with purpose

SENIORS WEEK EVENTS Thursday November 16 PERTH METROPOLITAN AREA

AGWA GUIDED TOURS Perth Cultural Centre

JOIN one of the knowledgeable Voluntary Gallery Guides for an introductory look at some of the Gallery highlights. There is nothing like a personal interaction to spark the imagination. Whether you're a seasoned artistic traveller or apprentice explorer, Voluntary Gallery Guides offer that extra insight and revealing glimpse into the artwork, the era and the artist.

With more than 18,000 works in the AGWA Collection, and special exhibitions on display, you can be sure of surprises, new discoveries and the chance to revisit treasured works, making it a different experience every time you visit.

For more information please visit: <https://artgallery.wa.gov.au/whats-on>
The Art Gallery of Western Australia
admin@artgallery.wa.gov.au
9492 6600
PO Box 8363, Perth

Business Centre, Perth, WA 6849
Free
Open to public

DECLUTTERING YOUR HOUSE AND MIND

AH Bracks Library + Creative Space
Corner Stock Road and Canning Highway
431 Canning Hwy, Melville
6.45pm to 8pm

DOES clutter affect the way you work and live? Clutter has a huge impact on our lives and the environment. Join Professional Organiser Sara Hall in this fun and interactive workshop and learn the key steps in decluttering and organising your home to turn an overwhelming task into an easily manageable project.

"Thank you Sara, for your non-judgemental manner and clear presentation style" Alicia, Lakelands Library
"I'm not the only one in this situation (big relief)" Philippa, Armadale Library
"I really appreciated the simple step by step

process" Lisa, Armadale Library
City of Melville Libraries
<https://www.melvillecity.com.au/things-to-do/events/whats-on/decluttering-your-house-and-mind>
Free
Open to public, bookings essential

ROCK PAINTING Bayswater Community Centre, 27 King William Street

12.30pm to 2.30pm
JOIN a relaxing afternoon of rock painting where you will learn how to create patterns in beautiful colours.
City of Bayswater
<https://bayswater.wa.gov.au/seniors>
9270 4107
community.centres@bayswater.gov.au
Free
Open to public, RSVPs by November 13

PLANNING FOR THE FUTURE

197 Safety Bay Road, Safety Bay
10am to 11am
JOIN Elder Rights WA as they talk us through different legal tools such as Wills, Enduring Powers of Attorney and Advance Health Directives. Information packs provided.
City of Rockingham
9528 8611

sbycontact@rockingham.wa.gov.au
Free
Open to public

EYES DOWN IT'S BINGO TIME

Tom Dadour Community Centre
363 Bagot Road, Subiaco
1pm to 3pm

YOU are invited to join in for an afternoon of Bingo Fun. We'll supply Bingo cards and a variety of non-monetary prizes, along with light refreshments. This is a wonderful opportunity to socialise with fellow community members and add a touch of excitement to your day. Come on, join us!
City of Subiaco
9237 9222
culture@subiaco.wa.gov.au
Free
Open to public, RSVPs by November 5

CYCLING WITHOUT AGE PERTH

Kent Street Weir, Wilson
9.30am to 11.30am
FREE community trishaw rides for those unable to pedal themselves at many scenic locations around Perth. Feel the wind in your hair from the comfort of the conversational couch on wheels. Let the volunteers pedal for you!
Cycling Without Age

Perth
bookings@cyclingwithoutage-perth.org.au
0448 447 223
admin@cyclingwithoutage-perth.org.au
Free
Open to public

CYCLING WITHOUT AGE PERTH Woodbridge Riverside Park

9.30am to 11.30am
FREE community trishaw rides for those unable to pedal themselves at many scenic locations around Perth. Feel the wind in your hair from the comfort of the conversational couch on wheels. Let the volunteers pedal for you!
Cycling Without Age
Perth
bookings@cyclingwithoutage-perth.org.au
0448 447 223
admin@cyclingwithoutage-perth.org.au
Free
Open to public



SENIORS WEEK DEVONSHIRE TEA

Citiplace Community Centre
Shop 2 Upper Station Concourse
1.30pm to 3pm
SCONE with jam and cream and hot drink for only \$2.50 - between

1.30pm and 3pm.
Citiplace Community Centre
9461 3500
\$2.50
Open to public

AN INTRODUCTION TO THE GOODBYE GUIDE

Maylands Library
The RISE, 28 Eighth Avenue, Maylands
2pm to 3pm
THE Goodbye Guide is a planning tool that can help you get your affairs in order, plan for the future and ensure that your loved ones are able to locate important documents at the right time.
City of Bayswater
9270 4107
libraryevents@bayswater.wa.gov.au
Free
Open to public, RSVP by November 13





Step2it LINEDANCE

Step2it for Fun & Fitness



choose from either Linedancing or Zumba Gold classes
Low Impact, suitable for Beginners and Seniors

Contact: TINA 0402 314 114
Southern suburbs visit www.step2it.net.au for locations

-  You'll be treated like royalty with home pick-up & return by Hughes
-  Feel supported on your tour with our experienced Tour Managers
-  Rest easy knowing that you can safely travel with Kings
-  Connect with a community of like-minded travellers
-  Benefit from premium inclusions on every tour

KINGS TOURS & TRAVEL

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

10 to 18 February 2024

HIGHLIGHTS OF TASMANIA

Embark on our Highlights of Tasmania tour and explore the vibrant cities of Hobart and Launceston, visit iconic landmarks like Port Arthur and Cradle Mountain, and indulge in delightful culinary experiences. Immerse yourself in Tasmania's natural wonders and rich history for an unforgettable journey.

