

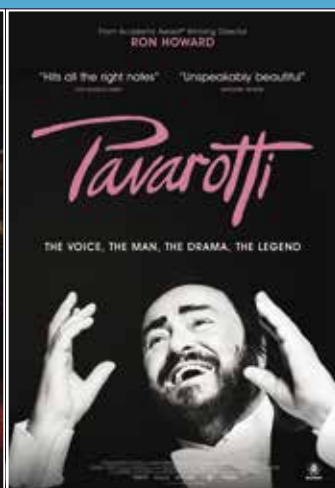
Have a Go News SENIORS WEEK 2019 EVENTS GUIDE

Celebrate later life during Seniors Week 2019

AGL Seniors Week Film Festival

Have a go at something new

Win loads of prizes



There's so much to do during Seniors Week 2019. See inside to plan your activities for the week.

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See what you've been missing at the Menora Gardens Village Open Day.

Where: 16 Freedman Rd, Menora

When: Saturday 26 October

Time: 10am – 2pm

RSVP: Call 9370 0202 or visit acacialiving.com.au to register your attendance.

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Come along to the Open Day and view our luxury apartments from \$610,000. You can also chat to our residents about village life over refreshments and a sausage sizzle.

16 Freedman Road, Menora.
acacialiving.com.au



*T&Cs apply

Celebrate later life - lots of fun to be had during WA Seniors Week 2019



Jennifer Merigan

WELCOME to the annual Seniors Week Event Guide which enables people to plan to participate in activities for this celebratory week of older Western Australians held from 10 to 17 November.

Have a Go News is proud to be one of the

major supporters of WA Seniors Week.

Inside this handy lift-out are listings for the many events happening around Perth and in regional areas.

The premier event of the week *Have a Go Day* will be held on Wednesday 13 November at Burswood Park from 9am to 3pm and is free for people to attend. The day offers people the opportunity to try all sorts of activities, enjoy entertainment and gather relevant information.

Inside this lift-out you will find a double page spread which includes a

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

The layout of *Have a Go Day* follows the same format as last year, located riverside in Burswood Park. Come down and visit the team from *Have a Go News* at the hospitality tent where we will serve free tea, coffees and water and have our famous Chocolate Wheel.

Thanks to our partner AGL we have a bigger and better Chocolate Wheel this year which we will be spinning every hour with some great prizes for people to win.

Channel Nine is offering people the opportunity to see television at work in the 21st century with station tours of their state-of-the-art studios on Monday 11 November and Friday 15 No-

vember. Tours are limited to 20 people and are on a first come, first served basis.

We will be holding a second hand book sale on Friday 15 November from 11am to 2pm at our office at 137 Edward Street in Perth. Come down and browse through a selection of books and some other items including old records and have a coffee and piece of cake on us. We have a large selection of books with many almost brand new. Funds raised go to support the clubs and groups we sponsor during the year.

Have a Go News is also proud to present the fourth AGL Seniors Week Film Festival which will be held on 16 and 17 November at Cinema Paradiso in Northbridge. Readers have the opportunity to win a double pass to a screen-

ing on Saturday or Sunday which includes a snack pack.

This year on Saturday 16 November, thanks to Studiocanal Australia, we will screen an exclusive preview of *Knives Out* which pays tribute to mystery mastermind Agatha Christie and features an all-star cast including Christopher Plummer, Daniel Craig, Jamie Lee Curtis and Toni Collette.

On Sunday 17 November we screen Ron Howard's *Pavarotti* which is a documentary style no holds barred look at the life, career and lasting legacy of the musical icon who sold more than 100 million records in his lifetime.

Thanks to AGL, Cinema Paradiso and Studiocanal Australia for their support of the Seniors Week Film Festival. See details on how to win tickets on pages 3



Have a Go Day, the premier event for Seniors Week

and 23.

Have a Go News takes the opportunity to encourage every person to celebrate later life and take part in the many events held during Se-

niors Week 2019.

We look forward to seeing many of our readers during the week.

Jennifer Merigan
Editor



Visit our display at *Have a Go Day*
PLUS

Starting Your Family Tree session
Free talks, then help with your research
Thursday 14 November 9.30am-1pm
State Library of WA

RSVP Terri 0417 176 821 or pr@fhwa.org.au

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AGL Seniors Week Film Festival - win a double pass to the exclusive preview of *Knives Out* - a witty stylish whodunnit with an all-star cast



Don't miss this film which pays tribute to Agatha Christie and features an all star cast

AS part of Seniors Week this year we will be holding an exclusive preview of the new film *Knives Out* before it is released in cinemas in November thanks to Studiocanal Australia.

Acclaimed writer and director Rian Johnson (*Brick*, *Looper*, *Star Wars: The Last Jedi*) pays tribute to mystery mastermind Agatha Christie in *Knives Out*, a fresh, modern-day murder mystery where everyone is a suspect.

When renowned crime novelist Harlan Thrombey (Christopher Plummer) is found dead at his estate just after his 85th birthday, the inquisitive and debonair detective Benoit Blanc (Daniel Craig) is mysteriously enlisted to investigate.

From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death.

With an all-star ensemble cast including Chris Evans, Ada de Armas, Jamie Lee Curtis,

Toni Collette, Don Johnson, Michael Shannon, LaKeith Stanfield, Katherine Langford and Jaeden Martell, *Knives Out* is a fun, witty and stylish whodunnit guaranteed to keep audiences guessing until the very end.

This exclusive screening on Saturday 16 November at 1pm of *Knives Out* will be at Cinema Paradiso Northbridge.

Included in your ticket is a delicious snack pack

including water, popcorn, choc bomb and lollies.

WIN WIN WIN

To be in the draw to win one of 75 double passes to the AGL Seniors Week Film Festival for an exclusive preview screening of *Knives Out* at Cinema Paradiso on Saturday 16 November 2019. Simply email win@haveagone.com.au with *Knives Out* in the subject line or write to *Knives Out*

AGL Seniors Week Film Festival C/- Have a Go News - PO Box 1042, West Leederville 6901.

Please remember to include your name, address and phone number in your entry. Competition closes 31/10/19.



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WA Elder Abuse Helpline 1300 724 679

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*Conditions apply

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Welcome to Seniors Week 2019

Message from the Minister for Seniors and Ageing



Hon Mick Murray MLA

SENIORS Week gives us the opportunity to celebrate all the great things the older generation brings to our communities – while taking time to acknowledge the special older people in our own lives. Seniors Week events once again celebrate seniors and encourage

active ageing, and in doing so provide opportunities for the generations to get together to learn from one another.

Nearly 20 per cent of Western Australia's population is over 60. It is important that we acknowledge and celebrate older people for their valued contributions to the Western Australian community.

It's estimated that more than 6,500 people attended Seniors Week events throughout the State last year. Seniors Week grows each year and in 2019 there is once again an enormous variety of activities planned.

Many Seniors Week events encourage artistic expression or have a multicultural aspect – helping build inclusive communities for people of all ages and backgrounds.

A number of Seniors Week

events are staged by volunteer-run community groups and for many this will be the culmination of a lot of planning and hard work, so I extend my sincere thanks and congratulations to them.

Each event will bring a valuable experience to the organisers, their communities, and of course to those who take part.

Many of the events have been made possible by the Seniors Week 2019 Community Grants Program, coordinated by the Council on the Ageing WA with support from the McGowan Government.

Seniors Week is for all people, of all ages, and I encourage everyone to get involved in celebrating the remarkable contributions of our older Western Australians.

Hon Mick Murray MLA
Minister for Seniors and Ageing

Public Trustee celebrates Seniors Week



PUBLIC Trustee WA will be hosting free community talks regarding the importance of wills, planning ahead and getting

your affairs in order during Seniors Week again this year.

Hosted by WA's best known public speaker on

wills, and director at the Public Trustee, Etta Palumbo, the talks will provide advice and understanding around making and safely storing your will, how to navigate the deceased estate administrative process, benefits and risks of Enduring Powers of Attorney (EPA) and Guardianship (EPG), safeguarding against financial or elder abuse in later life and more.

"We're really looking forward to celebrating Seniors Week again this year and we encourage everyone to come along and

learn more about planning for the later stages of life and the services and support available to seniors and the wider public," said Ms Palumbo.

"These events have proven very popular in previous years with venues booking up quickly so we encourage people to book early to avoid disappointment," she said.

Thousands of people die each year without having made their wills and in many cases, the state will benefit while their families and friends lose out. According to research conducted by the Public Trustee, 49 per cent of West Australians have never made a will and a further 34 per cent of the local population acknowledge that their will is not up-to-date.

"Writing a will and being prepared can be easy and cost-effective compared to dying intestate and, at the Public Trustee, we want to ensure that all West Australians have access to information and services to help them through the process" said Ms Palumbo.

For anyone who has been thinking about updating or making a new will or EPA, WA Seniors Week is the best time to get informed and tick it off the to-do-list.

Event dates: Tuesday 12 November 10.15 am – 11.45 am OR Thursday 14 November 10.15 am – 11.45 am.

Location: Public Trustee Argyle Room – Level 1 / 553 Hay Street Perth.

Bookings Essential: Phone 1300 746 116 or visit www.trybooking.com/ZTPO

Complimentary refreshments served 15 minutes before each session

Trying to make sense of Home Care subsidies can be overwhelming

To help we've created this simple guide

Step 1. Visit your GP to ask for an ACAT referral

Or call us and we can request the referral for you.
(ACAT - Aged Care Assessment Team)

Step 2. Have your ACAT assessment at home

You will be contacted by the ACAT to arrange to visit you and work out the amount of help you may need.

Step 3. Complete an Income Assessment with Department of Human Services (DHS)

Call us on 1300 26 26 26 and we will mail you the form.

Step 4. Wait for three letters

1. ACAT letter approving your care level.
2. DHS letter with your income assessment.
3. Home Care Package Assignment letter
- this may take 6 to 12 months.

Step 5. Got all the letters? Get moving!

You have 56 days to organise your services.

Step 6. Compare service providers

With your letters in hand – call your preferred providers to compare services and costs, and hopefully we're one of them.

Step 7. Select a service provider and sign up

Your services can start immediately.

If you find yourself stuck, call the team at Amana Living. Leonie and Andrea have helped hundreds of people get their entitlements. **It's an obligation-free service.**

Call us anytime during office hours.

1300 26 26 26

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and Community Centre

**Mandurah Seniors
Week 2019**

Celebrate Seniors Week in Mandurah

Seniors Week Launch

Fri 8 Nov, 12-2pm
Mandurah Recreation and Aquatic Centre. Sign up for a free 7 day pass.

Human Libraries

Tues 12 Nov, 10.30am-12.30pm
Lakelands Library and Community Centre.

Thurs 14 Nov, 10.30am-12.30pm
Mandurah Community Museum
Light morning tea, inspiring and interesting stories from local "human books"

Speed Apping

Wed 13 Nov, 9.30-11.30am
Mandurah Seniors and Community Centre
BYO phone or tablet

Seniors Cabaret

Fri 15 Nov, 1-3pm
Mandurah Seniors and Community Centre
Live performances over a late lunch. \$10 per person.

Seniors Centre Open Week

Mon 11 Nov - Fri 15 Nov
Try any activity or class for free (services and meals excluded)



P: 9550 3799
mandurah.wa.gov.au

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Afternoon Event: 2pm – 4pm

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Disclaimer: While Lendlease has endeavoured to provide accurate information about our speakers, we have relied on third party sources and make no warranty as to accuracy or completeness. We do not endorse or recommend any speaker's expertise, experience or any information that they provide during the event. Information provided at these events will be general and not tailored to your circumstances. Lendlease strongly recommends you obtain independent legal and financial advice. Schedule is correct at time of printing, but once you register to attend an event, we will update you of any changes.

PRE-SENIORS WEEK EVENTS FRIDAY 8 NOVEMBER Peel

Mandurah Seniors Week Launch

Mandurah Aquatic and Recreation Centre
303 Pinjarra Road,
Mandurah
12pm to 2pm
The Mandurah Aquatic and Recreation Centre is offering a free 7 day seniors membership to celebrate the week. Come along to the launch event to find

more about what's on offer this Seniors Week, sign up for membership or other events and enjoy a light lunch. You will also hear from some of Mandurah's remarkable Seniors. Bookings required for catering. Cost: Free
City of Mandurah
9550 3799 or seniors@mandurah.wa.gov.au
Open to public

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SATURDAY 9 NOVEMBER Perth Metro Area

The Richardson Aged Care 1st birthday Open Day

See the exceptional care tailored to real needs at The Richardson.
32 Richardson Street,
West Perth
1pm to 4pm
Cost: Free RSVP 7/11/19
9381 2800
Open to public

SUNDAY 10 NOVEMBER Perth Metro Area

Applause - a Senior's Musical Concert

JewishCare WA
61 Woodrow Avenue
Yokine
2.15pm to 4pm
An afternoon of entertainment to remind attendees of fun and happy times from the past. Light refreshments and snacks will be served during intermission. Wheelchair and disabled access will be accommodated for. Gold coin donation RSVP by 01/11/19
JewishCare WA
9275 6743 or projects@jewishcarewa.com.au
Open to public

SUNDAY 10 NOVEMBER South West

Writing Your Life Story: Seniors Workshops

Busselton Community Resource Centre
19 Cammilleri Street, Busselton
9am to 5.30pm
9am Workshop 1. Writing Your Life Story: Learn how to structure your writing to capture the unique aspects of your life story or memoir. **12.30pm Workshop 2. Publishing Your Life Story and Photo Restoration:** Bring your 'Life Writing Project' to this hands-on session and learn how to progress it towards low-cost publishing. **3.15pm Workshop 3. Create a Vivid Sense of Place in Your Writing.** \$25 per workshop
RSVP by 04/11/19
The Society of Women Writers WA
Helen Iles 0429 116 395 or swwwabookingoffice@gmail.com
Open to public

MONDAY 11 NOVEMBER Mid west /Gascoyne



Multicultural Concert

QEI Seniors & Community Centre, Geraldton
2pm to 4pm
Join a multicultural experience featuring the Indonesian, Chinese, Mabuay Indian Dancing Groups and more. Followed by afternoon tea. \$5 - Bookings commence 28 October
QEI Seniors & Community Centre
Rosetta Finlay
9956 6636
rosetta@cgg.wa.gov.au
Open to public

MONDAY 11 NOVEMBER Perth Metropolitan Area

Aqua Aerobics

Claremont Aquatic Centre
12 Davies Road, Claremont
8.30am to 9.15am
Designed for all fitness levels, this form of low-impact exercise is one of the most effective and safe ways to get yourself fit. The combination of buoyant support and a warm 28 degree pool temperature eases movement strain and helps to build strength and endurance. Regular classes will improve your balance and coordination, improve circulation, lower blood pressure and relieve muscle pain. If you haven't already, give it a try this week!
Cost: Free
Town of Claremont
Register at www.trybooking.com/BFFQS
Open to public

Guilderton Town Hall
10am to 2pm
Cost: Free RSVP 6/11/19
9575 5138



Bassendean Walking Group Seniors Week Walk

Sandy Beach Reserve, West Road, Bassendean
9am to 11am
Come down and enjoy a stroll around Sandy Beach Reserve and Ashfield Flats, followed by a morning tea, provided by the Town of Bassendean.
Cost: Free
Town of Bassendean
Tim Dayman
9377 8000 or mail@bassendean.wa.gov.au
Open to public

Guilderton Seniors Movie Event

The Shire of Gingin invites you to come along to a Seniors Movie Event for a movie and luncheon. There will also be a service for Remembrance Day.



