

Open the door to activities galore for Seniors Week 2024



First row, L-R; Join an exclusive station tour of Channel 9 Perth Studios; Lifespan dancers; AGWA's Voluntary Gallery Guides. Artworks (L-R): Guy Grey-Smith The Cross 1965 and Life painting 1967; Albert Tucker Armoured Faun 1965; Ian Burn Fantastic beach figures 1963-1964. The State Art Collection, The Art Gallery of Western Australia. Second row, L-R; Have a Go Day; Having fun; Seated Volleyball

KINGS
TOURS & TRAVEL

WHY
CHOOSE
KINGS?

WE CARE ABOUT THE LITTLE THINGS ... THAT'S OUR DIFFERENCE

Head Office: 110d Cambridge Street, West Leederville WA 6007
Phone: (08) 9380 6656 Email: office@kingstours.com.au



Kings Tours has been providing escorted tours and travel for over 30 years. We are committed to delivering a unique travel experience for our clients and making your dream holiday become a reality. Regardless of where you want to go and what you want to do, we have a travel package for you.

Contact us to receive our new brochure - OUT SOON!



EXCLUSIVE TO KINGS



PICK-UP & RETURN



TOUR MANAGER



FULLY INCLUSIVE



SMALL GROUP TOUR

BOOK ONLINE AT kingstours.com.au

Sign up to our newsletter to stay up to date with new tours.

Activities galore to enjoy for Seniors Week 2024



Lots of fun to be had at Have a Go Day

by Jennifer Merigan,
Managing Editor

HAVE a Go News is proud to be one of the major supporters of WA Seniors Week. We have provided

an information and events guide to celebrate the week, year after year in our 33-year history.

Our aim is to ensure that older Western Australians feel recognised



and valued in the community. Inside this handy guide we present a plethora of activities to keep people active and engaged.

We are thrilled to offer a special behind-the-scenes tour of Channel Nine studios with a special opportunity for 20 people to enjoy morning

tea and tour the station to experience television in the 21st century. See more details on page 19.

On Tuesday November 12 the WA Seniors Awards award ceremony will be held at a special morning tea.

The major event for Senior's Week – *Have a Go Day* – will be held on Wednesday November 13 at Burswood Park from 9am to 3pm and is free for everyone to attend.

Don't miss this long running event in the grounds of beautiful Burswood Park. *Have a Go News* is proud to have been there since

its inception.

Inside the centre pages of this lift-out you will find a double page spread which includes a map of the grounds, stall holders' listings, entertainment and activity information and a coupon for the major prize draw.

The layout of *Have a Go Day* follows the same format as previous years. It is again located river-side in Burswood Park.

We are thrilled to have Channel 9 Perth onboard this year and they look forward to joining the day with personalities visiting the day for meet and greets, giveaways and more.

Come down and visit me and the *Have a Go News* team at the Hospitality Tent where we will serve free tea, coffees and water and every hour spin our famous Chocolate Wheel. This year you will have the opportunity to meet *Have a Go News'* ambassador John Burgess.

The Art Galley of WA offers free daily tours and there's loads of other events to enjoy.

That's just a taste of what's on. For more details check out the listing of events inside and take time to celebrate being a senior Western Australian – you've earned it!



WA's peak seniors body - empowering Older People in WA



ADVOCARE is a not-for-profit organisation, independent from aged care providers. Their services are free, confidential and unbiased.

They're also now WA's Seniors Peak Body.

For nearly 30 years, Advocare have proudly assisted older people to access the right supports, information and protections available to them.

Older Australians deserve to have their rights upheld and respected. Whether it's someone starting their aged care options journey, or is an

older person already living in a facility, our rights don't diminish with age.

At Advocare, they are also connecting those at risk of loneliness or social isolation. The Aged Care Volunteer Visitors Scheme offers volunteers, who are interested in providing companionship to an older person. Once offered only in Perth metro, it has recently expanded this wonderful program into the south west.

Visit www.advocare.org.au to find out more, call 1800 655 566, or stop by Advocare's stand at *Have a Go Day*.

Step2it
LINEDANCE

Step2it for Fun & Fitness

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

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

Your Care Plan Your Choice

Our clients are at the centre of all we do and we believe in providing the highest level of care with understanding, kindness and respect.

Find us at Have a Go Day!

Wednesday 13th November 2024
Burswood Park, Great Eastern Highway
9:00am - 3:00pm

CPE Group will be at **Stand 12**, so come by and ask any questions you may have about home care, your package, services, or how to start this journey. Our team will be ready to welcome you with chocolates, information and conversation!

We also will be raffling 5 of our CPE Group Teddy Bears, one each hour, so come by for your chance to win!



Message from the Minister for Seniors and Ageing



Seniors and Ageing Minister Don Punch (centre) with WA Seniors Card volunteers Alex Sithu (left) and Fred Marsh (right)

by Don Punch MLA - Minister for Seniors and Ageing

SENIORS Week is always a highlight in the annual calendar for Western Australian seniors and as Minister for Seniors and Ageing, I am very proud of the role the Cook Government plays supporting our seniors to live happy and fulfilling lives.

This year WA Seniors Week runs from November 10-17, a week-long event that encourages people of all ages to acknowledge and celebrate

the contributions of older people to our state.

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

This includes *Have a Go Day* on Wednesday November 13, which is aimed at creating awareness around the importance of seniors leading active lives.

I'm pleased to announce this year

we will be launching a new Seniors Information Resource at this event, providing comprehensive information about all the various services, concessions and programs available to seniors across the State. Copies of these booklets will be available at the Communities stall on the day.

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

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

The Cook Government, through the Department of Communities, plays a leading role in helping ensure that older Western Australians are safe, respected and valued in the community.

This includes the funding of support services, grants programs and initiatives across the seniors and ageing portfolio. I am particularly proud of rolling out WA's first Seniors Strategy in 2023, a 10-year whole-of-government strategy which will support seniors to live their best lives.

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

The Department is also working to reduce elder abuse across the State, through the implementation of our elder abuse strategy and providing more support services and resources designed to support older Western Australians.

An additional \$2.5m was allocated in the State Budget this year for various initiatives to support WA seniors, including funding to the Older People's Rights Service (9440 1663) and the WA Elder Abuse Helpline and Information Service (1300 724 679).

The helpline, which has just marked its 10th anniversary, is often the first contact an older person experiencing elder abuse will have when seeking information and support. Importantly it acts as a State-wide referral service to connect the caller with support services.

The State-wide service which provides legal support and advocates for the rights of older Western Australians experiencing abuse has recently marked two years of operation.

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

I am also exceptionally proud of the WA Seniors Card, with our members continuing to have access to

some of the most valuable range of State Government concessions and rebates.

This includes free off-peak public transport, and concessions on local government rates and water service charges, as well as access to a wide range of discounts on goods and services for hundreds of local businesses to help older Western Australians with the cost of living.

This year more than 310,000 Western Australian seniors shared in over \$28 million in direct financial assistance, thanks to the Cook Government's Cost of Living Rebate.

As Minister for Seniors and Ageing, I believe these initiatives will all be of tremendous benefit for seniors in our State. I also look forward to working with the new independent seniors peak body, Advocare, to ensure our WA Seniors feel they are being supported, connected and empowered to live happy and fulfilling lives.

Seniors Week activities will be listed in this liftout and the Council of the Ageing (COTA) WA's website (www.cotawa.org.au).

The WA Seniors Awards will be presented during Seniors Week.

For more information visit COTA (WA) at their website or by phone on (08) 9472 0104.

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



EXCLUSIVE TO KINGS

PICK-UP & RETURN

TOUR MANAGER

FULLY INCLUSIVE

SMALL GROUP TOUR

WE CARE ABOUT THE LITTLE THINGS ... THAT'S OUR DIFFERENCE

MAURITIUS

11 DAYS: 27 April to 6 May 2025

TOUR HIGHLIGHTS

- ★ Visit beautiful local hands in Bambous village
- ★ Enjoy a Creole lunch and learn to make your own creole rum bottle
- ★ Visit La Rhumerie de Chamarel for rum tasting
- ★ Discover the unique Chamarel waterfall and seven coloured earth
- ★ Visit Grand-Bassin
- ★ Visit Domaine des Aubineaux, Bois Chéri tea estate, and Saint Aubin colonial house
- ★ Embark on a safari tour in Casela Nature Park
- ★ Botanical Gardens in Pamplemousses ★ Port Louis shopping day with lunch
- ★ Capture stunning photographs at Cap Malheureux ★ Sunset catamaran cruise

TOUR INCLUSIONS

- Home pick-up & return by Private Car
- Escorted by a Kings Tour Manager
- Return Economy airfares incl. taxes flying Air Mauritius
- Private Air-conditioned Coach throughout Mauritius
- English Speaking Local Guide throughout the tour
- 4 nights accomm. at Tamassa Bel Ombre
- 5 nights accomm. at Victoria Beachcomber Resort
- Late check out on the last day
- Breakfast daily, 4 lunches and 10 dinners
- All sightseeing and entry fees as per the itinerary

TOUR COST

\$7,390*

Ex Perth

\$8,990*

Per Person Twin Share

*Conditions Apply.

SPRING IN JAPAN

14 DAYS: 15 to 28 May 2025

TOUR HIGHLIGHTS

- ★ Sightseeing tour of Tokyo
- ★ View the majestic Mount Fuji
- ★ Travel to the famous 5th Station of Mount Fuji to see the spectacular views
- ★ Full day tour of Takayama
- ★ Admire the gardens and castle of Kenrokuen
- ★ Full day tour of the beautiful Nara
- ★ Enjoy a sushi making experience
- ★ Enjoy two bullet train rides
- ★ Visit Itsukushima shrine and admire the only floating Tori gate in Japan
- ★ Explore Himeji Castle
- ★ Learn about the traditional brewing process of Sake
- ★ Explore the vibrant city of Osaka

TOUR INCLUSIONS

- Home pick-up & return by Private Car
- Escorted by a Kings Tour Manager
- Return Economy Airfares and taxes
- Professional English speaking guide
- 13 nights' deluxe accommodation
- Breakfast daily, 2 lunches and 10 dinners
- All transportation, sightseeing, daily tours and admission fees

TOUR COST

\$10,490*

Ex Perth

\$12,350*

Per Person Twin Share

*Conditions Apply.



Head Office: 110d Cambridge Street, West Leederville WA 6007

Phone: (08) 9380 6656 Email: office@kingstours.com.au

BOOK ONLINE AT kingstours.com.au

Sign up to our newsletter to stay up to date with new tours.

DISCLAIMER: Information and prices correct at time of printing. Prices and itineraries are subject to change due to operational reasons, weather or issues outside of our control. Please use this ad as a guide and contact the friendly and professional team at Kings for your enquiries. E&OE. *Conditions Apply. Tours are subject to reaching a minimum number. Home pick-up and return is included based on a set radius - surcharges will apply outside these areas. Itinerary may vary due to operational reasons outside our control. Prices correct at the time of printing. Other special conditions may apply to each individual tour, please contact the office for further information.