9 DAYS

Tour Cost
\$4990* Per Person
Twin Share \$5990* Single



Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 8 nights' specially selected accommodation
- ✓ Breakfast daily, 1 lunch, 1 high tea and 7 dinners
- ✓ Luxury Coach with a professional driver
- ✓ Sightseeing and entry fees as per the itinerary

Tour Highlights

- ★ Enjoy guided tours of Hobart and Cradle Mountain
- ★ Enjoy afternoon tea at Hadleys Orient Hotel
- ★ Walking tour at Port Arthur Historic Site
- ★ Explore the town of Richmond
- ★ Indulge in dinner at the Point Revolving
- ★ Restaurant Hobart
- ★ View the 'Wall in the Wilderness'
- ★ Day Keeper Tour at Devils @ Cradle
- ★ Explore Emu Valley Rhododendron Gardens
- ★ Discover the range of award-winning cheeses at the Ashgrove Cheese Factory
- ★ Visit Cataract Gorge Launceston
- ★ Morning cruise along the Tamar River including morning tea

28 March to 5 April 2024

EASTER MURRAY PRINCESS

Cruise aboard the renowned PS Murray Princess, indulging in luxurious comfort as you explore picturesque towns, visit renowned wineries, and savour mouth-watering cuisine. From the charming city of Adelaide to the scenic wonders of Swan Reach and the cultural significance of Ngaut Ngaut Aboriginal Reserve, each day brings new adventures and discoveries.

9 DAYS

Tour Cost
\$5190* Per Person
Twin Share \$6650* Single

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ Breakfast daily, 7 lunches and 8 dinners
- ✓ 1 night's accommodation at the Hilton, Adelaide
- ✓ 7 nights' onboard the Murray Princess in an outside twin cabin
- ✓ Sightseeing and entry fees as per the itinerary
- ✓ Luxury coach transfers with a professional driver

Tour Highlights

- ★ Experience the beauty of the Murray River
- ★ Visit Murray Bridge, a historic town known for its iconic bridge
- ★ Indulge in a visit to the famous Barossa Valley
- ★ Visit Burk Salter Boutique Winery for wine tasting
- ★ Experience the exciting "Murray River Cup" entertainment
- ★ Take a walking tour, visit the Swan Reach Museum, and enjoy a delicious Aussie BBQ cooked in a scenic bush setting
- ★ Step back in time as you explore Ngaut Ngaut
- ★ Spend time in the quaint German village of Hahndorf



4 to 19 September 2024

LAKE COMO, CROATIA CRUISING & VENICE

16 DAYS

Small Ship Cruising onboard Azamara Cruises

Tour Cost From
10,690* Per Person
Twin Share \$14,990* Single

Tour Inclusions

- ★ Home pick-up and return by Private Car
- ★ Fully escorted by a Kings Tour Manager
- ★ Return economy airfares including taxes
- ★ 9-night cruise onboard the Azamara Pursuit
- ★ 3 nights' accommodation in Milan
- ★ 1 night's accommodation in Venice
- ★ All meals and entertainment whilst on the cruise
- ★ Sightseeing and entry fees as per itinerary

Tour Highlights

- ★ Enjoy a full day tour to Lake Como
- ★ Explore the city of Milan
- ★ Explore the beautiful islands of Croatia
- ★ Enjoy delicious dining day and night with a range of restaurants to choose from whilst onboard
- ★ From the music that makes your heartstrings sing to the best of Broadway, let Azamara's Signature Singers & Dancers entertain you
- ★ Watch the world go by, drink in hand from any of Azamara's bars, lounges, and gathering spaces
- ★ Soak up every moment with a range of activities onboard
- ★ Embark on a sightseeing tour of Venice



TO SECURE YOUR SPOT

(08) 9380 6656 // BOOK ONLINE AT WWW.KINGSTOURS.COM.AU
SIGN UP TO OUR NEWSLETTER TO STAY UP TO DATE WITH NEW TOURS



Support Local WA OWNED & OPERATED SINCE 1986 | PERTH OFFICE LOCATED AT 110D CAMBRIDGE ST, WEST LEEDERVILLE

TERMS & CONDITIONS: Prices and information is correct at the time of printing. Tours are based on reaching a minimum number. Home pick-up and return is included based on a set radius - surcharges will apply outside these areas. Lake Como, Croatia Cruising & Venice - upgrade to oceanview from \$500pp twin share, Upgrade to Balcony from \$1300pp twin share. Other special conditions may apply to each individual tour, please contact the office for further details. A&OE.