Channel Nine Station Tours

253 St Georges Terrace, Perth
9.45am to 11am
Come and enjoy a tour of the Channel Nine studios in Perth. These exclusive Seniors Week tours are limited to 20 people on a first in first served basis. The Tour includes a visit to Graphics, Makeup room, Newsroom tour including editing suites, Master Control, Audio Booth, Talent Operated Studio, Nine News Studio with Nine News Presenter, Q&A and photo opportunity. See how television is made in the 21st Century.
Cost: Free
RSVP ASAP
Channel Nine Perth
Reception 6168-5999
Open to public



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Phone 1300 885 886 or visit www.ilc.com.au

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Annette, 71, Rockingham grandmother and Prime Movers enthusiast.

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Every Friday 10am



MANDURAH
23 LADYBRAND DRIVE

Morning tea and tour
Every Thursday 10am



SWANBOURNE
141 CLAREMONT CRESCENT

Morning tea and tour
Every Friday 11am

If you've been thinking about 'right sizing' to an over 55's community, or just love having a good time, come join us at our upcoming event. Enjoy the festivities of the day, mingle with residents and look around our village at your own pace. You might just discover that life is wonderful at Arcadia Waters. **We look forward to seeing you there.**

Call 1300 88 98 35, email sales@arcadiagroup.com.au or visit arcadiawaters.com.au

MONDAY 11 NOVEMBER Perth Metropolitan Area

Free Introductory Bridge Lesson and Afternoon Tea

Upstairs at the Bayswater Tennis Club, 80 Murray Street 1pm to 3pm

A free introductory lesson to the wonderful world of bridge will be given by a friendly, experienced teacher, accredited with the Australian Bridge Federation, with delicious afternoon tea to meet club members.

Free RSVP by 10/11/19 Bayswater Bridge Club (Inc)

Sandy Sutton-Mattocks 0440 005 967 or sandy.7notrumps@gmail.com

Open to public

Learn about My Age Care packages @ Fremantle Library

Fremantle Library, 70 Parry Street 10am to 12pm

Umbrella Multicultural Care, under the Aged Care Navigator Trial, is running free seminars and Info sessions to help people navigate the Aged Care system. During those sessions they will talk about care options, choosing the right provider for you, and how to budget your money. Umbrella will also have various factsheets, booklets, pamphlets and magnets for you to take home!

Cost: Free
City of Fremantle (no booking required)
1300 693 736 or info@fremantle.wa.gov.au
Open to public

Prime Movers - Free Classes

Perth Metro Check website for venues
To celebrate Seniors Week, all Prime Movers classes throughout the metropolitan area will be free all week. The classes are designed for low impact exercise for the active over 50s for both men and women. Over 5000 members and 80 classes held each week. Come and have some fun.
Cost: Free
Prime Movers 0444 560 037 or www.

primemovers-exercise.com.au
Open to public

Remembrance Day

Claremont War Memorial, Corner of Bay View Terrace and Stirling Highway.
10.30am to 11.30am
On 11 November 1918, the guns of the Western Front fell silent after four years of continuous warfare. Each year on this day, people around the world observe one minute's silence at 11am in memory of those who died in all wars and conflicts. All are welcome to join the Town of Claremont in honouring those who have served and sacrificed. A light morning tea will be served following the commemorative ceremony.

Cost: Free
Town of Claremont 9285 4300 or toc@claremont.wa.gov.au
Open to public

Senior's Technology Expo

Seniors and Community Hall
50 Old Perth Road, Bassendean 12pm to 3pm
An exhibition of ideas and technologies to promote independent living. This expo will showcase a range of products and services available to seniors and their families to ease the pressures of everyday life.
Cost: Free
Town of Bassendean Tim Dayman 9377 8000 or mail@bassendean.wa.gov.au
Open to public

SHINE Community Services

Claremont Community Hub and Library
327 Stirling Highway 12.30pm to 1.30pm
Are you interested in finding out about the services that can help support independent living? This session will help seniors and those that care for loved ones understand the options available, including personal and respite care, transport, small maintenance requests, shopping assistance, home visits and social activities. Gain an insight into what is available and how to find out more. Get informed, book now.
Cost: Free
Town of Claremont Register at www.trybooking.com/BFFSB
Open to public

Tour of Parliament House

Parliament House Harvest Terrace, Perth 10.15am to 11.45am and 1pm to 2.30pm
This 90-minute Talk and Tour of Parliament House including light refreshments, and a fascinating talk about your State Parliament before enjoying a tour of the historic building and visiting both the Legislative Assembly and Legislative Council Chambers. Getting here is easy, take the Red or Green CAT bus to the Parliament House stop.
Cost: \$5 per person (cash payable on the day)
Places are limited, bookings are essential. Parliamentary Education Office
Cherie Toovey 9222 7259 or education@parliament.wa.gov.au
Open to public

Garden Party Morning Tea with Ed Connect

Morning tea for residents of City of Bayswater who are aged over 55 to hear stories from Ed Connect volunteers.
Bayswater Community Centre
27 King William Street, Bayswater 10.30am to 12noon
Cost: Free
Bookings 9276 5198



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You choose the time and day that suits you



**Come and meet us at Have a Go Day
Wednesday 13th November**

Contact us on 1300 665 082 or info@cpegroup.biz
CPE Group, 63 Lindsay Street, Perth WA 6000



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vinnies.org.au/bequestswa



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(WA) INC
good works

Contact Us!

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Address: _____

Email: _____

Phone: _____

- ☐ Please send me a complimentary information booklet about leaving a gift to Vinnies in my will
- ☐ I have already included a gift to Vinnies in my will

MONDAY 11 NOVEMBER Peel

Mandurah Seniors and Community Open Week

Mandurah Seniors and Community Centre
41 Ormsby Terrace
8.30am to 4pm

All groups, activities and clubs are completely free to try this week (services excluded). There are over 40 options every week and meals will be available at member prices. To find out more about what's happening (and to book in for lunch) visit www.mandurah.wa.gov.au/seniors.

Cost: Free
Mandurah Seniors and Community Centre Reception
9550 3799 or seniors@mandurah.wa.gov.au
Open to public

MONDAY 11 NOVEMBER Mid West /Gascoyne

City of Greater Geraldton Mayor's Mystery Bus Tour

Depart from:
88 Durlacher Street,
Geraldton

9am to 11.30am
Join a tour of Geraldton with the Mayor followed by morning tea at the QEII Seniors & Community Centre. Bookings essential.

Cost: Free - Bookings commence 28 October
City of Greater Geraldton
Rosetta Finlay
9956 6636
rosettaf@cgg.wa.gov.au
Open to public

MONDAY 11 NOVEMBER Great Southern

Seniors Expo

Mount Barker Community Resource Centre
1 Lowood Road
11.30am to 3pm
A Seniors Expo will be held at the Mount Barker Community Resource Centre showcasing services and senior programs. Seniors will have the opportunity to talk to service providers, learn about getting online and explore local senior initiatives. A light lunch will be served.

Cost: Free
RSVP 1/11/19
Shire of Plantagenet
Isabelle Draffehn

9892 1111 or
cdo@sop.wa.gov.au
Open to public

TUESDAY 12 NOVEMBER Perth Metropolitan Area

Bassendean 55 Plus Association Classic Concert

Bassendean Community Hall
48 Old Perth Road
1pm to 3pm
A free event with a smorgasbord of music. The Classic Seniors Week concert features *Tuxedo Junction*, under the direction of Simone Bishop from WAAPA. Tickets must be reserved to avoid disappointment. Afternoon tea will follow.
Cost: Free
Town of Bassendean
Tim Dayman 9377 8000 or mail@bassendean.wa.gov.au
Open to public

Champion Lakes Lifestyle Village

Champion Lakes Lifestyle Village Cnr of Lake Road and Bay Court, Champion
9.30am to 11.30am
Free coffee and morning tea with entertainment by *Musical Mayhem Band*.
Cost: Free RSVP by 8/11/19
Champion Lakes Lifestyle Village
Leah 9390 3909 or 0417 783 147
Open to public



City of Kalamunda - Fish and Chips

10am to 3pm
Enjoy a leisurely bus ride down to the iconic fish and chips destination, Cicerellos Fremantle, for lunch by the sea. Includes a return bus trip, fish basket, dessert plus tea & coffee. Open to City of Kalamunda Residents only. Tickets available from 14 October.
City of Kalamunda
9257 9999 or enquiries@kalamunda.wa.gov.au
Open to public - City of Kalamunda residents only

Create Your Own Invitations with Canva

Rostrata Learning Centre
Prendwick Way, Willetton
10am to 12pm
This will show the basics of Canva, the online graphic design app taking the world by storm. This will give participants an opportunity to become familiar with the program that they can use for many different creations, with an experienced and patient trainer. (Over 55s only - Seniors specific class)
Cost: \$5 RSVP by 10/11/19
Perth Learn Photography
Cyrus Roussilhes
0411 166 034 or hello@perthlearn.com
Open to public



Free Aged Care Seminar About Home Modification

Southcare, 54 Bickley Crescent, Manning
10am to 11am
Southcare and Technology for Ageing and Disability WA are pleased to offer a free seminar that looks at the different options to help your

home evolve as you grow older and adapt to your changing needs. You will learn how to have the confidence to get help to modify your home to suit your ageing requirements.
Cost: Free
Southcare 9450 6233 or enquiries@southcare.org.au
Open to public



LeisureFit Melville celebrates Seniors Week!

We run a number of programs specifically aimed at over 50s including **Forever Fit**, **Forever Fit Aqua**, **Active Circuit**, **Life Pace** and the **Living Longer Living Stronger** program (endorsed by COTA).

Join us for a Seniors Week special event at **LeisureFit Melville Recreation Centre** on Friday, 15 November from 12.30pm to 2.30pm with guest speaker Bob Zeigler discussing healthy ageing and the importance of staying active or have a go at a free session of **Forever Fit** in the gym. No bookings required.

For more information please visit
www.melvillecity.com.au/seniorsfitness

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Seize the moment to come and take a look around Tuart Lakes Lifestyle Village and meet people just like you who are loving village life.

Book a no-obligation golf cart tour and receive a \$50 Whitelakes Brewing Voucher (T&C's Apply).

"I now have the lifestyle where I can relax... and we don't have the mortgage anymore."