WA Seniors Week 2024 November 10-17 EVENTS GUIDE 3

PRE-SENIORS WEEK EVENTS PERTH METROPOLITAN AREA

SCAMS AND SCONES

Woodvale Library, Joondalup
Tuesday, October 22
10am to 11.30am

JOIN us for a cyber safety workshop for senior citizens, with a serve of scones! This workshop will help seniors to identify and prevent scams online. It is perfect for people with minimal technology experience or awareness of cyber risks.
Joondalup Libraries
9400 4751
libraries@joondalup.wa.gov.au
Free
Open to public

SEATED DANCE CLASS

Warnbro Community Library
Wednesday November 6
1pm to 2pm

DISCOVER Lifespan Dance, a joyful and inspiring seated dance class designed to promote freedom and enjoyment in a safe, supportive chair-based setting.
Warnbro Community Library
Bookings essential. 9528 8577
wclcontact@rockingham.wa.gov.au
Free
Open to public

PLANNING TO AGE WELL: HEALTHY AT HOME

Gary Holland Community Centre, Rockingham
Thursday November 7
9.30am to 11.30am

FIND out about supports to help keep you healthy and in your home as you age. Includes Commonwealth Home Support Packages,

Home Care Packages, and home modifications.
City of Rockingham
9528 0333
customer@rockingham.wa.gov.au
Free
Open to public

DRONE WORKSHOP FOR SENIORS

Safety Bay Library
Friday November 8
2.30pm to 4pm

TRY piloting a drone and experience a mesmerising light show. A special workshop for older adults by Squadrone.
City of Rockingham
9528 8611
sbycontact@rockingham.wa.gov.au
Free
Open to public

LGBTQI+ INCLUSION STRATEGY

Pride Centre
Monday November 4
10am to 12noon

CONSULTATION for LGBTI Seniors on State Government LGBTIQA+ Inclusion Strategy

This is an in person and online consultation workshop.

This is the first of several opportunities for LGBTI people 50+ years to have their say on the needs of older LGBTI people in WA on the issues of health, housing, education, transport, safety, community support, recreation, volunteering, employment and anything important to well-being.

Meet with the Department of Communities strategy team over morning

tea and share your knowledge and insights to form a new strategy.
142 James Street, Northbridge
RSVP by email eo@grai.org.au or register for a zoom link to be sent.

WRITING YOUR LIFE STORY WORKSHOP

Citiplace Community Centre, Perth Railway Station Concourse
Saturday November 9
12.30pm to 5pm

CAPTURE the poignant, the historic and truly unique aspects of your life story or memoir. Helen Iles will demonstrate how to structure and focus your writing to engage and interest the reader. She will outline a variety of ways you can set up your book and publish it economically.
The Society of Women Writers WA
Helen Iles
0429 116 395
swwwabookingofficer@gmail.com
RSVPs by 1/11/24
\$35
Open to public

TOODYAY BUSH POETRY FESTIVAL

Memorial Hall, Toodyay
Friday November 8
to Sunday November 10
9am to 4pm

RECITING bush poetry by some of WAs' best bush poets
WA Bush Poets & Yarnspinners
Bill Gordon
0428 651 098
billgordon1948@gmail.com
Free
Open to public

SENIORS WEEK EVENTS Sunday November 10 PERTH METROPOLITAN AREA

CYCLING WITHOUT AGE - PERTH

9.30am to 11.30am

FREE trishaw rides for those who can't ride themselves at various scenic locations around Perth. We now have in addition to our regular trishaws a wheelchair trishaw for those who cannot transfer. Ride in the comfort of your wheelchair in our specially designed trishaw!
Cycling Without Age
Perth
Leanne
0412 777 280
bookings@cyclingwithoutage-perth.org.au
Free
Open to public

INTERGENERATIONAL KNITTING BEE

34 Homestead Road, Gosnells

1.30pm to 3.30pm

JOIN us at the library to teach your grandchild knitting or crochet, socialise with other grandparents, and pass on your skills.
City of Gosnells
9391 6006

library_queries@gosnells.wa.gov.au
Free
Open to public

CHRISTMAS MARKET DAY

9am to 2pm

CHRISTMAS market stalls, craft stalls, village information sessions, monster white elephant stall, cake stall, children's lucky dip, free ice cream, plant and fruit stalls. Devonshire teas, sausage sizzle, and much more.
Latitude Lakelands
An Arcadia Group Community
52 Bellambi Chase, Lakelands
Open to the public

AGWA GUIDED TOUR - GALLERY HIGHLIGHTS

Art Gallery of Western Australia, Perth

11am

THERE is nothing like a personal interaction to spark the imagination. Whether you're a seasoned artistic traveller or apprentice explorer, our Voluntary

Gallery Guides offer that extra insight and revealing glimpse into the artwork, the era and the artist.
Art Gallery of Western Australia
9492 6600
admin@artgallery.wa.gov.au
Free
Open to public

AGWA GUIDED TOUR - HIGHLIGHTS OF FIRST NATIONS ART

Art Gallery of Western Australia, Perth

2pm

ABORIGINAL art is said to be Australia's greatest gift to the world. It is part of the continuum of ceremonial practice, a connection with traditional lands and with ancestral beliefs. Aboriginal art is strikingly beautiful, but it can also tell of a history of sorrow, dislocation and discrimination.
Art Gallery of Western Australia
9492 6600
admin@artgallery.wa.gov.au
Free
Open to public



VOLUNTEER TO HELP OUR VETERANS

RAAFA's advocacy service assists veterans to navigate the DVA process and access their ADF disability and wellbeing entitlements.

If you're looking for a rewarding community role, we invite you to contact our team on:

raafaveteranservices@raafawa.org.au

W raafawa.org.au

Can't find any print copies from your nearest outlet?
Read us online...
www.haveagonews.com.au



HILLVIEW PUBLIC GOLF COURSE

Interested in joining over 55s social groups for golf or want to learn how to play?
Call us on 9454 5554

www.hillviewgolfcourse.com.au
350 Kalamunda Road, Maida Vale



Celebrate WA Seniors Week 2024! Retain this official guide to help plan your week - because you've earned it!

SUPASCOOTAS @ ADH MOBILITY

SupaScoota MicroLite

- the lightest portable mobility scooter in the world

- Australian designed
- Sturdy and safe
- Fits in car boot or caravan
- Up to a 13km range per charge
- Easily assembled and dismantled
- Full service & after sales support available



SupaScoota



Ph 9302 2203 www.adhgroup.com.au
42 ACHIEVEMENT WAY, WANGARA

SENIORS WEEK EVENTS Sunday November 10 PEEL



OPEN WEEK AT MANDURAH SENIORS AND COMMUNITY CENTRE

Mandurah Seniors Centre

9am to 4pm

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

City of Mandurah

Delys Griffin

9550 3799

delys.griffin@mandurah.wa.gov.au

Free

Open to public

MAKERS MARKET

Mandurah Seniors Centre

9am to 1pm

WANDER through over 20 market stalls and discover handcrafted items, homewares, clothing, treats and more. Enjoy live music, delicious cafe treats, coffee and so much more.

City of Mandurah

Delys Griffin

9550 3799

delys.griffin@mandurah.wa.gov.au

Free

Open to public

SENIORS WEEK EVENTS Monday November 11 Perth Metropolitan Area

CYCLING WITHOUT AGE - PERTH

9.30am to 11.30am

FREE trishaw rides for those who can't ride themselves at various scenic locations around Perth. We now have in addition to our regular trishaws a wheelchair trishaw for those who cannot transfer. Ride in the comfort of your wheelchair in our specially designed trishaw!

Cycling Without Age

Perth

Leanne

0412 777 280

bookings@cyclingswith

outage-perth.org.au

Free

Open to public

SENIORS WEEK \$1 DEVONSHIRE TEA

Shop 2, Upper Station Concourse, Perth Train Station

Monday November 11 to Friday November 15

8.30am to 3pm

SCONE with jam and cream + hot drink between 8.30am -10.30am and 1.30pm - 3pm - not available during lunch service.

Citiplace Community Centre

Perth

Bonny Litchfield

9461 3550

bonny.litchfield@cityof

perth.wa.gov.au

\$1

Open to public

FREE INTRODUCTORY BRIDGE LESSON AND AFTERNOON TEA

Bayswater Tennis Club

1pm to 3pm

AN introduction to the very sociable game of Contract Bridge in a very friendly environment with a kind and qualified teacher, with afternoon tea to be shared with the wonderful members of the Bayswater Bridge Club, which has wheelchair access, a lift and plenty of parking.

Bayswater Bridge Club

Inc

Sandy Sutton-Mattocks

0448 005 967

sandy.7notrumps@gmail

com

RSVP by 06/11/24

Free

Open to public

KEEPING HEALTHY AS YOU AGE WORKSHOP

KPAC Lesser Hall,

Kalamunda

10am to 11.30am

COME and learn about

what you need to do to

keep healthy as you age.

FIND out what conditions are prevalent in the community, the vaccinations required to avoid these conditions and how to access the vaccines for free. Free morning tea provided.

City of Kalamunda

Ruth Chodorowski

08 9257 9958

socialinclusion@kalamunda.wa.gov.au

RSVPs by 08/11/24

Free

Open to public

ADDIE MILLS CENTRE GARDEN PARTY AND LAWN GAMES

Addie Mills Centre,

Gosnells

6pm to 8.30pm

OPEN to City of Gosnells

residents aged 55+.

Bookings essential, open

8.30am 30/10/24. Enjoy

delectable treats, refresh-

ing teas, live harp music,

and a relaxing escape in

the beautiful Addie Mills

Centre gardens.

City of Gosnells

9391 6030

amc@gosnells.wa.gov.au

RSVPs by 04/11/24

Free

Open to public

SENIOR ART WORKSHOP - INK AND WASH WATERCOLOURS

Gosnells Library,

Gosnells

11.15am to 1.45pm

LEARN the art of ink and

wash watercolours to

create your own mas-

terpiece with local artist

Miriam Atkinson

City of Gosnells

9391 6006

library_queries@gosnells

wa.gov.au

Free

Open to public

AUTHOR TALK: REMEMBRANCE OF LOVE AND WAR

Gosnells Library,

Gosnells

5pm to 6.30pm

COMMEMORATE

Remembrance Day and

the sacrifice of the An-

zacs at this author talk

with Perth novelist Carol

Astbury.

City of Gosnells

9391 6006

library_queries@gosnells

wa.gov.au

Free

Open to public

READY TO GO!

Hospital Emergency Resource Bag
Secure and easily accessible
Essential for critical situations
Herbie products will help you to be prepared for a visit to a hospital emergency department

HERBIE PRODUCTS Ph: 0481 460 839
info@herbieproducts.com.au www.herbieproducts.com.au

VISIT HERBIE PRODUCTS: Site No. 52, Have a Go Day 2024
November 13, Burswood Park

“Housework
or crosswords...
I know which I'd choose!”

“How I choose to spend my time is more important to me the older I get. And I tell you, it's not doing housework! Southcare helps me with my household jobs, so I can stay living in my home and do what's fun for me.”

- Noreen, Southcare customer since 2018.