**SENIORS WEEK
EVENTS
Thursday
November 16
SOUTH WEST**



HAVE A GO

1 Stirling Street, Bunbury

9am to 3pm

NON members are invited to attend any activity during the week of November 12 - November 17 for no cost. Example of activities: Singalong, Bowls, Fun dance and many more.

Bunbury Geographe Seniors and Community Centre Inc

Bev

manager@bgsc.org.au

9721 2522

PO Box 241, 6230

Free

Open to public

**SENIORS WEEK
EVENTS
Thursday
November 16
PEEL**

**OPEN WEEK AT
MANDURAH SENIORS
AND COMMUNITY
CENTRE**

**Mandurah Seniors and
Community Centre,
Dandjoo Kaadadjan Mia
9am to 4pm**

OPEN Week, where over 55s can enjoy members' prices at the Centre all week. No visitors fee, come and see what all our members love about our Centre and all we have on offer. Tours available all week with our Centre Ambassadors. City of Mandurah 9550 3799 delys.griffin@mandurah.wa.gov.au Free Open to public

**SENIORS WEEK MEGA
BINGO**

**Mandurah Seniors and
Community Centre,
Dandjoo Kaadadjan Mia
12pm to 3pm**

MEGA Bingo will be bringing out the big prizes on Thursday with all Seniors invited to take part. Doors open at 12pm, eyes down at 12.45pm. \$100 money board, bingo flyer tickets, raffles and door prizes. \$3 for 20 games. City of Mandurah 9550 3799 delys.griffin@mandurah.wa.gov.au \$3 per 20 games Open to public



**SENIORS WEEK EVENTS
Friday November 17
PERTH METROPOLITAN AREA**

**'TALL STORIES AND
TRUE'. THE
PARLIAMENT OF
WESTERN AUSTRALIA.
Parliament of Western
Australia**

4 Harvest Terrace,
West Perth

**Three sessions; 10am,
11am and 1.30pm**

AN engaging and humorous 90-minute information session with quirky stories from the Parliament of Western Australia's past shared. The session will include refreshments and a tour of the iconic heritage-listed building, focusing on its architecture, history and art collection.

Parliamentary Education Office

Cherie 08 9222 7800

education@parliament.wa.gov.au

GPO Box A11, 6837

\$10

Open to public

Bookings are essential



**PRIME MOVERS INC
Perth Metro Area**

THE program is structured to suit both male and female including warm up, stretching and muscle work.

Prime Movers Inc

www.primemovers-exercise.com.au

PO Box 7308, Karawara

secretary@primemovers-exercise.com.au

0444 560 037

Open to public

ACTIVAGE EXPO

**Mills Park, Brixton Street,
Beckenham**

9.30am to 12.30pm

ACTIVAGE Expo will give over 55s 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 informa-

tion 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 Library tours, trishaw tours around Mills Park and a variety of food truck options.

City of Gosnells

9397 3000

pdenham@gosnells.wa.gov.au

2120 Albany Highway

Free

Open to public

**OLDER PERSON
MENTAL HEALTH
FIRST AID COURSE**

**Cambridge Bowling Club
9am to 4.30pm**

ASSIST a person aged 65+ who may be experiencing a mental health problem or a mental health crisis. The workshop covers, depression and anxiety, confusion and delirium, psychosis, suicidal thoughts, panic attacks, delirium & unsafe & challenging behaviours due to confusion.

Holistic First Aid

https://www.trybooking.com/CKFCB

jackie@holisticfirstaid.com.au

PO Box 2218

Churchlands 6018

Early bird: \$220 per person

\$300 for two persons

Full fee \$280 per person

Open to public

RSVP required

CANASTA GROUP

Woodvale Library

**5 Trappers Drive,
Woodvale**

1pm to 3.30pm

JOIN a social gaming session where people meet and play the card game Canasta. Beginners welcome. No cost. No bookings required.

City of Joondalup

Libraries

9400 4180

Free

Open to public

GENIE EXCHANGE

Joondalup Library

**102 Boas Avenue,
Joondalup**

9.30am to 12pm

COME along to research your family history with help from skilled and knowledgeable volunteers. Free access is available to online research tools such as Ancestry.com and Find-MyPast including the 1921 England and Wales census. The Genealogy collection is available to be borrowed.

City of Joondalup

Libraries

9400 4746

Free

Open to public

**MAHJONG FOR
EXPERIENCED
PLAYERS**

Joondalup Library

**102 Boas Avenue,
Joondalup**

1pm to 3pm

ARE you an experienced Mahjong player? Join other players in a friendly, social setting. Joondalup Library holds regular Mahjong sessions for advanced players. No need to book, just come along and play!

City of Joondalup

Libraries

9400 4770

Free

Open to public



AGWA GUIDED TOURS

Perth Cultural Centre

JOIN one of the knowledgeable Voluntary Gallery Guides for an introductory look at some of the Gallery highlights. There is nothing like a personal interaction to spark the imagination. Whether you're a seasoned artistic traveller or apprentice explorer, our Voluntary Gallery Guides offer that extra insight and revealing glimpse into the artwork, the era and the artist.