GLEN



831 Mandurah Road, Baldivis | 9523 5000

nlv.com.au/tuart-lakes

TUESDAY 12 NOVEMBER Perth Metropolitan Area



Knitted Knockers

Claremont Community Hub and Library
327 Stirling Highway
1pm to 3pm
The Knitting Club meets every Tuesday afternoon at the Claremont Community Hub and Library. Sharing knowledge, skills and laughter, they come together to knit, yarn and give back to the community. One of the many projects they support is Knitted Knockers, an Australian volunteer knitting program that makes 100 per cent cotton breast prosthesis for breast cancer survivors who have undergone a mastectomy. All are welcome (with or without their needles) to come along to find out more about this special program and meet our joyous local knitters.
Cost: Free
Town of Claremont
Register at www.trybooking.com/BFFWQ
Open to public



Memory Cafe - Freo's Summer Garden Meet Up

Fremantle Arts Centre
1 Finnerty Street
9.30am to 11am
Join Freo's Memory Café. The monthly group provides support to people living with dementia and those around them. Come and meet other like-minded people over coffee in a casual, friendly and beautiful environment.
Cost: Free
City of Fremantle (no booking required)
1300 693 736 or info@fremantle.wa.gov.au
Open to public



Pets of Older Person

Fremantle Library
70 Parry Street,
Fremantle Oval
10am to 12pm
POOPS is a volunteer run, not for profit organisation that is all about keeping people and their pets together. If you are experiencing difficulty in caring for your beloved companions due to age or disability, POOPS may be able to help you. The fully police-cleared volunteers can assist in taking pets for a vet check,

walking dogs or driving the pet to a boarding facility if the client's absence from home is likely to be extended. With volunteers spread from north of Perth down to Busselton, the service is intended to help out in times of either crisis or where illness or injury make it difficult to care for your animal.
Cost: Free (no booking)
City of Fremantle (no booking required)
1300 693 736 or info@fremantle.wa.gov.au
Open to public

Prime Movers - Free Classes

Perth Metro
Check website for venues
To celebrate Seniors Week, all Prime Movers classes throughout the metropolitan area will be free all week. Classes are designed on low impact exercise for the active over 50s for both men and women. Over 5000 members and 80 classes a week. Come and have some fun.
Cost: Free
Prime Movers
0444 560 037 or www.primemovers-exercise.com.au
Open to public

Put Your Best Foot Forward

Town of Claremont
Administration Building,
308 Stirling Highway,
Claremont
10am to 11am
Foot aches and pains can affect your overall health and well-being and should not be ignored. To learn more about foot and ankle pain, toe pain, diabetic foot care and finding the right shoes for you, join Mitch Bath of PEAK Podiatry along with Michelle Docherty, the owner of The Athlete's Foot in Claremont Quarter, who will be talking all things feet. Complimentary 10-minute foot checks will be available on the morning and all participants will receive a goody bag.
Cost: Free
Town of Claremont
Register at www.trybooking.com/BFFUO
Open to public



Seniors Week at Ballajura Seniors Association Inc

South Ballajura Community Centre,
Hamelin Drive, Ballajura
9am to 4pm
Come and enjoy a social day at the Ballajura Seniors Association. Activities include cards, snooker, carpet bowls, bingo, craft and painting. Take the opportunity to pop in, have a chat with members, look around the recreation room which is for the exclusive use of members of the seniors club.
Cost: Free
Ballajura Seniors Association Inc
Maria 0417 097 486
Open to public



Singercise

Karrinyup Anglican Church
51 Burroughs Road,
Karrinyup
12pm to 1pm
Fun, energised, social group singing for both singers and non-singers!
Cost: \$12
Singercise
Matt 0403 376 249 or singercise.au@gmail.com
Open to public



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TUESDAY 12 NOVEMBER Perth Metropolitan Area

The Lester Prize for Portraiture - Creative workshops for those living with Dementia
Perth
AGWA Education Studio & Centenary Galleries
10am to 12pm
The Lester Prize (in collaboration with AGWA and Mind the Change Inc) is proud to present a series of specialist guided exhibition tours, art and poetry workshops. These sessions will provide the opportunity to further enhance well-being and mood, plus support independence in a comfortable environment. By harnessing the power of creativity, these workshops and tours aim to improve residents' social engagement through reminiscence, conversation and self-expression. Suitable for those living with dementia and their support persons.
Cost: Free RSVP by 5/11/19
The Lester Prize
Giorgia Mack 9423 5116 or info@lesterprize.com
Open to public

Vinyasa (all levels) - Build your spiritual and physical health
Tamara Yoga Studio, 6 Guger Street, Claremont (entry via O'Beirne St at rear of building)
7.30am and 9.15am
If you are looking for a way to feel stronger, more flexible and generally more revitalised, then yoga may be perfect for you. Set in a supportive and calming environment, those of all fitness levels are welcome to attend the sessions offered by Tamara Yoga for Seniors Week. Where you are new to yoga or are ready to re-immersing yourself in your practice, this is a great way to start your spiritual and physical health. Please arrive 10 minutes before the start of class time
Cost: Free
Town of Claremont
Register at www.trybooking.com/BEWLY
Open to public

Wills & Deceased Estate Seminar
Public Trustee Level 1, 553 Hay Street, Perth
10.15am to 11.45am
The Public Trustee will be hosting free community talks during Seniors Week where you will learn more about the importance of having a Will, navigating the deceased estate administration process and safeguarding decision-making in later life by preparing an Enduring Power of Attorney (EPA), Enduring Power of Guardianship (EPG), Advance Health Directive or

by applying for Guardian & Administration Orders. Free - RSVP ASAP
Public Trustee
1300 746 116 or ptomarketing@justice.wa.gov.au
Open to public

TUESDAY 12 NOVEMBER Peel

Human Libraries
Lakelands Library and Community Centre
49 Banksiadale Gate
10.30am to 12.30pm
Human Libraries are in the true sense of the word, a library of people. Hear stories from some remarkable seniors that make our community a place to be proud of. Celebrate with a light morning tea and some conversations you would not normally have access to.
Cost: Free
Mandurah Seniors and Community Centre
Reception
9550 3799 or seniors@mandurah.wa.gov.au
Open to public

Mandurah Seniors and Community Open Week
Mandurah Seniors and Community Centre
41 Ormsby Terrace
8.30am to 4pm
All groups, activities and clubs are completely free to try this week (services excluded). There are over 40 options every week and meals will be available at member prices. To find out more about what's happening (and to book in for lunch) visit www.mandurah.wa.gov.au/seniors.
Cost: Free
Mandurah Seniors and Community Centre
Reception
9550 3799 or seniors@mandurah.wa.gov.au
Open to public

TUESDAY 12 NOVEMBER Mid West /Gascoyne

National Seniors Inc Quiz Afternoon
QEII Seniors & Community Centre, Geraldton
1pm to 4pm
Make a table of six or join in with others. Great prizes and door prizes with afternoon tea. Hosted by National Seniors Australia Midwest Branch
Cost: \$3 - Bookings commence 28 October
QEII Seniors & Community Centre
Rosetta Finlay
9956 6636
rosettaf@cgg.wa.gov.au
Open to public

WEDNESDAY 13 NOVEMBER Perth Metropolitan Area



Have a Go Day
Burswood Park
9am to 3pm
This popular event is a free information and activities expo for seniors 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.
Cost: Free entry
Seniors Recreation Council
Dawn Yates 9492 9773
Open to public

Come and Try
Nedlands Croquet Club
Cnr Melvista Avenue & Bruce St
4pm to 8pm
Introduction to Golf Croquet.
Cost: Free
Nedlands Croquet Club
Wendy Prendiville
0408 911 974 or wenpren@hotmail.com
Open to public

Carry on teaching, as a volunteer...

Retired teachers with a spirit of adventure and who would like to help families in remote areas are invited to join REVISE-WA as a tutor.

REVISE is an Education Dept supported scheme that aims to give parents in isolated areas a break from supervising their children's school work.

The teacher spends a few weeks on the station supervising School of the Air lessons. Accommodation is provided and transport can be arranged, or subsidised if you drive yourself.

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Web: www.revisewa.com.au



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Solace WA is here to offer those who are grieving the loss of their spouse, partner or fiancée regardless of how they died or when they died, a place where they can feel that others understand what they are experiencing and going through. Solace helps to develop a better understanding of the grieving process and its associated traumas. Our aim is to facilitate healthy grieving under the caring guidance of our support workers who have all survived the death of their loved ones.

Our Sharing & Caring Groups meet at
West Perth, Joondalup, Gosnells, Mandurah and Mundaring

For further information please contact:
Facilitator 9474 3297 President 0488 991 084
Email: info@solacegriefsupportwa.org.au
Website: www.solacegriefsupportwa.org.au
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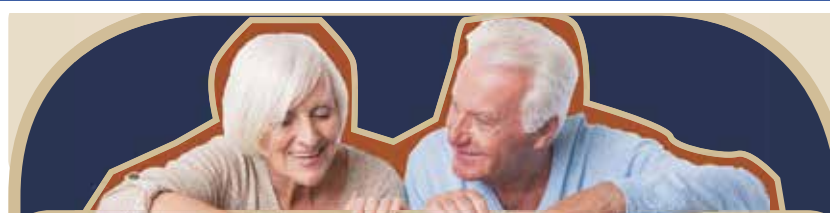
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PARLIAMENT HOUSE TALK & TOUR FOR SENIORS WEEK 2019

Parliament House is offering 'Talk and Tour' sessions for Seniors Week.

Monday, 11 and Friday, 15 November
90 minute tours at 10.15am and 1.00pm
Bookings are essential on 9222 7259

Numbers limited to 25 per tour with places allocated on a first come basis only. The cost for each tour is **\$5.00 per person*** to cover the cost of light refreshments.

*** Please bring correct money as no change can be given.**

This year the Parliament of Western Australia will be at 'Have a Go Day' at Burswood Park on Wednesday, 13 November.
Drop by our booth and pick up a brochure, which provides details on all of the types of tours we run.

To learn more about our 'Talk and Tours' or to make a booking for community groups, visit our website www.parliament.wa.gov.au



Welcome to your guide to Have a Go Day - a LiveLighter Event Burswood Park Wednesday 13 November



Welcome to Have a Go Day from Crown Perth



of chances to win great prizes.

Crown Perth will be organising shuttle buses running from the train station to Crown Perth to Burswood Park every 20 minutes and there is free parking in the Crown high rise parking.

Crown Perth is a proud sponsor of Have a Go Day.

CROWN Perth is delighted to welcome people to Burswood Park to celebrate *Have a Go Day* 2019.

This year is the 27th year the event has been held in the grounds of Burswood Park and Crown Perth is very proud of the long history sponsoring this event. Drop into the Crown Perth marquee at site 18, meet personalities, enjoy a coffee, watch a variety of food demonstrations, entertainment and there will be lots

Burswood Park celebrates Have a Go Day



MARK 13 Wednesday November in your calendar for the largest tented seniors' event of the year!

Set on the unique backdrop of the Burswood Peninsula, against the beautiful Swan River and City skyline, the Seniors' Recreation Council of WA and Burswood Park Board invites you and your family to join in the fun and free adventure of the day.

Sit back and enjoy *The Haze Band* or tap your feet along to the *Broken Ukuleles Blues Band*. If exercise is more your thing, then why not try your hand at pickleball or petanque or hot hula?

You could even kick your heels up with a spot of lindenancing.

Perhaps you've always wanted to try your hand at boomerang throwing or woodturning. Now is your chance.

On the more serious side, there are also some great opportunities for health and wellness screenings available. Whether it's your eyes, ears or skin that's got you worried, get it checked out TODAY!

Once you've wandered around all 200 plus exhibitions, it might be time for some relaxation – yoga and tai chi are both on offer. And don't forget to keep your strength up with a bite to eat – whether it's a roast you're after or something sweet, we've got you covered.

If you've not been to Burswood Park before,

then take some time to stroll around our beautifully manicured gardens and soak in our rich history of life-sized bronze sculptures of Western Australian pioneers. Look out for one of the Burswood Park staff and we will be more than happy to show you our treasures.

If you do see us, please stop and say hello. We'd love to find out what more we can do at Burswood Park to bring you and your family back again and again.

Burswood Park Board continues its tradition as a proud and long-time supporter of the *Have a Go Day* - A LiveLighter Event. Enjoy the festivities and have fun!

Linda Kut
General Manager
Burswood Park Board

Have a Go Day a LiveLighter Event Wednesday 13 November 2019 ENTERTAINMENT STAGE

| Time | Name of entertainment | Site |
|-------------|-------------------------------|------|
| 9.20-9.45 | WA Bush Poets & Yarnspinnners | 97 |
| 9.50-10.20 | Phil Wilson - Entertainer | 99 |
| 10.30 | Official Welcome | 99 |
| 10.50 | Have a Go Day, Official Walk | 99 |
| 10.50-11.20 | Prime Movers | 98 |
| 11.25-11.55 | WA Police Pipe Band | 99 |
| 11.55-12.25 | Jim Sings Country | 99 |
| 12.25-12.50 | The Haze Band | 99 |
| 12.50-1.20 | Wayne Pride - Entertainer | 99 |
| 1.20-1.50 | Prime Movers | 98 |
| 1.50-2.15 | The Haze Band | 99 |
| 2.15-2.50 | Terry Bennetts | 99 |
| 2.50 | MAJOR PRIZE DRAW | 99 |

Have a Go Day a LiveLighter Event Wednesday 13 November 2019 FOOD VENDORS

| Site No | Name |
|---------|--|
| 163 | Chopin Patisserie |
| 47 | Fob Delicious |
| 7 | Gordons' Food Van |
| 146 | Home Chef |
| 28 | Ice Box |
| 26 | Perth Coffee Express 1 |
| 124 | Perth Coffee Express 2 |
| 83 | Roadshow Kebabs |
| 77 | Rob's Baked Potatoes |
| 55 | Sausage Sizzle - Bethanie |
| 92 | Sausage Sizzle/Assorted Rolls - Lions Club of Canning City |
| 107 | Sizzler Toast - Sizzler Restaurant Group P/L |
| 105 | Tapi Truck |
| 104 | The Spud Wagon |
| 142 | Tim's Ice Cream |
| 141 | WA Spit Roast Catering |
| 96 | Hospitality Tent <i>Have a Go News</i> |
| 109 | Hospitality Tent/ <i>Have a Go News</i> /Channel 7 |
| 118 | Hospitality Tent/ <i>Have a Go News</i> /Phoenix Insurance |