Choose how you spend your time.
With Southcare's help at home,
be free to *live your best life.*



6117 3029 • southcare.org.au/mychoice



SENIORS WEEK EVENTS Monday November 11 Perth Metropolitan Area

ACTIVE AGEING TALK Lords Recreation Centre, Subiaco 2pm to 3pm

OUR friends at Subiaco Physiotherapy are coming to Lords Recreation Centre to give you an exclusive presentation on Active Ageing. Staying active is important at any age, and this physiotherapist lead talk will empower you to keep moving safely and effectively throughout your later years. We recommend booking in to secure your spot in this class.

City of Subiaco
Aman Kaur
9237 9330
culture@subiaco.wa.gov.au
RSVPs by 04/11/24

Free
Open to public

GRAND SCIENCE WITH DR RINA FU Mills Park Library, Beckenham

10am to 11.30am
EXPLORE hands-on science experiments and the microscopic world that lives inside and on us.

City of Gosnells
9391 6006
library_queries@gosnells.wa.gov.au
Free
Open to public

FUNCTIONAL FITNESS CLASS

Lords Recreation Centre, Subiaco 12.30pm to 1.30pm

GET active at Lords Recreation Centre and participate in a special Functional Fitness style class, focusing on body-weight and cardio exercises with our friendly gym Instructors. This class will have you doing active movement in a safe and controlled manner with our qualified staff. This class will be followed by light refreshment. We recommend booking in to secure your spot in this class.

City of Subiaco
Aman Kaur
9237 9330
culture@subiaco.wa.gov.au
RSVPs by 04/11/24
Free
Open to public

LIVEUP TALK Stirling Libraries - Dianella

11.15am to 12.30pm
HEAR from the LiveUp team about how LiveUp can support you to discover the upside of ageing. LiveUp is a free healthy ageing guide, designed to help you stay active, independent and socially connected as you get older. To find out more about LiveUp, visit here: liveup.org.au
City of Stirling
9205 8306
community@stirling.wa.gov.au
RSVPs by 07/11/24
Free
Open to public

SEATED DANCE CLASS

197 Safety Bay Road 1pm to 2pm

DISCOVER Lifespan Dance, a joyful and inspiring seated dance class designed to promote freedom and enjoyment in a safe, supportive chair-based setting. Led by a qualified dance artist, this session blends movement, music, and dance into an enjoyable experience tailored for seniors and individuals with limited mobility.
City of Rockingham
Sarah Mittra
9528 8611
sbycontract@rockingham.wa.gov.au
Free
Open to public

AGWA GUIDED TOUR - HIGHLIGHTS OF FIRST NATIONS ART

Art Gallery of Western Australia, Perth

1pm
ABORIGINAL art is said to be Australia's greatest gift to the world. It is part of the continuum of ceremonial practice, a connection with traditional lands and with ancestral beliefs. Aboriginal art is strikingly beautiful, but it can also tell of a history of sorrow, dislocation and discrimination.
Art Gallery of Western Australia
9492 6600
admin@artgallery.wa.gov.au
Free
Open to public

SUSTAINABLE SCARF MAKING

Singleton Sports and Community Centre

9am to 12noon
REPURPOSE materials for an infinity scarf and make your own yarn from old t-shirts. Margie is

passionate about social connection for creative neurodiverse women like herself and this event welcomes everyone to experience her unique flare and perspective in textiles.

City of Rockingham
9528 0333
customer@rockingham.wa.gov.au
Free
Open to public

SENIORS WEEK EVENTS Monday November 11 Peel

SENIORS WEEK OPENING CEREMONY

Mandurah Seniors Centre

10.30am to 11.30am
LET'S kick off Seniors Week with the official opening ceremony highlighting activities at the Seniors Centre. Join us for morning tea and a chance to mingle and connect with the community.
City of Mandurah
Delys Griffin
9550 3799
delys.griffin@mandurah.wa.gov.au
Free
Open to public

OPEN WEEK AT MANDURAH SENIORS AND COMMUNITY CENTRE

Mandurah Seniors Centre

9am to 4pm
OPEN Week, where over 55s can enjoy members' prices at the centre all

week. No visitors fee, come and see what all our members love about our centre and all we have on offer. Tours available all week with our centre ambassadors.
City of Mandurah
Delys Griffin
9550 3799
delys.griffin@mandurah.wa.gov.au
Free
Open to public

SEATED DANCE CLASS

Mandurah Performing Arts Centre

10am to 11am
SEATED dance classes are a great way to enjoy moving to music, in a safe and supported space - your chair! Suitable for people with Parkinson's and other conditions which limit mobility. Enjoy class and then have a cuppa afterwards with your fellow dancers.
Lifespan Dance
0411 243 317
lifespace.dance@gmail.com
RSVPs by 08/11/24
\$15
Open to public

SENIORS WEEK EVENTS Tuesday November 12 Perth Metropolitan Area

CYCLING WITHOUT AGE - PERTH

9.30am to 11.30am

FREE trishaw rides for those who can't ride themselves at various scenic locations around Perth. We now have in addition to our regular trishaws a wheelchair trishaw for those who cannot transfer. Ride in the comfort of your wheelchair in our specially designed trishaw!
Cycling Without Age
Perth
Leanne
0412 777 280
bookings@cyclingwithoutage-perth.org.au
Free
Open to public

SCAM AWARENESS WORKSHOP

Kalamunda Library and Forrestfield Library

9.30am to 11am
PRESENTED by Community Bank Forrestfield, learn how to protect yourself from scams, identify suspicious messages, look for signs of fraudulent activity, and keep your personal information safe. Free morning tea provided.
City of Kalamunda
Ruth Chodorowski
08 9257 9958
socialinclusion@kalamunda.wa.gov.au
RSVPs by 10/11/24
Free
Open to public



Your most caring, family-owned Funeral Director
Serving all of Perth and the South West

The compassionate, caring Funeral Directors
Providing Full Services, Direct Cremations
and Fully Secure Pre-Paid options.

Here for when you need us

24 Hour Phonenumber
1300 69 79 89

www.greenfieldsfunerals.com.au

NEW!

FREE Online Wills with Greenfields FUNERALS

All Greenfields Prepaid Funeral Plans include a free online Will...Ask us how

JOIN OUR VOLUNTEERS TEAM!



The Lions Cancer Institute (WA) Inc. is looking for volunteers with RN, EN or GP qualifications, current or retired, to accept our offer of a weekend trip to "somewhere" in country WA to conduct skin screenings. Travel, meals and accommodation are all provided no matter how many trips you make.

Email our Secretary or look in www.lionscancerinstitute.org.au and enquire as to where we are off to in the next 6 months and we will be happy to give you further information.



Submit your CV and Portfolio at:
secretary@lionscancerinstitute.org.au



A gift of independence and companionship

Stanley was named in honour of a gentleman who left a generous gift in his Will to Guide Dogs WA. After two years of specialised training he graduated as a working Guide Dog last month. Not only will he guide his human safely to wherever they want to go, he will also be their constant companion and bring them joy.

If you would like to help provide the Guide and Assistance Dogs of the future please consider including a gift in your Will to Guide Dogs WA.

For a confidential discussion, please contact **Kay McIntyre** on (08) 9311 8285 or for more information please scan the QR code or visit guidedogswa.com.au/supportus/gifts-in-will/



ABN 11 157 291 960 Guide Dogs WA is owned and operated by EverAbility Group

SENIORS WEEK EVENTS
Tuesday
November 12
Perth Metropolitan Area

WATERCOLOURS AT WILKINSON HOMESTEAD
34 Homestead Road, Gosnells
9.30am to 12noon
 FUN workshop using watercolour pencils and brushes to transform pictures of rarely seen museum treasures into paintings. All skill levels welcome.
 City of Gosnells
 9397 3144
 heritage_queries@gosnells.wa.gov.au
 Free
 Open to public



DISCOVERY COMMUNITY SESSION - POWER OF ATTORNEY
Woodvale Library, Joondalup
10am to 11am
 JOIN Azadeh from the Northern Suburbs Community Legal Centre to discuss the importance of planning for the future, including the pros and cons of enduring power of attorney and ensuring power of guardianship. Note: This session will not involve filling out any paperwork.
 City of Joondalup
 9400 4751
 libraries@joondalup.wa.gov.au
 Free
 Open to public

LAUGHTER YOGA
17 Settlers Avenue, Baldviss
10am to 11am
 A CERTIFIED Laughter Yoga Teacher will lead you through some laughter exercises and meditation to help you improve your wellbeing. Please bring a water bottle.
 City of Rockingham
 Sarah Mittra
 9591 0800
 mdlcccontact@rockingham.wa.gov.au
 Free
 Open to public



AUTHOR TALK WITH KEZ WICKHAM ST GEORGE
Rockingham Library, Rockingham
11am to 12noon
 HEAR from gifted speaker and writer, Kez Wickham, as she shares her wisdom and insights into writing, editing and producing novels. Bookings essential and open four weeks prior to the date of the event.
 City of Rockingham
 9528 8683
 rlcontact@rockingham.wa.gov.au
 Free
 Open to public

HOME ORGANISATION: BALANCING CHAOS AND ORDER
Stirling Libraries - Scarborough
5.30pm to 6.30pm
 JOIN Geri Vladeva, an Interior design consultant from Vivant Response, for an insightful workshop on home organisation.
 City of Stirling
 9205 7420
 scarborough.library@stirling.wa.gov.au
 \$3.3
 Open to public

UNIVERSITY OF THE THIRD AGE PRESENTATION
City Beach Ocean Garden Village, Function Room
1.30pm to 4pm
 THERE will be two speakers at the University of the Third Age Cambridge branch.
 Retired Assistant Police Commissioner Bob Kucera's topic is *From Beat to Bench* and Allan Naber will talk on *Walking the Camino de Compostela*. A light afternoon tea included.
 Ocean Gardens Retirement Village
 Ian Dang
 9285 300
 idang@oceangardens.com.au
 \$3
 Open to public

SENIORS WEEK EVENTS
Tuesday
November 12
Peel

OPEN WEEK AT MANDURAH SENIORS AND COMMUNITY CENTRE
Mandurah Seniors Centre, Mandurah
9pm to 4pm
 OPEN Week, where over 55s can enjoy members' prices at the Centre all week. No visitors fee, come and see what all our members love about our Centre and all we have on offer. Tours available all week with our Centre Ambassadors.
 City of Mandurah
 Delys Griffin
 9550 3799
 delys.griffin@mandurah.wa.gov.au
 Free
 Open to public

We have the widest range of portable power wheelchairs to suit everyone in Perth

SUPER SALE!
 NORMALLY \$4500
ON SALE \$3000
*While stocks last

Government funded recipients welcome, bring your OT and save 000s NOW!

Suspension all round - Super quiet motors - User operated recliner incl. Headrest

PHONE 1300 884 975 www.abbicare.com.au

NU-STYLE SHUTTERS
It's how we roll.

Feel safe and comfortable in your home



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

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

RAC members SAVE 10%
 10% off^
 SENIORS CARD
 Safety & Security \$400 Rebate*



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

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

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

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

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

SENIORS WEEK EVENTS Tuesday November 12 Peel

POTTED HERB WORKSHOP

Mandurah Seniors Centre, Mandurah
10am to 11am

GO potty with herbs! Discover the joy of gardening and plant your own herb to take home. Learn tips and fun facts on how to make your herbs thrive.