With more than 18,000 works in the AGWA Collection, and special exhibitions on display, you can be sure of surprises, new discoveries and the chance to revisit treasured works, making it a different experience every time you visit.

For more information please visit: <https://artgallery.wa.gov.au/whats-on>

The Art Gallery of Western Australia

admin@artgallery.wa.gov.au

9492 6600

PO Box 8363, Perth

Business Centre, Perth,

WA 6849

Free

Open to public

SIMPLE TIPS FOR A SAFER SPRING

Removing hazards can make your home safer.

Use the **free Home Safety Checklist** to remove falls hazards around your home this season.

Call 1300 30 35 40 to order your FREE Remove Hazards information pack

WWW.STAYONYOURFEET.COM.AU



The Gift You Can Give Today

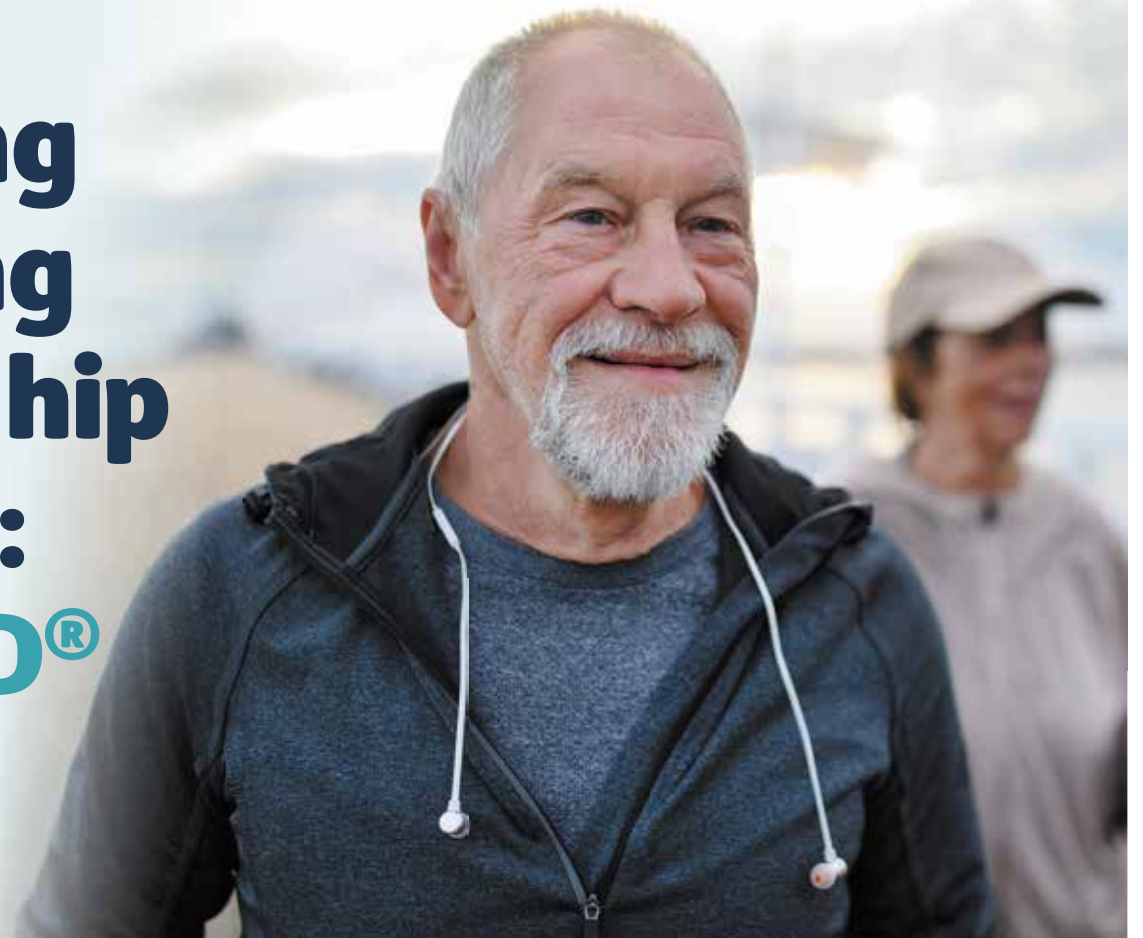
A carefully drafted Will is a gift of clarity and care.

PERTH | JOONDALUP | ALBANY | MANDURAH | BUNBURY

HHG LEGAL GROUP
Trusted. Since 1919.

Contact us on 1800 609 945 or visit hhg.com.au to find out more

HBF supporting members living with knee and hip osteoarthritis: with the GLA:D[®] program.



Improve osteoarthritis symptoms with this evidence-based support program. Delivered by trained physiotherapists, the program is designed to reduce pain, improve strength and help you move more confidently.