Have a Go Day a LiveLighter Event Wednesday 13 November 2019 TIMED ACTIVITIES

| Site | Name of Activity |
|------|---|
| 6 | Ballroom Fit 9.40am - 10am, 11.50am - 12.10pm, 1.10pm - 1.30pm, 2.10pm - 2.30pm |
| 57 | Big Bethanie Bake-Off See site for details |
| 99 | Entertainment Stage See site for details |
| 147 | Esperanto League of WA 10am, 11am, 12noon, 1pm, 2pm |
| 67 | Football West Ltd 9am-9.30am, 10am-10.25am, 11.30am-12noon, 12.50pm-1.20pm, 2.10pm-2.40pm |
| 114 | Free Spirit Dance Community/Oum Habibi 9am-9.20am, 10.50am-11.10am, 12.10pm-12.30pm, 1.30pm-1.50pm |
| 68 | Fremantle Cockburn Hockey Club 9.30am-10am, 10.50am-11.20am, 12.10pm-12.40pm, 1.30pm-2.00pm |
| 99 | Have a Go Day Official Walk 10.50am |
| 79 | Heart Foundation WA 10.50am (official walk); 1.30pm site |
| 68 | Hockey WA 9.30am-10am, 10.50am-11.20am, 12.10pm-12.40pm, 1.30pm-2pm |
| 6 | Hora Shalom 9.20am - 9.40am, 11.30am - 11.50am |
| 109 | Hospitality Tent - Have a Go News See site for details |
| 46 | Hot Hula Fitness 9.50am-10.10am, 11am-11.20am, 12noon-12.20pm, 1pm-1.20pm, 2pm-2.20pm |
| 99 | Jim Sings Country 11.55am-12.25pm |
| 5 | Mad Tatters Morris Dancers 10.50am-11.10am/12.10-12.30pm |
| 50 | Matthew Bowater & Healthway 10am-10.20am, 11am-11.20am, 12noon-12.20pm, 1pm-1.20pm |
| 99 | Official Welcome 10.30am |
| 113 | Over 50s Ballroom Dancing Inc 9.40am-10am, 11.30am-11.50am, 12.50pm-1.10pm, 2.10pm-2.30pm |
| 95 | Over 55 Walking Association 10.50am Official Walk |
| 99 | Phil Wilson - Broken Ukelele Blues Band 9.50am-10.20am |
| 51 | Pole Walking - SRCWA 10am, 11am, 12noon, 1pm, 2pm |
| 98 | Prime Movers Inc 10.50am-11.20am, 1.20pm-1.50pm |
| 5 | Retstappers 10am - 10.20am, 12.30pm - 12.50pm, 1.30pm - 1.50pm, 2.30pm - 2.50pm |
| 115 | Robot Buddy 10am-10.20, 11am-11.20am, 12pm-12.20pm, 1pm-1.20pm, 2pm-2.20pm |
| 134 | Rosewood Care Group 9.40am-10am, 10.50am-11.10am, 12noon-12.20pm, 1.10pm-1.30pm, 2.20pm-2.40pm |
| 113 | Seniors Linedance Legends 10am-10.20, 11.50am-12.10pm, 1.10pm-1.30pm, 2.30pm-2.50pm |
| 53 | Silver Star Wanda'ers 9.20am-9.40am, 11.30am-11.50am, 12.30pm-12.50pm, 1.30pm-1.50pm, 2.30pm-2.50pm |
| 114 | Square Dance Society of WA 9.20am-9.40am, 11.10am-11.30am, 12.30pm-12.50pm, 1.50pm-2.10pm |
| 23 | Taoist Tai Chi Society of Australia Inc 9am-9.20am, 10am-10.20am, 11.10am-11.30am, 12.20pm-12.40pm, 1.30pm-1.50pm |
| 99 | Terry Bennetts 2.15pm-2.50pm |
| 99 | The Haze Band 12.25pm-12.50pm, 1.50pm-2.15pm |
| 89 | Universal TAI CHI 9.20am-9.40am, 10am-10.20am, 11.30am-11.50am, 1pm-1.20pm, 2.10pm-2.30pm |
| 31 | WA Boomerang Association Inc 9am, 10am, 11am, 12noon, 1pm, 1.50pm, 2.30pm |
| 97 | WA Bush Poets & Yarnspinnners Assn 9.20am-9.45am |
| 99 | WA Police Pipe Band 11.25am-11.55am |
| 93 | WA Stage School 9.40am-10am, 11.10am-11.30am, 12.20pm-12.40pm, 1.50pm-2.10pm |
| 99 | Wayne Pride - Entertainer 12.50pm-1.20pm |
| 22 | Yoga Flourish 9.20am - 9.40am, 11.30am - 11.50am, 12.40pm-1pm, 2pm-2.20pm |
| 24 | YOU CAN DO FIT 9.40am-10am, 10.50am-11.10am, 12noon-12.20pm, 1.10pm-1.30pm, 2.20pm-2.40pm |



New chocolate wheel will be spinning at Have a Go Day 2019



THANKS to AGL, *Have a Go News* has a brand new chocolate wheel at the *Have a Go News* hospitality tent site 109, which will be spinning on the hour from 10am to 2pm.

We have some great prizes to giveaway every hour including a Samsung Tablet thanks to AGL and four consolation hampers.

See you there for a spin!

PERSONALITIES WA Police Pipe Band, Channel 7 Personalities

OFFICIAL WELCOME 10.30am-10.50am

Official welcome: Hon. Mick Murray MLA, Minister for Seniors and Ageing; Volunteering; Sport and Recreation
Police Pipe Band will be performing the national anthem

Have a Go Day, a LiveLighter Event Official Walk Over 55 Walking Association & Heart Foundation



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 20 and 54 between 9am to 2.30pm at *Have a Go Day*, a LiveLighter Event. *One prize per family

First Prize - Donated by Crown Perth

- Overnight accommodation for four people at Crown Towers Perth in two Premier King Rooms with Crystal Club access for breakfast and pre-dinner drinks with canapés in the evening
- French champagne delivered to both rooms upon arrival
- Valet parking for two vehicles
- Dinner to the value of \$200 at a Crown restaurant of choice

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

A \$500 Coles/Myer voucher

Third Prize - Donated by Telstra

Samsung Tablet and Pre-Paid Telstra Sim Card

Fourth Prize - Donated by Sizzler

A \$200 Gift card

*One prize per family

NAME:

CONTACT NUMBER:

EMAIL:

ADDRESS:

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





Have a Go Day 2019 a LiveLighter Event Wednesday 13 November EVENT PARTICIPANTS with SITE NUMBERS

| | | | | | | | |
|------|---|------|---|------|--|------|--|
| 159b | 360 Health + Community | 37 | First Aid - | 16a | Mentally Healthy WA | 99 | The Haze Band |
| 16a | Act Belong Commit | 100 | First Aid - mobile pair | 167 | MercyCare | 158 | The Salvation Army |
| 90 | Advocare | 55 | FOOD: Bethanie Sausage Sizzle | 59 | MG Car Club of WA | 88d | Theatre Organ Society of WA |
| 14d | AGL | 163 | FOOD: Chopin Patisserie | 128 | National Archives of Australia | 33a | Tin & Collectables Club |
| 76a | Alchera Living (INC) | 47 | FOOD: Fob Delicious | 88a | National Seniors Australia | 25 | Toilets |
| 139 | Alibabes Scrappin Hearts | 7 | FOOD: Gordons' Food Van | 17 | Niche Living-Freedom Division | 4 | Town of Victoria Park |
| 81 | Alzheimer's Research Foundation Australia | 146 | FOOD: Home Chef | 21b | North Coast Marine Modellers Inc | 162a | TransPerth |
| 32 | Alzheimer's WA | 28 | FOOD: Ice Box | 35b | Office of Public Advocate | 162b | TransWA |
| 170 | Apia | 92 | FOOD: Lions Club of Canning City | 99 | Official Welcome | 127 | Trinity School for Seniors |
| 150 | Arcadia Waters Retirement Communities | 26 | FOOD: Perth Coffee Express 1 | 113a | Over 50s Ballroom Dancing Inc | 151 | Umbrella Multicultural Community Care |
| 119 | Asthma WA | 124 | FOOD: Perth Coffee Express 2 | 95 | Over 55 Walking Association | 29 | Unicare Health |
| 62 | Aussie Redback Tours | 83 | FOOD: Roadshow Kebabs | 100 | PA Van | 89 | Universal TAI CHI |
| 108a | Australian Facetors Guild | 77 | FOOD: Rob's Baked Potatoes | 16b | Parliamentary Education Office | 88c | University of the Third Age (U3A) |
| 21a | Australian Model Ship Society | 107 | FOOD: Sizzler Toast-Sizzler | 33b | Peel Collectors Club | 39c | Uthando Project |
| 175 | Avivo: Live Life | | Restaurant Group P/L | 125 | Perth Blokart Club Inc | 164 | Victoria Park RSL |
| 6 | Ballroom Fit | 105 | FOOD: Tapi Truck | 159a | Perth Family Relationship Centre | 84 | Villa Carlotta Travel |
| 110c | Be Connected | 104 | FOOD: The Spud Wagon | 148 | Perth Friendship Force (Inc) | 33e | Vintage Wireless and Gramophone Club of WA |
| 56 | Bethanie | 142 | FOOD: Tim's Ice Cream | 112 | Perth Observatory Volunteer Group | 11 | VisAbility |
| 116 | Bicycles for Humanity WA | 141 | FOOD: WA Spit Roast Catering | 122a | Perth Seniors Social Meetup | 40 | WA Association of Caravan Clubs |
| 57 | Big Bethanie Bake-Off | 67 | Football West Ltd | 69 | Petanque | 31 | WA Boomerang Association Inc |
| 66 | Black Swan Health | 114a | Free Spirit Dance Community/Oum Habibi | 99 | Phil Wilson - Broken Ukelele Blues Band | 97 | WA Bush Poets & Yarnspinners Assn |
| 171 | Bladder and Bowel Health Australia | 68a | Fremantle Cockburn Hockey Club | 30 | Philatelic Society of WA | 16c | WA Card Collector Society |
| 74 | Blue Force Pty Ltd T/A 'Blueforce' | 42 | Gosnells Woodturning Association | 39e | Pickleball Perth | 102 | WA Classic Speedway |
| 169 | Bowls WA | 45 | Guardian Safety Pendants | 173 | Playgroup WA | 16d | WA Genealogical Society Inc |
| 157 | Brad Hutchinson Hearing | 36 | Hand Tool Preservation Society | 51 | Pole Walking - SRCWA | 122c | WA Guild of Woodcarvers |
| 161 | BreastScreen WA | 4 | Harold Hawthorne Community Centre | 13 | Portable Toilets | 58 | WA Historical Cycle Club Inc |
| 15 | Cancer Council of WA- Sunsmart Van | 99 | Have a Go Day Official Walk | 38 | Portable Toilets | 108b | WA Lapidary and Rockhunting Club |
| 160 | Cancer Council WA-Planned Giving Team | 109b | Have a Go News | 12 | PR King & Sons Pty Ltd | 52 | WA Police Force |
| 121a | Canoeing: DLGSCI Camps | 120 | Hearing Australia | 98 | Prime Movers Inc | 99 | WA Police Pipe Band |
| 121b | Canoeing: UWA Gold Paddling | 79 | Heart Foundation WA | 122d | Probus Association of WA Inc (PAWA) | 14b | WA Senior Cards Centre |
| 136 | Capital Community Radio | 174 | Hetherington Funerals | 145 | Programmed Care | 93 | WA Stage School |
| 129 | Captain Cook Cruises/Sealink Travel | 14c | HIF | 88b | Prostate Cancer Help Association | 132 | Walridge Country Estate |
| 80 | Carers WA | 68b | Hockey WA | 35c | Public Trustee | 33c | WARVRA |
| 1 | Casey Australia Tours | 144 | Home Care Assistance - West Coast Perth | 49b | Purslowe & Chipper Funerals | 65 | Water Tank - Free Drinking Water |
| 78 | Casey Tours WA Wildflower Guide | 109c | Home in WA | 130 | Quality Travel | 106 | Water Tank - Free Drinking Water |
| 94 | Catholic Homes | 6 | Hora Shalom | 137 | RAC Travel West Perth | 109 | Water Tank - Free Drinking Water |
| 73 | CHORUS | 96 | Hospitality Tent | 70 | Retirees WA Inc | 117 | Water Tank - Free Drinking Water |
| 91 | Chung Wah Community and Aged Care | 118 | Hospitality Tent | 5 | Retstappers | 99 | Wayne Pride - Entertainer |
| 133c | City of Melville | 109a | Hospitality Tent - Have a Go News | 115 | Robot Buddy | 122e | West Australian Miniature Assn. |
| 133b | City of Nedlands | 46 | Hot Hula Fitness | 88e | Rose Society of WA | 101 | West Australian Pistol Association |
| 41 | Climbing Wall | 143 | Independent Living Centre | 134 | Rosewood Care Group | 43 | West Coast Metal Detector Club Inc |
| 76b | Colliers International | 20 | Information Booth | 110b | Samsung | 122a | Western Social Club |
| 138 | Come Out Camping Older Adults (COCOA) | 54 | Information Booth | 60 | Scarboro Toyota | 88b | Western Suburbs & Southsiders Prostate |
| 4 | Connect Victoria Park | 156a | Injury Matters | 154c | Seniors Housing Advisory Centre | | Cancer Support Group |
| 154a | Consumer Protection | 39a | Inner Wheel - District A40 | 113b | Seniors Linedance Legends | 153 | Western Union |
| | (Dept of Mines, Industry Reg & Safety) | 99 | Jim Sings Country | 51 | Seniors Recreation Council of WA (SRCWA) | 110d | Wiki Club West- Wikimedia Australia |
| 154b | Consumer Protection Community Education | 165 | Juniper | 87 | SES Canning/South Perth | 22 | Yoga Flourish |
| 131 | COTA WA | 63 | Kalbarri Palm Resort | 86 | ShelterBox Australia | 24 | YOU CAN DO FIT |
| 123 | Country Women's Association of WA (Inc) | 155 | Kevrek (Australia) Pty Ltd | 19 | Shuttle Bus Pick Up/Drop Off | | |
| 152 | CPE Group | 149 | Kings Tours & Travel | 85 | Silver Chain Group | | |
| 18 | Crown Perth | 48 | Legal Aid WA | 53 | Silver Star Wandarers | | |
| 172 | Cura in-home Care | 9 | Lendlease | 39b | Solace Grief Support Group WA Inc | | |
| 176 | Curtin FM 100.1 | 135 | LIFE - Lung Information & Friendship for Everyone | 39d | Soroptimist International Canning District | | |
| 82 | Curtin University - Healthy Living Clinic | 44a | Lions Dryandra Woodland Village | 10 | Specsavers Audiology Group | | |
| 103 | Cycling without Age Australia | 140 | Lions Hearing Clinics | 114b | Square Dance Society of WA | | |
| 168 | DBCA- Parks and Wildlife Service | 44b | Lions Noranda Club | 51 | SRCWA Branches | | |
| 75 | Dementia Australia | 50a | LiveLighter Healthway - | 156b | Stay On Your Feet | | |
| 14a | Dept of Communities | 27 | Macquarie Media 882am 6PR | 61 | Step Forward Orthotics | | |
| 35a | Dept of Health | 5 | Mad Tatters Morris Dancers | 71 | Stroke Foundation | | |
| 72 | Derbarl Yerrigan Health Service | 49a | Mareena Purslowe Funerals | 133a | Swan Volunteer Resource Centre | | |
| 16e | Diabetes WA | 126 | Marine Safety | 8 | SwanCare | | |
| 113c | Dressing Room | 166 | Masonic Care WA | 4 | TADWA | | |
| 99 | Entertainment Stage | 122b | Masters Swimming WA | 23 | Taoist Tai Chi Society of Australia Inc | | |
| 147 | Esperanto League of WA | 50b | Matthew Bowater & Healthway | 110a | Tech Savvy Seniors | | |
| 34 | Fairway Villages | 64 | Medic Technology International | 111 | Telstra Corporation | | |
| 2 | First Aid - | 33d | Men's Sheds of WA | 99 | Terry Bennetts - Entertainer | | |

DALE COTTAGES INC.