City of Mandurah

Delys Griffin

9550 3799

delys.griffin@mandurah.wa.gov.au

Free

Open to public



SENIORS WEEK EVENTS Wednesday November 13 Perth Metropolitan Area

HAVE A GO DAY

Burswood Park
9am to 3pm

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

Seniors Recreation Council

Dawn Yates

6118 2716

dawnyates@srcwa.asn.au

Free

Open to public

CYCLING WITHOUT AGE - PERTH

9.30am to 11.30am

FREE trishaw rides for those who can't ride themselves at various scenic locations around Perth. We now have in addition to our regular trishaws a wheelchair trishaw for those who cannot transfer. Ride in the comfort of your wheelchair in our specially designed trishaw!

Cycling Without Age Perth

Leanne

0412 777 280

bookings@cyclingswithoutage-perth.org.au

Free

Open to public

FIRST AID DEMONSTRATION WITH ST JOHN WA

Warnbro Community Library, Warnbro
9am to 11am

ST JOHN WA will conduct a First Aid demonstration featuring defibrillator and CPR techniques. Don't miss out on learning essential skills that can make a difference in an emergency. Bookings essential.

Warnbro Community Library

9528 8577

wclcontact@rockingham.wa.gov.au

Free

Open to public

LEEMING MASTERS SWIMMING POOL PARTY

Cockburn Arc Veterans Parade, Cockburn Central
6.45pm to 8pm

A CHANCE for seniors to meet our club members, get some swimming/fitness advice and then join in some games in the pool. Participants must be able to swim 25 metres.

Leeming Masters Swimming Club

Ron Gray

0417 920 179

leemingmasters@yahoo.com.au

RSVPs by 10/10/24

Pool Entry

Open to public

BE CONNECTED: MANAGING DIGITAL PHOTOS EVENT

Stirling Libraries - Karrinyup
1.30pm to 2.30pm

LEARN about different ways to organise and store your digital photos, including on your device, on external storage, or in the cloud.

City of Stirling

9205 7400

karrinyup.library@stirling.wa.gov.au

Free

Open to public

MOUNT FLORA MUSEUM

Elvire Street, Watermans Bay
10am to 4pm

COME and see some amazing artefacts and learn about our community's history. Then climb up the roof for the best coastal views in Perth!

City of Stirling

9205 8555

Free

Open to public

FIRST AID DEMONSTRATION WITH ST JOHN WA

197 Safety Bay Road, Safety Bay
10.30am to 12.30pm

LEARN some basic first aid focusing on burns, heart conditions and stroke, as well as a CPR demonstration.

City of Rockingham

Sarah Mittra

9528 8611

sbycontact@rockingham.wa.gov.au

Free

Open to public

SEATED DANCE CLASS

Koorliny Arts Centre, Kwinana
10am to 11am

SEATED dance classes are a great way to enjoy moving to music, in a safe and supported space - your chair! Suitable for people with Parkinsons and other conditions which limit mobility. Enjoy class and then have a cuppa afterwards with your fellow dancers.

Lifespan Dance 0411 243 317

lifespace.dance@gmail.com

RSVPs by 08/11/24

\$15

Open to public

First Aid Kits W.A.

HOME | WORKPLACE | VEHICLE | ADVENTURE



FIRE SAFETY SPECIAL
for WA Seniors Cardholders



SPEND \$150 ON A FIRE SAFETY PACK AND GET \$150 BACK

*Refund is offered under the Safety & Security Rebate. Office collection and delivery options available.



WE ALSO SUPPLY FIRST AID PRODUCTS!



Your local family business



0430 350 188

www.firstaidkitswa.com.au
info@firstaidkitswa.com.au

HAGN#391-062580

Having trouble transporting your pets around Perth and surrounding areas?



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

Vehicles are air conditioned, spotlessly clean and super comfortable.

Perth Pet Taxi have 30 years experience of pet handling skills, also have bred and showed Border Collies including dog obedience.

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

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

Perth Pet Taxi 0498 358 676

HAGN#391-062570



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



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



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



HAGN#391-062572

Retired or semi-retired?



Making friends is easier in Probus.

By joining your local Probus Club, you will:

- Meet new people
- Participate in trips and outings
- Listen to interesting guest speakers
- Enjoy a wide range of activities
- Enjoy exclusive discounts

Probus has something for everyone!

Contact us:

To find your local Probus Club, please visit our website at www.probusouthpacific.org or call us on 1300 630 488.

HAGN#391-062545

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

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



MAKE THE RIGHT CALL



HAGN#391-062554

SENIORS WEEK EVENTS Wednesday November 13 Perth Metropolitan Area



AGWA GUIDED TOUR - GALLERY HIGHLIGHTS Art Gallery of Western Australia 11am

THERE is nothing like a personal interaction to spark the imagination. Whether you're a seasoned artistic traveller or apprentice explorer, our Voluntary Gallery Guides offer that extra insight and revealing glimpse into the artwork, the era and the artist.
Art Gallery of Western Australia
9492 6600
admin@artgallery.wa.gov.au
Free
Open to public

AGWA GUIDED TOUR - HIGHLIGHTS OF FIRST NATIONS ART Art Gallery of Western Australia 1pm

ABORIGINAL art is said to be Australia's greatest gift to the world. It is part of the continuum of ceremonial practice, a connection with traditional lands and with ancestral beliefs. Aboriginal art is strikingly beautiful, but it can also tell of a history of sorrow, dislocation and discrimination.
Art Gallery of Western Australia
9492 6600
admin@artgallery.wa.gov.au
Free
Open to public

SENIORS WEEK EVENTS Wednesday November 13 Peel



SPECIAL OFFER AT TINY TEAPOT CAFE (INSIDE AMAZE MINIATURE PARK) 24 Husband Road, Mandurah 10am to 3pm

COME visit the Tiny Teapot Cafe located inside Amaze Miniature Park during Seniors Week and receive a 10% discount on any food or drink item. Come enjoy coffee and cake, or tea and scones in our beautiful 1940s tea house. They also serve delicious milkshakes, smoothies, and fruit crushes. The baker, Marcela, uses wholesome ingredients and specialises in making gluten free treats that taste amazing!
Amaze Miniature Park
Nick Vanderven
0493 299 753
info@amazeminaturepark.com.au
Free
Open to public

OPEN WEEK AT MANDURAH SENIORS AND COMMUNITY CENTRE Mandurah Seniors Centre


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

CINDY DEAN IN CONCERT Mandurah Seniors Centre

1.15pm to 3pm
DON'T miss Cindy Dean as she brings the timeless hits of Olivia Newton-John to life! Join us for an unforgettable afternoon of classic tunes and a captivating performance.
City of Mandurah
Delys Griffin
9550 3799
delys.griffin@mandurah.wa.gov.au
Free
Open to public



ADVERTISEMENT



HON DONNA FARAGHER JP MLC
MEMBER FOR EAST METROPOLITAN REGION
Shadow Minister for **Community Services;**
Early Childhood Education; Seniors & Ageing; Youth

Ground Floor, 108 Swan Street Guildford 6055 ☎ 9379 0840
✉ faragher.eastmetro@mp.wa.gov.au 📘 donnafaragherMLC
Authorised by D.Faragher, Ground Floor 108 Swan Street Guildford WA 6055.



KompleteCare

Community and Home Care Services

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

For your FREE in-home consultation, contact us today
(08) 9329 4955 or kompletecare.com.au



Welcome to your guide to Have a Go Day - a LiveLighter Event

Burswood Park Wednesday November 13



Burswood Park - proud supporters of *Have a Go Day*



SINCE 1993, Burswood Park Board has been proud to support *Have a Go Day* - A LiveLighter event, as part of Seniors Week.

Held by the shores of the Derbarl Yerrigan (Swan River), this incredible event has grown from 500 attendees in its early days to now welcoming more than 14,000 visitors each year to the beautiful grounds of Burswood Park.

With over 200 free activities and information sites, there's something for everyone. Whether it's trying something new or simply enjoying the vibrant community spirit, *Have a Go Day* is a fantastic opportunity to get involved, stay active, and connect with others.

The tireless efforts of dedicated volunteers and staff make this event a success year after year, ensuring an enjoyable experience for people of all ages.

We invite you to join us for this exciting, free event. Come along, meet new people, stay active, and enjoy a fantastic day by the river. We look forward to seeing you at *Have a Go Day*.



A message from Crown Perth



AS proud partners of *Have a Go Day* for more than 30 years, Crown is delighted to welcome West Australians to the 2024 *Have a Go Day*, a LiveLighter Event. Conveniently located in Burswood Park, we encourage you to check out the event and visit the Crown Perth Marquee at site 18, plus all the exciting things on offer.

Crown Perth will run shuttle buses every 20 minutes from Burswood train station to Crown then to Burswood Park, to make sure you safely get from one spot to another. We look forward to seeing you there.



Have a Go Day a LiveLighter Event Wednesday November 13, 2024 ENTERTAINMENT Site No. 105 Karina Klass MC

Music optional	9am - 9.15am
WA Classical Music Connect	9.15am - 9.45am
Rebound Rock n Roll Band & WA Social Rock & Roll Assn - WASRNRA	9.50am - 10.25am
Official Welcome	10.30am-10.50am
Have a Go Day Official Walk	10.50am-11am
WA Bush Poets & Yarnspinners Assn	11am-11.25am
Jerry Salonga-Entertainer	11.30am-12pm
ChungWah Dance Group	12.05pm-12.25pm
Kevin Bennett - Entertainer	12.30pm - 1pm
Rebound Rock n Roll Band & WA Social Rock & Roll Assn - WASRNRA	1.10pm - 1.50pm
Moira J Scott - Entertainer	1.55pm - 2.45pm
Major Prize Draw	2.50pm

Have a Go Day a LiveLighter Event Wednesday November 13, 2024 FOOD VENDORS

FOOD VENDOR	Site No.
Bilya Café	88
Boost Mobeel Perth	112
East African Coffee	61
Gordon's Food Van	9
Happy Chappy Ice Cream	142
Healthy & Tasty Gozleme	84
Hospitality - HAGN - Channel 9	115
Hospitality - HAGN - Phoenix Ins	101
Hospitality - Auscare Group	122
Juniper - Food Sampling	94
Murphy's Spuds	154
Perk Up With Me Mobile Coffee	163
Pasta e Fagioli	111
Perth Coffee Express	26
Spit Roast Catering	141
Unicone	110

Have a Go Day a LiveLighter Event Wednesday November 13, 2024 HEALTH CHECKS

HEALTH CHECK	Site No.
Audika	21
Black Swan Health	68
Curtin Uni - Healthy Ageing Research Team	143
Hearing Australia	124
Home Instead Perth North East	49
Injury Matters	41
Lions Hearing Clinic	77
Melville Cares	16
Meningitis Centre Australia	8
Neurological Council of WA	8
Nurse Next Door Perth	11
Specsavers Audiology	148
Step Flex Orthotics	123
Stroke Foundation Australia	8