The GLA:D[®] program:



Fully covered for eligible HBF members*

Eligible members can access the program at no additional cost when delivered by an HBF approved GLA:D provider.



Experience a reduction in pain¹

3 months after the program, participants experienced reduction in pain and improvement in joint-related quality of life.



Applicable to your everyday activities

The knowledge and exercises learned in the sessions are suitable and practical for everyday application.



Group sessions delivered by physiotherapists

12 group exercise classes, 2 education sessions delivered over 6 weeks to help you manage symptoms and develop long term healthy habits.



Aligned to national and international clinical guidelines for osteoarthritis treatment

Enrol today

Call 1300 886 513 or email:
hbfhealthprograms@hbf.com.au

Come and see us at
Have a Go Day!
Wednesday 15 Nov

hbf

*The GLA:D program is fully covered for eligible members who hold eligible hospital covers. Members may participate in the program once per lifetime. Waiting periods and other terms and conditions may apply. 1<https://gladaustralia.com.au/wp-content/uploads/2022/04/Final-version-GLAD-Annual-Report-2021.pdf>

SENIORS WEEK EVENTS

Friday November 17
PERTH METROPOLITAN AREA

SING-ALONG SUNDOWNER

Morley Community Centre
6A Blades Close, Morley
4pm to 6pm

KICK back and enjoy a free sausage sizzle while two-piece group *Senior Moments* take us on a joyous singalong to hits 50s, 60s, 70s and 80s. City of Bayswater
<https://bayswater.wa.gov.au/seniors>
9270 4107
amy.tolley@bayswater.wa.gov.au
Free
Open to public, RSVPs by November 13

TAI CHI

Morley Community Centre
6A Blades Close, Morley
11am to 12pm

COME along for a relaxing, gentle and controlled movement. Beginners welcome! Please wear closed-in shoes and loose clothing and bring a water bottle. City of Bayswater
<https://bayswater.wa.gov.au/seniors>
9270 4107
amy.tolley@bayswater.wa.gov.au
Free
Open to public, RSVPs by November 13

CYCLING WITHOUT AGE PERTH

Quinns Beach, Mindarie
9.30am to 11.30am

FREE community trishaw rides for those unable to pedal themselves at many scenic locations around Perth. Feel the wind in your hair from the comfort of the conversational couch on wheels. Let the volunteers pedal for you! Cycling Without Age Perth
bookings@cyclingswithoutage-perth.org.au
0448 447 223
admin@cyclingswithoutage-perth.org.au
Free
Open to public

CYCLING WITHOUT AGE PERTH

Kent Street Weir, Wilson
9.30am to 11.30am

FREE community trishaw rides for those unable to pedal themselves at many scenic locations around Perth. Feel the wind in your hair from the comfort of the conversational couch on wheels. Let the volunteers pedal for you! Cycling Without Age Perth
bookings@cyclingswithoutage-perth.org.au
0448 447 223
admin@cyclingswithoutage-perth.org.au
Free
Open to public

CYCLING WITHOUT AGE PERTH

Woodbridge Riverside Park
9.30am to 11.30am

FREE community trishaw rides for those unable to pedal themselves at many scenic locations around Perth. Feel the wind in your hair from the comfort of our conversational couch on wheels. Let our volunteers pedal for you! Cycling Without Age Perth
bookings@cyclingswithoutage-perth.org.au
0448 447 223
admin@cyclingswithoutage-perth.org.au
Free
Open to public

SEATED DANCE CLASS

Wembley Community Centre
10am to 11am

SEATED Dance Classes are a great way to enjoy dance in a safe and supported space - your chair. These classes are suitable for people with limited mobility and the dance classes encourage joy, freedom and creative expression. Join in the class and stay for afternoon tea with your fellow dancers. Lifespan Dance
0411 243 317

lifespan.dance@gmail.com
\$15
Open to public, RSVPs by November 10

SENIORS WEEK DEVONSHIRE TEA

Citiplace Community Centre
Shop 2 Upper Station
Concourse
1.30pm to 3pm

SCONE with jam and cream and hot drink for only \$2.50 - between 1.30 and 3pm. Citiplace Community Centre
9461 3500
\$2.50
Open to public

FESTIVAL OF AGEING WELL BINGO

Woodlupine Family Centre
12pm to 2pm

WOODLUPINE Family Centre, The Darling Range Seniors Hub & City of Kalamunda proudly present the Festival of Ageing Well Bingo as part of WA Seniors Week. The fun event will bring community members together for a light lunch, laughs and an interactive bingo session - prizes to be won! Woodlupine Family Centre
08 9359 1155
woodlupine-fc@bigpond.com
\$5
Open to public

MIND THEATRE MURDER MYSTERY GAME FOR SENIORS

Maylands Library
The RISE, 28 Eighth
Avenue, Maylands
10am to 12pm

JOIN Eamonn from Totally Board and enter a world of mystery and intrigue with three sessions of an immersive and interactive role-playing game for older adults. City of Bayswater
9270 4107
libraryevents@bayswater.wa.gov.au
Free
Open to public, RSVPs by November 13