For 60 Years Dale Cottages has been caring for families in our community. We are proud of our ongoing commitment to be the leading provider of Retirement Living, Residential and Home Care options for our region.



J.E. Murray Home

The JE Murray Home is a fully accredited 78-bed residential care facility for people who require a range of care services. This includes a dedicated Residential Respite Bed. We strive to provide a comfortable, enjoyable place to live while also providing the reassurance of 24-hour clinical care.



Dale Community Care

Dale Community Care is a familiar, trusted source of services to people wishing to continue living independently in the community. The objectives of the program are to assist people to remain living at home for as long as possible and to enable people to have choice and flexibility in the way that care, services and support is provided.



Dale Cottages Village

'Dale Cottages Village of Independent Living Homes' offers a range of secure and comfortable accommodation options for people over 55 years of age. Our village offers an enhanced lifestyle with special emphasis being placed on upholding each individual's privacy and autonomy in a relaxed, community environment. Independent living offers over 55's the opportunity to live an independent lifestyle within a supportive village setting. Residents may also be able to access a range of other support services from Dale Community Care and/or the broader community on a fee-for-service basis.



Greendale Centre

Dale Cottages in partnership with the City of Armadale provide a unique Community Centre that caters for the communities needs and enhances the social wellbeing of the community through interaction and inclusion of all. The Greendale Centre in Coombe Avenue is a very important Centre for seniors in the Armadale District as well as an integral part of Village life at Dale Cottages. Most days it is a hub of activities with something to suit all interests.

WEDNESDAY 13 NOVEMBER Perth Metropolitan Area

Cyber Security

Claremont Community Hub and Library
327 Stirling Highway
10am to 10.45am
Information technology (IT) products play a big part in our daily lives, dominating how we stay connected to family and friends, as well as how we manage business and social dealings. However, poor security can leave you exposed, allow cyber infection or result in data loss. Knowing what to look out for, or what to do about it can be confusing. Learn from local Claremont company Res-Q IT Computer Services, the basic issues you need to be aware of and how to minimise the risks. Places are limited. Book now
Cost: Free
Town of Claremont
Register at www.trybooking.com/BFFXX
Open to public

Get Activated!

Loftus Community Centre
99 Loftus Street
Leederville
12pm to 2pm
Asthma WA and Loftus Community Care are celebrating Seniors Week by offering free activities to seniors all week. A light lunch along with a Healthy Lung coaching session and chair yoga will be running on the Wednesday during Seniors Week. People with a respiratory condition are encouraged to come along and learn how to be activated.
Cost: Free RSVP by 11/11/19
Loftus Community Centre
Jodi Lendrum 9328 3098 or info@loftuscommunitycentre.com.au
Open to public



Have a Go Day Bus Transfer for seniors in Shire of Mundaring

Shire of Mundaring - Various locations
9am to 2.30pm
Free bus transfer for Shire of Mundaring Residents who are 50 years or older to the SRCWA Have a Go Day event at Burswood Park on Wednesday 13 November from various locations in the Shire.
Cost: Free RSVP by 15/10/19
Shire of Mundaring
Neridah Zlatnik 9290 6718 or events@mundaring.wa.gov.au
Open to public

Intro to Mobile Phone Photography

Piney Lakes Nature Reserve, Opposite 1 Berndt Grove, Winthrop
9am to 12pm
Learn and practice how to take photos with your mobile phone, in this gentle walk around session at Piney Lakes Nature Reserve, Winthrop. (Over 55s only - Seniors specific class)
Cost: \$5 RSVP by 11/11/19
Perth Learn Photography
Cyrus Roussilhes

0411 166 034 or hello@perthlearn.com
Open to public

Prime Movers - Free Classes

Perth Metro
Check website for venues
To celebrate Seniors Week, all Prime Movers classes throughout the metropolitan area will be free all week. The classes are designed on low impact exercise for the active over 50s for both men and women. Over 5000 members and 80 classes a week. Come and have some fun.
Cost: Free
Prime Movers
0444 560 037 or www.primemovers-exercise.com.au
Open to public

Seniors Bowling Tournament

Gosnells Bowling Club, Corner Albany Highway & Dorothy Street
4pm to 7pm
Fun knockout tournament for new or experienced bowlers. Teams of 4. Prizes awarded plus a sausage sizzle. Bowls and coaching provided. Just bring yourself! Fun night for everyone.

Cost: Free
Gosnells Bowling Club
9398 2491 or secretary@gosnellsbc.com.au
Open to public



Singercise

South Perth Senior Citizens Centre
53 Coode Street
11.45am to 12.45pm
Fun, energised, social group singing for both singers and non-singers!
Cost: \$12
Singercise
Matt 0403 376 249 or singercise.au@gmail.com
Open to public

Twilight Cruise

Claremont Yacht Club
4 Victoria Avenue
5.30pm to 8.30pm
Sip on a glass of bubbly and set sail on a magical twilight cruise along the Swan River, followed by a delicious buffet dinner upon your return at the Claremont Yacht Club. A very special night to remember.
Cost: \$20
Town of Claremont
Register at www.trybooking.com/BFROQ
Open to public



WA Seniors Week 2019 Celebration with Barry Strickland

City of Vincent Library
99 Loftus Street
Leederville
10am to 11.30am
Join the City of Vincent and Local History Centre to celebrate WA Seniors Week 2019 with a special morning tea following a performance by Barry Strickland of his talk 'Bus Boy take on the Big Smoke...'
Cost: Free
RSVP 12/11/19
City of Vincent
9273 6090 or libadmin@vincent.wa.gov.au
Open to public

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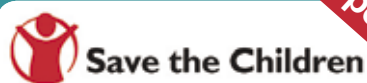
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BUSSELTON PH: 9754 7479
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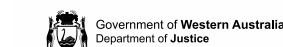
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If you're interested in Volunteering, please contact us on 9209 2437

Forest Lakes Village
Craft Fair
& morning tea
handmade crafts
retirement village tours
meet the Forest Lakes residents & join us for a cuppa
10AM - 1PM Saturday 16th November
41 GEOGRAPHE WAY, THORNLIE
9409 2322 mcwa.net.au
MASONIC Care
WE ALSO OFFER PERSONALISED TOURS BY APPOINTMENT



Free Seniors Week Events

Wills & Planning Ahead Talks

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

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

Tuesday 12 November 10.15am - 11.45am
or

Thursday 14 November 10.15am - 11.45am

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

Doors open at 10am for complimentary refreshments.

BOOKINGS ESSENTIAL

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

www.publictrustee.wa.gov.au

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



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WEDNESDAY 13 NOVEMBER Perth Metropolitan Area

Wanjoo (Welcome) Wanderers Walking Group

Wanjoo Lounge
Fremantle Library
70 Parry Street
9.15am to 11am
Join the social walking
exploration group around
Fremantle and end with
a coffee and a chat.
Cost: Free
City of Fremantle (no

booking required)
1300 693 736 or info@
fremantle.wa.gov.au
Open to public

Zenith Music Concert

Zenith Music Store,
309 Stirling Highway,
Claremont
10.30am
To celebrate the 50th an-
niversary of Claremont's
iconic Zenith Music

Store, the Town of Clare-
mont presents a special
concert in the private au-
ditorium of Zenith. Learn
the history of this family
store that has spanned
three generations from
managing director Lionel
Cranfield and enjoy a se-
ries of short classical mu-
sic performances Please
note there is limited mo-
bility access to the audi-
torium.
Cost: \$5
Town of Claremont
Register at www.trybooking.com/BEXKY
Open to public

WEDNESDAY 13 NOVEMBER Peel

Mandurah Seniors and Community Open Week

Mandurah Seniors and
Community Centre
41 Ormsby Terrace
8.30am to 4pm
All groups, activities and
clubs are completely free
to try this week (services
excluded). There are over
40 options every week
and meals will be avail-
able at member prices.
To find out more about
what's happening (and
to book in for lunch) visit
www.mandurah.wa.gov.au/seniors.
Cost: Free
Mandurah Seniors and
Community Centre
Reception
9550 3799 or seniors@
mandurah.wa.gov.au
Open to public



Zenith Music Concert and lunch at Nolita Italian Cafe

Zenith Music Store,
309 Stirling Highway,
Claremont and Nolita
Italian Cafe, 16 Bay View
Terrace
10.30am
Celebrate the 50th an-
niversary of Claremont's
iconic Zenith Music
Store, with a special con-
cert in the private audi-
torium of Zenith, followed
by a delicious luncheon
at the renowned Nolita
Italian Café, where the
musical delights will con-
tinue. Please note there
is limited mobility access
to the auditorium and
restaurant.
Cost: \$20
Town of Claremont
Register at www.trybooking.com/BEXIY
Open to public

Speed Apping

Mandurah Seniors and
Community Centre
41 Ormsby Terrace
9.30am to 11.30am
Learn more about the
wonderful world of apps
and what they can help
you do, test out a range
of apps and see which
ones you want to see
again. Digital experts will
be available to show you
how to get the most out
of these apps and you
can share some of your

favourites with each other
over a light morning tea.
BYO Phone or Tablet.
Cost: Free
Mandurah Seniors and
Community Centre
Reception
9550 3799 or seniors@
mandurah.wa.gov.au
Open to public

WEDNESDAY 13 NOVEMBER Great Southern

Lake Grace Seniors trip to Kodja Place

Seniors to visit The Ko-
dja Place in Kojonup to
celebrate Seniors Week.
Leave from Lake Grace
Village Hall. Explore the
inside story of Australian
life.
8am RSVP 8/11/19
9890 2500
Open to public

Movie Afternoon

Plantagenet District Hall
Memorial Road,
Mount Barker
2pm to 4.30pm
Come and join a fun mov-
ie afternoon at the Plan-
tagenet District Hall. Af-
ternoon tea will be served
prior to commencement
of the movie
Cost: Free RSVP by
1/11/19
Shire of Plantagenet
Isabelle Draffehn
9892 1111 or
cdo@sop.wa.gov.au
Open to public

WEDNESDAY 13 NOVEMBER Kimberley

Pizza at the Pond

Swim Beach, Kununurra
11am to 1.30pm
A Seniors celebration at
a local community land-
mark with food, friends
and fun.
Cost: Free
RSVP by 10/11/19
Kununurra
Neighbourhood House
John Vos 9168 1615 or
knx.house@bigpond.
com
Open to public

WEDNESDAY 13 NOVEMBER Mid West /Gascoyne

Walking Soccer

QEI Seniors
& Community Centre,
Geraldton
1pm to 3pm
Come and join in with
Football West and have a
go at Walking Soccer.
Cost: \$4 - Bookings
commence 28 October
QEI Seniors
& Community Centre
Rosetta Finlay
9956 6636
rosettaf@cgg.wa.gov.au
Open to public

Football West Walking Football

QEI Seniors
& Community Centre,
Geraldton
1pm to 3pm
Join us for an intergener-
ational game with Com-
municare's Finding Fit-
ness team.
Cost: \$4 - Bookings
commence 28 October
2019
QEI Seniors
& Community Centre
Rosetta Finlay
9956 6636
rosettaf@cgg.wa.gov.au
Open to public

Seniors 'Young at Heart'

Shark Bay Bowling,
Sport & Recreation Club,
Francis Street, Denham
10am to 2pm
Enjoy an interactive
sporting games day at
the Shark Bay Bowl-
ing, Sport & Recreation
Club. Seniors will be able
to have a go at Lawn
Bowls, Darts, Pool, Cro-
quet, giant Connect Four,
giant Dice and Finska.
There will also be a free
barbecue lunch, cooked
by Denham's Menshed
members.
Cost: Free RSVP by
1/11/19
Shark Bay Community
Resource Centre
9948 1787 or sharkbay@
crc.net.au
Open to public