Have a Go Day a LiveLighter Event Wednesday November 13, 2024 TIMED ACTIVITIES

Site No.	ACTIVITY
47	Artistic Swimming WA 9.30am - 9.50am; 11.15am - 11.35am; 12.10pm-12.30pm; 1.30pm-1.40pm;
58	Biosymm 9am-9.20am; 10am-10.20am; 11.40am-12pm; 1pm-1.20pm;
120	Chung Wah Community Care 12.05pm - 12.25pm main stage; 10am-10.20am; 11am-11.20am; 1pm-1.20pm; 2pm-2.20pm;
18	Crown Perth - See site for details
42	Enchanted Bells - See site for details
44	Energy Ahead - See site for details
105	Entertainment Stage - See site for details
22	Esperanto League of WA 10am, 11am, 12pm, 1pm, 2pm
105	Have a Go Day Official Walk 10.50am
37	Hora Shalom 9.30am - 9.50am; 11.30am - 11.50am;
115	Hospitality Tent - Have a Go News - See site for details
167	iLA (LiveUp) See site for details
105	Kevin Bennett 12.30pm-1.05pm
117	Linedance Legends 9.50am-10.10am; 11.40am-12pm; 1.20pm-1.40pm; 2.35pm-2.55pm
105	Moira J Scott Entertainer 1.55pm-2.45pm
117	Move to Motown 10.10am-10.30am; 12.05pm-12.25pm;
155	Nine Perth - See site for details
43	Northern Lights Music WA 10am-10.20am; 11.40am-12pm; 1pm-1.20pm; 2pm-2.20pm
105	Official Welcome 10.30am
118	Over 50s Ballroom Dancing Club 9am-9.20am; 10.50am-11.10am; 12.30pm-12.50pm; 1.45pm-2.05pm
56	Pole Walking - SRCWA 10am, 11.10am, 12noon, 1pm, 2pm
74	PROST: Exercise 4 Prostate Cancer Inc. 10am, 11am, 12pm, 1pm,
103	Rebound Rock n Roll Band 9.50am - 10.25am 1.10pm - 1.50pm
37	Retstappers 10am - 10.25am; 11.55am- 12.15pm; 1.10pm - 1.30pm; 2pm - 2.20pm;
118	Square Dance Society of WA 9.25am-9.45am; 11.15am-11.35am; 12.55pm-1.15pm; 2.10pm-2.30pm
60	Squash WA See site for details
35	Tartan Scottish Country Dancers 11am-11.20am; 12.45pm-1.05pm;
71	Volleyball WA 9am-9.30am; 10am-10.30am; 11.35am-12.05pm; 12.45pm-1.15pm; 1.55pm-2.25pm;
36	WA Bushpoets & Yarnspinners main stage site 105 - 11am-11.25am; 9am-9.25am; 12.20pm-12.40pm; 1.35pm-1.55pm;
166	WA Classical Music Connect 9.15am - 9.45am main stage
105	WA Police Pipe Band 10.30am
103	WA Social Rock & Roll Assn - WASRNRA 9.50am - 10.25am 1.10pm - 1.50pm



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



WIN WIN WIN: To be in the draw, to win one of these great prizes, simply fill in this form and place in the entry barrels at the information booths at site 55 and 59 between 9am to 2.30pm at *Have a Go Day*, a LiveLighter Event.

*One prize per family

NAME:

CONTACT NUMBER:

EMAIL:

ADDRESS:

.....



First Prize - Crown Experience

Second Prize - Channel 9 News Experience
Including chauffeured return vehicle transfers, tour of Nine Perth, one hour in hair and make up, 9 News studio experience at front desk and presenter meet and greet.

Third Prize - Donated by Have a Go News and Kings Tours and Travel
A \$500 voucher

*One prize per family





Have a Go Day 2024

A 'LiveLighter' Event

Wednesday 13th November

Burswood Park, Great Eastern Hwy



Have a Go Day 2024 a LiveLighter Event Wednesday November 13 EVENT PARTICIPANTS with SITE NUMBERS

81	Abbicare	105	Entertainment Stage	53	A Lions Dryandra Woodland Village	16	C Soroptimist Int. Maylands Peninsula
46	Action Outdoors Association	170	Equal Opportunity Commission	77	A Lions Hearing Clinic	99	Southern Cross Care (WA)
154	ADH Mobility	22	Esperanto League of WA	77	B Lions Hearing Foundation	148	Specsavers Audiology
93	Advocare	31	FamilyHistoryWA	53	B Lions Noranda Club	118	B Square Dance Society of WA
4	Aged Care Quality and Safety Commission	2	First Aid - St John Ambulance	56	C LiveLighter Healthway	60	Squash WA
170	Ahpra	100	First Aid - St John Ambulance	146	LMR & Co	56	A SRCWA
23	AIM Over 50 Archery Group	106	First Aid - St John Ambulance mobile unit	128	Machinery Preservation Club of WA Inc.	82	St John WA
3	Amana Living	48	First Aid Kits WA	86	B Medic Technology	41	B Stay on your Feet
116	C ANZ Bank	88	Food Bilya Café	16	D Melville Cares	123	Step Flex Orthotics
47	Artistic Swimming WA	112	Food: Boost Mobeel Perth	16	B Melville City View Club	8	B Stroke Foundation Australia
83	Association of Caravan Clubs	61	Food: East African Coffee	8	C Meningitis Centre Australia	7	Studio Thimbles
21	Audika	9	Food: Gordon's Food Van	64	MG Car Club WA Inc	86	A Surgical House
153	Auscare Group	142	Food: Happy Chappy Ice Cream	130	MindSpot GP	157	SwanCare
114	A Australian Faceting Guild	84	Food: Healthy & Tasty Gozleme	105	Moira J Scott Entertainer	32	Technology for Ageing and Disability WA
16	A Australian Independent Retirees	162	Food: Murphy's Spuds	117	B Move to Motown	35	Tartan Scottish Country Dancers
161	Avivo: Live Life	111	Food: Pasta e Fagioli	140	My Flex Health	116	A Tech Savy Seniors - SRCWA
156	Baptistcare	163	Food: Perk Up with Me Mobile Coffee	51	My Memories Box	75	The Kids Research Institute of WA
116	B Be Connected	26	Food: Perth Coffee Express	168	National Archives of Australia	144	The Movement
58	Biosymm	110	Food: Unicorn	164	National Lifestyle Villages	97	Therapy Focus
68	Black Swan Health	141	Food: WA Spit Roast Catering	8	A Neurological Council of WA	28	Toilets
66	Bonsai Society of Western Australia	147	Forget-Me-Not Dementia Support Inc	155	Nine Perth	57	Toilets
62	BreastScreen WA	136	Friendship Force of Perth	30	NOR Shoebox Group	10	Toilets - portable
92	B British Ex-Services Association Inc	72	Girl Guides WA - Trefoil Guild	127	North Coast Marine Modellers Inc	34	Toilets - portable
134	British Pensions in Australia Inc	126	A GOLD Paddling	43	Northern Lights Music WA	13	A Transperth
159	Cancer Council WA	69	Guardian Safety Pendants	11	Nurse Next Door Perth	13	B TransWA
159	Cancer Council WA - Support Services	20	Guide Dogs WA	38	Office of the Public Advocate	169	Trinity School for Seniors
125	Canoeing DLGSC Camps	50	Halo Care & Support	105	Official Welcome	133	Umbrella Multicultural Care
65	Carealot	119	Hand Tool Preservation Society of WA	170	Ombudsman WA	29	Unicare Health
149	Carers WA	42	B Handbells in Peel	118	A Over 50s Ballroom Dancing Club	17	Villa Carlotta Travel
1	Casey Australia Tours	150	Harcourts Empire	135	Over 55 Canoe Club	92	D Vintage Wireless and Gramophone Club
89	Catholic Homes Inc	105	Have a Go Day Official Walk	76	A Over 55 Cycling Club	71	Volleyball WA
143	Centre for Clinical Research and Education	115	A Have a Go News	96	Over 55 Walking Association Ltd	91	WA 10th Light Horse Organisation
171	Centrelink	170	Health/Disability Svc Complaints Office	106	PA Van	36	WA Bushpoets & Yarnspinnners
120	Chung Wah Community Care	124	Hearing Australia	126	B Paddle WA	61	WA Card Collectors Society Inc
137	Come Out Camping Older Adults	52	Herbie Products	54	People Who Care	73	WA Cervical Cancer Prevention Program
85	Comfort Keepers	67	HHG Legal Group	16	E Perth Zoo Docent Association Inc	108	WA Classic Speedway Association
78	Consumer Protection	55	HikeWest Inc	45	Philatelic Society of Western Australia	166	WA Classical Music Connect
95	Council on the Ageing WA	158	Home Chef	33	Pickleball Assn	116	E WA Digital Inclusion Project - WACOSS
12	CPE Group Home Care	49	Home Instead Perth North East	39	PlanCare	63	WA Historical Cycle Club
18	Crown Perth	37	B Hora Shalom	80	Playgroup WA	114	B WA Lapidary & Rock Hunting Club
173	Curtin FM 100.1	115	B Hospitality - HAGN - Nine Perth	56	B Pole Walking - SRCWA	90	WA Military Digital Library
143	Curtin Health Innovation Research Inst.	101	Hospitality - HAGN - Phoenix Ins VIP	74	PROST: Exercise 4 Prostate Cancer Inc.	107	WA Pistol Association
143	Curtin Uni - Healthy Ageing Research Team	122	Hospitality Have a Go News	165	Prostate Cancer Help Association, PcaHELP	105	WA Police Pipe Band
109	Cycling Without Age Perth	167	iLA (LiveUp)	27	Radio 6PR	132	WA Retirement Villages Residents Assn
6	Daily Living Products	25	Information Booth	103	A Rebound Rock n Roll Band	14	WA Seniors Card
15	Dept of Communities - Seniors and Ageing	59	Information Booth	37	A Retstappers	103	B WA Social Rock & Roll Assn - WASRNRA
171	Dept of Health and Aged Care	41	A Injury Matters	138	Right at Home	70	Water Tank - Free Drinking Water
24	Dept of Local Govt Sport & Culture DLGSC	116	D Innogreen	92	A Rottnest Voluntary Guides Association	113	Water Tank - Free Drinking Water
151	Dept of Transport	105	Jerry Salonga	5	Royal Life Saving WA	121	Water Tank - Free Drinking Water
79	Diabetes WA	94	Juniper	87	Scout Heritage Centre WA	40	Wendy Wu Tours
131	DPS Publishing	105	Kevin Bennett	172	Services Australia	152	West Coast Metal Detector Club Inc
160	Elder Rights WA	145	KompleteCare Community/Home Care Svc	98	ShelterBox Australia	76	B WestCycle
42	A Enchanted Bells	160	Legal Aid WA	139	Shine Community Care	92	C Western Social Club Inc
44	Energy Ahead	117	A Linedance Legends	19	Shuttle Bus - Pick Up/Drop Off	129	Whiteman Park

SENIORS WEEK EVENTS Thursday November 14 Perth Metropolitan Area

CYCLING WITHOUT AGE - PERTH

9.30am to 11.30am

FREE trishaw rides for those who can't ride themselves at various scenic locations around Perth. We now have in addition to our regular trishaws a wheelchair trishaw for those who cannot transfer. Ride in the comfort of your wheelchair in our specially designed trishaw! Cycling Without Age Perth
Leanne
0412 777 280

bookings@cyclingswithoutage-perth.org.au
Free
Open to public

STAY ACTIVE, STAY SAFE

53 Coode Street, South Perth

11.30am to 1.30pm

JOIN us for an informative session designed to help older Australians embrace active ageing, prevent falls, and discover local services in South Perth. Featuring talks from a local optometrist, audiologist and podiatrist.