Friday

November 17
SOUTH WEST

HAVE A GO

1 Stirling Street, Bunbury
9am to 3pm

NON members are invited to attend any activity during the week of November 12 - November 17 for no cost. Example of activities: Singalong, Bowls, Fun dance and many more. Bunbury Geographie Seniors and Community Centre Inc
Bev
manager@bgsc.org.au
9721 2522
PO Box 241, 6230
Free
Open to public

Friday

November 17
PEEL

SENIORS WEEK EXPO MANDURAH SENIORS AND COMMUNITY CENTRE, DANDJOO KAADADJAN MIA

10am to 2pm

LOOK after your mind, body, and wellness at our Seniors Week Expo! With a diverse range of local community groups and organisations attending, offering valuable resources and expert guidance to enhance your well-being. City of Mandurah
9550 3799
delys.griffin@mandurah.wa.gov.au
Free
Open to public

OPEN WEEK AT MANDURAH SENIORS AND COMMUNITY CENTRE

Mandurah Seniors and Community Centre, Dandjoo Kaadadjan Mia
9am to 4pm

Open Week, where over 55s can enjoy members' prices at the centre all week. No visitors fee, come and see what all

the members love about the centre and all on offer. Tours available all week with our Centre Ambassadors. City of Mandurah
9550 3799
delys.griffin@mandurah.wa.gov.au
Free
Open to public

SENIOR WEEK EVENTS Saturday November 18 PERTH METRO

CUTTINGS AND CAKE

Duncraig Library
Cnr Warwick Road and Marmion Avenue,
Duncraig
10am to 11am

JOIN the community garden clinic where you swap spare plants, share gardening tips while enjoying a morning tea. Bring a cutting or cake to share. No bookings required. City of Joondalup Libraries
9400 4751
Free
Open to public

AGWA GUIDED TOURS

Perth Cultural Centre

JOIN one of the knowledgeable Voluntary Gallery Guides for an introductory look at some of the Gallery highlights. There is nothing like a personal interaction to spark the imagination. Whether you're a seasoned artistic traveller or apprentice explorer, Voluntary Gallery Guides offer that extra insight and revealing glimpse into the artwork, the era and the artist.

With more than 18,000 works in the AGWA Collection, and special exhibitions on display, you can be sure of surprises, new discoveries and the chance to revisit treasured works, making it a different experience every time you visit.

For more information please visit: <https://artgallery.wa.gov.au/whats-on>
The Art Gallery of Western Australia
admin@artgallery.wa.gov.au

9492 6600
PO Box 8363, Perth
Business Centre, Perth,
WA 6849
Free
Open to public

ARMCHAIR TRAVEL

**197 Safety Bay Road,
Safety Bay**
9.30am to 11am

FROM the comfort of an armchair in the library, travel with us on a guided tour to South East Asia through the use of virtual reality thanks to SiVR. This is a free event with very limited space. Bookings essential. City of Rockingham
9528 8611
sbycontact@rockingham.wa.gov.au
Free
Open to public

ART BY NUMBERS

**197 Safety Bay Road,
Safety Bay**
9.30am to 10.30am

WANT to do something fun, creative and soothing? Come in and nourish your artistic skills by choosing to paint or sticker by numbers, a great way to venture into this type of visual art. This is a free event. Bookings essential. City of Rockingham
9528 8611
sbycontact@rockingham.wa.gov.au
Free
Open to public

INTERGENERATIONAL COOKIE DECORATING CLASS

**197 Safety Bay Road,
Safety Bay**
9.30am to 10.30am

WALK away with a box of treats you have decorated together. Learn how to apply fondant icing to pre-baked cookies with Carl from Bake with Carl. One family group can have a maximum of 2 grandchildren. This is a free event for seniors and grandchildren ages 4+. Bookings essential. City of Rockingham
9528 8611
sbycontact@rockingham.wa.gov.au
Free
Open to public

DRUMMING CIRCLE

**197 Safety Bay Road,
Safety Bay**
10.30am to 11.30am

COME along with your family and join Rhythm Fix for an interactive facilitated African drumming session. This is a free event for all ages. Bookings essential. City of Rockingham
9528 8611
sbycontact@rockingham.wa.gov.au
Free
Open to public

SENIORS WEEK DINNER DANCE

5 Mackie Street, Victoria Park
6.30pm to 9.30pm

CONNECT Village Hub, The Harold Hawthorne Community Centre and supported by the Town of Victoria Park a 2-course buffet dinner, cash bar and a fabulous floor show. Adam Penn will keep you entertained through the evening and will have you up and dancing. Harold Hawthorne Community Centre
9450 1155
reception@hhcentre.org
\$35
Open to public

Saturday
November 18
PEEL

GLITTER AND GOLD CABARET

**Mandurah Seniors and Community Centre,
Dandjoo Kaadadjan Mia**
6pm to 11pm

JOIN us for a spectacular Seniors Week cabaret. Let us entertain you with an evening filled with live music, dance, and laughter. Gather with old friends and new for a night of joy and memories. Tickets available Seniors and Community Centre Administration. City of Mandurah
9550 3799
delys.griffin@mandurah.wa.gov.au
\$59
Open to public, RSVPs by 13/11/23