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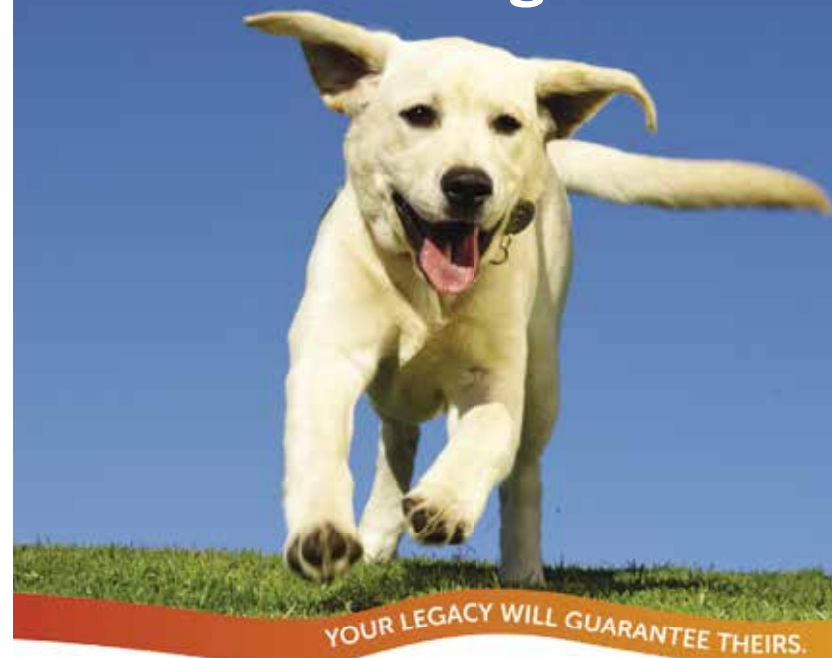


Booragoon 08 9316 3622
Gateway Building
1/15 Andrea Lane
Booragoon

Subiaco | Alan Miller
08 9388 2787
312 Rokeby Road
Subiaco

*Visit website for full terms and conditions mavendental.com.au/nogap

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carol.morfitt@guidedogswa.com.au

www.guidedogswa.com.au/gift-will/

PO Box 31, Victoria Park WA 6979



WA

THURSDAY 14 NOVEMBER Perth Metropolitan Area

Baths, Boats and Buildings - Heritage Walking Tour

Starting at Claremont Yacht Club, then walking along the river bank 9.30am to 11am. Join the Town of Claremont's Freshwater Bay Museum for an easy stroll along Freshwater Bay. The heritage walking tour will include reflections on the much loved Claremont Baths, the Boatshed of National Heritage significance, the Catalina Flying Boats of WW2, Hotel Continental and Alex Prior Park. Guest speakers will share personal memories of these Claremont icons. Cost: Free. Town of Claremont. Register at www.trybooking.com/BEWJG. Open to public.

City of Kalamunda

Seniors Week - Supper Club Variety Show Kalamunda 3pm to 6pm. Supper Club with performance, dance and music! Open to City of Kalamunda Residents only. Tickets available from 14 October. City of Kalamunda 9257 9999 or enquiries@kalamunda.wa.gov.au

Dementia Awareness and Brain Health

Town of Claremont Administration Building, 308 Stirling Highway, Claremont 12.30pm to 1.30pm. Worried about your own memory, or concerned for a loved one? All are welcome to attend this informative presentation by Dementia Australia where participants will gain an understanding of the signs, symptoms and different types, learn about brain health and support those living with dementia live an active and rewarding life. Cost: Free. Town of Claremont. Register at www.trybooking.com/BFHLH. Open to public.

Hearing Matters

Claremont Community Hub and Library 327 Stirling Highway 10am to 10.30am. Struggling to understand speech or certain sounds can impact your work, social life, personal safety, connection to the world and your relationship with loved ones. Reduce the impact on the quality of your life by being fully informed on the common warning signs of hearing problems and the options available to you. Join Audika for the facts and have the opportunity to book a free hearing test. Cost: Free. Town of Claremont. Register at www.trybooking.com/BFHIX. Open to public.

Joys of the Women Italian Choice

Claremont Community Hub and Library 327 Stirling Highway 4pm to 5pm. Come along and soak in the ambience and sparkling energy of the Joys of the Women Italian Choir, a group of passionate ladies who enjoy sharing their love of Italian songs. Be lifted by their joy and talents in the

majestic surrounds of the Claremont Community Hub and Library. Cost: Free. Town of Claremont. Register at www.trybooking.com/BFHLY. Open to public.



Prime Movers - Free Classes

Perth Metro. Check website for venues. To celebrate Seniors Week, all Prime Movers classes throughout the metropolitan area will be free all week. Classes are designed on low impact exercise for the active over 50s for both men and women. Over 5000 members and 80 classes a week. Come and have some fun. Cost: Free. Prime Movers. Prime Movers 0444 560 037 or www.primemovers-exercise.com.au. Open to public.

Seniors Week at Ballajura Seniors Association Inc Ballajura

South Ballajura Community Centre, Hamelin Drive, Ballajura 9am to 4pm. Come and enjoy a social day at the Ballajura Seniors Association. Activities include cards, snooker, carpet bowls, bingo, craft and painting. Take the opportunity to pop in, have a chat with members, look around the recreation room which is for the exclusive use of members of the seniors club. Cost: Free. Ballajura Seniors Association Inc. Maria 0417 097 486. Open to public.

SHINE Open Day

81 Forrest Street, Cottesloe 10.30am to 2.30pm. To celebrate Seniors Week Shine is holding an open day. From 10.30am-2.30pm they will be having a fun filled day with exercise classes, art lessons, entertainment, information sessions, door prizes and much, much more. Morning tea and lunch will be provided. Attendees can come and

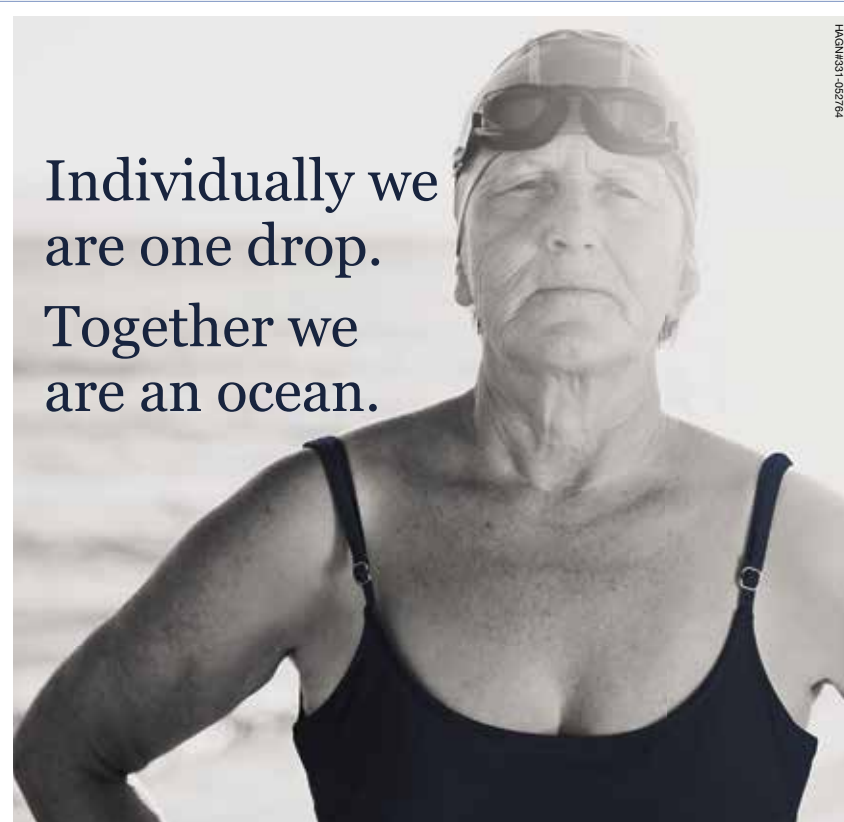
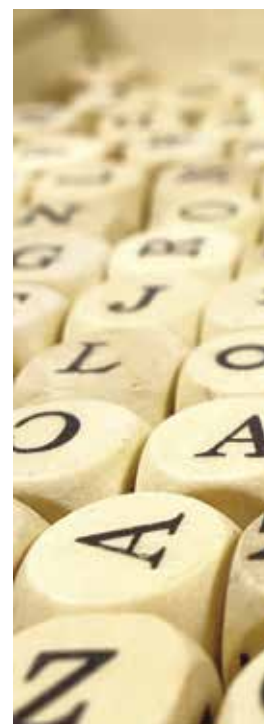
go or stay for the full day. Please RSVP for catering purposes. Cost: Free. RSVP by 07/11/19. Shine Community Services. Kate Smith 9253 5555 or reception@shinecs.com.au. Open to public.

Starting Your Family Tree

State Library of WA 25 Francis Street, Perth 9.30am to 1pm. Wanting to get started on your family history? There are four sessions at the State Library of WA to help you on your way. Cost: Free. Family History WA. Terri Usher 0417 176 821. pr@fhwa.org.au. Register at www.trybooking.com.au/BFEGW. Open to public.

Then and Now Seniors Week Event 2019

Girrawheen Koondoola Senior Citizens Centre 11 Patrick Court 10am to 1pm. Come and play games from different decades, chat with various community groups, have a cuppa and meet new people. The interactive games will include those played in the 1940s-1960s as well as games popularised in more recent times. A light morning tea will be provided. Cost: Free. City of Wanneroo. To register call 9405 5618 or www.then-and-now-seniors-week-2019.eventbrite.com.au. Open to public.



Individually we
are one drop.
Together we
are an ocean.

Join National Seniors for powerful representation for older Australians

- ✓ Enjoy exclusive member benefits, events and competitions
- ✓ Information that educates, informs and inspires
- ✓ Add your voice, strengthening advocacy for older Australians
- ✓ Make new friends through community branches
- ✓ Receive specialised insurance and travel packages

JOIN NOW. Membership from just \$45* a year.

*\$45 is the annual fee for a single membership.

Call 1300 76 50 50 or visit nationalseniors.com.au

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0920193497MMB



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- Cosmetic Dentistry
- Facial Aesthetics

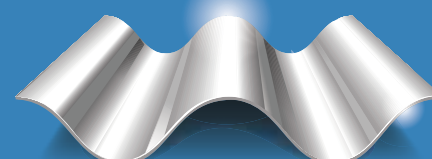


Book an appointment online at glencoedental.com.au

Glencoe Dental
9555 8900
78A Glencoe Parade
Halls Head
(next to Farmer Jacks)

HAGN331-052933

All men belong
in a Men's Shed.



MEN'S SHEDS
— OF WA —

www.menssheds.org.au

HAGN331-052949

THURSDAY 14 NOVEMBER Perth Metropolitan Area

Vinyasa (all levels) - Build your spiritual and physical health

Tamara Yoga Studio
6 Guger Street,
Claremont
(entry via O'Beirne St at
rear of building)
7.30am

If you are looking for
a way to feel stronger,
more flexible and gener-
ally more revitalised, then
yoga may be perfect for
you. Set in a supportive
and calming environ-
ment, those of all fitness
levels are welcome to
attend the sessions of-

ferred by Tamara Yoga
for Seniors Week. Where
you are new to yoga or
are ready to re-immers-
e yourself in your practice,
this is a great way to start
your spiritual and physi-
cal health. Please arrive
10 minutes before the
start of class time
Cost: Free
Town of Claremont
Register at www.trybooking.com/BEWLY
Open to public



Walk and Talk with the Claremont Cruisers and GPs on Bay View

Lake Espresso,
Claremont Golf Course
30 Lapsley Road
7.30am

Looking for a low impact
exercise option and an
opportunity to meet new
people? Then join the
Claremont Cruisers and
health professionals from
GPS on Bay View, who
will share some insight on
a health topic relevant to
the senior community.

Cost: Free
Town of Claremont
Register at www.trybooking.com/BFGWH
Open to public

Wills & Deceased Estate Seminar

Public Trustee Level 1,
553 Hay Street, Perth
10.15am to 11.45am
The Public Trustee will
be hosting free commu-
nity talks during Seniors
Week where you will
learn more about the im-
portance of having a Will,
navigating the deceased
estate administration pro-
cess and safeguarding
decision-making in later
life by preparing an En-
during Power of Attorney
(EPA), Enduring Power of
Guardianship (EPG), Ad-
vance Health Directive or
by applying for Guardian

& Administration Orders.
Cost: Free - RSVP ASAP
Public Trustee
1300 746 116 or ptomar-
keting@justice.wa.gov.au
Open to public

THURSDAY 14 NOVEMBER Peel

Dancing through the Decades

Pinjarra Civic Centre,
1915 Pinjarra Road,
Pinjarra
5pm to 8pm
Dancing through the De-
cades will be a Dinner
and Dance aimed at the
Seniors Community, tak-
ing them on a nostalgic
journey through the eras
of music from the Swing-
ing 20s right through to
the era of Disco in the
70s. The event will incor-
porate a sit-down buffet
meal, dance demonstra-
tions, games and raffles.
Cost: \$10 RSVP by
31/10/19
Shire of Murray
Fiona McBride
9531 7636 or
cdao@murray.wa.gov.au
Open to public

Human Libraries

Mandurah Community
Museum
3 Pinjarra Road
10.30am to 12.30pm
Human Libraries are in
the true sense of the
word, a library of people.
Hear stories from some
remarkable seniors that
make our community a
place to be proud of. Cel-
ebrate with a light morn-
ing tea and some con-
versations you would not
normally have access to.