Plus, there will be a question and answer session at each talk and light refreshments provided.

Tickets: <https://events.humanitix.com/stay-active-stay-safe>

City of South Perth
Leonie Merema
9474 0777
communitydevelopment@southperth.wa.gov.au

Free
Open to public



SENIORS WEEK HERITAGE THEATRE SCREENING - THE SAPPHIRES

The Heritage Collective, Cottesloe

2pm to 4.15pm

JOIN us for a special complimentary screening of *The Sapphires* in our charming heritage theatre as part of our Seniors Week celebrations! Get ready to "glimmer and sparkle" with a feel-good story of love, friendship, and music set against the vibrant backdrop of the 1960s. Afternoon tea included. Dress to dazzle and shine!

Curtin Heritage Living
Town of Cottesloe
Shire of Peppermint Grove
Town of Mosman Park
Pele Reeve

08 6458 7500
08 6458 7521
info@curtinheritage.com.au
heritagecollective@curtinheritage.com.au
RSVPs by 14/11/24
Free
Open to public



COMMUNITY TALK

The Royal WA Historical Society

10am to 11.30am

SPEAKER Lenore Layman talks about domestic servants in early colonial Western Australia

The Royal WA Historical Society
Lesley Community Officer
08 9386 3841
admin@histwest.org.au
\$15
Open to public

VOLLEYBALL WA SENIOR VOLLEY CUP 2024

Royal Park Hall, West Perth

10am to 2pm

CELEBRATE Seniors Week WA by entering as an individual, or as a team of 6-8 players to participate in the inaugural Senior Volley Cup. Senior Volley is a modified version of volleyball, played using a large, lightweight ball, whilst seated in sturdy chairs or wheelchairs. Volleyball WA
Josh Brown
08 9228 8522
inclusion@volleyballwa.com.au
RSVPs by 31/10/24
\$10
Open to public

Free
Open to public

AGWA GUIDED TOUR - GALLERY HIGHLIGHTS Art Gallery of Western Australia

11am
THERE is nothing like a personal interaction to spark the imagination. Whether you're a seasoned artistic traveller or apprentice explorer, our Voluntary Gallery Guides offer that extra insight and revealing glimpse into the artwork, the era and the artist. Art Gallery of Western Australia
9492 6600
admin@artgallery.wa.gov.au
Free
Open to public



CYCLING WITHOUT AGE

Koorak Café, Kings Park

2pm to 4pm

CYCLING Without Age is a not-for-profit charity that provides a service connecting those no longer able to ride for themselves with their community and the outdoors by giving them free rides on trishaw ebikes, piloted by volunteer cyclists. City of Subiaco
Aman Kaur
9237 9330
culture@subiaco.wa.gov.au
RSVPs by 07/11/24
Free
Open to public

CELEBRATE GRANDPARENTS

Rockingham Library

10am to 11am

JOIN local author Nada Lubay as she discusses her books and celebrates grandparents and grandcarers. Bookings essential and open four weeks prior to the date of the event. City of Rockingham
9528 8683
rlcontact@rockingham.wa.gov.au

AGWA GUIDED TOUR - HIGHLIGHTS OF FIRST NATIONS ART

Art Gallery of Western Australia

1pm
ABORIGINAL art is said to be Australia's greatest gift to the world. It is part of the continuum of ceremonial practice, a connection with traditional lands and with ancestral beliefs. Aboriginal art is strikingly beautiful, but it can also tell of a history of sorrow, dislocation and discrimination. Art Gallery of Western Australia
9492 6600
admin@artgallery.wa.gov.au
Free
Open to public

GOVERNMENT OF WESTERN AUSTRALIA

WHITEMAN PARK

DRIVE

INTO VOLUNTEERING AT WHITEMAN PARK

Interested in driving a train, tram or bus?
Get in touch today or visit our stand at Have A Go Day!

08 9209 6000
whitemanpark.com.au/volunteering

JK Legal
Barristers + Solicitors

JK Legal provide advice and representation in most areas of law including Wills, Enduring Powers of Attorney & Guardianship.

JK Legal aim to achieve the best outcome at a reasonable price and ensure you're always treated with the utmost care and respect.

Contact us 08 6196 0401 to book your FREE 15 minute consultation

Visit www.jklegal.net.au to discover our friendly team and range of services
22 FOURTH ROAD, ARMADALE

Energised and thriving: why retirement living is good for you

A social and active lifestyle is good for wellbeing and longevity, and we've got the latest insights on how retirement can be both fulfilling and fun!

A remarkable 57% of Aussies aged 75 and over who are retired and living in retirement villages rate their social connections as excellent or very good, according to the 2024 Keyton Retirement Living Lifestyle Report.

The report explores input from over 4,500 people aged 55 and up, and it's clear that village residents are not just living – but flourishing! They're joining local clubs, participating in team sports and attending classes far more than those living elsewhere. That's why at Keyton, our health and wellbeing program is central to everything we do, offering countless ways to get active, stay social and truly thrive.

Active and healthy living

Your retirement is the start of an exciting new chapter - why not make it your most energetic yet?

Nearly a quarter of retirement village residents play team sports and participate in exercise classes while less than 10% of those who live elsewhere do so.

In a Keyton village, your wellbeing is at the heart of community life. With fully equipped gyms, swimming pools, and beautiful grounds for strolling, plus activities like bowls, and croquet getting active is easy.

Staying active isn't just good for your body; it's a boost for your brain too.



Community connections

Being part of a community can enhance your mental health and wellbeing, and village life opens doors to new social circles and exciting events.

According to the report, engagement in social activities is significantly higher among retirement village residents. Over one third of retirement village residents say they enjoy getting out and socialising compared to 16% who live elsewhere.

Since moving to Lakeside Village, Maggie has enjoyed many new experiences and learnt new skills.

"I love the sense of community here. My kids love it that I'm always busy," Maggie tells us. "I've always got something to do, and that's

the running joke in the family now - that they have to make an appointment to see me. I love that about my life."

Support when you need it

Living in a retirement village isn't just about fun; it's also about feeling safe, secure and supported when you need it most.

The report highlights that 65% of village residents feel safer, 46% feel less isolated, and 40% feel more supported compared to before moving into the village.

At Keyton, our communities are designed to help you live well, stay active, and make the most of every day. Ready to discover retirement living? Visit www.keyton.com.au or call 1800 550 550.

Source: The Keyton Retirement Living Lifestyle Report 2024, <https://keyton.com.au/home/keyton-retirement-living-lifestyle-report>



Retire with confidence

Choose from 10 communities throughout Western Australia and retire your way.

Find a village near you

1800 550 550
keyton.com.au



SENIORS WEEK EVENTS
Thursday
November 14
Peel

OPEN WEEK AT MANDURAH SENIORS AND COMMUNITY CENTRE

Mandurah Seniors Centre
9am to 4pm

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

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

MEGA BINGO
Mandurah Seniors Centre

12pm to 3pm
MEGA Bingo will be bringing out the big prizes on Thursday, with all seniors invited to take part - doors open at 12pm, eyes down at 12.45pm. The cost to play the 20 games is \$3, lunch and refreshments will be available for purchase from our cafe. Enjoy a fun filled afternoon with lots of door prizes on offer!
City of Mandurah
Delys Griffin
9550 3799
delys.griffin@mandurah.wa.gov.au
\$3
Open to public

SPECIAL OFFER at Tiny Teapot Cafe (inside Amaze Miniature Park)
24 Husband Road, Mandurah
10am to 3pm

COME visit the Tiny Teapot Cafe located inside Amaze Miniature Park during seniors week and receive a 10% discount on any food or drink item. Come enjoy coffee and cake, or tea and scones in our beautiful 1940s tea house. They also serve delicious milkshakes, smoothies, and fruit crushes. The baker, Marcela, uses wholesome ingredients and specialises in making gluten free treats that taste amazing!
Amaze Miniature Park
Nick Vandervan
0493 299 753
info@amazeminiaturepark.com.au
Free
Open to public



SENIORS WEEK EVENTS
Friday November 15
Perth Metropolitan Area

CYCLING WITHOUT AGE - PERTH

9.30am to 11.30am
FREE trishaw rides for those who can't ride themselves at various scenic locations around Perth. We now have in addition to our regular trishaws a wheelchair trishaw for those who cannot transfer. Ride in the comfort of your wheelchair in our specially designed trishaw!
Cycling Without Age Perth
Leanne
0412 777 280
bookings@cyclingswithoutage-perth.org.au
Free
Open to public

LIGHT LUNCH AND BINGO
Woodlupine Community Centre, Kalamunda
12.30pm to 2.30pm

JOIN the Darling Range Hub, Woodlupine Family Centre & City of Kalamunda for a light lunch and fun bingo event. Come along and try your luck at winning a prize at bingo.
City of Kalamunda
Ruth Chodorowski
08 9257 9958
socialinclusion@kalamunda.wa.gov.au
RSVPs by 08/11/24
\$10
Open to public



ACRYLIC EXPRESSIONS: PAINT YOUR MASTERPIECE
Mandurah Seniors Centre

1pm to 3pm
JOIN us for an acrylic paint workshop with Peter Munday, where no experience is needed! All you need is your willingness to enjoy yourself and have fun while creating a beautiful painting to proudly display on your wall.
City of Mandurah
Delys Griffin
9550 3799
delys.griffin@mandurah.wa.gov.au
Free
Open to public

HOME CARE ASSISTANCE

Genuine people delivering extraordinary care



Personalised care
In home respite
Overnight & 24/7
Nursing services
Social support
Allied Health

Call us on 08 9385 5675

WCPSupport@homecareassistance.com
www.HomeCareAssistancePerth.com.au



60% of people with dementia will wander at least once.
Safe & Found can help bring them home.

Having a detailed history collected and safely stored online with Safe & Found means that if your loved one is reported missing Police will not only know where to look for them, but how to approach them when they are found. If someone you know is at risk of going missing, register them today with Safe & Found.