WAKE UP WITH
KARL & SARAH

Today

WEEKDAYS 5.30AM

SENIORS WEEK EVENTS Sunday November 19 PERTH METROPOLITAN AREA

AGWA GUIDED TOURS Perth Cultural Centre

JOIN one of the knowledgeable Voluntary Gallery Guides for an introductory look at some of the Gallery highlights. There is nothing like a personal interaction to spark the imagination. Whether you're a seasoned artistic traveller or apprentice explorer, Voluntary Gallery Guides offer that extra insight and revealing glimpse into the artwork, the era and the artist.

With more than 18,000 works in the AGWA Collection, and special exhibitions on display, you can be sure of surprises, new discoveries and the chance to revisit treasured works, making it a different experience every time you visit.

For more information please visit: <https://artgallery.wa.gov.au/whats-on>
The Art Gallery of Western Australia
admin@artgallery.wa.gov.au
9492 6600
PO Box 8363, Perth

Business Centre, Perth, WA 6849
Free
Open to public

GARDEN AND SOUND SESSIONS

10am to 12pm
DISCOVER leafy sanctuaries, luscious landscaping, blooming verge gardens and an abundant oasis of edible produce as garden owners across the City of Melville, open their gates for the new Garden & Sound Sessions.

Co-curated and facilitated by Casey Lister, gardening coach and writer - each session includes a garden tour, special guest talk and discussion, live music and drinks and nibbles on arrival. Numbers are strictly limited.

Garden and guest speaker to be announced.

With live music from Michelle Smith, a jazz harpist with a broad versatility, Michelle has wowed audiences across the globe with her jazz

harp and hip-hop collaborations as well as original solo performances. A musician in high demand and also a keen gardener, Michelle will bring a unique performance to the garden and sound sessions with her 47 string harp.

Accessibility | This is an outdoor event in a private garden and access varies if you have specific access requirements please contact the City of Melville prior to the event to discuss.

Ticket holders will receive an email with address and further information about the event.

City of Melville
<https://www.melvillecity.com.au/things-to-do/events/whats-on/garden-and-sound-sessions-tba>
\$25 General Admission
\$15 for students, concession and under 25s
Open to public

APPLECROSS ROTARY JACARANDA FESTIVAL

Ardrross Street, Applecross

9.30am to 3.30pm
THE Applecross Rotary Jacaranda Festival As the major fundraiser for Applecross Rotary, this festival promises an unforgettable experience for the whole family. On

Sunday, November 19, from 9.30am to 3.30pm, the heart of Applecross Village will come alive as Ardrross Street transforms into a vibrant hub of excitement. With more than 150 stalls, this is the ultimate shopping paradise, offering an array of unique and diverse products for every taste. From artisan crafts to delicious food, there's something for everyone. But that's not all! Prepare to be captivated by our line-up of entertainment. This year, we're thrilled to present even more attractions for families and kids. The Applecross Rotary Jacaranda Festival is a gathering like no other. Applecross Rotary

Erin Madeley
erin@erinmadeley.com
0408 932 661
<https://applecrossrotary.org/stories/rotary-jacaranda-festival>
Free
Open to public

CYCLING WITHOUT AGE PERTH

Woodbridge Riverside Park

9.30am to 11.30am
FREE community trishaw rides for those unable to pedal themselves at many scenic locations around Perth. Feel the

wind in your hair from the comfort of our conversational couch on wheels. Let our volunteers pedal for you!
Cycling Without Age Perth
bookings@cyclingwithoutage-perth.org.au
0448 447 223
admin@cyclingwithoutage-perth.org.au
Free

POST - SENIORS WEEK EVENTS Wednesday November 22 PERTH METRO

Open to public
FREE CELEBRATE SENIORS CONCERT & AFTERNOON TEA JOONDANNA
St Peter & Emmaus Church Community Hall
56 Green Street, Joondanna
2pm to 4pm

FREE mini concert and sing-a-long followed by a delicious afternoon tea, to celebrate our seniors.
St Peter & Emmaus Church
Leonie
0424 077 105
office@stpeterandem

mauschurch.org.au
Free
Open to public

AGWA GUIDED TOURS Perth Cultural Centre

Every day except Tuesday
JOIN one of the knowledgeable Voluntary Gallery Guides for an introductory look at some of the Gallery highlights. There is nothing like a personal interaction to spark the imagination. Whether you're a seasoned artistic traveller or apprentice explorer, Voluntary Gallery Guides offer that extra insight and revealing glimpse into the artwork, the era and the artist.

With more than 18,000 works in the AGWA Collection, and special exhibitions on display, you can be sure of surprises, new discoveries and the chance to revisit treasured works, making it a different experience every time you visit.