Cost: Free
Mandurah Seniors and
Community Centre
Reception
9550 3799 or seniors@
mandurah.wa.gov.au
Open to public

Mandurah Seniors and Community Open Week

Mandurah Seniors and
Community Centre
41 Ormsby Terrace
8.30am to 4pm
All groups, activities and
clubs are completely free
to try this week (services
excluded). There are over
40 options every week
and meals will be avail-
able at member prices.
To find out more about
what's happening (and
to book in for lunch) visit
www.mandurah.wa.gov.au/seniors.
Cost: Free
Mandurah Seniors and
Community Centre
Reception
9550 3799 or seniors@
mandurah.wa.gov.au
Open to public

THURSDAY 14 NOVEMBER Mid West /Gascoyne

Morawa Seniors Week 2019

Morawa Town Hall -
Prater Street
11am to 2.30pm
Awards ceremony, a ca-
tered lunch, games &
craft activities, musical
performances and free
health checks and health
promotion initiatives at
our local Morawa Town
Hall.
Cost: Free

Morawa CRC & Shire of
Morawa
Diane Butler 9971-1390
or morawa@crc.net.au
Open to public

THURSDAY 14 NOVEMBER Wheatbelt

Quairading Seniors Week Comedy Lunch

Quairading Town Hall
11.30am to 2pm
Laughter is the best
medicine! Join a fun and
social day out at the Qu-
airading Town Hall. Fea-
turing stand up comedy
by Mick Gledhill, Simone
Springer and Jon Pinder
with their comedy show
'Life'. And delicious cat-
tering by locals, Flavour
Town Catering.
Cost: \$20 per person,
tickets essential.
\$20 RSVP by 11/11/19
Quairading CRC
Jill & Tamara
9645 0096 or
quairading@crc.net.au
Open to public



Seniors Movie Night

FREE EVENT - Save the Date!

The Shire of Gingin invites you to attend
a Movie Night for Seniors Week.

WHEN Monday, 11 November 2019
WHERE Guilderton Hall, Guilderton
TIME 10am - 2pm

Lunch will be provided.

RSVP Cher Groves on 9575 5138 by
6 November 2019

BROUGHT TO YOU BY **FUNDED BY**
WA Seniors Week
COTA WA
Lotterywest
Department of Communities

care with
purpose



A New Way of Living at St Vincent's.

Catholic Homes 'Care with Purpose' is based
on Montessori principles and incorporates our
core Values of Joy, Love and Hospitality.

We promote independence by encouraging and supporting
people to do as much as possible for themselves and
achieve their potential. Our care is centered on knowledge
of their past, their current abilities and their physical,
social and emotional needs.

St Vincent's Redevelopment

We are excited to announce our new St Vincent's facility
will be opening in Guildford in December 2019. Offering
85 single rooms with ensuite plus a couples suite (with
a double bed and sitting room) as well as multiple living
areas including spacious lounges, libraries and dining
areas to encourage connectivity between residents.

The new St Vincent's will set the standard in how aged care
should be delivered; incorporating the latest technology
for both our residents, their families and our staff.
Come and see the difference at St Vincent's.

For more information on St Vincent's, please call
Lorraine Wallis, Service Manager on 9279 5055
or email stvincents@catholichomes.com.

Care Choices

- Home Care
- Private Services
- Day Therapy Centre
- Short Term Restorative Care
- Volunteers In Place Service
- Comfort Care Centre
- Retirement Living
- Residential Care
- Pastoral Care



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Homes**

1300 244 111
catholichomes.com

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www.walridge.org.au 9359 3777

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love
your lifestyle



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We're *passionate* about people

At Juniper we get to know you. Our trained carers and skilled staff take the time to listen and respond to your needs so you can live your fullest life. Be comfortable and secure in your home, enjoying life's joys with family and friends. Live life the way you want in our secure retirement communities with support when you need it.



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who you are



Juniper Chrystal Halliday
Residential Care

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best life



Juniper Hayloft
Residential Care

Be the person you have always been with Juniper.
For more information visit juniper.org.au
or call us today on **1300 313 000**


Juniper
A Uniting Church community

FRIDAY 15 NOVEMBER Perth Metropolitan Area

Aqua Aerobics

Claremont Aquatic Centre, 12 Davies Road, Claremont
8.30am to 9.15am
Designed for all fitness levels, this form of low-impact exercise is one of the most effective and safe ways to get yourself fit. The combination of buoyant support and a warm 28 degree pool temperature eases movement strain and helps to build strength and endurance. Regular classes will improve your balance and coordination, improve circulation, lower blood pressure and relieve muscle pain. If you haven't already, give it a try this week!
Cost: Free
Town of Claremont
Register at www.trybooking.com/BFFQS
Open to public

Bassendean Melody Club Gala Day

Bassendean Community Hall
48 Old Perth Road
10am to 3pm
The Melody Club Gala Day promotes various forms of entertainment including sing-a-longs, comedy and all inclusive fun. Lunch and afternoon tea are provided.
Cost: Free RSVP by 8/11/19
Town of Bassendean
Tim Dayman 9377 8000 or mail@bassendean.wa.gov.au
Open to public

Celebrating Seniors Event - Subiaco Museum

Subiaco Museum
239 Rokeby Road
10am to 12.30pm
In recognition of the wonderful contribution that seniors' make in our community, the City of Subiaco is providing a free morning tea. The event will take place at the City of Subiaco Museum on Friday 15 November from 10am to 12.30pm. *Antique valuer - Johannes Canderheeg will be available during the event to give a 'general' value on antique items that people would like valued.
Cost: Free RSVP by

4/11/19
City of Subiaco
Lorrelle 9237 9222 or lorrellep@subiaco.wa.gov.au
Open to public

Channel Nine Station Tours

253 St Georges Terrace, Perth
9.45am to 11am
Come and enjoy a tour of the Channel Nine studios in Perth. These exclusive Seniors Week tours are limited to 20 people on a first in first served basis. The Tour includes a visit to Graphics, Makeup room, Newsroom tour including editing suites, Master Control, Audio Booth, Talen Operated Studio, Nine News Presenter, Q&A and photo opportunity. See how television is made in the 21st Century.
Cost: Free RSVP ASAP
Channel Nine Perth Reception 6168 5999
Open to public

City of Kalamunda Seniors Week - Bingo

1pm to 4pm
Bingo by the Forrestfield Leisure Club. Afternoon tea provided.
Open to City of Kalamunda Residents only.
Tickets available from

14 October
City of Kalamunda
9257 9999 or enquiries@kalamunda.wa.gov.au

CONNECT. BALANCE. BELONG

HUB 6163, Starling Street, Hamilton Hill
1.30pm to 5pm
Discover helpful skills for keeping your balance when differences show up. Find ways to speak what matters to you. Join us for gentle fun, telling stories and discovering that there is a place where you belong.
By donation RSVP by Thur 7 Oct
HUB 6163
Helene Fisher 0429 110 595 or climat echangewa@gmail.com
Open to public

First Aid for Seniors

Town of Claremont Administration Building, 308 Stirling Highway, Claremont
10am to 12pm
Having a good basic understanding of First Aid can help you, your grandchildren or those you care for when the need arises. This two-hour session with St John WA is designed for seniors who would like an introduction to, or basic refresher on, first aid knowledge

and basic skills. It covers common injuries and illnesses that occur in everyday life. Places are limited, book now.
Cost: Free
Town of Claremont
Register at www.trybooking.com/BFHQW
Open to public

Have a Go News Second Hand Book Sale

Loads of books, near new and other items. Come and browse and have coffee and cake with us.
Have a Go News office
137 Edward Street, Perth
11am to 2pm
9227 8283
Proceeds to clubs and groups we sponsor.

Grand Story Time

Claremont Community Hub and Library
327 Stirling Highway
10.30am to 11.30am
Bring your grandkids to "Grand Story Time" and help them dive into the magical journey and adventures of *Alice in Wonderland*. First published in 1865, this classic Lewis Carroll tale has spanned generations and continues to delight those of all ages. Wear a costume and/or hat and join in the fun of the Mad Hatter's Tea Party at the Clare-

mont Community Hub and Library.
Cost: Free
Town of Claremont
Register at www.trybooking.com/BFHSA
Open to public

Lawn Bowls, Banter and Bites

Claremont Bowling Club, 64 Bay View Terrace
3pm to 5.30pm
Help celebrate the wind-up of a great week of activities with a fun social event at the Claremont Bowling Club. Whether you're an experienced player or a beginner, come along for bowls, banter and bites. Catch up with acquaintances and meet new friends over a friendly game, afternoon drink and grazing boards.
Cost: \$5
Town of Claremont
Register at www.trybooking.com/BFROT
Open to public

Prime Movers - Free Classes

Perth Metro
Check website for venues
To celebrate Seniors Week, all Prime Movers classes throughout the metropolitan area will be free all week. Classes are

designed on low impact exercise for the active over 50s for both men and women. Over 5000 members and 80 classes a week. Come and have some fun.
Cost: Free
Prime Movers
0444 560 037 or www.primemovers-exercise.com.au
Open to public



Seniors Week at Ballajura

Seniors Association Inc Ballajura
South Ballajura Community Centre, Hamelin Drive, Ballajura
9am to 4pm
Come and enjoy a social day at the Ballajura Seniors Association. Activities include cards, snooker, carpet bowls, bingo, craft and painting. Take the opportunity to pop in, have a chat with members, look around the recreation room which is for the exclusive use of members of the seniors club.
Cost: Free
Ballajura Seniors Association Inc
Maria 0417 097 486
Open to public

VILLAGE OPEN DAY

Discover Perth's Best Kept Secret

An unique and affordable lifestyle village for the over 50s

Homes starting from \$129,500



A lifestyle village for the young at heart

Tour our village, view our homes, meet with residents and enjoy a morning tea

Saturday 9 November 9.30am - 12.30pm

2462 Albany Highway, Gosnells



**Bookings essential - RSVP by phone 9490 4793
or email info@riversidegardensestate.com.au
www.riversidegardensestate.com.au**



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FROM THE WORRY OF HEP C



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1800 437 222

hepatitis^{wa} hepatitis
australia

FRIDAY 15 NOVEMBER Perth Metropolitan Area

Tour of Parliament House Parliament House
Harvest Terrace, Perth
10.15am to 11.45am and
1pm to 2.30pm
This 90-minute Talk and
Tour of Parliament House
including light refresh-
ments, and a fascinat-
ing talk about your State
Parliament before enjoy-
ing a tour of the historic
building and visiting both
the Legislative Assembly
and Legislative Council
Chambers. Getting here
is easy, take the Red or
Green CAT bus to the
Parliament House stop.
\$5 per person
(cash payable on the
day)
Places are limited, book-
ings are essential.
Parliamentary Education
Office
Cherie Toovey
9222 7259 or
education@parliament.
wa.gov.au
Open to public

**Try Taekwondo
for Over 55s**
Fremantle Library
70 Parry Street,
Fremantle Oval
11am to 12pm
Join an inclusive, tailored
to over 55s sport promot-
ing health and well-being,
strength, flexibility, bal-
ance in a safe environ-
ment.
Cost: Free (no booking)
City of Fremantle (no
booking required)
1300 693 736 or info@
fremantle.wa.gov.au
Open to public

**Visit Fremantle Library
to apply for a
WA Seniors Card**
Fremantle Library
70 Parry Street,
Fremantle Oval
10am to 12pm
Visit Fremantle Library,
Friday 15 November be-
tween 10am-12noon. A

WA Seniors Card repre-
sentative can assist you
to apply. WA Seniors
Card member have ac-
cess to the most gener-
ous range of State Gov-
ernment concessions
and rebates available to
seniors in Australia. This
includes free travel on
Transperth services from
9am to 3.30pm and 7pm
to 6am weekdays, all
weekend, public holidays
and during Seniors Week.
You will receive a seniors
concession rate for trav-
el at all other times. You
can use the WA Seniors
Card side to apply for a
range of State Govern-
ment concessions and
discounts from more than
900 businesses across
Western Australia. Please
visit www.seniorcard.wa.gov.au
to find a dis-
count near you.
Cost: Free (no booking)
City of Fremantle (no
booking required)
1300 693 736 or info@
fremantle.wa.gov.au
Open to public

FRIDAY 15 NOVEMBER Peel

**Mandurah Seniors and
Community Open Week**
Mandurah Seniors and
Community Centre
41 Ormsby Terrace
8.30am to 4pm
All groups, activities and
clubs are completely free
to try this week (services
excluded). There are over
40 options every week
and meals will be avail-
able at member prices.
To find out more about
what's happening (and
to book in for lunch) visit
www.mandurah.wa.gov.au/seniors.
Cost: Free
Mandurah Seniors and
Community Centre
Reception
9550 3799 or seniors@
mandurah.wa.gov.au
Open to public

**Seniors Week Cabaret
Mandurah**
Mandurah Seniors and
Community Centre
41 Ormsby Terrace
1pm to 3.30pm
Come to a fabulous event
to celebrate Seniors
Week. Enjoy live perfor-
mances from living leg-
ends Eddie Storm OAM,
Wayne Pride, Moira J.
Scott and George 'Fin-
gers' Boyer. Get gussied
up for this special event
and enjoy a late lunch
with all your favourite hits.
BYO beer and wine.
Cost: \$10 RSVP by
11/11/19
Mandurah Seniors and
Community Centre
Reception
9550 3799 or seniors@
mandurah.wa.gov.au
Open to public

FRIDAY 15 NOVEMBER Great Southern

**Afternoon Tea at the
Mount Barker Police
and Folk Museum**
31748 Albany Highway,
Mount Barker
2.30pm to 4.30pm
Come and join a fun af-
ternoon tea at the Mount
Barker Police and Folk
Museum.
Free RSVP by 8/11/19
Shire of Plantagenet
Isabelle Draffehn
9892 1111 or
cdo@sop.wa.gov.au
Open to public

**Seniors/Grandparents
Morning Tea Dance**
Roche Park Recreation
Centre, Collie
9.30am to 11.30am
To celebrate Seniors
Week 2019, Shire of
Collie is holding a Se-
niors, Grandparents and
Children's morning tea/
dance, story and play-
time. A community event
where generations will
come together to dance,
listen to stories, share a
morning tea and dance
together.
Cost: Free