Visit www.safeandfound.org.au or call MedicAlert now on 1800 88 22 22

Safe & Found WA is a joint initiative of



SAFE & FOUND

SENIORS WEEK EVENTS Friday November 15 Perth Metropolitan Area

SENIOR'S WEEK SUNDOWNER SOCIAL AT THE HERITAGE COLLECTIVE CLUB LOUNGE

**The Heritage Collective
3pm to 5pm**

JOIN us for an afternoon of drinks, nibbles, and live entertainment in the gorgeous Club Lounge, courtyard and heritage balcony overlooking the Indian Ocean. Don't miss this perfect opportunity to unwind and enjoy a delightful evening with friends and community! Entry is free for seniors, but bookings are essential. Curtin Heritage Living Town of Cottesloe Shire of Peppermint Grove Town of Mosman Park Pele Reeve 08 6458 7500 08 6458 7521 info@curtinheritage.com.au heritagecollective@curtinheritage.com.au RSVPs by 14/11/24 <https://heritagecollective.com.au/event/seniors-week-sundowner-social-at-the-heritage-collective-club-lounge/> Free Open to public

SENIORS WEEK COMMUNITY DINNER City of Gosnells Civic Centre

6pm to 8.30pm
OPEN to City of Gosnells residents aged 55+. Mingle with old friends and new while enjoying delicious food, magical entertainment and great music. Bookings essential, open 8.30am 30/10/24. City of Gosnells 9391 6030 amc@gosnells.wa.gov.au RSVPs by 04/11/24 Free Open to public

SEATED DANCE CLASS

**Vincent Community
Centre, Leederville
1.15pm to 2.15pm**
SEATED Dance Classes are a great way to enjoy moving to music, in a safe and supported space - your chair! Suitable for people with Parkinson's and other conditions which limit mobility. Enjoy class and then have a cuppa afterwards with your fellow dancers. Lifespan Dance 0411 243 317

lifespace.dance@gmail.com
RSVPs by 08/11/24
\$15
Open to public

SEATED DANCE CLASS

**Dalkeith Hall
11am to 12pm**
SEATED Dance Classes are a great way to enjoy moving to music, in a safe and supported space - your chair! Suitable for people with Parkinson's and other conditions which limit mobility. Enjoy class and then have a cuppa afterwards with your fellow dancers. Lifespan Dance 0411 243 317 lifespace.dance@gmail.com RSVPs by 08/11/24 \$15 Open to public



MOVE FIT DANCE WITH DAN

**Shenton Park
Community Centre
11am to 12noon**
THE ultimate fun, low intensity calorie burning workout. culture@subiaco.wa.gov.au Free Open to public



SENIORS WEEK QUIZ NIGHT AT RYC

**Rockingham Youth
Centre
5.30pm to 7.30pm**
A NIGHT of fun and games, organised by Rockingham Youth Reference Group to celebrate Seniors Week City of Rockingham 9528 033 customer@rockingham.wa.gov.au Free Open to public

SENIORS WEEK EVENTS Friday November 15 Peel



OPEN WEEK AT MANDURAH SENIORS AND COMMUNITY CENTRE

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



You know you should have a Will, but for one reason or another, you have put it off. Or, perhaps you have a Will and it no longer meets your circumstances, which may cause substantial problems for your loved ones after your death.

Services we offer:

- Quality customised Wills that meet your specific circumstances
- Enduring Powers of Attorney
- Enduring Powers of Guardianship
- Extensive experience with simple and complex Probates and Letters of Administration

Phone: 9445 2686
Email: office@bespokewills.com.au
Web: www.bespokewillsandestates.com.au
Suite 6, 14 Main St Osborne Park



swancare.com.au

Enriching your Retirement journey

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

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

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

Retirement Living | Home Care | Residential Aged Care

SwanCare

SENIORS WEEK EVENTS
Friday
November 15
Peel

SPECIAL OFFER AT TINY TEAPOT CAFE (INSIDE AMAZE MINIATURE PARK)
24 Husband Road, Mandurah
10am to 3pm

COME visit the Tiny Teapot Cafe located inside Amaze Miniature Park during Seniors Week and receive a 10% discount on any food or drink item. Come enjoy coffee and cake, or tea and scones in our beautiful 1940s tea house. They also serve delicious milkshakes, smoothies, and fruit crushes. The baker, Marcela, uses wholesome ingredients and specialises in making gluten free treats that taste amazing!
Amaze Miniature Park
Nick Vanderven
0493 299 753
info@amazeminiaturepark.com.au
Free
Open to public



SENIORS WEEK EVENTS
Saturday November 16
Perth Metropolitan Area

CYCLING WITHOUT AGE - PERTH
9.30am to 11.30am

FREE trishaw rides for those who can't ride themselves at various scenic locations around Perth. We now have in addition to our regular trishaws a wheelchair trishaw for those who cannot transfer. Ride in the comfort of your wheelchair in our specially designed trishaw!
Cycling Without Age Perth
Leanne 0412 777 280
bookings@cyclingswithoutage-perth.org.au
Free
Open to public

AGWA GUIDED TOUR - HIGHLIGHTS OF FIRST NATIONS ART
Art Gallery of Western Australia
2pm

ABORIGINAL art is said to be Australia's greatest gift to the world. It is part of the continuum of ceremonial practice, a connection with traditional lands and with ancestral beliefs. Aboriginal art is strikingly beautiful, but it can also tell of a history of sorrow, dislocation and discrimination.
Art Gallery of Western Australia
9492 6600
admin@artgallery.wa.gov.au
Free
Open to public

delys.griffin@mandurah.wa.gov.au
Free
Open to public

CELEBRATE SENIORS DINNER DANCE
Mandurah Seniors Centre
6pm to 11pm

JOIN us for a fantastic Dinner Dance to wrap up the celebrations for Seniors Week 2024! Join us for an evening of music, dancing, and fun as we celebrate together. Live performance by 'The world famous hobby band' and supper included in the price of the ticket. Bar available, no BYO.
City of Mandurah
Delys Griffin
9550 3799
delys.griffin@mandurah.wa.gov.au
RSVPs by 08/11/24
\$35
Open to public

Amaze Miniature Park
Nick Vanderven
0493 299 753
info@amazeminiaturepark.com.au
Free
Open to public

SENIORS WEEK EVENTS
Sunday
November 17
Perth Metropolitan Area

CYCLING WITHOUT AGE - PERTH
9.30am to 11.30am

FREE trishaw rides for those who can't ride themselves at various scenic locations around Perth. We now have in addition to our regular trishaws a wheelchair trishaw for those who cannot transfer. Ride in the comfort of your wheelchair in our specially designed trishaw!
Cycling Without Age Perth
Leanne
0412 777 280
bookings@cyclingswithoutage-perth.org.au
Free
Open to public

SPECIAL OFFER AT TINY TEAPOT CAFE (INSIDE AMAZE MINIATURE PARK)
24 Husband Road, Mandurah
10am to 3pm

COME visit the Tiny Teapot Cafe located inside Amaze Miniature Park during Seniors Week and receive a 10% discount on any food or drink item. Come enjoy coffee and cake, or tea and scones in our beautiful 1940s tea house. They also serve delicious milkshakes, smoothies, and fruit crushes. The baker, Marcela, uses wholesome ingredients and specialises in making gluten free treats that taste amazing!

AGWA GUIDED TOUR - HIGHLIGHTS OF FIRST NATIONS ART
Art Gallery of Western Australia
2pm

ABORIGINAL art is said to be Australia's greatest gift to the world. It is part of the continuum of ceremonial practice, a connection with traditional lands and with ancestral beliefs. Aboriginal art is strikingly beautiful, but it can also tell of a history of sorrow, dislocation and discrimination.
Art Gallery of Western Australia
9492 6600
admin@artgallery.wa.gov.au
Free
Open to public

LEGACY WA PRESENTS THE AUSTRALIAN ARMY BAND

Scarborough Sports and Community Club
2pm
SCARBOROUGH Sports and Community Club
9341 6000 (Tue-Fri 9am-3pm) or 0417 559 973
\$35
Open to public

Advocare

We're listening as WA's new Seniors Peak Body

Advocare empowers older West Australians by giving them information and choice to make informed decisions to live the life they want on their terms.



Our services are free, confidential, independent and unbiased. We've also just become WA's Seniors Peak Body.

Advocare's team continues to provide specialist services to older people on:

- accessing the aged care system
- protecting the older person's rights in aged care
- addressing elder abuse; and
- reducing older people's social isolation.

Celebrating Seniors Week 2024!

Call 1800 655 566 | rights@advocare.org.au

SENIORS WEEK EVENTS
Saturday
November 16
Peel

OPEN WEEK AT MANDURAH SENIORS AND COMMUNITY CENTRE
Mandurah Seniors Centre
9am to 4pm

OPEN Week, where over 55s can enjoy members' prices at the Centre all week. No visitors fee, come and see what all our members love about our Centre and all we have on offer. Tours available all week with our Centre Ambassadors.
City of Mandurah
Delys Griffin
9550 3799

CAKE DECORATING CLASSES

Kids Halloween Pumpkin Cake

Saturday 26 October
12.30pm-2.30pm \$80pp

3D Christmas Gravity Tree

Tuesday 29 Oct - 26 Nov
6pm-8pm \$390pp

Christmas Cookies

Saturday 2 November
12.30pm-3.30pm \$120pp

Christmas Cupcake

Saturday 16 November
12.30pm-3pm \$120pp

Christmas Cupcake Piped

Saturday 19 October
12.30pm-3.30pm \$110pp

Kid's Grinch Cake

Saturday 21 December
12.30pm-2.30pm \$80pp

Purchase instore, online or phone 9418 5929

MY DELICIOUS CAKES & DECORATING

4/3 La Fayette Boulevard, Bibra Lake

www.mydeliciouscakes.com.au info@mydeliciouscakes.com.au

FOR QUALITY HOME CARE CHOOSE Right at Home - Perth Midland

The Right Care, delivered by the Right People, Right at Home

We are an approved Home Care Package Provider, offering a wide range of services at competitive hourly rates with **ZERO PACKAGE MANAGEMENT FEES.**

Our friendly Care Team are committed to improving the quality of life for those we serve. Supporting our clients with empathy and compassion, adding value to their experiences, enriching relationships and injecting joy into the everyday.



Right at Home - Perth Midland
Unit 6 / 9 The Avenue, Midland WA 6056
E care.pmid@rightathome.com.au Facebook.com/rightathomeperthmidland



Let's start talking about living™



Call today!
08 6146 0085



Discover your *upside* of ageing



LiveUp is a free healthy ageing guide funded by the Australian Department of Health and Aged Care, designed to help you stay well, so you can continue doing the things you love as you get older.

There are lots of myths and stereotypes when it comes to getting older, but it's proven that how well we age is mostly determined by the lifestyle choices we make each day.

It's never too early or too late to start making changes. LiveUp is packed with free information and resources such as exercise sheets, local groups and activities, and simple solutions and products to help you take charge of how you're ageing.