For more information please visit: <https://artgallery.wa.gov.au/whats-on>
The Art Gallery of Western Australia
admin@artgallery.wa.gov.au
9492 6600
PO Box 8363, Perth Business Centre, Perth, WA 6849
Free
Open to public

PHOENIX CELEBRATION LUNCH

243 Canning Highway, Como
12pm to 3pm
LUNCH with friends and guests to celebrate Seniors Week
Phoenix Friendship Club
0403 319 820
barrycocook1312@inet.net.au
Pay your own
Open to public
RSVPs by November 17



TRINITY SCHOOL FOR SENIORS OPEN DAY

97 William Street, Perth
10.30am to 2pm
COME and have a look around Trinity School for Seniors! Chat with tutors and current students and see classes in action. Tours will run at 10.30am and 1pm and light refreshments will be provided at the end of the tour.
Trinity School for Seniors
9483 1333
reception@tsfs.org.au
Free
Open to public

Community and Virtuoso Over 55 Dancers



DURING Seniors Week 2023, Lifespan Dance and the Art Gallery of WA will be putting on a special dance performance and interested people are welcome to participate.

Installed in the light-filled, city-view participatory exhibition space Gallery 09, dancers will create a performative response to Exquisite

Bodies, an all-ages exhibition developed in collaboration with Bruno Booth.

Celebrating both community and virtuosic senior dancers, the resulting performances will be facilitated by dance maker Paige Gordon and accompanied by percussionist Rosie Taylor.

Dancers will be required to commit to three sessions of around two hours which include performance times. During Seniors Week the performance will take place on November 16 at 3pm at the WA Art Gallery and then the following week on November 23.

Please send an Expression of Interest (EOI) to lifespan.dance@gmail.com by October 30. Your EOI should include a biography (up to 100 words), describe why you are interested (up to 100 words), and any needs/considerations/support required for you to participate.

For more information please visit: artgallery.wa.gov.au/whats-on/events/lifespan-dance-response-exquisite-bodies

A happy place for village residents



RESIDENTS of the Bethanie Geneff Retirement Village asked for a community space after sharing an area with the adjacent aged care home for many years, and on Friday, August 11, their brand-new Bethanie Geneff Community Centre was officially opened.

The new community centre will serve as the

heart of the village, hosting a wide range of activities and events that are essential to maintaining the vibrant community spirit that defines this place. The residents' new space is named the Cooida Community Room, a beautiful name derived from Noon-gar language, meaning Happy Place.

This room will be the

hub for various activities, including fitness groups, morning and afternoon teas, chaplain chats, craft groups, games, and general social gatherings.

The importance of such a facility cannot be overstated. It's not just a building; it's a space that nurtures social engagement, fosters friendships, supports the overall well-being of the village's residents, and ensures they can come together, share stories, and enjoy each other's company.

This initiative demonstrates Bethanie's commitment to the residents, listening to their needs and creating a space that enhances the sense of community within the village.

Three ways to get more from your Home Care Package



YOU may know about Home Care Packages, a program offering older people funding for care services to independence in your own home. But did you know that you have a choice over who manages

your package and are able to switch providers if you aren't happy with the support you are receiving at home? There are a few ways that you can maximise the support you receive through

your Package, here are the top three we recommend you consider.

1. Ask about fees: not all providers are transparent about their fees. Be sure to ask about the daily care fee, income tested fee, care management and package management fees.
2. Consider the different services you need at home and how you want them delivered. Write a list of things that are important to you with your services and find a provider who can deliver them. For example, it could be local to me, affordable, and choice.
3. Choose your management

option: did you know that you can choose to self-manage your Home Care Package? This means you can choose who delivers your services, when they visit and the service cost. This option isn't for everyone, some people would prefer a fully managed local option, where everything is done for you. Enrich Living have both options available to support you at home.

To learn more about our tailored Home Care Package solutions and how they may help you or a loved one, call Enrich Living on 1300 164 274 or visit www.enrichliving.com.au

COMMUNITY PHONE NUMBERS



- Lifeline WA: 13 11 14
- Centrelink: 13 24 68
- Medicare: 132 011
- My Aged Care: 1800 200 422
- ATO: 13 28 61
- WA Senior Card: 6551 8800
- Seniors Recreation Council: 6118 2716
- Western Power: 13 13 51
- Water Corporation: 13 13 75
- MyGov: 13 23 07

- Police: 131 444
- Crime Stoppers: 1800 333 000
- Emergency: 000
- Poisons Information Line: 13 11 26

Live your life the way you want to live.

Stay at home with



Comfort Keepers®

In-Home Aged Care Specialists

See you at
Have A Go Day
15th November

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

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

We take care of you in every way. Personal care, meal prep, laundry, light housekeeping, grocery shopping, transportation.

The list is endless. And to make things even easier we have

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

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

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

North of the River

Phone : (08) 9492 8920

Email : info@comfortkeepers.com.au

Web : www.comfortkeepers.com.au

South of the River

Phone : (08) 9315 2200

Email : adminsouth@comfortkeepers.com.au

Web : www.comfortkeepers.com.au



Comfort Keepers®

In-Home Aged Care Specialists