Shire of Collie
9734 9000 or
colshire@collie.wa.gov.au
Open to public

SATURDAY 16 NOVEMBER Perth Metropolitan Area

**November Nostalgia at
ANZAC Cottage**
ANZAC Cottage
38 Kalgoorlie Street,
Mt Hawthorn
1pm to 4pm
November Nostalgia in-
volves an afternoon for
seniors, their families,
friends and carers where
the more mature people
can indulge in a feast of
nostalgia and memories.
There will be displays,
music, films, photo-
graphs, old fashioned
games and an afternoon
tea featuring favourite
cakes from long ago.
Cost: Free
Friends of ANZAC
Cottage
Anne Chapple
0411 445 582 or
chapan@highway1.com.au
Open to public

**Writing Your Life Story:
Seniors Workshops**
North West Room
2nd Floor,
State Library of WA
25 Francis Street, Perth
10.15am to 5.15pm
**Workshop 1 – Writing
Your Life Story.** Learn
how to structure your
writing and capture the
unique aspects of your
life story. **Workshop 2
– Publishing Your Life
Story & Photo Resto-
ration.** Bring your 'Life
Writing Project' to the
afternoon 'hands on'
session and learn how to
progress it towards lost
cost publishing.
Cost: \$25 per person
per workshop RSVP by
11/11/19
The Society of Women
Writers WA Inc
Booking Officer
0429 116 395 or swwwa
bookingofficer@gmail.
com
Open to public

SATURDAY 16 NOVEMBER Peel

**WA Seniors Week
Celebration**
Edenvale Homestead,
Pinjarra
2.30pm to 4.30pm
Afternoon tea and quiz.
Cost: Gold coin donation
RSVP by 13/11/19
The Friends of Edenvale
Inc
Lyn Flemming
0409 686 015 or
lynhflemming@gmail.com
Open to public

SUNDAY 17 NOVEMBER Perth Metropolitan Area

**Come and Try Indian
Ocean Dragon Boating**
Johannah Street,
Gill Fraser Reserve,
North Fremantle
9am to 11am
Join a paddle in a drag-
on boat and enjoy the
beautiful Swan River at
North Fremantle. Meet
new people and learn
about the sport. No need
to book just turn up for a
memorable experience
Free (no booking re-
quired)
Indian Ocean Dragon
Boat Club
Richard 0412-695-227
for more information.
Open to public

**Tuart Place End of Year
BBQ**
Trinity Playing Fields,
corner of Manning & El-
derfield Roads, Manning
12pm to 3pm
Annual barbecue for
adults who were in out
of home care as children
including Former Child
Migrants, 'Forgotten Aus-
tralian' and members of
the Stolen Generations.
Cost: Free RSVP by
7/11/19
Tuart Place
Jo Hocking 6140-2380 or
programs@tuartplace.org
Not open to public

SUNDAY 17 NOVEMBER Mid West / Gascoyne

**2019 Seniors Week Concert Excursion
Three Springs**
12pm to 6pm
Three Springs seniors will be taken to the Queens Park
Theatre in Geraldton for their 2019 Seniors Concert
featuring *Cliff & the Shadz*. The concert will be followed
by afternoon tea.
Cost: Free RSVP by 8/11/19
Shire of Three Springs
Community Development Officer 9954 1001 or cdo@
threesprings.wa.gov.au
Not open to public

Cliff Richard Tribute Concert
Queens Park Theatre, Cathedral Avenue, Geraldton
2pm to 4pm
The City of Greater Geraldton and the Queens Park
Theatre are delighted to present *Cliff & the Shadz* as
a closing Concert to Seniors Week 2019. Afternoon
tea will be served after the show in the QPT foyer.
Cost: \$20
Queens Park Theatre
9956 6662
Open to public

Parliament celebrates Seniors

IF a good old fashioned yarn washed down with a
nice hot cuppa appeals, then Seniors Week at the
Parliament of Western Australia is the place to be.
Returning by popular demand is *Quirky Tales
and True Stories*, an engaging and often humorous
look at the history of our State Parliament.
This special event has become increasingly
popular with our senior Western Australian citizens
interested in the fascinating facts behind the bills,
spills and rumour mills. A place shrouded in mys-
tery for many, *Quirky Tales and True Stories* unveils
the mystique and mythology by delving deeply into
the inner workings of the Parliament of Western
Australia.
After the entertaining talk and a freshly prepared
morning or afternoon tea, people will have an in-
depth tour of Parliament House, focusing upon its
architecture, history and art collection.
So make Seniors Week one to remember and
reserve a place now. Tours run on Monday, 11 and
Friday, 15 November at 10.15am and 1pm. Book-
ings for these one and a half hour tours are essen-
tial with places strictly limited to 20 people per tour.
The cost is a modest \$5 per person to cover light
refreshments. To secure your place give Cherie or
Tina a ring on 9222 7259.
This year the Parliament of Western Australia
will be at *Have a Go Day* at Burswood Park on
Wednesday, 13 November. Drop by the booth and
pick up a brochure, which provides details on all
of the types of tours they run, or stop for a chat
and learn how you can get your voice heard in the
People's House and the other programs that are
offered by the Parliamentary Education Office.

Join the Kings
Social Club
...and be part of our happy community.

In mid-2018, we launched our Social Club,
originally for people who had travelled with
Kings Tours but due to its popularity we
have now opened it to everyone!

Our Social Club is all about fun, making new
friends and enjoying a variety of outings.

Already with more than 200 members,
being a part of the Kings Social Club will
ensure you are invited to events we hold
throughout the year ranging from day tours,
morning teas, movies, lunches and events.

The Kings Social Club is
exclusively organised by
Kings Tours & Travel and all
events are not for profit.
This is our way of being part
of the WA community.

Joining is free, call Kings on
**9380 6656 (Perth) or
9584 8982 (Mandurah)**
We hope to see you soon!

BOOK A KINGS TOUR ONLINE
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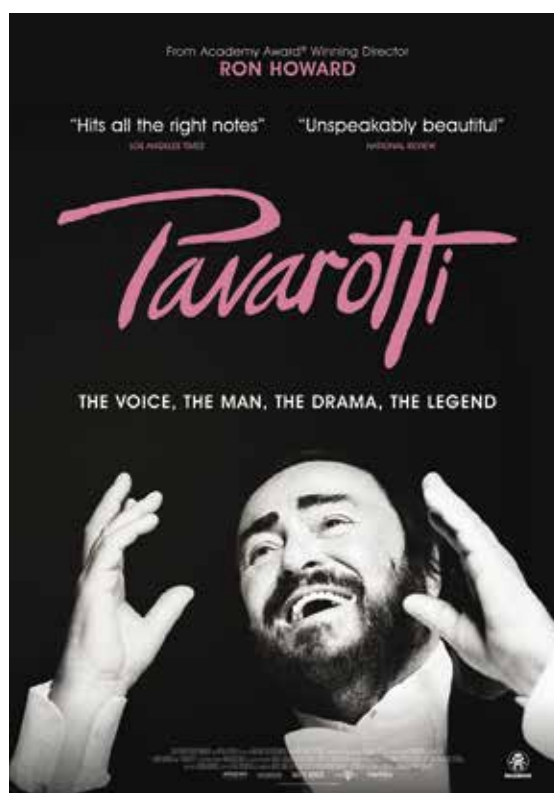
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KINGS
TOURS & TRAVEL

AGL Seniors Week Film Festival - win a double pass to *Pavarotti*



director Ron Howard and the team behind the worldwide success *The Beatles: Eight Days A Week - The Touring Years*, comes a documentary celebrating the life of the beloved opera star Luciano Pavarotti.

The film is an in-depth, no holds barred look at the life, career and lasting legacy of the musical icon who sold more than 100 million records in his lifetime.

Dubbed The People's Tenor, Pavarotti was the rare combination of personality, genius and celebrity. He used his prodigious gifts to spread the gospel of opera as entertainment, and something to be enjoyed by all music lovers.

Through the sheer force of his talent, Pavarotti commanded

the great stages of the world, and captured the hearts of audiences everywhere.

Featuring rare interviews with his family and colleagues and never-before-seen footage, Pavarotti goes beyond the iconic public figure to reveal the man himself.

Pavarotti - Exclusive screening of Ron Howard's new film documentary Sunday 17 November at 1pm screening at Cinema Paradiso James Street, Northbridge.

Included in your ticket to this special screening is a delicious snack pack including water, popcorn, choc bomb and lollies.

WIN WIN WIN

To be in the draw to win one of 100 double passes to the AGL Seniors Week Film Festival for an ex-

clusive screening of *Pavarotti* at Cinema Paradiso on Sunday 17 November 2019, simply email win@haveagonews.com.au with *Pavarotti* in the subject line or write to *Pavarotti* - AGL Seniors Week Film Festival C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include the film name, your name, address and phone number in your entry. Competition closes 31/10/19.



CINEMA
PARADISO
PALACE CINEMAS

WE will be holding a special screening of the Ron Howard film *Pavarotti* at 1pm on Sunday 17 November

at Cinema Paradiso as part the AGL Seniors Week Film Festival.

Two-time Academy Award winning

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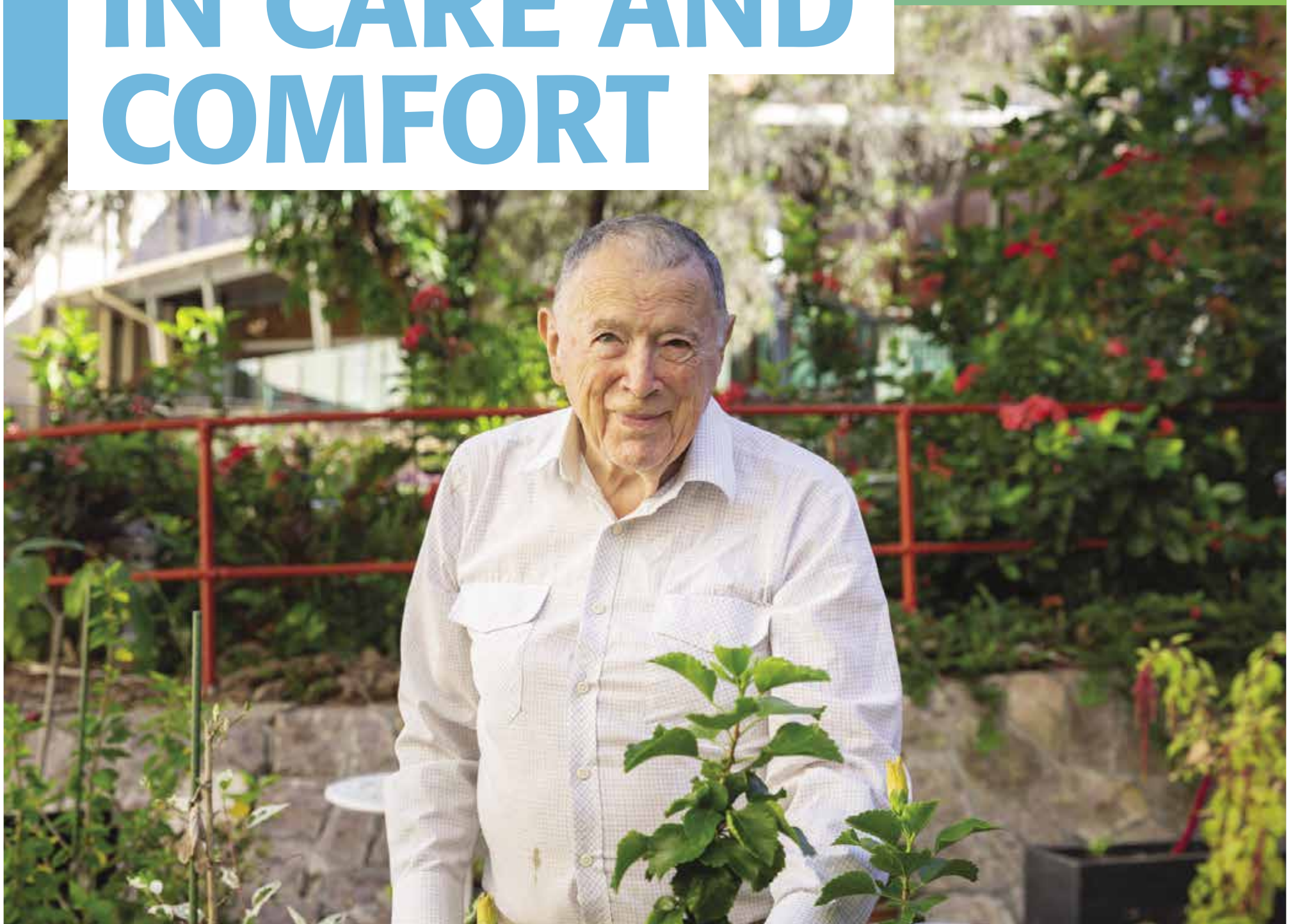
Senior Moments 2

'Remember, Remember'



**Another comedy revue about 'old' people
and what they remembered to forget!**

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With over 20 years' experience in aged care, here at Regis we have come to truly understand the unique challenges that dementia can present for patients and their families.

To help meet those challenges, our Regis North Fremantle, Port Coogee, Nedlands, Woodlands and Greenmount facilities all house dedicated 'memory support unit' dementia wings.

Here, everything has been developed to provide comprehensive, specialised care, from facility design and staff training through to nutrition, therapy and leisure activities. We ensure our residents have every opportunity to enjoy a safe, sustainable and comfortable life.

If a loved one is contending with dementia and is ready for residential care, call us today. We offer the tailored care they need and the comfort they deserve.