**Speak to a Navigator for free on 1800 951 971
or visit liveup.org.au**

POST-SENIORS WEEK EVENTS Perth Metropolitan Area



PLANNING TO AGE WELL: HOME IN THE FUTURE
MARY DAVIES LIBRARY AND COMMUNITY CENTRE
Tuesday November 19
9.30am to 11.30am
RETIREMENT or life-style villages? Rentals or Lease for Life? What you need to know about residential aged care and other options available.
City of Rockingham
9528 0333
customer@rockingham.wa.gov.au
Free
Open to public

TRINITY SCHOOL FOR SENIORS OPEN DAY
97 William Street, Perth
Wednesday November 20
10.30am to 2pm
COME and have a look around Trinity School for Seniors! Chat with our Tutors and current students and see our classes in action. Tours will run at 10.30am and 1pm and light refreshments will be provided at the end of the tour.
Trinity School for Seniors
Caroline Foulis
9483 1333
reception@tsfs.org.au
Free
Open to public

CELEBRATE SENIORS CONCERT & AFTERNOON TEA
56 Green Street, Joondanna
Wednesday November 20
2pm to 4pm
A CONCERT with sing-a-longs, and delicious afternoon tea provided to celebrate seniors. Free! All welcome! Come and enjoy! Held at St Peters & Emmaus Church Community Hall
St Peter and Emmaus Church
Leonie Davis
0424 077 105
office@stpeterandemmauschurch.org.au
Free
Open to public

tend, to book please call 08 9205 8306
City of Stirling
08 9205 8306
community@stirling.wa.gov.au
RSVPs by 18/11/24
Free
Open to public



NOURISHING GOLDEN AGE
Secret Harbour Community Centre
Friday November 22
10am to 12pm
COOK and enjoy a meal with others. You'll also get tips on nutrition for healthy ageing, meal planning, and saving money.
City of Rockingham
9528 0333
customer@rockingham.wa.gov.au
Free
Open to public

MONTHLY MOVIE MATINEE
Wednesday November 20
12pm to 3pm
JOIN us for the special screening of the movie *One Life* to celebrate Seniors Week. All adults are welcome to attend. Light refreshments provided, doors open 12pm, movie starts at 12.45pm. Free to at-

PLANNING A HOLIDAY USING AI
Rockingham Church of Christ
Friday November 22
10am to 12noon
GET tips to use artificial intelligence for the fun things in life, like holiday planning. Presented by volunteer group Switched on Seniors (peer based learning for technology).
Switched on Seniors
0458 163 422
switchedonseniors@gmail.com
Free
Open to public

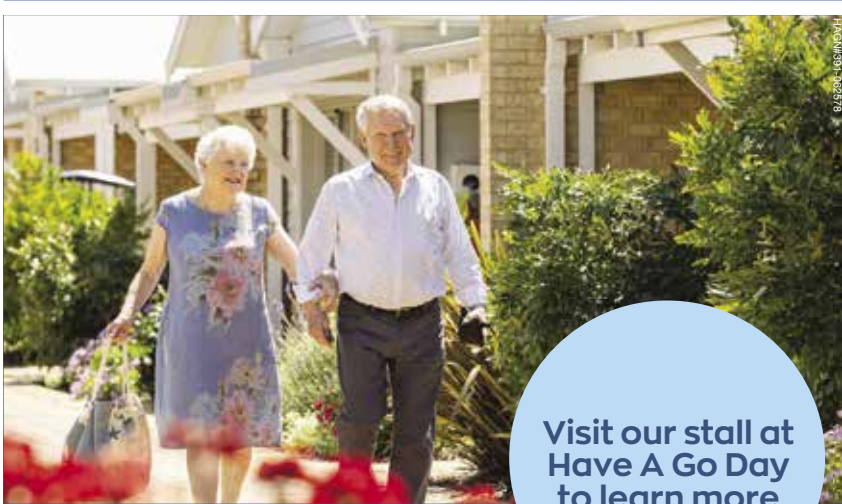
City of Rockingham
9528 8560
customer@rockingham.wa.gov.au
Free
Open to public



ART AND CRAFT MARKET STALL
Autumn Centre, Rockingham
Saturday November 23
9am to 1pm
A SHOWCASE of the Rockingham Autumn Centre members' creative arts and crafts. Pick up a special gift for a loved one or yourself, and learn more about the centre. Sausage sizzle and drinks available to buy. No bookings required.

CREATE GREETING CARDS WITH CANVA
Safety Bay Library
Tuesday November 26
1pm to 3pm
LEARN to design beautiful greeting cards using the free online design space, Canva.
City of Rockingham
9528 8611
sbycontact@rockingham.wa.gov.au
Free
Open to public

PARTY EXPERIENCE: OVER 60S DANCE PARTY
Gary Holland Community Centre
Wednesday 27 November
5.30pm to 9.30pm
WITH life experience the party just gets better. Wrap up November and Seniors Week with a party. Register now for your free ticket, which includes: live entertainment, dinner and drinks, party prizes and, most importantly, new friends.
City of Rockingham
9528 0333
customer@rockingham.wa.gov.au
Free
Open to public



Visit our stall at Have A Go Day to learn more

Looking for the right level of care?

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

To learn more:
visit www.scrosswa.org.au
or call our team on 1300 669 189

Southern Cross Care⁺(WA) Inc.



2024

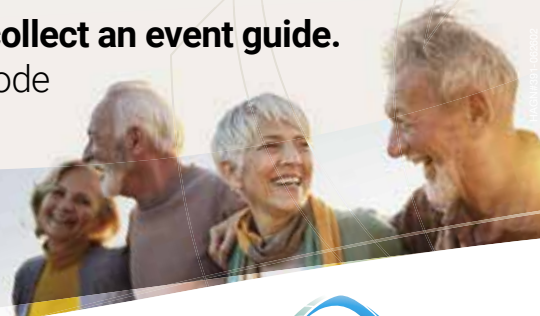
Seniors Week

Celebrate and Connect with 25+ events

Printed event guides available from City of Rockingham libraries and other community centres.

✉ 9528 0333 or
📧 customer@rockingham.wa.gov.au

Download or collect an event guide.
Scan the QR code



rockingham.wa.gov.au



The gift you can give today

A bespoke, carefully drafted will is a gift of clarity and care. Let our skilled and empathetic lawyers help you create a will for your unique circumstances.

☎ 1800 609 645 🌐 hhg.com.au

PERTH | JOONDALUP | ALBANY | MANDURAH | BUNBURY



PLANNING TO AGE WELL: PROTECTING YOUR CHOICES
Secret Harbour Community Centre
Thursday November 28
2pm to 4pm
PROTECT your decisions into the future. Learn about Power of Attorney and Guardianship, Advanced Health Care Directives, wills, probate and executors.
City of Rockingham
9528 0333
customer@rockingham.wa.gov.au
Free
Open to public

A tantalising look behind the scenes at Channel 9 Perth



HAVE a Go News is pleased to offer readers the exclusive opportunity to go behind the scenes and see how television is made in the 21st Century.

To celebrate Seniors Week 2024, Channel Nine Perth is hosting an exclusive station tour and morning tea at their city located studio for *Have a Go News* readers.

We are also thrilled Monika Kos will be making a visit to our group.

The tour will include a visit to graphics, the makeup room, newsroom including editing suites, master control, audio booth, and Nine News Studio tour.

Participants will enjoy morning tea and are able to ask questions along with a photo opportunities.

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

This tour is limited to 20 people. Due to the high volume of demand for these tours we will do a random draw for people to attend.

Registration is available through *Have a Go News*, email info@haveagonews.com.au with Channel 9 in the subject line. Registration closes 31/10/24.

New showrooms - Same great support

Advertorial

EMPRISE Mobility have expanded to bring their full range of mobility aids, daily living products and assistive technology even closer to you.

They have locations in Bibra Lake and Mandurah and two new locations are opening soon in Belmont and Malaga, where you can explore products designed to improve your quality of life.

From walkers and bathroom aids to comfortable bedding and recline and lift chairs, they're here to help people regain confidence in daily routines.

Come in, try out the products, and get personalised recommendations from the knowledgeable team and on-site occupational therapists.

If you can't make it to us, why not schedule an in-home visit and let Emprise bring the solutions to you.

Visit them today to experience the best in mobility solutions and let Emprise assist you in finding the perfect product to suit your needs

Emprise Mobility - enjoy more everyday living, in every day.

Bibra Lake - 5 Sobek Pass. (08) 6555 4222

Mandurah - 8 Magenta Terrace (08) 6555 4255

Belmont and Malaga showrooms - opening soon.

Finding the right provider...



Advertorial
If you're in the process of choosing a Home Care Provider, then *Have a Go Day* at Burswood is the place to be. You'll find Avivo, Bethany, CPE Group Home Care, Juniper and Mercy Care there, to name just a few. CPE Group has a brochure for you *Finding The Home Care Provider Who Is Right For You* which outlines the process and is full of helpful tips - what to expect from your provider, what you need to know about them and which questions to ask to find this out.

They also have a step by step Guide Through My Aged Care to Home Care Funding, A Home Care Provider Price Comparison and their own CPE Group Home Care brochure with information on who they are and what they could do for you.

If you would prefer to sit and have a chat with one of their friendly team,

they have some comfortable chairs, so this is your chance to ask all the questions.

They have five teddy bears there too waiting for a new home, so remember to fill in a raffle ticket while you're there and they have chocolate for you too. You'll find them at Stand 12 so just drop by and say hello.

If you aren't going to *Have a Go Day* but would like any of CPE Group's brochures please let them know and they'll send the brochures to you. If you would like them to come to you for a chat, please call 1300 655 082 or email info@cpegroup.biz so they can arrange a time that's convenient.

To find out more about CPE Group Home Care, check out their website at www.cpegroup.biz and see the advertisement on page two of *Have a Go News*, Seniors Week Liftout.



Enjoy more everyday living in every day...



At Emprise Mobility, we have expanded to bring our full range of mobility aids, daily living products and assistive technology even closer to you! Emprise Mobility has locations in Bibra Lake & Mandurah, and now has two new locations opening soon in Belmont and Malaga, where you can explore products designed to improve your quality of life.

- Our **experienced staff** (including our OT team) will help you choose the right solution.
- Our **Service Team** will keep your equipment in top condition.
- We **work with individuals and organisations** (e.g. NDIS, DVA, Home Care Packages).
- Emprise Mobility is a registered **NDIS provider**.
- We service the **Perth and Mandurah/Peel** region.
- We have over **1,200 products available** and on display for you to try for function, size, and comfort in some of the largest mobility equipment showrooms in Western Australia.

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

1300 761 196

www.emprise.com.au



Visit our website or scan to find your closest showroom

Proudly part of the **aidacare** family



Looking for a Home Care Provider?

Talk to us!

If you are applying for, or waiting for a Government funded Home Care Package, talk to us.

Comfort Keepers is one of WA's most respected in-home aged care providers. We have been providing the highest quality care and support services to Western Australian families for over 18 years.

Our success has been built on our ability to fully understand the needs, goals and expectations of our clients, and importantly, provide the family members that entrust

us with their care the confidence that their loved ones are in good hands.




Navigating your way through the Aged Care system and choosing the right home care provider, can be difficult, and at times confusing for some.

At Comfort Keepers, we make the whole process easy. Our experienced client care




and support team will guide and support you and your family members through the process of applying for Government funded home care package and assist you in the steps you need to take in selecting the right provider to suit your care needs.

If you are looking for a home care provider, or just want to chat about your families care needs, talk to us.

North of the River

 (08) 9492 8920
 info@comfortkeepers.com.au
 www.comfortkeepers.com.au

South of the River

 (08) 9315 2200
 support@comfortkeepers.com.au
 www.comfortkeepers.com.au



Comfort Keepers
In-Home Care Specialists